

vitality

SUMMER 2014

CONNECTING PROGRESSIVE HEALTHCARE WITH HOMETOWN COMPASSION.

MRI vs. CT

What's the difference?

support

Diabetes Support Group;
CPAP Clinic; and Sleep
Screening Clinic

new docs

Newest member to
surgical team enhances
hospital's hometown vision

APRN and PA providers fill the physician shortage gap



community support

CPAP Clinic

- July 17, 2014
- August 22, 2014
- September 26, 2014
- October 31, 2014
- November 21, 2014
- December 19, 2014

Hours:

9:00-11:30 a.m. and
1:00-3:00 p.m.

Location:

Home Medical Equipment Store
1310 W. Ash, Suite C (back)
Junction City, KS 66441

Information:

Cornell Lawrence, 785-762-2983

Diabetes Support Group

- August 7
- September 4
- October 2
- November 6
- December 4

Time:

6:00 p.m.

Location:

Geary Community Hospital
Medical Arts II Conference Room
1110 St. Mary's Rd.
Junction City, KS 66441

Information:

Laurel Peterson, 785-210-3344

Innovative Weight Loss Solutions

- August 14
- September 11
- October 9
- November 13
- December 11

Hours:

Support Group: 5:00 p.m.

Weight Loss Surgery Information Session: 6:30 p.m.

Location:

Geary Community Hospital
Medical Arts II Conference Room
1110 St. Mary's Rd.
Junction City, KS 66441

Information:

Jeanette Doll, 785-762-4500

vitality

Chief Executive Officer
Joe Stratton

Marketing and Public Relations
Harold Marion, Director
Nikki Davies

Publisher
LV Publishing, LLC

Creative and Production
B. Vaughn Design

The material presented in *vitality* is not intended for diagnosing or prescribing. Please consult with your physician before undertaking any form of medical treatment, exercise regimen or dietary guidelines.

All content contained herein is ©2014 Geary Community Hospital and may not be reproduced or reprinted without our consent. If you would like to change your address, or would not like to receive a copy of *vitality*, call 785-210-3308.



1102 St Mary's Rd.
Junction City, KS 66441
785-238-4131 • gchks.org

Sleep Clinic

- August 12
- September 9
- October 14
- November 11
- December 9

Time:

9:00 a.m. - 3:00 p.m.

Location:

Sleep Lab offices
Room 2021
2nd Floor, Central Tower
1102 St. Mary's Rd.
Junction City, KS 66441

Information:

Barbara Stewart, 785-210-3394

Farmers Market

at Geary Community Hospital



Thursdays 4 – 7 p.m.

Front parking lot of Geary Community Hospital



message from the CEO

Welcome to our first issue of *vitality*. I hope you'll take a few minutes to read about the happenings at Geary Community Hospital and different ideas relating to your health.

We've carefully selected the title of our publication to be called *vitality* because the word is closely tied to health. It brings to mind words like exuberance, energy, and intensity as well as phrases like living life, physical strength, and mental vigor.

This periodic mailing is really about your own personal engagement in health and wellness. We want to connect the progressive healthcare and hometown compassion of Geary Community Hospital to you and your family. The dedicated professionals at GCH are always ready to partner with you on your own unique journey, whether it is with wellness education, emergency care, combating a child's earache, or managing a chronic disease. Admittedly, we can't offer every "latest and greatest" medical advancement that the larger cities do, but we conveniently have many services right here in Geary County so you don't need to travel quite so far.

Geary Community Hospital is your partner in health and wellness. I'll also bet your friends would like to be partners with you as well...so call one of those good friends today and take a brisk walk around the neighborhood. Let's all become more alive, strong, and fit – it starts with that one first step!

All the best,

A handwritten signature in black ink that reads "Joe Stratton".

Joe Stratton
Chief Executive Officer

On the Cover: Daniel Vallenavedo, registered MRI technologist prepares patient Renata White-Holt for a scan.

innovation

Geary Community Hospital announces the latest in MRI and CT technology and comfort

Imagine lying back with a calming, soft light streaming onto your face. You close your eyes and feel comfortable, as if lying in the sun on a nice spring day – except instead of spending a day relaxing at the park, you’re in an MRI machine. As designed, the new radiology department at Geary Community Hospital provides a comforting atmosphere for patients receiving scans. Also, two new pieces of the latest technology in radiology have been added: Toshiba Vantage Titan 1.5T 32-channel MRI installed in January, and a Toshiba Aquillon Prime CT installed last October. Each of these innovative additions reside inside respective suites within the radiology department.

The MRI (Magnetic Resonance Imaging) scanner has many features that improve patient comfort during an exam.

The machine is housed in the comforting new MRI suite complete with warm, inviting décor, and a ‘springtime’ skylight feature. It is also faster than the previous MRI with scan times between 20 and 45 minutes, depending on the study. The machine has motion correction available, which means if the patient can’t hold completely still due to a condition like Parkinson’s Disease, the scanner can still take a strong image.

“The MRI has superior imaging technology, it’s a big step-up for our community” said Radiologist Pat Landes, DO.

Typically, an MRI is used to examine soft tissue such as ligaments, tendons, the brain and spinal cord. The machine does not use radiation to produce images, which is a benefit for patients. The updated machine can also conduct newer studies such as a Magnetic Resonance Angiography – a study of the blood vessels without dye for those who, due to medical issues with the kidneys or other conditions, are unable to handle the contrast.

‘We’re happy to bring the technology for our patients and to have it available here.’

– Radiologist Pat Landes, DO

“It doesn’t feel like you’re in a closed-in space,” said Dr. Landes. “It has one of the widest openings, which is more comfortable for patients. We’re happy to bring the technology for our patients and to have it available here (in Junction City).”

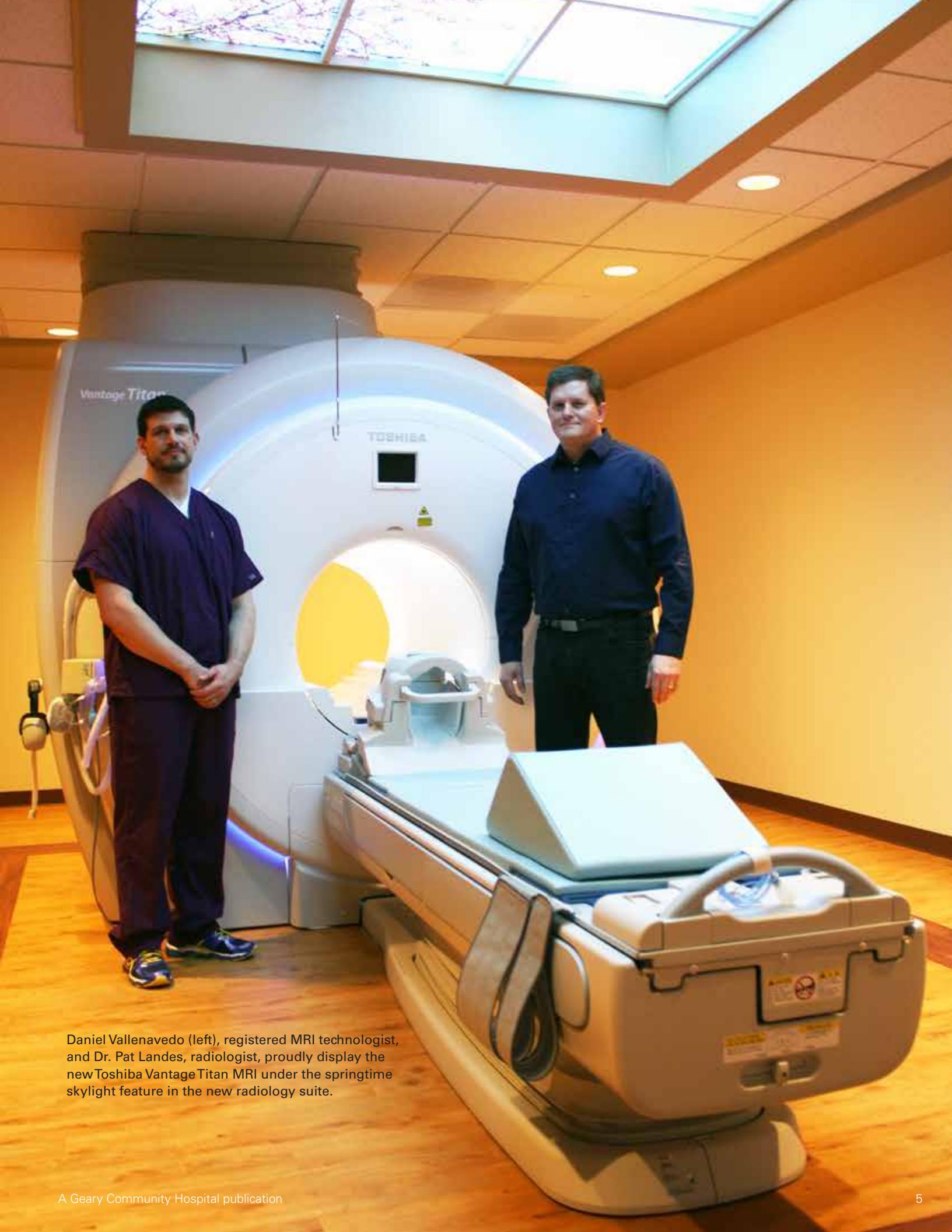
The Titan system has an ultra-short, ultra-wide open bore, which provides more shoulder room, more breathing room, and a less-claustrophobic experience. Using Toshiba’s Pianissimo™ Noise-Reduction Technology, the Titan is quieter than other MRIs. An integrated stereo system allows the patient to comfortably listen to his or her favorite music during the exam. Other comfort features include adjustable ventilation, lighting and airflow. In addition, the table lowers to less than 17 inches, which allows greater access to the young and elderly.

“(The MRI) is the finest system you’ll find between KC and Denver on I-70,” said Dr. Landes.

The Toshiba Aquillon Prime CT (Computed Tomography) scanner has a shorter exam time than the MRI. This type of machine is used to examine bones and organs, and can even detect cancer. The scanner uses radiation to provide images, but the Aquillon Prime machine has a 45 percent decrease in dosage from the previous scanner. All types of patients will experience a more comfortable experience with the extra large opening, 600-pound capacity and the industry’s widest couch (the table on which the patient lies). The table on the CT also lowers to less than 17 inches to allow greater access for the young and elderly.

The addition of these two scanners, with the help of the Geary Community Healthcare Foundation, continues the work of Geary Community Hospital in providing accessible and professional care with the latest technology to Geary County and surrounding counties.

To learn more about Rago Radiology services at Geary Community Hospital visit gchks.com/radiology or call 785-238-4131.



Daniel Vallenavedo (left), registered MRI technologist, and Dr. Pat Landes, radiologist, proudly display the new Toshiba Vantage Titan MRI under the springtime skylight feature in the new radiology suite.

new docs

New surgeon rounds out GCH's hometown surgery team

For years, Geary Community Hospital's surgery center has been providing surgical services to patients from the Geary County area. Located on the first floor of the hospital, the center is equipped to perform many different types of services. With three general surgeons, Geary Community Hospital is able to offer a wide arrangement of surgeries, performed both openly and laparoscopically.

Three surgeons, Charles Bollman, M.D., Fouad Hachem, M.D. and Mary Otoo, M.D., operate at Flint Hills Surgical Clinic providing surgical procedures ranging from minimally-invasive laparoscopic surgery to bariatric surgery for weight-loss. Allan Holiday, MD specializes in orthopedic surgery at Flint Hills Orthopedic and Sports Medicine.

The hospital's newest addition, Mary Otoo, M.D. joined the staff in August of last year after completing her surgery residency. Dr. Otoo, who received her medical degree in upstate New York, moved with her family to Junction City to help with the growing need for surgical services in the area.

"Of all the places I interviewed, Geary Community Hospital (GCH) felt closer to home – warm, friendly people, small town with a very diverse population, and a great environment for my family," she said. "GCH also has very clean buildings and state-of-the-art surgical equipment. In addition, the operating room staff are dedicated and hardworking. Finally, I work with amazing, experienced surgical colleagues."

Dr. Otoo is a member of the American College of

Surgeons and the American Women College of Surgeons. Her honors include the Hope Hibbard Prize in Biology (Oberlin College), the Society of Sigma Xi, and the Bruce Farrel MD Award (State University of New York.) The latter award recognized her for showing true dedication to a medical career, the ability and willingness to teach and learn and the demonstration of maturity and leadership. As a student, Dr. Otoo volunteered with a free clinic for homeless and underprivileged populations in Syracuse, NY.

"I grew up in an environment where good healthcare was a luxury," she said. "There were very few medical facilities and personnel. I decided to become a physician after I realized dedicated medical personnel are one component needed to fix the problems in any health care system. During the course of my training I developed the interest in general surgery after working with some very dedicated surgeons who truly cared about the well-being of their patients. Most of them became very good mentors to me."

Dr. Otoo and her colleagues at Geary Community Hospital treat a variety of cases that includes hernias, appendicitis, breast surgery (benign and malignant conditions), thyroid nodules, gastrointestinal bleeds, skin and soft tissue disorders, thoracic procedures, and sometimes trauma. She enjoys the environment and the people with whom she works.

"GCH has a wonderful warm, friendly, hardworking and dedicated staff, highly trained to provide excellent surgical expertise to our patients."

From left:

Charles Bollman, M.D., F.A.C.S., DABS
Medical Director Surgery Center
General Surgery; Laparoscopic Surgery;
Society of American Gastrointestinal
Endoscopic Surgeons (SAGE); American
Society of Bariatric Surgery

Mary Otoo, M.D., DABS
General Surgery; Acute Care Surgery;
Breast Surgery; Endocrine; Endoscopy;
Thoracic; Skin And Soft Tissue Disorders

Allan Holiday, M.D., F.A.A.O.S., DABOS
Orthopedic Surgery, Specializing in Major
Joint Replacement

Fouad Hachem, M.D., F.A.C.S.
General Surgery; Laparoscopic Bariatric Surgery;
LAP-BAND; Minimally Invasive Laparoscopic
Surgery; Single-Incision Laparoscopic Surgery



Nurse Practitioners and Physician Assistants help fill the gap for patient care

With predicted shortages of primary care providers in the next few years, you may have heard the term ‘mid-level provider’. Perhaps you have even seen a Nurse Practitioner (APRN) or Physician Assistant (PA) during a clinic visit. But what’s the difference between these providers and a physician?

APRNs and PAs are providers with advanced training and education that allow them to provide patient care in the clinics. Both types of providers typically work under the guidance of a physician, and are certified under governing organizations. The main difference between an APRN and a PA is that an APRN has previous nursing experience, whereas a PA follows a training path that more closely mirrors that of a physician. In fact, the American Academy of Nurse Practitioners (AANP) actually discourages the use of the term ‘mid-level provider’ because APRNs and PAs are independently-licensed practitioners and the term can incorrectly cause consumers and patients to question the legitimacy of their services.

“Patients are getting the high level of care they would expect from our clinics,” said Dennis Sewell, PA-C, family care physician assistant with Geary Community Hospital’s Rural Health Clinic. “Physician Assistants and Nurse Practitioners will help fill the gap on physician shortages.”

Although it varies state-by-state, APRNs and PAs in Kansas diagnose ailments, interpret lab results, conduct well-child screenings, prescribe medicine, perform office procedures such as mole removal, and partner with patients to develop treatment plans for chronic diseases like high blood pressure or diabetes. Even though the APRN or PA is unable to do some procedures or admit patients to GCH, a staff physician is always available at Geary Community Hospital’s clinics to provide those services.

At Geary Community Hospital, patients



Geary Community Hospital has a strong group of APRNs and PAs serving the community in family medicine, emergency medicine, wound care and more.

Back (l-r): Mike Beffa, PA-C, Terri Stewart, APRN; Dennis Sewell, PA-C; **Front (l-r):** Carissa Horton, PA-C; Jill Carlson, APRN; Dana Williams, APRN; Dawn Julian, APRN; Leighton Miller, APRN

can see an APRN or PA at the AlphaCare extended-hours clinic, or at any of the other Rural Health Clinic offices located on the hospital campus.

Carissa Horton is a certified Physician Assistant at the Rural Health Clinic located at Geary Community Hospital. She sees patients of all ages from newborns to the elderly. Many times people will ask her if she plans on becoming a physician. “No, I’m good,” she said. “I thoroughly enjoy what I do.” Because she can currently provide care to patients, she doesn’t feel the need to go back to school for four more years to become a medical doctor – none of her past education would transfer for much of the same training she has already received.

As increasing physician shortages are predicted in the years to come, APRNs and PAs will help fill the gap providing quality care for a variety of cases. The outlook is positive for the profession as demand increases in the future, and patients can expect to see more of these providers as it happens.

APRNs and PAs at Geary Community Hospital

AlphaCare Providers:

Mike Beffa, PA-C
Terri Stewart, APRN
Leighton Miller, APRN

Family Medicine Providers and Appointments:

Dennis Sewell, PA-C
785-762-4884
Dana Williams, APRN
785-762-2585
Carissa Horton, PA-C
785-762-2585

Pediatric Medicine Appointments:

Jill Carlson, APRN
785-762-5437

Wound Care Appointments:

Dawn Julian, APRN
785-762-2585

Go Ahead. AlphaCare is here. 7 Days a week.



You now have an option for treating your family's minor illnesses and injuries, including the occasional stray fishing lure. **AlphaCare** is great for the treatment of everything from sore throats, ear aches and muscle strains to sunburns, small cuts, insect bites and rashes. **No appointment is necessary.**

AlphaCare. It's the same quality medical care that you've come to expect from **Geary Community Hospital** clinics—available at times that are convenient to you and your entire family.



AlphaCareSM

The Extended-Hours Rural Health Clinic of Geary Community Hospital

Mon. - Fri.	9 a.m. - 7 p.m.
Sat. - Sun.	1 p.m. - 5 p.m.

Located Inside of Geary Community Hospital
MAB I, Suite 105

(785) 238-0828