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## The Medical Center is First Hospital in Kentucky to Implant Miniature Heart Monitoring Device

The Medical Center is the first hospital in Kentucky and the second in the United States to implant a miniature insertable cardiac monitor. It is called the Medtronic Reveal LINQ Insertable Cardiac Monitor (ICM), and is the smallest implantable cardiac monitoring device available in the world today.

The tiny monitor is approximately one-third the size of a AAA battery, making it more than 80 percent smaller than other insertable monitors. While significantly smaller, the device is part of a powerful system that allows physicians to continuously and wirelessly monitor a patient's heart for up to three years, with 20 percent more data memory than previous ICMs. It can be monitored from nearly any location in the world.

Interventional Cardiologist Sandeep Chhabra, M.D., who performed the first implant at The Medical Center, believes the miniature heart monitoring device is a medical breakthrough in the treatment of patients with irregular heartbeats. "This new smaller device continuously monitors the heart so that doctors have a reliable picture of the patient's heart activity," he said. "Using this information, it allows the physician to accurately diagnose and monitor each patient."

Dr. Chhabra says this is just another example of The Medical Center breaking ground in providing the latest state-of-the-art medical procedures to the Bowling Green community. "In January 2011 The Medical Center was the first hospital in Kentucky to implant the Impella 2.5 heart pump device, at the time it was the world's smallest heart pump," said Dr. Chhabra. "Now, three years later, The Medical Center is once again at the forefront of medical technology by being the first hospital in Kentucky to implant the miniature heart monitoring device."

The Medical Center has already completed five patient implants and more are planned. The ICM system provides remote monitoring through the Carelink® Network. Physicians



can request notification to alert them if their patients have had a cardiac event. The new small monitoring device is used in patients who experience dizziness, palpitation, fainting and chest pain that may indicate a cardiac arrhythmia, and for patients with increased risk for cardiac arrhythmia.

The smaller device has many benefits including ease of placement into the chest. Because it is smaller, it is much more comfortable to the patient. The ICM is placed just beneath the skin through a small incision in the left side of the chest, and is often invisible to the eye. "For the first time, because of the smaller size, it can be inserted in the chests of women with breast implants. The larger monitors were not an option due to the risk of damaging the implant. It also allows patients to undergo magnetic resonance imaging (MRI) if needed," said Dr. Chhabra.

Patients traveling also have an increased sense of security, knowing they can be monitored from almost any location, as well as while they are sleeping. Using this minimally invasive procedure, this new insertable miniature heart monitor simplifies the experience for both physicians and their patients.



## Patient health portal coming soon



Soon the Information Technology department will launch **MyRecord**, a new patient health portal that will enable patients of The Medical Center to access their health information online. This online tool allows patients the flexibility to access their health information and other resources on their time and between visits to The Medical Center.

When patients enroll in **MyRecord**, they will be able to:

- View and request appointments for diagnostic imaging procedures

- Review their results
- Review medication summaries
- See visit history and discharge information
- Update personal information

**MyRecord** is completely secure, so patients can be confident that their private information is protected. Only the patient – or an authorized family member – can access the patient’s information through **MyRecord**.

**MyRecord** will be available for patients of The Medical Centers in Bowling Green, Franklin and Scottsville, as well as Commonwealth Regional Specialty Hospital. Watch the *CHC Intercomm* for a future announcement of when **MyRecord** is available. Start spreading the news to your family and friends and let them know of this great resource that will soon be available.

## Women In The Arts

### CALL FOR ENTRIES

The 24th Women-In-The-Arts call for entries deadline is **March 21**. Two pieces of artwork are allowed per artist, and a \$20 fee covers all art entered. The Women-In-The-Arts Exhibit will feature artwork in the following categories: painting, sculpture, ceramics, works on paper, fiber works, and photography.

The public exhibit will take place in The Medical Center Auditorium Friday, April 11 through Sunday, April 13. Winning artwork will receive awards and be displayed in the classroom at The Medical Center Health & Wellness Center April 15 through May 2.

Entries are open to all women 18 years of age or older residing in Kentucky. Artists entered in Women-In-The-Arts have the option of selling their artwork during the exhibit. For more information, contact The Women’s Center at 270-745-1010, or visit the website at [TheMedicalCenter.org](http://TheMedicalCenter.org).

## Accomplishments

Congratulations to **Debbie Smith, MSN, RNC, NE-BC**, Nursery/NICU Charge Nurse V, who has received her PhD in Nursing Education from Capella University.

**90** seconds  
**TO BETTER HEALTH**

Watch WBKO for these upcoming segments of *90 Seconds to Better Health*, a medical news program presented by The Medical Center.

### David Ciochetty, M.D., M.B.A. Clinical Training with Patient Simulation

Tuesday, March 18, 5 p.m. News  
Wednesday, March 19, *AM Kentucky*

### Brian Wallace, M.D. Low-dose CT Screening for Lung Cancer

Tuesday, March 25, 6 p.m. News  
Wednesday, March 26, *AM Kentucky*  
Tuesday, April 1, 5 p.m. News  
Wednesday, April 2, *AM Kentucky*

You can view all the segments at  
[TheMedicalCenter.org](http://TheMedicalCenter.org).



## Save the Date

### Exercise to benefit you and the March for Babies

Team Medical Center will host a Zumbathon to benefit the March of Dimes March for Babies.

**Saturday, March 15  
9:30 to 11:30 a.m.**

**Old Alvaton Gym  
6350 Old Scottsville Road**

**Cost is \$5 per person.**

To register, contact Liz Wooldridge at [WoolEA@chc.net](mailto:WoolEA@chc.net) or you can register at the door.

*This fundraising event is sponsored by CHC.*

## Retirements



**Teresa Anderson**, Food Services (second from right), retired after 31 years of service. Congratulating her are Wade Stone, Executive Vice President; Jean Cherry, Executive Vice President; and Trey Roberson, Director of Food Services.



**Julia Dunning**, MedEquip (center), retired after 38 years of service. Congratulating her are Connie Smith, Chief Executive Officer of The Medical Center, and Mike Lovan, Director of MedEquip.



**Barb Wolfe**, The Medical Center at Franklin Nursing Administration (center), retired after 25 years of service. Congratulating her are Eric Hagan, Vice President and Vicki Tyler, Director of Patient Care Services for The Medical Center at Franklin.

## Franklin Health Fair a Success



Hundreds of people showed up for the annual Franklin-Simpson County Health Fair Saturday, March 1.

The Health Fair filled the Franklin-Simpson Middle School Auditorium with free health screenings, health information and fun door prizes. The health screenings and information serve to help identify potential health problems and risks and provide tips on living a healthier lifestyle throughout the year.

## Are you ready to stop using tobacco?

### The Cooper-Clayton Method to Stop Smoking can help!

This **free**, 13-week program combines nicotine gum, patches or lozenges with support and behavior modification in a supportive group setting. There will be **three series at The Medical Center at Bowling Green, two at The Medical Center at Franklin, and one at The Medical Center at Scottsville**. You can see the complete schedule by clicking on the *HR Benefits Tools* tab on the [annual open enrollment website](#).

**Classes begin on the following dates:**

#### THE MEDICAL CENTER AT BOWLING GREEN

**Monday, April 14 • 5–6:00 p.m.**

*Medical Conference Room*

**Wednesday, April 16 • 9:30–10:30 a.m.**

*Classroom 2*

**Monday, June 2 • 3:30–4:30 p.m.**

*Classroom 2*

#### THE MEDICAL CENTER AT FRANKLIN

**Monday, April 14 • 4:30–5:30 p.m.**

*Education Building*

**Thursday, April 17 • 11:30 a.m. – 12 noon**

*Education Building*

#### THE MEDICAL CENTER AT SCOTTSVILLE

**Tuesday, April 15 • 2:30–3:30 p.m.**

*Adult Learning Center*

**For more information or to register, call 270-745-1263.**

Nicotine replacement products are required and free for CHC employees.

# Employees with Service Excellence!

March 2014

Ambassadors and Golden Pineapples are individuals who rise above day-to-day expectations. The monthly Ambassador award recognizes hourly and salaried employees; the quarterly Golden Pineapple is for supervisors and managers. If you would like to nominate someone for **Ambassador** or **Golden Pineapple**, nomination forms are available in your unit or department, and by logging on to Service Excellence through Citrix.



## Ambassador

### Billie Cummings

*The Medical Center at Franklin - Food Service*

"Billie continuously gives excellent service to everyone. Her attention to detail is apparent in making the best desserts and fresh food for all. Billie is always pleasant, serves joyfully with a smile, and never hesitates to assist anyone. We are proud and happy she is part of our team!"



## Ambassador

### Julie Embry

*Emergency Medical Services*

"Given urgent and complex patient situations, she always is professional and provides outstanding care to the patients. Julie is also a great contributor in training others. Her dedication to her career and exceptional team work represents Service Excellence at its best."



## Ambassador

### Janet Randall

*Cal Turner Rehab & Specialty Care - Social Services*

"Janet comes in each day with a smile and a pleasant greeting for all she sees. Her enthusiasm in her work is not only transmitted to the staff, but also to the patients. The patients love her, and her compassion is exhibited in everything she does. She is an inspiration in Service Excellence."



## Golden Pineapple

### Pat Pearson

*Home Care Program*

"Pat is truly an engaged staff member. She may be in her office as a manager or making home visits to our patients. She always goes the extra mile to make sure all needs are met for our patients and for our staff. She leads by example in everything she does and excels in service excellence to everyone!"

## Welcome new CHC employees!



Left to right front row: Marie White, CRSH; Shaina Thompson, 5A. Back row: Tamara Stevens, MCS Rehab; Jessica Watkins, Patient Registration; Carol Croteau, MCS LTC.



Left to right front row: Wes Howard, Cardiology; Lequetta Sisk, Urgentcare. Back row: Lindsay McKinney, 4A; Melissa Thomas, MCS Environmental Services; Stephanie Benson, Barren River Regional Cancer Center.



Left to right front row: Erika Rich, MCS LTC; Shannon Butler, Hillcrest Credit Agency. Back row: Leslie Cline, MCS LTC; Jenny Evans, 6B.



Left to right front row: Sara Cash, 5A; Katie Garrison, MCS LTC. Back row: Teresa Bell, Health Information Management; Micaela Atwell, Central Transport; Lindsey Thomas, Environmental Services.



# Get Fit Club Corner

A benefit that partners with me.

## *Witness to Wellness*

Kim Gay, Commonwealth Financial Resources

by Derek Reeder, RN



*Pictured with Kim Gay (center) are Kelly Cardwell, who nominated Kim, and Derek Reeder, RN, Employee Health Services.*

Congratulations to Kim Gay! She is the *Witness to Wellness Award* recipient for February 2014. Kim works at Commonwealth Financial Resources as a Certified Billing and Collection Specialist. She was nominated because she has changed her lifestyle in a positive manner. She began training for 5Ks, changed her diet, and has become an inspiration to many of her co-workers.

Kim first decided that she needed to make a lifestyle change when she went for her wellness visit and she weighed more than she had in years. She had already started going to the gym but was not seeing the results that she wanted. She knew she was not eating right, so she joined Weight Watchers and started doing a mix of strength and cardiovascular training two to three times a week. She also started going to Fit Camp in addition to the new routine. She ran the 5K in The Medical Center 10K Classic last October and plans to start training this month for the 10K this fall! She hit a plateau with her diet and has started a clean eating (no sugar or processed foods), gluten-free diet.

Ever since making her lifestyle change, she has noticed that she has more energy and she just feels better. She has lost 60 pounds and went down 5 sizes! Her goal for the future is to lose another 40 pounds for a total of 100. She offers the following advice to anyone who wants to make a lifestyle change: "Find something that works for your lifestyle. Your body can stand almost anything; it's your mind you have to convince to make a change."

*If you know someone who deserves to be recognized for following a healthy lifestyle, go to the GET Fit Club's web site on Citrix and nominate him or her for the Witness to Wellness Award. If you need additional information, contact Employee Health Services at (270) 745-1263.*



Congratulations to **Heather Ford**, who is with The Medical Center at Scottsville! She won the healthy vending *Simple Pleasures* Wii Fit give-away (by Canteen Vending).

Our next healthy vending *Simple Pleasures* give-away will be a canoe! The winner will be drawn **April 30, 2014**. For more information on *Simple Pleasures*, visit the Get Fit Club website.

Get Fit Club: <http://chcintranet01/getfitclub/>

Get Fit Portal: <https://chc.provantonline.com>

Get Fit Club Calendar: [http://www.themedicalcenter.org/for\\_employees/documents/GetFitClubCalendar.pdf](http://www.themedicalcenter.org/for_employees/documents/GetFitClubCalendar.pdf)