



Spring 2021 #2

McGehee  
Hospital

# Wellness Update



## Our Mission

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

## Our Values

In order to fulfill our mission and serve our community to the best of our ability, it is important that all members of our team adhere to our Core Values with every action and interaction. Our Core Values: **Service, Honesty, Respect, Stewardship and Performance** are explained at [mcgeeehospital.org](http://mcgeeehospital.org).

McGehee Hospital  
McGehee Family Clinic  
and Specialty Clinic

## Publisher

Bob Lucky  
Share the Pride  
Foundation

## Editor

Terry L. Amstutz, FACHE  
President and Chief  
Executive Officer

## McGehee Hospital

900 North Third Street  
McGehee, AR 71654



*Terry L. Amstutz, FACHE  
President and CEO*

## Check out these new McGehee Hospital services

**Come see what new equipment and innovative services** have been added at the hospital and clinic. Our staff wants you to know that our goal is to ensure that your healthcare at McGehee Hospital and Family Clinic is safe, accessible, comfortable and welcoming.

**The \$283,000 USDA Facilities grant** permitted us to purchase and put into service eleven pieces of diagnostic and therapy equipment. Each piece will help patients with heart, blood pressure, allergy, breathing or sleeping issues.

We are most excited to launch a **Sleep Lab** under the leadership of Linda Haynes and Marilyn Davis in May. This Lab diagnoses sleep disorders and prescribes treatment therapies. We know that sleep apnea is a significant untreated disorder. Now you can access the Sleep Lab right here in McGehee.

Our **new diagnostic equipment** will provide more effective, immediate and accurate tests. Mostly, you will receive your test results during your appointment with your provider.

Our **Chronic Care Management program** is in its third year of providing personalized health care plans, monthly phone call tracking and personal attention of a team of three RNs. Individuals with multiple chronic diseases are finding that CCM enhances their quality of life.

**The Blue & You Foundation for a Healthier Arkansas** provided grants in 2019 and 2020 to establish this program. Nearly 500 residents participate in this program.

Visit our website: [mcgeeehospital.org](http://mcgeeehospital.org)

 Find us on Facebook [Facebook.com/McGehee Hospital](https://www.facebook.com/McGeheeHospital)

## Meet The Board of Trustees



*Pictured Left to Right back row: Andrew Wargo, Mike Smith, Bob Lucky, Eddie Allen  
Pictured Left to Right front row: Clarissa Herren, Alfonzo Dixon, Lisa Hutchison, Don Smith*

*The trustees are proud to continue to move McGehee Hospital forward as a welcoming and comfortable place for area residents to come for personalized healthcare.*

*Andrew Wargo, III  
Chairman,  
Board of Trustees*

The eight-member Board of Trustees manage and oversee the Hospital and McGehee Family Clinic. They assure that quality healthcare is available to residents of McGehee, Desha County and the five surrounding counties. It meets monthly as the hospital operating board. Board members serve four-year terms.



### **What are the benefits to me of the relocation, renovation and expansion of the Medical, Sleep and Cardiorespiratory Labs?**

McGehee Hospital patients will soon find the Hospital Medical, Sleep and Cardiorespiratory Labs are more convenient and accessible. The 1965 vintage labs are being relocated on the main hallway of the original hospital and in the hospital wing. That space will be renovated and expanded in 2021 in a \$1.6 million project funded by foundation grants and USDA loans. They will occupy the original nursing station area.

The expanded Medical Lab with its state-of-the-art equipment provides three benefits to you, the patient: receive test results during your physician appointment, more accurate test results, diagnosis and treatments and in a more accessible, comfortable and welcoming space.



*Linda Haynes, CRT, Respiratory Department Director and Marilyn Davis, CRT, RSGPT*

### **How can the new Sleep Lab benefit me?**

Sleep studies help your provider diagnose sleep disorders such as sleep apnea, periodic limb movement disorder, narcolepsy, restless legs syndrome, insomnia, and nighttime behaviors like sleepwalking and REM sleep behavior disorder. Patients with obesity should be screened for sleep apnea. Your doctor can help you determine whether a sleep study is right for you.

The Sleep Lab will open in May 2021. It will provide testing of sleep disorders right here in McGehee. You will have local access to testing and treatment of sleep disorders at McGehee Hospital.

### **How do I get a referral to the Sleep Lab?**

You can receive a referral from your health-care provider. Your doctor can prescribe a sleep study depending on your symptoms and overall health. Talk with your doctor if you are experiencing sleep issues or daytime symptoms such as fatigue, drowsiness, depression, or difficulty concentrating.



### **Welcome Dr. Case Henderson McGehee Hospital Pharmacist**

Dr. Case Henderson succeeds the longtime McGehee Hospital pharmacist, Dr. Ronnie Norris. He returns home to McGehee after completing his BS in Biochemistry at University of Arkansas at Monticello and a Pharm D at the University of Arkansas for Medical Sciences in Little Rock.

Our pharmacy uses a secure computer system to review, maintain and monitor each patient's medication profile, purchases medications from our wholesaler, and maintains our inventory system. Our pharmacy's goal is to provide efficient service to our patients by implementing and maintaining that patient's drug therapy and IV programs in our database.

We strive to provide the same level of care in McGehee that patients in a metropolitan area receive. We have the resources and experience to provide a wide variety of care to patients diagnosed with various illnesses or injuries. Our pharmacy meets patient needs in an effective, efficient and caring manner.



### **The Safe Zone UVC unit increases disinfection outcomes.**

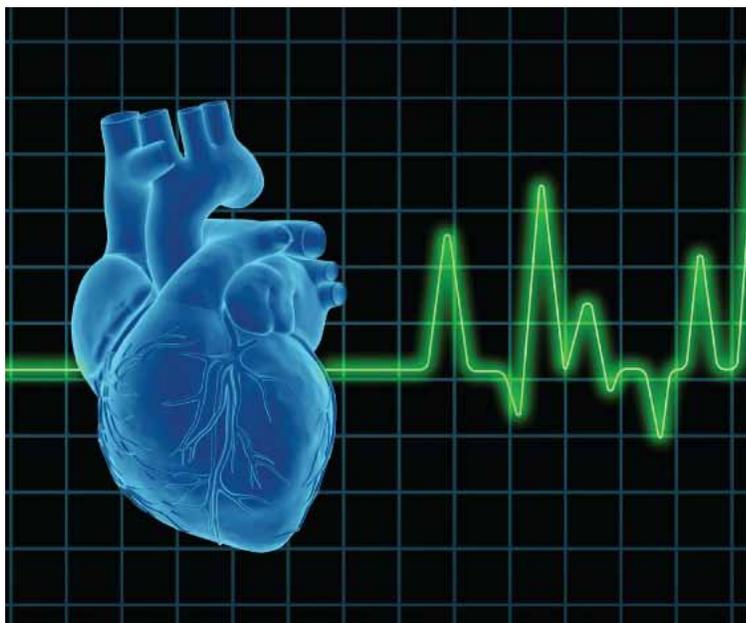
McGehee Hospital purchased a Safe Zone Mobile UVC disinfection device to enhance our disinfection process to a new level of 99.999% clean. The unit has one of the most efficient solutions for all infection control, it is specifically designed for maximum effectiveness and ease of use. This device is transportable, easy to use, durable, versatile, intelligent, quick, effective, and safe. This UVC disinfection device will create a safer environment by eliminating harmful pathogens with a dose of high power UVC light.

This additional housekeeping function ensures that our staff, patients and visitors are not exposed to Covid or other airborne infections while at the hospital.

### **Check out the benefits you can experience at the new Cardiopulmonary Lab**

If you suffer from any heart, blood pressure, breathing, allergy or combined chronic diseases, the Cardiopulmonary Lab will be your resource to diagnose and provide a therapy to treat your disorder.

This program will be available in McGehee in May. You can be treated by your Family Clinic provider or one of the nine visiting specialists at the McGehee Specialty Clinic.





Loleta Lawson, RN; Ashlie Gill, LPN; Bridgette Balentine and Jessica Wells, LPN



## Chronic Care Management is your tool to better health

Chronic disease and conditions are among the most expensive, common, and preventable health issues in the United States.

If you live with two or more chronic conditions like arthritis, diabetes, depression, or high blood pressure, our Chronic Care Management services is for you. **Inquire today at the Family Clinic.**

### Our CCM Mission

Our healthcare team will work to create the best and most complete care plan to manage your health needs so you can spend more quality time doing what you love.

### Enrollment Benefits

- Reduced number of hospital and Emergency Department visits
- Arrangements for Social Services
- Personalized care plan and appointment coordination with other specialists, pharmacy, hospitals and testing centers
- Costs are normally covered by Medicare, Medicaid or your private health insurance

### What to do to be Involved?

- Enroll in Chronic Care Management Program by calling McGehee Family Clinic
- You must have been seen by your doctor within a year
- Participate in a 20-minute telephone call each month

*CCM has made my life much healthier and easier. My monthly call for my nurse keeps me on track with my individual healthcare plan. Thank you Ashlie, Bridgette, Loleta and Jennifer for caring for me!*

*A CCM Patient*

## Eight facts about new equipment at McGehee Hospital making your life better

In the Fall 2020 **Wellness Update** newsletter we proudly shared eight facts that you should know about enhancements that continue to improve your experience when you visit McGehee Hospital, Family Clinic or McGehee Specialty Clinic.

Now, just six months later, we proudly share eight additional facts about how the new diagnostic and therapy equipment in service at McGehee Hospital as a result of a USDA Community Facility grant will benefit you. McGehee Hospital partnered with Mayor Owyong and the McGehee City Council on that grant.

1. You will probably never see our **new boilers** and the **heating and air conditioning systems**. Just know that they have been replaced and updated to a more effective computer-managed system. They are more efficient and keep you more comfortable.
2. If you need a blood analysis, there are two machines: **a blood culture analyzer** to identify bacteria in your bloodstream and another instrument that types, screens for antibodies and crossmatches blood samples. There are also new **phlebotomy chairs**.
3. Those who need diabetes analysis, our **Nova Glucometer** provides point of care analysis.
4. Our **Biomerieux Vitek 2** identifies drug susceptibility for bacteria growing on culture.
5. The **Cobas Urisys** provides urine analysis.
6. The **Molecular Qiagen** instrument identifies 18 viruses and 3 bacterial infections (and Covid).
7. The lab has a new microscope, Biosafety hood, digital centrifuge and a chem and regular refrigerator and a freezer to preserve samples.
8. Ask at the Business Office about signing up for the **McGehee Hospital patient portal**. Use the portal to track your visits and test results, pay your bill and communicate with your provider from your home computer or smart phone.

All of this equipment gives our medical technicians newer and more advanced tools to make efficient and effective diagnosis of your health-care tests. We continue to strive to make your life better at McGehee Hospital and Family Clinic.

McGehee Hospital continues to enhance its personalized healthcare plans for our 9,000 patients. You can expect caring, personal, honest and thorough treatment on each visit.



## Welcome Dr. Austin Beatty

Dr. Austin Beatty grew up in McGehee and finished high school in Tillar at Cornerstone Christian Academy. He later completed a Bachelor of Science degree in Biology and Biochemistry at the University of Arkansas at Monticello. He obtained his medical degree from the University of Arkansas for Medical Sciences and completed residency in Tulsa, Oklahoma at the In His Image Family Medicine Residency Program. He is married to Samantha Harrison Beatty from Rison, Arkansas who works as a School Psychologist. Both Dr. Beatty and Samantha are looking forward to serving the McGehee and surroundings communities this fall.

## Bright Spring Salad

This salad is bright and simple and the perfect way to showcase fresh spring ingredients.



### Ingredients

**1 bunch Asparagus** – blanch it until it's crisp-tender but still bright green. Chopped into 1-inch pieces.

**1/2 cup Peas** – Their sweet flavor is delicious in this spring green salad! You can use thawed frozen peas, but blanched fresh peas would be equally tasty.

**2 thinly sliced Radishes** – For crunch and a pop of pink! Use a mix of watermelon radishes and red radishes, but just one variety would work fine too.

**1/2 cup Feta cheese** – It adds delicious tangy flavor.

**1/4 cup Toasted pistachios and 1/2 roasted chickpeas** – They add protein, nutty flavor, and crunch.

**1/2 Avocado** – A rich and creamy contrast to the crisp veggies and crunchy chickpeas.

**Fresh herbs for garnish** – Choose one or use a mix! Make this spring green salad with a blend of basil, mint, and chives.

**Salad greens** – Any tender spring greens would be good. Butter and red leaf lettuce, mesclun, and arugula are some favorites.

**And a bright, herb-flecked dressing** – Toss this zippy mix with the asparagus and peas first. Then, drizzle more dressing over the entire salad .

### Dressing

¼ cup fresh basil or a mix of basil and mint  
 1 small garlic clove  
 1 tablespoon lemon juice, plus ½ teaspoon zest  
 1 tablespoon white wine vinegar  
 2 tablespoons extra-virgin olive oil  
 ¼ teaspoon sea salt



## A Covid Shot is More Important than Ever!

**The more people vaccinated; the more people protected. Do your part. Get a covid vaccine. Call 870-222-6676 to schedule a vaccine .**

### After you get fully vaccinated?

If you are fully vaccinated, you can start doing many things that you had stopped doing because of the pandemic.

- When choosing safer activities, consider how COVID-19 is spreading in your community, the number of people participating in the activity, and the location of the activity.
- Outdoor visits and activities are safer than indoor activities, and fully vaccinated people can participate in some indoor events safely, without much risk.
- If you haven't been vaccinated yet, find a vaccine.

In general, the more closely you interact with others and the longer that interaction, the higher the risk of COVID-19 spread.

- If you decide to engage in public activities, continue to protect yourself by practicing everyday preventive actions.
- Keep these items on hand when venturing out: a mask, tissues, and a hand sanitizer with at least 60% alcohol, if possible.

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

The \$332,000 USDA grant, announced in the Fall 2020 Wellness Update, is now fully activated at McGehee Hospital. All eight pieces of equipment are providing services to patients. The most exciting outcomes of this grant are that the tests are done more quickly and accurately.

The Sleep Lab will begin operation in May to help residents with sleep apnea issues. Come see what's new at your hospital.

Please continue to support your local hospital by making a gift to the Sustain the Pride campaign. McGehee Hospital trustees need community support to fund the balance of the cost of the equipment not funded by the USDA grant. Our goal is to raise \$275,000 to match the grant.

Send your check or pledge to PO Box 351 or go online to mcgeeehospital.org. Click the Donate button to give.

Thank You for considering a sustaining gift to provide enhanced diagnostic and treatment equipment right here 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