

INTERCOMM

March 27, 2013

UPCOMING EVENTS 2

90 SECONDS TO
BETTER HEALTH

OUTPATIENT BEHAVIORAL
HEALTH OPEN HOUSE

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EXHIBIT

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FORWARD



Progress continues on Health Sciences Complex

Excitement is literally building as construction on The Medical Center-WKU Health Sciences Complex (HSC) takes shape. With masonry work continuing around the building and the glass installations near completion, it does not take much imagination to see how the HSC will be an important and eye-catching addition to The Medical Center campus.

As for the interior, framing is complete on all three floors and drywall installation for floors two and three is nearing completion. Painting has begun in some areas, and elevator and fire sprinkler installation, mechanical work such as plumbing and HVAC duct installation, and electrical work is continuing.

When complete, the HSC will house continuing education labs and an auditorium suitable for seminars for The Medical Center staff. Western Kentucky University will lease a large portion of the building for its nursing program and physical therapy doctorate program.

The most exciting part for employees is the prospect of virtual patients in the training labs. In particular, the iStan virtual patient

simulator will be a huge benefit. Clinical staff will be empowered by using the world's most advanced simulator as a tool to learn new procedures, prevent errors, and improve patient safety.

Employees are invited to share in The Medical Center's legacy of excellence by being part of this exciting initiative. For more information on how to be a part of The Medical Center-WKU Health Sciences Complex through ECHO or other giving opportunities, visit www.CommonwealthHealthFoundation.org or call Kathy Smith, Development Coordinator for Commonwealth Health Foundation, at ext. 6519. Through ECHO, strength in numbers makes the difference!

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



Upcoming Events

Unless otherwise noted, events are held at The Medical Center Health & Wellness Center located at 1857 Tucker Way off Cave Mill Road in Chandler Park. Preregistration required by calling 745-0942.

Osteoporosis & Bone Density Screening

April 9

9 a.m. to 1 p.m.

Osteoporosis may happen naturally as you age. It means your bones are fragile and at greater risk for breaking. Take advantage of this quick, painless screening, offered by health professionals with WKU Rural Health Institute, which uses ultrasound to measure the bone mineral density in your heel.

Grandparents Class

April 9

6 to 8 p.m.

The Medical Center Auditorium.

Preregistration required by visiting TheMedicalCenter.org/OBclasses.

Expectant grandparents are invited to attend class with expectant parents. A pediatrician will discuss newborns and answer questions about caring for an infant.

Free HIV Testing

April 12

1 to 4 p.m.

A certified HIV tester from Barren River District Health Department will provide confidential HIV testing using the Ora-Quick oral swab test. You will know your HIV status within 20 minutes. For more information or questions regarding HIV, call Barren River District Health Department at 270-781-8039, extension 160. *Preregistration optional.*

AARP Driver Safety Program

April 17

9 a.m. to 1 p.m.

This course is designed to meet the specific needs of older drivers. Graduates of the program may be entitled to a premium discount on automobile insurance. Cost of the program is \$12 for AARP members and \$14 for non-members payable to AARP at the first class. *Space is limited.*

Congestive Heart Failure (CHF) Class

April 18

10 a.m. – noon

CHF is a condition in which the heart is not able to deliver oxygen-rich blood to the body as needed. This class, taught by a registered nurse, a dietitian and a pharmacist, will provide valuable information on how to manage this condition. If you or a loved one has a diagnosis of CHF, we encourage you to register for this free class. A digital scale will be given as a door prize.

Women-in-Charge Luncheon

What Physical Therapy Can Do For You

April 23

noon – 1 p.m.

The Medical Center Auditorium

Register for the luncheon online at www.TheMedicalCenter.org. For more information, call 745-1010 or 800-624-2318.

Katy Moran, physical therapist with Bluegrass Outpatient Center, will discuss the various treatment options that physical therapy has to offer to improve function and quality of life. As research expands, the list of diagnoses that can be successfully treated by physical therapy continues to grow. Come learn how specialty physical therapy can change your life.

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.

Western Kentucky Diagnostic Imaging Stan Amonette, M.D.

Wednesday, March 27, AM Kentucky

Tuesday, April 2, 5 p.m. News

Wednesday, April 3, AM Kentucky

Home Medical Equipment Mike Lovan

Tuesday, April 9, 6 p.m. News

Wednesday, April 10, AM Kentucky

Tuesday, April 16, 5 p.m. News

Wednesday, April 17, AM Kentucky

Save the Date

Outpatient Behavioral Health Services Open House

Thursday, April 11

2 to 4 p.m.

Fairview Building

730 Fairview Ave.

Stop by the open house to learn more about the services available to help those suffering from mental health and chemical dependency issues.

Now treating children and youth.

Women In The Arts Exhibit

The Medical Center Auditorium

**Friday, April 12 and Saturday,
April 13 • 10 a.m. to 4 p.m.**

Sunday, April 14 • 1 to 4 p.m.

Welcome to new CHC employees!



Standing left to right: Molly Ray, Nursing; Ruth Gott, NICU; Cynesha McMurry, CRSH. Seated left to right: Lena Marshall, Urgentcare; Dana Pennington, ICU.



Standing left to right: Juan Garcia, Food Services; Evan Calvert, EMS. Seated left to right: Kimberly Baugh, Pharmacy; Derrick Scoggins, Food Services.



Standing left to right: Rhonda Sanders, Hospitality House; Bridgett Brummitt, Food Services; Stacie Haulk, Food Services. Seated left to right: Kyle Harper, EMS; Ericka Donovan, Patient Registration.

National Healthcare Decision Day

Your decision matters. Tuesday, April 16 is National Healthcare Decision Day. It is a day to remind us all to consider, discuss and document healthcare decisions before a crisis occurs.

Advance care planning, or advance directives, are related to end of life care and medical decision-making whenever you are unable to speak for yourself. You not only need to make these decisions, but document your decisions so they will be followed by loved ones and healthcare providers.

In Kentucky, there is a specific form you can use to give instructions. It includes:

- *Healthcare Surrogate* — A person of your choice will be able to make healthcare decisions for you if you are unable to do so yourself. You can also designate a back-up person in case the surrogate you choose is unavailable.
- *The Living Will Directive* — Allows you to make your own decisions known if you no longer have the ability to make a decision, have a terminal condition or become permanently unconscious.
- *Organ Donation* — Makes known whether you want to be an organ

donor, and lets you specify organs you are willing to donate.

The form must be signed and witnessed by two people who are not your relatives, beneficiaries, healthcare providers or anyone financially responsible for your healthcare.

You should not keep this document a secret. Share it with your family, any person you designate as a surrogate, and your healthcare providers, and give a copy to your physicians.

When you are admitted to a hospital, you will be asked if you have an advance directive, and they will ask you for a copy to put in your medical record. These documents are only to be used in the event you become unable to make these important healthcare decisions.

Advance directives are not just for the elderly. None of us know what the day may bring, and by taking a few minutes of your time now, you and your loved ones will have the comfort of knowing healthcare decisions you have made for yourself will be carried out.

For more information on advance directives, please visit www.themedicalcenter.org/internal/patients/living_will.aspx.

Make Tuesday, April 16 your healthcare decision day.

Patient of The Dental Clinic pays it forward

Earlier this month, a dental hygiene patient finished with her cleaning and came out front to pay her small bill for the service. The patient said that she had been blessed to begin working at a "good job" and wanted to help out the next person on the schedule after her. She specifically said that she wanted to "pay it forward," paid the \$20 charge appropriate for her services and a second \$20 for whoever was scheduled next. In addition, she handed a third \$20 across the counter and said to buy sandwiches for the staff. We explained that we

couldn't accept a personal gift for doing our jobs, but we offered to place the extra money in the patient donation jar to benefit overall services for other patients at the clinic.

When the next patient checked out and was told someone had already paid the service fee for her, she began to cry. Her husband had been out of work for over a year, and they were having a difficult time making ends meet. She was very grateful.

Carla Reagan, Executive Director of Commonwealth Health Free Clinic