

SYSTEM F.I.R.S.T.

A publication by and for the Associates of Ephraim McDowell Health

www.emhealth.org •

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OUR MISSION

Ephraim McDowell Health is a system committed to creating a healing environment, built on a legacy of best people, practices and performance, as seen through the eyes of our patients, healthcare providers and communities.

OUR VALUES

F Friendliness
I Innovation
R Respect
S Service
T Trust

Barry's Buzz

As we look to the future, management, directors, our Associates and medical staff will soon start planning for both a potential new addition to the Medical Center as well as a replacement hospital for Fort Logan Hospital. Fort Logan was built in 1963 and will do well with a new facility. Likewise, the Medical Center needs additional beds and also needs to convert semi-private beds to private beds.

This will indeed be an exciting process. A replacement hospital for Fort Logan will cost between \$10 million and \$12 million while a new patient tower at EMRMC will likely cost approximately \$25 million. We view these projects as being very important in order to meet the needs for quality healthcare facilities for our communities. There is no doubt that these facilities will be expensive. It will be incumbent upon us to remain vigilant with our stewardship responsibilities relative to our financials. If we can maintain the financial momentum that we have developed over the course of the past 18 months, we should be in a position to finance this debt without a serious burden relative to our other responsibilities (new equipment, salaries and benefits for our Associates, etc.).

As we look to our future, we will develop a series of strategic plans for our vision (for the system and the various entities) and we will develop a master facilities plan for the Medical Center. As with the axiom of "form follows function", the strategic plan will develop our mission and the construction projects will develop the facilities to take us into the next decade and beyond.

*Barry Michael
President, EMRMC*

Free cholesterol screenings

Reduce your risks for heart disease by knowing your cholesterol level, with free cholesterol screenings offered at these locations:

MedSource

Feb. 23, 8:30 a.m. to 11 a.m.

Fort Logan Hospital

Feb. 24, 9 a.m. to 11 a.m.

Wear Red Day is February 25

Ephraim McDowell Health plans to observe Friday, February 25, as Wear Red Day. Associates at all facilities, as well as individuals in all communities served, are encouraged to wear red to heighten awareness about heart disease.

Wound Healing Center at EMRMC

A Wound Healing Center will open this spring at Ephraim McDowell Regional Medical Center. This new service will help individuals who have a wound that will not mend itself through the body's natural healing process or will not heal significantly with the help of other treatment. It will include hyperbaric oxygen therapy, which is a relatively new, rapidly emerging treatment that aids in the healing process. Connie Edwards is the program director for this new service and Rose McKenzie, R.N., C.D.E., C.W.O.C.N., is the clinical director. Dr. David Liebschutz has been named the medical director. For more information, please call extension 1460.

Coming to EMRMC this spring . . .

PACS (Picture Archiving
Communications System). It's the first step
toward filmless radiology.

Mission and Values

By Tim Noel, Chief Mission Officer

Valentine's Day was this week. If you are reading this column and have done nothing about Valentine's Day, now would be a good time to start; better late than never. People being what they are (men being what they are . . .) these special days are a blessing and a curse. Some of us are romantically challenged and need detailed instructions: 1) purchase card; 2) sign card; 3) give card to special person; 4) accompany card with a gift. It's a good thing to give, and even better to receive. All of us need to know that we are loved, especially by those who know us the best.

Foundation Facts

Did you know that the Ephraim McDowell Health Care Foundation provides stuffed animals and other toys to pediatric patients? Many of our pediatric patients are emotionally upset, often don't feel well and are further stressed because of the hospital environment. The stuffed animals and toys are comforting and distracting, making for a more pleasant stay in the hospital. The Patient Representative Department at EMRMC distributes as many as 75 toys and animals monthly.

How can you help? Join your fellow Associates who are already giving toward this and many other good causes by completing a payroll deduction form available from the Human Resources Department or by calling the Foundation at extension 2362.

New services at Lincoln Physical Therapy

Lincoln Physical Therapy is expanding the scope of outpatient rehabilitation services it offers. Occupational therapy and speech therapy services will become available on February 21. Services will be provided by Joseph Freeman, a licensed occupational therapist, and Bridget Stanfield, a licensed speech language pathologist.

EMRMC, preceptor nurses recognized

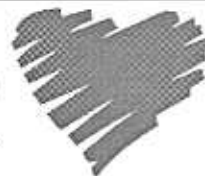
Central Kentucky Technical College in Danville has recognized EMRMC and six members of the nursing staff for their assistance with the Practical Nursing course in the Fall 2004 semester. Students enrolled in the course gain valuable experience at EMRMC while completing their education. The following nurses volunteered as preceptors for the fall semester:

Glenda Singleton	Gina Vaught
Janet Short	Jodi Simpson
Cherry Richardson	Carolyn Hearne

Lipid profiles available for \$15

Appointments are still available for the lipid profile testing at Ephraim McDowell Diagnostic Center. Testing is offered Monday through Friday from 7 a.m. to 10 a.m., through February 25. This test gives total cholesterol levels, including HDL, LDL and triglycerides, and is available at a reduced cost of \$15, payable at the time of service. Appointments may be scheduled by calling (859)238-0315. Share this offer with your family and friends!

Stay Heart Healthy



Follow these tips to stay heart healthy:

- Don't smoke cigarettes or use other tobacco products.
- Have your blood pressure checked regularly.
- Eat foods low in saturated fats and cholesterol.
- Stay physically active.
- Maintain proper weight.
- Have regular medical checkups.

Diabetes Self-Management Program approved for Medicaid reimbursement

The Diabetes Self-Management Program at EMRMC is now approved for Medicaid reimbursement, in addition to being reimbursed by Medicare and most commercial insurance. The program is recognized by the American Diabetes Association and is specifically targeted towards individuals who are newly-diagnosed with diabetes or who have poorly-controlled diabetes. Pre-registration is required, and physician referral may be required for reimbursement. Appointments may be scheduled by calling Central Scheduling at ext. 1282.

Use care with over-the-counter medications

Individuals may have noticed that some of the prescription medications they took in the past are now available over the counter, which means they can be purchased without a prescription. It's very important that consumers carefully read the labels for use of over-the-counter medicines, just as they would for medications prescribed by their healthcare provider. Precautions to observe when using over-the-counter medicine include the following:



- Make sure the dosage is correct, usually determined by your age.
- You may need to limit the duration of use or seek advice from your physician before adjusting a dose or frequency of a medication.
- Read the label to make sure you aren't in a category of patients who should not take the medication.

As always, it is important for individuals to see their physicians regularly for chronic medical conditions and inform them of all medications they are taking, both prescription and non-prescription.

Caremark, like other insurers, often drops coverage for a prescription drug once the product is available without a prescription. Purchasing the medication over the counter usually costs less than a co-pay for the prescription version of the same medication. Receipts for over-the-counter purchases can be submitted to Associates' Flexible Spending Accounts for reimbursement.