

life's point

Focus on Health Care
Colorado Plains Medical Center

Angela Eicher and son, Kaine, enjoyed the recent 60th birthday celebration at Colorado Plains Medical Center. Kaine especially enjoyed his blue raspberry snowcone—the tasty treats were available to attendees that day.



Winning the Fight Against Whooping Cough

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Dear Friends,

The transition from summer to fall means dropping temperatures and changing leaves. As you enjoy the cooler weather or prepare for the big game this football season, Colorado Plains Medical Center will continue expanding our services and enhancing care for you.

CPMC prides itself on offering residents of our community a broad spectrum of health service. To ensure the needs of our patients can be met locally, we constantly identify areas for enhancement within service lines. From preventive medicine to advanced therapeutic options, we are committed to constant improvement.

On page 3, you will find information about our new outpatient therapy program offered through the Geriatric Behavioral Health Unit. This new program increases availability of services for patients coping with any number of behavioral concerns. Page 2 offers information about Wellness

Works, a new employer program we have implemented to help area employers and their employees prevent workplace injuries and illnesses and reduce occupational medicine costs.

Currently, we are in the process of developing a new sleep lab that will open in December 2012. Details of this new project will be featured in the next issue of *Life's Point*.

If you haven't visited our website recently, check www.ColoradoPlainsMedicalCenter.com to view our new "Health eCooking" suggestions and to sign up for your own monthly, personalized health e-newsletter. Both of these services are designed to

improve the health of our community, and additional details can be found on page 6.

As always, this issue of *Life's Point* contains health and wellness information intended to keep you informed and proactive about your health. Thank you for reading, and we hope CPMC will remain your provider of choice throughout all the seasons of life.

Yours in health,
Mike Patterson
Chief Executive Officer
Colorado Plains Medical Center

life's
point



Wellness Works Program at CPMC Helps Area Employers

Today's employers are faced with a myriad of rising costs and increasing regulations, especially when it comes to health care for their employees and workers' compensation insurance for job-related injuries. Colorado Plains Medical Center now offers a new service that can help address these concerns.

The new program, called Wellness Works, offers occupational health and wellness service coordination free of charge for local contracted business.

"We are excited to be able to offer this service to the community," states Mike Patterson, Chief Executive Officer at Colorado Plains Medical Center. "Contracted businesses will realize a cost savings through incident reduction, reduced lost work days, and improvement in overall health of employees and their dependents."

The hospital has hired a dedicated health care consultant who will work with area employers to establish a plan of action for reducing and controlling on-the-job accidents and implementing effective return-to-work strategies for the company's loss prevention program.

Jeremy Branting, the hospital's Wellness Works Health Consultant, was hired this spring and, after an extensive orientation, has already started meeting with some of community's employers.

"I really enjoy keeping people well and being a resource for people to tap for tools to achieve this," remarks Branting.

Branting was born and raised in Littleton, Colorado. He attended Colorado State University in Fort Collins where he earned his Bachelor of Science degree in Health and Exercise Science.

For more information about Wellness Works, contact Jeremy Branting at 970-542-4440 or 303-358-6878.



Jeremy Branting, CPMC's newly hired Wellness Works Health Consultant, meets with Michelle Nadon, FNP, at Women's Clinic of the Plains to discuss the Wellness Works program and how medical providers can help keep area employees healthy.

Students Learn the Value of Attendance and Safety

Although trauma team members are often associated with emergency care, an important aspect of their professions lies in injury prevention. In June, Colorado Plains Medical Center nurses Carolyn Opatik, RN, and Cassie Greene, RN, were on hand to fit bike helmets for students who earned free bicycles through Ehrlich Toyota's perfect attendance program.

This year, nearly 30 area students from Morgan and Logan County schools eagerly arrived at Ehrlich's showroom where Bob McAbee, Fort Morgan General Sales Manager, explained basic bicycle functions, while Opatik and Greene discussed the importance of bicycle helmets.

According to The Safe America Foundation, a non-profit organization dedicated to injury prevention and the practice of good safety habits, more than 500,000 people require medical treatment as a result of bicycle accidents annually. Each year, nearly 50,000 bicyclists suffer serious head injuries, 85 percent of which could be prevented by wearing a helmet.

"Part of our mission is to keep serious injuries and illnesses from occurring in the first place. We appreciated the partnership extended to us from Ehrlich's to participate in educating families about the need for helmets," says Greene. "As a state designated Level III Trauma Center, we consistently see people who use protective gear and seat belts have better outcomes than those who don't. Helmets are the best protection against mishaps that cause death or injury."

Those receiving bikes and helmets for perfect attendance

include:

Baker School in Fort

Morgan: Rigoberto DeLeon Garcia, Claudia Juarez Diaz, Heriberto Munoz-Gamino, Kyla Carpenter, Bailey Whitney, Hayley Newell, Abbey Hough, Trey McBride, Bryce Moehr, Nerea Mora Barragan, Izac Casillas, Sterling Sharp, Breann Parks, and Fluvio Garcia-Gonzalez

Brush schools: Marcus Contreras, Tania Gonzalez, Adrian Lopez, Steven McConnell, and Malachi Vondy

Sterling schools: Victoria Trevino

Trinity Lutheran School in Fort Morgan: Caitlin Swoape

Wiggins schools: Kendra Smits

Woodlin schools: Skylee Cook and Tashara Guettlein

Akron schools: Ely Kipp

If your family experiences an emergent medical situation, turn to the Emergency Department at CPMC, the only state-designated Level III Trauma Center in Morgan County.



A New Option in Behavioral Therapy

Colorado Plains Medical Center is pleased to offer a new outpatient therapy program for older adults coping with life's changes.

CPMC's new outpatient therapy program provides care for patients age 55 and older living with mild dementia, depression, or other mental health issues. Part of this unit's new outpatient service line consists of a 12-week program involving three daily group therapy sessions from 9 a.m. to 12 p.m., Monday through Thursday.

The program is geared toward individuals who exhibit behavior that interferes with family, social, or vocational function. Patients who are candidates for the program are unable to function independently due to a debilitating cognitive, emotional, or behavioral dysfunction or may be transitioning from inpatient treatment, but still require additional care.

Patients receive individual, group, and family therapy in addition to skill training, medication monitoring, and behavioral education. The new program requires no hospital stays or changes in living arrangements. In fact, the goal of the program is to help patients thrive in their current home environment.

"Behavioral disorders can make it increasingly difficult for a person's loved ones or caregivers to take care of him or her," says Judy Bishop, BSN, CPN, Director of Psychiatric Services at CPMC. "We provide strategies that patients can use to better manage symptoms and cope with life transitions."

PRESERVING YOUR INDEPENDENCE

For older adults in the community, the outpatient therapy program serves as a comprehensive resource for patients and their families.

"The psychiatrist and I also work with patients and family members on an individual basis as needed," adds Jennifer Fritzier, Licensed Clinical Social Worker at CPMC. "This new service is a unique asset—there are no programs quite like it in our area."

To learn more about behavioral health services, visit www.ColoradoPlainsMedicalCenter.com.



Judy Bishop, BSN



Jennifer Fritzier,
Clinical Social Worker

Come see our new space! The outpatient therapy program is located in a newly dedicated area of the hospital and includes two offices, a group therapy room, and an outdoor porch.

Seniors, Get Your Shots!

Whooping cough is making its way across Colorado. To protect yourself and infants in the community, please make time to get your whooping cough vaccination.

During the first half of 2012, whooping cough cases reported per week in Colorado increased from less than ten in January to 40 in June, with data still trending upward. Of 484 reported cases, 83 occurred in adults, while 42 cases occurred in children younger than 12 months.

Jackie Danielsen, Infection Control and Employee Health Nurse at Colorado Plains Medical Center, notes that the Health Department is encouraging adults to get vaccinated.

“We encourage the Tdap vaccine for all adults, especially if you’re going to have contact with a baby younger than age one,” she says. “It can take the place of one of your ten-year tetanus boosters because the Tdap booster vaccinates for tetanus, too.”

WHAT IS WHOOPING COUGH?

Also known as pertussis, whooping cough is an infectious, bacterial disease. Whooping cough begins as a mild cold, and often results in a fever and runny nose. One or two weeks later, an individual with whooping cough begins to suffer from intense coughing fits, ending in a loud “whoop” as the person struggles for air.

“Pertussis typically affects children more harshly than



Francis Thompson, MD





Vaccination Myth Busters

Myth: I've already had whooping cough, so I'm immune.

Busted! Natural infection does not result in lifelong immunity to whooping cough.

Myth: I was immunized as a child, so I can't get whooping cough.

Busted! Childhood vaccinations do not maintain immunity throughout adulthood.

Myth: Whooping cough is most dangerous for infants, not older adults, so it's not a big deal if I don't get vaccinated.

Busted! Many older adults, such as grandparents, interact regularly with babies too young to be vaccinated. It's important to keep these babies safe from exposure. For the frail elderly, infectious diseases can pose a real danger.

adults," says Francis Thompson, MD, family medicine physician at CPMC. "The disease can be fatal, especially in infants younger than three months as a result of dehydration and difficulty breathing."

KEEPING SAFE

When people catch whooping cough, they may not know it at first, which allows the disease to spread.

When a patient is diagnosed with whooping cough, his or her primary care provider may prescribe an antibiotic. However, antibiotics for whooping cough are mostly effective for only the first three weeks after infection, so people often get them too late—another reason why immunization is best.

Health providers may also prescribe antibiotics for people who come in close contact with infected individuals. The Colorado Department of Health asks people taking antibiotics for pertussis to stay away from work and school for five days.

WHY VACCINATE?

Vaccination is important to reduce the spread of disease across a population. Immunity in older adults protects children who are too young to be vaccinated from the disease.



Anne Manchester, MD

"A booster vaccination, Tdap, is available for adolescents and adults," says Anne Manchester, MD, internal medicine physician at CPMC. "It's important to get a booster if you have close contact with young children. Vaccination is absolutely vital to help ensure individual health and the well-being of loved ones."

Need help finding a physician? Visit

www.ColoradoPlainsMedicalCenter.com to find a CPMC physician for your family, or call (800) 424-DOCS (3627) for a referral.

Shots for Every Age

The Colorado Health Department recommends the following vaccinations:

Children Ages 15 Months to Six Years

Hepatitis B
Rotavirus
Diphtheria, tetanus and pertussis (DTap)
Haemophilus influenzae type B
Pneumococcal conjugate
Polio
Influenza (yearly)
Measles, mumps, and rubella (MMR)
Varicella
Hepatitis A
Meningococcal



Young People Ages Seven to Eighteen Years

Diphtheria, tetanus, and pertussis (Tdap)
Human papillomavirus
Meningococcal
Influenza (yearly)

Adults

Influenza (yearly)
Diphtheria, tetanus and pertussis (Tdap)
Measles, mumps, and rubella, if born in 1957 or later
Shingles, after age sixty
Pneumococcal, after age sixty

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The Stages of Whooping Cough

Incubation—seven to ten days; no symptoms

Catarrhal stage—one to two weeks; cold-like symptoms

Paroxysmal stage—one to six weeks; severe coughing fits

Convalescent stage—two to three weeks; decreasing coughing fits



Healthy Cooking Ideas at Your Fingertips

With school back in session and with the holidays just around the corner, it often is difficult to eat a balanced meal or to cook something satisfying yet healthy. Colorado Plains Medical Center has the perfect solution. Its new website (www.ColoradoPlainsMedicalCenter.com) is home to hundreds of recipes for breakfast, lunch, and dinner.

Each recipe is developed by professional chefs and tested by registered dietitians, and nutritional facts are listed with each dish. An individual can search by dish type or by diet type, as there are categories for gluten-free diets, heart healthy diets, and sugar-free diets. Each month a new recipe is added, so there is always something new to try.

In addition to recipes, many of the selections also feature related video demonstrations. For example, the triple berry cobbler dessert shows a viewer how to select the best berries when faced with various options at the grocery store or local market.

Plans are already underway to increase the site's capacity to help with meal planning. An individual will soon be able to develop a week's menu and the site will generate a personalized shopping list to help accommodate with meal preparation.

"Part of our mission is to look at various ways that we can keep our community stay well and out of the hospital. Eating healthfully can reduce risk of illnesses such as heart disease, cancer, and diabetes, while boosting energy, sharpening memory, and stabilizing mood," says Sandy Engle, Director of Marketing at Colorado Plains Medical Center.

In addition to trying some of the new recipes on Colorado Plains Medical Center's website, consider these tips for continued success:

Keep it simple. Instead of being a slave to calorie counting, think of your diet in terms of color, freshness, and variety. Identify healthy foods you love and easy recipes that incorporate those foods.

Start slowly. Rather than changing the way you eat overnight, try making one or two healthy changes each week. Perhaps this is the week you commit to drinking fewer soft drinks and eating a salad with dinner each night.

Consider your portions carefully. When eating out, consider choosing an appetizer instead of an entrée, or share a meal with a friend. It can also be helpful to review a restaurant's nutritional information online in advance of your visit. At home, use smaller plates and underserve yourself – you can always get more if you're still hungry.

Plan ahead. Prepare and eat your own food whenever possible, so that you can control what you're eating and how much of it you consume. For lunch, consider brown bagging it with fresh fruit and vegetables, low-fat yogurts and cheeses, whole wheat breads, and lean meats. For dinner, pick a few easy, healthy recipes and build a meal schedule around them.

To learn more, talk to your physician or visit www.ColoradoPlainsMedicalCenter.com and select the "Health eCooking" tab.

Ready to get started?
Here is an example of one of the selections you can find on the website for your eating pleasure!

Mango Smoothie Recipe

- 1 cup Cubed frozen mango
- 3/4 cup Ripe banana, sliced
- 1 cup Halved strawberries
- 1/2 cup Low-fat (1%) milk
- 1 tsp Honey
- 1/4 tsp Vanilla extract

Directions:

In a blender, combine mango, banana, strawberries, milk, honey, and vanilla. Blend mixture until smooth. Serve immediately.



SERVES 2; PORTION: 1 cup

Nutritional information:

- Calories: 195
- Fat: 1g
- Saturated fat: 0
- Cholesterol: 4mg
- Sodium: 38mg
- Carbohydrates: 42g
- Fiber: 5g
- Protein: 5g

For more free recipes, visit Colorado Plains Medical Center's website: www.ColoradoPlainsMedicalCenter.com.

www.ColoradoPlainsMedicalCenter.com

Straight Talk about UTIs

Urinary tract infections (UTIs) are often considered an adult health concern. However, the condition can also be a serious health risk for young children.

Approximately 3 percent of American children develop UTIs each year, according to the National Institutes of Health.

"I see UTIs fairly often in young patients," says Kehinde Obeto, MD, FAAP, pediatrician on staff at Colorado Plains Medical Center. "If a child experiences fever, pain with urination, smelly or bloody urine, or new onset bedwetting, his or her parents should contact their child's pediatrician."

Recent research underscores the value of foul-smelling urine as a possible indicator of a UTI. Earlier this year, Canadian researchers released the results of a study in which the parents of 331 one- to thirty-six-month-old children who presented to an emergency department with UTI-like signs completed a questionnaire about their children's symptoms. The researchers found that children of parents who reported urine scent as a symptom were 80 percent more likely to have a UTI—15 percent of children were diagnosed with the infection—than children whose parents didn't mention urine odor.

"The good news about UTIs is that, once they are diagnosed based on urine samples, they can be treated with antibiotics," says Ian Fauconier, MD, urologist on staff at CPMC. "To prevent UTIs, parents should encourage their children to urinate regularly and teach them how to clean themselves properly after urination."

To find a pediatrician at CPMC, visit www.ColoradoPlainsMedicalCenter.com and select "Find A Doctor," or call our new physician referral line at (800) 424-DOCS (3627).



Run Away from Pain

Don't let these three common running injuries keep you from reaching the finish line.



Achilles tendonitis

Running uphill and increasing mileage too quickly are the main culprits of Achilles tendonitis, which causes pain and tightness in the calf muscle.

According to the American Orthopaedic Society for Sports Medicine, stretching of the Achilles tendon, ice, massage, anti-inflammatory medication, and heel lifts are all appropriate treatments for Achilles tendonitis.

with the toes while walking. Shoes that are worn out or don't fit correctly may contribute to this injury.

"Running through pain can lead to more serious problems that may require surgery to correct," says Dave Keller, PA-C, RPT, certified physician assistant at Eastern Colorado Orthopedic Center.

"If pain persists for more than five days, it may be time to visit a physical therapist."

For more information about physical therapy at CPMC, visit www.ColoradoPlainsMedicalCenter.com. In addition to treating sports injuries, Eastern Colorado Orthopedic Center can help with arthritis care, sprains and broken bones, and joint replacement. Visit them at 220 East Beaver Ave. in Fort Morgan.



Dave Keller, PA-C



Shin splints

Shin splints cause intense pain in the lower half of the leg. Beginning runners are most at risk for developing shin splints, especially when they don't adequately stretch their legs. To care for shin splints,

stop running until pain subsides and slowly strengthen the lower leg muscles with weight training.



Plantar fasciitis

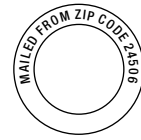
This injury inflames the tissue that runs along the bottom of the foot. Runners

- may experience the worst pain when taking the first few steps every morning or when pushing off





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Safety First

When it comes to your health, safety is a top priority.
At Colorado Plains Medical Center, patient safety is the focus—and it shows.

A recent study released by *Consumer Reports* named CPMC as the sixth safest hospital in Colorado based on rates of patient complications, infections, mortality, and re-admissions. The first of its kind by *Consumer Reports*, the study compiled information from the Centers for Medicare and Medicaid Services. *Consumer Reports* rated 1,159 hospitals across the United States, including 38 hospitals in Colorado. *Consumer Reports* designation joins the list of CPMC's previous accomplishments, including accreditation by The Joint Commission and national recognition for behavioral health services by Horizon Health.

For more information about news and events at CPMC, visit www.ColoradoPlainsMedicalCenter.com and click "Press Room."



www.ColoradoPlainsMedicalCenter.com

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