

UPCOMING EVENTS **2**
RETIREMENTS
SCREENINGS

HEART WALK **3**
CHC RECEIVES
PIONEER AWARD
WELLNESS VISIT
REMINDER

NICU REUNION AND
WALL OF SUPPORT **4**
A DAY JUST FOR
WOMEN



Eric Hagan, Vice President of The Medical Center (left), celebrates Scottsville's expansion with board members Janet Johnson (second from left), Jim Secrest (third from right), and Bob Hovious (second from right), as well as representatives of the Scottsville-Allen County Chamber of Commerce and community.

Scottsville Celebrates New Expansion

The Medical Center at Scottsville unveiled its 5,700 square foot expansion project estimated at nearly \$2.3 million during a Scottsville-Allen County Chamber of Commerce ribbon cutting on September 21.

A significant portion of the expansion is dedicated to the addition of a permanent MRI (magnetic resonance imaging) system. Prior to the expansion, the hospital offered mobile MRI services once a week. The EXCELART Vantage MRI system from Toshiba America Medical Systems enhances the hospital's diagnostic imaging services that recently upgraded to 4D ultrasound and digital mammography.

The expansion also includes new space for the hospital's Physician Specialty Clinics which previously shared space in the Scottsville Medical Plaza. The clinics continue to expand with the most recent addition of nephrology that includes Frank Boeteng, M.D., Julie Issac, M.D., Carlos Rotellar, M.D., and Scott Sims, M.D. Mohammed Kazimuddin, M.D. has also started seeing patients as part of the hospital's cardiology clinic. Other specialty clinics

include general surgery, neurology, obstetrics and gynecology, orthopaedics, psychiatry, and pulmonology.

"The relocation of the Physician Specialty Clinics provides the Rural Health Clinic with much needed space that has the potential to improve patient flow and wait times," said Eric Hagan, Vice President of The Medical Center. The Rural Health Clinic which is staffed by three physicians and two nurse practitioners see an average of 120 patients a day.

Another benefit of the building expansion is the connection of the Scottsville Medical Plaza to the hospital. Rural Health Clinic patients who have diagnostic imaging exams ordered will no longer have to walk between buildings for services but will have convenient, interior access to other hospital departments.

Commonwealth Health Corporation's mission is to care for people and improve the quality of life in the communities we serve.



Upcoming Events

Nutritional Counseling For Cardiac Patients

October 4

10 to 11 a.m.

The Medical Center Health & Wellness Center at Greenwood Mall

The Medical Center now offers nutritional counseling by a registered dietitian for cardiac patients the first Tuesday of every month at The Medical Center Health & Wellness Center. Class topics include recipe substitutions, food labels, eating out, and fat and sodium meal planning. *Nutritional counseling requires a physician order and is filed with insurance. Talk with your doctor or call 270-745-0942 or 877-800-3824.*

Grandparents Class

October 4

6 to 8 p.m.

The Medical Center Auditorium

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant. A tour of the OB unit is included. *Preregistration required by calling 796-2495.*

Ready, Set, Go!

October 6

6 to 8 p.m.

The Medical Center Auditorium

This class will guide you through the paperwork that is required when you are admitted to The Medical Center for delivery. By attending this class, you will be more prepared for your admission and discharge from the hospital. A tour of the OB unit will also be provided. *Preregistration required by calling 796-2495.*

Medicare Educational Seminar

October 10

10 to 11 a.m. and 5 to 6 p.m.

What are the A, B, C and D's of Medicare? Do you really understand the doughnut hole? Ken Schulz with Humana will explain this and more. *Preregistration required by calling 745-0942.*

Nutrition During Pregnancy

October 11

6 to 7 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

Learn more about nutrition and healthy food choices to ensure your pregnancy is the best it can be. *Preregistration required by calling 745-0942.*

Refuse To Be A Victim

October 12

1 to 5 p.m.

The Medical Center Health & Wellness Center at Greenwood Mall

The most important factor in surviving a criminal attack is to have an overall safety strategy before you need it. Participants in this class will learn crime prevention and personal safety strategies that can be integrated into daily lives. Home, automobile, telephone, computer and travel security will be addressed. The class is for men and women of all ages. Fee is \$20 payable to the instructor and includes a safety handbook. *Prepayment and preregistration required by calling 745-0942; space is limited.*

Retirements



Christine Coates (center), Home Health Aide for the Home Care Program, retired after 37 years of service. Celebrating with her are (left to right) Lisa Lopez, Home Care Executive Director; Connie Smith, President and Chief Executive Officer; and Sarah Moore, Executive Vice President.

Screenings

Balance Screening

October 13

8:30 to 11:30 a.m.

Do you have a fear or concern about falling? Being aware of your fall risk is an important step to preventing a fall. Gabe Smith, P.T., D.P.T. from Bluegrass Outpatient Center will provide fall risk assessments including evidence-based balance tests to help individuals target risk factors. *Preregistration required by calling 745-0942.*

Stroke Screening

October 13

9 a.m. to 1 p.m.

Following completion of a brief stroke risk scorecard and blood pressure screening, health professionals from WKU Rural Health Institute will discuss areas of concern with you. *Preregistration required by calling 745-0942.*

Did you know?

You can register online for many events by visiting TheMedicalCenter.org.

Heart Walk



The American Heart Association's signature fundraising event, the Heart Walk, was kicked off on The Medical Center's front lawn at 9 a.m. on Saturday, September 10. The Warren County Heart Walk is sponsored each year by The Medical Center. The event is held in hopes of inspiring healthy lifestyle changes and to celebrate the successes of advocates for heart disease and stroke awareness.

Nearly 400 people participated on Saturday. Activities included a play area for children, music for warming up, health screenings and information, refreshments, and a memorial balloon release. The route led walkers around The Medical Center campus and parts of downtown Bowling Green. Teams included corporate groups and friends and families. The funds that are raised for the Warren County Heart Walk remain in Southcentral Kentucky and are used for research, awareness, advocacy, and education.

Important Reminder for CHC Medical Plan Members!

A wellness visit with the healthcare provider of your choice is required in 2011.

Your **Annual Wellness Visit Form** must be faxed to 796-4517 before 12/31/11.

Non-compliance will result in default to the Medical PPO Plan, at a higher premium cost.

CHC Receives Pioneer Award



Jean Cherry, Executive Vice President (third from right) accepts the Pioneer Award on behalf of CHC. Also pictured are (left to right): Polly Mullins-Bentley, Deputy Executive Director, Governor's Office of Electronic Health Information; Kathy Frye, CIO, CHFS, Office of Administrative and Technology Services; Jason M. McNamara, Health IT Coordinator, CMS; Jessica Kahn, Technical Director for HIT, CMS; Anton Gunn, Regional Director, Atlanta, HHS; and Dr. Farzad Mostashari, National Coordinator for Health IT, ONC.

On September 7, Commonwealth Health Corporation was presented a Pioneer Award by The Governor's Office of Electronic Health Information for contributions in advancing the Kentucky Health Information Exchange (KHIE). CHC was the first hospital group to have live access to the Exchange and the first two critical access hospitals to be live in the state.

KHIE is a system that allows healthcare providers to access a patient's health information — with the patient's consent — directly from electronic records of other hospitals, laboratories, physicians and diagnostic imaging centers. "I was particularly proud of this accomplishment," said Jean Cherry, Executive Vice President, "since, with the exception of Pikeville, we were live prior to the hospitals selected to participate in the pilot. Martin Reiter and our IT team did a great job bringing this project to a quick close."

One of the most important things the Exchange will do is provide caregivers access to a summary of patients' treatments at other facilities. "The more providers who participate," Jean said, "the more valuable it will be as a tool to facilitate the treatment of our patients."

For example, if a resident of Louisville visiting Bowling Green had a car accident or heart attack and was brought to The Medical Center's Emergency Department, our clinical staff would be able to access a medical history and summary of treatment the patient received from other providers in the state. This not only provides critical information when it is needed most, but also helps to reduce duplicate tests and treatments, keeping healthcare costs down.

The exchange of health information, such as through KHIE, is one of the requirements of Stage I Meaningful Use. Meeting those requirements gives hospitals and clinicians access to stimulus money contained in the American Recovery and Reinvestment Act of 2009. But the focus for CHC is always on patient care — and the Exchange will help improve outcomes for patients, especially in emergency situations where time and efficiency can mean the difference between life and death.

Congratulations to the IT team—Garry Ragland, Jason McCoy, Mark Hanson, and Martin Reiter—for their hard work and dedication in helping CHC achieve this prestigious award.

NICU: Inspiring hope. Celebrating success.

Inspiring Hope.

Parents with children in The Medical Center's Neonatal Intensive Care Unit (NICU) experience a very stressful time in their lives. They are scared, worried and unsure of what the future will hold for their premature or critically ill newborn. They need the support of the NICU staff to answer their questions, reassure them and help them care for their newborn. They also need the support of other parents who have been through the same situation.

The NICU "wall of support" was installed in September on the second floor of the hospital across from the Nursery windows. It is designed to inspire hope for these parents by sharing success stories of past patients. Ten framed posters feature photos of children cared for in NICU, representing then and now. Each poster includes a small photo(s) that shows how very small and fragile the child was when in the NICU. A large photo shows the child as they are today and provides parents with a glimpse of what the future can hold. Each poster includes the parent's story about their experience. As parents spend time with their child in the NICU, they have a constant reminder that others have been



through the same situation and can find hope through their stories.

Celebrating Success

On September 11, the fourth annual NICU Reunion was held in the Auditorium to reunite former NICU patients and their families with physicians, nurses and staff members who were closely involved with their child's hospital stay. The children enjoyed fun activities and delicious treats, while parents shared stories of their children's progress and development. NICU staff beamed with smiles from ear to ear as they once again held the children.



Autumn Coulter, RN, with a former NICU patient.

This year's theme for the event was "Buds to Blossoms." Just like flower buds, newborns in the NICU start out so very small. With tender love and care, the NICU staff helps nurture them and watches them begin to grow. Although the event was held on a day synonymous with tragedy in U.S. history, the NICU Reunion had a distinctly different atmosphere, one that was filled with joy and celebration.



Part of the NICU "wall of support."

A Day Just for Women



Bobbie Staten



Eleanor Jordan

A Day Just for Women, the annual women's conference hosted by The Medical Center, has reached its 14th year. The event continues to grow in popularity each year, and many women have made it an annual treat for themselves. Approximately 400 guests attended the conference, which was held at the Knically Conference Center.

Presentations were made by Bobbie Staten, a humorist and motivational speaker, and Eleanor Jordan, the Executive Director of the Kentucky Commission on Women. Staten energized the crowd, encouraging women to choose happiness and to opt for healthier lifestyles. Jordan discussed the state of women's health in Kentucky. She also spoke about the formation of the Kentucky Commission on Women and the goals they have set forth.

Over 40 booth exhibits related to women's interests were situated in the halls and exhibit rooms of the conference center. Between the speakers' presentations women browsed through the exhibits, enjoying free health screenings, information on wellness programs, shopping opportunities, and massages. The event closed with many door prizes donated by vendors at the conference. Ladies, we hope to see you next year at the 15th annual women's conference!