



Fall 2020 #1

McGehee
Hospital

Wellness Update



Our Mission

It is the mission of McGehee Hospital to provide personalized healthcare using conventional and innovative services.

McGehee Hospital
McGehee Family Clinic
and Specialty Clinic

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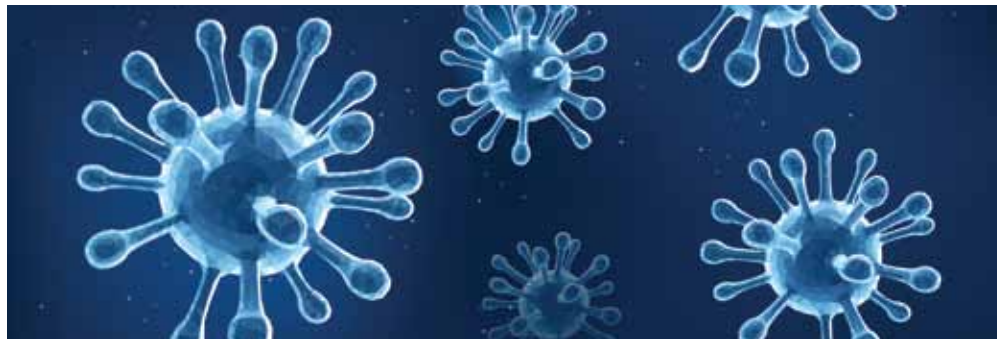
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900 North Third Street
McGehee, AR 71654



Covid-19 Safety Standards at McGehee Hospital

COVID-19 has changed the way we interact at McGehee Hospital, McGehee Family Clinic and McGehee Hospital Specialty Clinic at 206 First Street.

After screening at the Front Entrance, you may be asked to wait in your vehicle. You will then be called on your mobile to enter, or a staff member may come to your vehicle to escort you to your appointment. **Masks are required inside all facilities at all times. You must have a temperature of less than 100.4 degrees.**

Visitors are still not allowed for overnight patients unless there are special circumstances.

These measures can be inconvenient, but please know our priority is keeping our community, patients, staff and you safe.

McGehee Hospital leads coordinating strategies for the Covid-19 challenge

McGehee Hospital and Family Clinic took a leadership role with Mayor Owyong and a community committee to assure that the infection and positivity rates here remained one of the lowest in Arkansas. The Committee included the City and Desha County administrations and emergency departments, McGehee Chamber of Commerce, local organizations and church leaders.

The group coordinated communications and actions through weekly online meetings from March through July. There continues to be online coordination, as needed.

McGehee was one of fifteen rural hospitals that received additional state support for PPE materials. We also worked with UAMS to schedule testing in McGehee.

Welcome to your first issue of Wellness Update

McGehee Hospital, Family and Specialty Clinics are producing this quarterly newsletter. This is Issue #1. The Hospital trustees and administration want the community to be more aware of the enhanced services, equipment, new physicians and staff available to them. There has been substantial progress in healthcare delivery stemming from community investment during the **Share the Pride** fundraising campaign.

We want to enhance the quality of your healthcare and life!

McGehee Hospital is a Critical Access Hospital that serves Desha and parts of five surrounding counties. We have been your healthcare resource since 1965. You now have a new hospital wing, family and specialty clinics. All contain state-of-the-art equipment and are staffed with highly qualified physicians, nurses and technologists who are committed to providing you quality personal care.

The community made a substantial commitment to the hospital and clinic in the **Share the Pride** campaign to support enhanced services and programs. Most are already in place and serving you. We have six medical professionals to serve you. There are 100 professionals to enhance your healthcare experience and the quality of your life.



As the McGehee Hospital and Family Clinic Chief Operating Officer, I invite you to come and see what we can do for you to enhance the quality of your life through our innovative healthcare services. I am confident that you will be impressed. You can get "big city care" right here in McGehee.

Terry L. Amstutz, FACHE
President and Chief Executive Officer



Welcome Dr. Jamie S. Evans **Family Medicine Personal Care Physician**

In April 2020, Dr. Evans was introduced as the first female Family Medicine practitioner at the McGehee Hospital and Family Clinic. Dr. Evans has degrees from UAMS and University of Oklahoma Health Science Center. She is Board Certified by the American Board of Family Medicine. She brings experience as the Medical Director of the Cherokee National Center in Muskogee, OK and the Daleville, AL hospital. She specializes in serving rural underserved populations. She is certified in Pain Management and in providing outpatient remediation for Opioid addiction.

Dr. Evans, husband Lee and her two children have returned to McGehee to continue her service to underserved populations, now in Southeast Arkansas.

McGehee Radiology Department

Radiology is an all-encompassing discipline. Whether you have a broken bone or uterine fibroids, diagnostic imaging, x-rays, ultrasound and computed tomography (CT) are among the technologies we use to optimize your overall health.

No matter what kind of imaging test you are having done, you will receive the highest level of care by one of our friendly and caring Registered Radiologic Technologists. The state-of-the-art equipment provides high quality diagnostic images which allow our Board-Certified Radiologist to provide an accurate, thorough diagnosis of your condition.

McGehee Hospital assures that a rapid, accurate result is given which allows you and your primary care physician to work out a treatment that is right for you. Patient experience is our top priority, so McGehee Hospital invested in the advanced technology we need to help you heal, as well as provide you with a positive experience.





A “Goodbye” to Dr. Ronnie Norris, McGehee Hospital Pharmacist

For the past two decades Ronnie Norris has been a welcoming and knowledgeable presence at McGehee Hospital. He has served patients as your Pharmacist and medicine resource. He is a familiar sight around the hospital in his long white coat, greeting and serving the medical staff and patients.

More recently Norris has been the go-to leader for the design, construction and launch, in September 2017, of the McGehee Family Clinic. This state-of-the-art clinic was years in the planning to bring all medical practices into a single convenient facility.

Dr. Norris responded to questions about his time at McGehee Hospital:

1. How long have you been the Pharmacist at McGehee Hospital?

If my memory is correct, I came to work at McGehee Hospital in 2000. As a Desha County Justice of the Peace from McGehee, I assisted in promoting the passage of the city sales tax for the hospital in 2000. Shortly after the passing of the tax, the hospital pharmacy position came open. MHI was in difficult economic times and the administrator at the time, didn't have many options to fill this opening, so I told her that I would see what I could do for her since I had hospital pharmacy experience. That started a 20-year career. For several years, I managed my retail pharmacy and the hospital pharmacy at the same time. I came full time to MHI in 2006.

2. You managed the Clinic design and construction. How did it change healthcare in McGehee?

When Bob Lucky and I began the clinic conversation, never in my wildest imagination did I think this would ever come to pass. I kept thinking that something is going to come up to put the brakes on this effort. Our McGehee Family Clinic is the life's blood for our entire medical community and ultimately the success of McGehee. With our addition of 25 new patient rooms and ER at the hospital and the McGehee Family Clinic, McGehee has the medical infrastructure to last well into the future. The clinic helped McGehee attract physicians and nurses.

3. As you look back on your service at McGehee Hospital, what is your highlight? Of what are you proud?

It has been an honor to be a part of an effort to assist in the implementation of electronic medical records in McGehee Hospital through the meaningful use process. With the addition of the new wing in the hospital and the clinic, we have been blessed with the possibility of three more physicians that may want to consider McGehee home. When you add all this up, McGehee medical community looks in great shape for years to come. I am proud to be a part of this effort.

4. You will be retiring in October. You said that some hunts were in you plans? Anything you would share?

Luke 12:48 says “Everyone to whom much was given, of him much will be required and from him to whom they entrusted much, they will demand the more.” This verse applies specifically to me. Not many people survive one cancer diagnosis. I have been blessed to survive two cancer diagnoses. These wonderful people here in McGehee have prayed me through two major surgeries and 21 chemotherapies. God has heard and answered their prayers for me and granted me the health to help improve the medical community here in McGehee. I shall always in their debt.

I have several hunts in the planning stages.

“McGehee is a special place. I pray God continues to bless our community.”



Bridgette Balentine, Ashlie Gill, Loleta Lawson and Jessica Wells



Chronic Care Management serves those with multiple chronic conditions

If you live with two or more chronic conditions like allergies, arthritis, diabetes, high blood pressure or heart issues, our CCM services may be for you. Chronic conditions are among the most expensive, common and preventable health issues in the U.S.

A (CCM) patient can expect clear answers and learn how to have a better quality of health while living with chronic conditions.

The things you should know about Chronic Care Management is that we are conveniently located in the McGehee Specialty Clinic, where you can reach our team during business hours by phone or visit and that the cost of CCM is covered by Medicare, Medicaid or private insurance.

At CCM we help each patient address his/her questions about chronic conditions and medications. We provide a complete Care Plan to manage your health needs and call you monthly to track progress on your plan.

CCM provides education, schedules appointments, makes referrals to specialists, offers medication refills, gives flu and pneumonia vaccinations and orders home equipment such as bedside commodes, walkers, and adult briefs/diapers.

What kind of personal experience can a patient expect when he/she is enrolled?

We help the patient manage their chronic conditions and how to live successfully with them. We try and motivate the patients to continue with necessary treatment to help them achieve a better quality of life.

How does CCM make a difference in the healthcare of someone in the program?

- Improves patient satisfaction
- Increases compliance with recommended medications and therapies
- Requires fewer hospitalizations and ER visits
- Focuses clinical staff on the Care Plan and monthly tracking calls

What changed for the patients with chronic conditions in the past 18 months of CCM?

- CCM patients are happy with the one-on-one time they receive from their CCM nurse
- They are better educated regarding their chronic conditions
- Patients are comfortable receiving a monthly call from their CCM nurse
- They are more confident of their healthcare because they know they have an advocate they can call anytime during the month for assistance.

Eight healthcare benefits at McGehee Hospital & Family Clinic

Before the **Share the Pride** campaign, no one was asked to support the local hospital and Clinic. That community effort launched a continuing engagement of individuals, groups, companies and foundations to underwrite new programs and the equipment and personnel to bring new healthcare programs McGehee has benefitted from \$6,078,956 invested in new facilities, equipment, physicians and programs to best serve residents.

Consider these eight enhancements at the Hospital and Clinic.

- 1. The Wallace Trust** and **McGehee Industrial Foundation** provided the funding for the land purchase, construction and furnishing of the McGehee Family Clinic. This \$2.55 million investment consolidated all practices into a convenient and efficient clinic.
- Two physicians (Drs. James Renfroe and Jamie Evans) were added to the medical staff because of continuing recruitment incentives by **The Wallace Trust**. A third physician is being recruited to arrive in three years.
- 3. Delta Regional Authority** (DRA) granted \$400,000 to purchase an X-Ray unit for the Family Clinic and a second for the Hospital. These are state-of-the-art units that produce clear, accurate and timely images to enhance diagnosis and treatment.
- 4. Coulter Foundation** provided \$50,000 funding for the Labsco Clinic Lab. It ensures that the medical staff have accurate, timely test results during the patient's appointment.
- 5. Blue & You Foundation** for a healthy Arkansas provided two grants (\$296,956) to launch the Chronic Care Management (CCM) program. **The King Foundation** supported Phase One of the CCM project with a \$25,000 grant. These grants funded a four-member team to provide individualized treatment plans and monthly tracking for patients with multiple chronic conditions. 415 CCM members were served in 2019; that number is projected to grow to 700 in 2020.
- 6.** 362 donors to the **Share the Pride** campaign provided \$2.2 million to support the Hospital and Clinic equipment, programs and personnel.
- 7. The Frank Hickingbotham ER Department** (\$175,000) provides seven bays of state-of-the-art triage and emergency care.
- 8. The USDA Community Facilities** grant of \$332,000 enabled the hospital to replace its outdated boilers with a digital-managed system and eight pieces of diagnosis equipment for its hospital lab.



McGehee Hospital Specialty Clinic

The McGehee Specialty Clinic at the former Osemota Clinic (206 South First Street) brings nine specialists to McGehee each month to add convenience to our patients who benefit from seeing a specialist here at home in McGehee.



Dr. James Renfroe



Dr. Jamie Evans

Homestyle Chicken Noodle Soup

A bowl of chicken noodle soup always equals Fall comfort. The vegetables add nutrition and an aromatic flavor. This Heart Healthy soup can be prepared at a moment's notice and turns mealtime into a warm and satisfying experience.



Ingredients

2 teaspoons olive oil
 3 medium carrots (thinly sliced)
 2 medium ribs of celery, (thinly sliced)
 1 small onion (diced)
 4 cups fat-free, low-sodium chicken broth
 1 1/2 pounds boneless, skinless chicken breasts, all visible fat discarded, cut into bite-size pieces.
 3 cups water
 3 tablespoons fresh Italian parsley, minced.
 1/2 teaspoon dried thyme (crumbled)
 1/4 teaspoon salt
 1/4 teaspoon black pepper
 6 ounces dried no-yolk noodles

Directions

Heat the oil in the pressure cooker on sauté. Cook the carrots, celery, and onion for 3 minutes, or until the carrots and celery are tender and the onion is soft, stirring frequently. Stir in the broth, chicken, water, parsley, thyme, salt, and pepper. Secure the lid. Cook on high pressure for 12 minutes. Allow the pressure to release naturally for 10 minutes, then quickly release any remaining pressure. Remove the pressure cooker lid. Set the pressure cooker to sauté. Heat until the soup comes to a simmer. Stir in the noodles. Cook for 8 to 10 minutes, or until the noodles are tender, stirring frequently.

Servings 6 Serving Size 2 cups

Nutrition Facts

Calories 282, Protein 30g, Fiber 3g

A Flu Shot is More Important than Ever!

Getting a flu vaccine is more important than ever during 2020-2021 to protect yourself, your family and your community from flu. A flu vaccine this season can also help reduce the burden on our healthcare systems responding to the COVID-19 pandemic and save medical resources for care of COVID-19 patients.

The more people vaccinated; the more people protected. Do your part. Get a flu vaccine this fall.

When should I get vaccinated?

Because the timing of the onset, peak and end of flu seasons varies from year to year and cannot be predicted, it is difficult to say when is the best time to be vaccinated for any one season. In trying to balance the need to get many people vaccinated before flu activity begins with concerns about potential waning of vaccine-induced immunity during the flu season, CDC and ACIP recommend that vaccination be offered by the end of October.

Children 6 months through 8 years of age who need 2 doses should receive their first dose as soon as possible after the vaccine becomes available to allow the second dose (which must be administered at least 4 weeks later) to be received by the end of October.

For people who need only one dose for the season, vaccinating early – for example, in July or August – may lead to reduced protection against flu later in the season, particularly among older adults. While vaccination should optimally occur before the onset of flu activity in the community, providers should continue to offer and encourage vaccination as long as flu viruses are circulating and unexpired vaccine is available. To avoid missed opportunities for vaccination, vaccination can be offered during routine health care visits and hospitalizations.

The campaign to sustain McGehee Hospital and McGehee Family Clinic



Sustain the Pride McGehee Hospital

Please clip and mail back to

McGehee Hospital
PO Box 351
McGehee, AR 71654

McGehee Hospital recently was awarded a \$332,000 USDA Community Facilities grant. It was made to replace crucial hospital equipment: (1) the two diesel-fired boilers in the original wing with natural gas fired boilers and (2) eight diagnostic instruments in the Hospital Lab. Both elements are critical to maintaining a high quality of care, comfort and safety to our patients and staff.

The USDA grant funds 54% of the update/replacement costs of these crucial replacements. The McGehee Hospital trustees invite you to donate to the Sustain the Pride campaign to fund McGehee Hospital's \$275,00 matching share of the equipment update/replacement cost.

For each \$1 that you give, USDA will match it with \$1. Help McGehee Hospital with a one-time or sustaining monthly gift. You, your family and your neighbors will benefit for your gift.

Please complete this donor card with your gift amount. Return it to PO Box 351.

Thank you for considering a sustaining gift to enhance the quality of life in McGehee.

Please print clearly

Name (first & last)
Address
City State Zip
Phone (home) Phone (cell)
Email

I would like to make a one-time gift of \$

I would like to make a sustaining monthly gift of \$ Monthly Date

Sustaining MONTHLY Giving Levels \$12.50 \$25 \$50 \$100 or Other \$

Payment Information

Check enclosed: payable to Sustain the Pride Campaign
Bank draft: Bank bank routing # account #
Charge my credit card: Name on card
Visa MasterCard Discover American Express
Account Number 3 digit security code
Expires: Month Year
Signature (as it appears on card) Date

Please print your name



Sustaining McGehee Hospital and McGehee Family Clinic