

life's point

Focus on Health Care
Colorado Plains Medical Center



Jeanette Martinez, RN, CPMC labor and delivery nurse, was recently recognized as a Regional Nightingale Luminary Award winner for her exceptional dedication and leadership in the nursing profession. Read more about Jeanette at www.coloradoplainsmedicalcenter.com.

Photo by: Sandy Schneider-Engle

Best Bedding for Infants

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Dear Friends,



Gene O'Hara, CEO

Everyone in both the Colorado Plains community and the hospital community has been incredibly welcoming as I have settled into my new role as CEO of Colorado

Plains Medical Center. I want to take a minute to introduce myself to you here and to share some of my background and leadership philosophy.

Coming to CPMC was an unexpected — but very welcome — turn in my career. I spent many years in hospital administration — including three years as vice president of market management and business strategies for VHA Mountain States in Irving, Texas, a seven-state regional arm of VHA, and several additional years in various CEO roles for hospitals within the Banner Health and Providence Health & Services. I became a professor at the University of Northern Colorado in 2012, where I had roles in both teaching and

administration. I had not planned to return to full-time healthcare administration, but after I served as interim CEO here while the CEO search continued, the board offered me the permanent leadership position, which I eagerly accepted.

CPMC has been recognized by a variety of rating agencies in recent years for providing very high quality services, but we know we can be even better. My highest priority will be to work with our team to continue to refine our quality and safety, so our patients can be fully confident that CPMC provides the best quality and safety available in this region. We intend to re-earn the support and trust of our community members each and every time they come to CPMC for services. The citizens of Morgan County deserve — and CPMC will deliver — the very best in healthcare services.

As you can imagine, a hospital like CPMC is quite complex. As the “new guy,” I have many moving parts of the hospital to understand, people to meet, and initiatives to nurture. Two particular areas of focus in the coming year have to do with large employers in Morgan County and the Affordable Care Act.



I have already had the opportunity to talk with a few of the area's major employers to learn about their needs. I am hoping to meet with many more and to bring them together to talk about how we can partner to minimize the cost of care going forward while assuring a healthy workforce.

Another area of focus will be assuring that CPMC and our providers are well positioned to fully participate in the new types of healthcare delivery networks dictated by the Affordable Care Act.

There's much more, of course, and I plan to use this space in future issues of *Life's Point* to keep the community informed about what's happening at CPMC. I am excited and humbled by the opportunity to lead and steward this great healthcare organization and to be a partner in your health care.

Good health to you,
Gene O'Hara, PharmD, MHA, FACHE
Chief Executive Officer
Colorado Plains Medical Center

Constantly Improving!

Colorado Plains Medical Center is always changing, growing and improving to deliver the best possible health care for Morgan County and the Northeast Colorado region.

Last fall, Colorado Plains Medical Center started the long anticipated remodeling and expansion of the Paul E. Woodward Birthing Center in collaboration with the Fort Morgan Community Hospital Association, the Fort Morgan Community Hospital Foundation, the Williams Family Foundation, and LifePoint. The newly renovated obstetrics unit, which includes a larger nurse's station, updated postpartum rooms, remodeled hallways, and a new Cesarean section suite, should be completed this spring.

Work recently began on remodeling the pharmacy area, including a larger space and new ventilation hood for mixing formularies needed for chemotherapy.

NEW TECHNOLOGY

CPMC continues to grow and expand several of its services by acquiring state-of-the art equipment. Last year,

the hospital received new MedSelect upgrades for improved medicine dispensing. A new nurse call system was installed and new nuclear medicine equipment was purchased that allows hospital staff to perform improved and additional studies, such as stress tests. The hospital also remodeled sections of the radiology area for better access.

REMODELED SPACES

Physician office spaces of the Fort Morgan Medical Group and Colorado Plains Internal Medicine and Pediatrics were consolidated, and the newly formed Colorado Plains Medical Group is now able to offer convenient and extended hours of service on the hospital campus due to the newly remodeled office space.

At the end of 2014, the cafeteria space was also renovated. “Branches” held its open house on January 15 with approximately 150 in attendance.

For other ways the hospital has contributed to the community, view our 2014 Report to the Community on page 4.

Safe to Sleep

When it comes to bedding for infants, softer isn't always better.

Soft bedding, plush blankets, stuffed animals, and pillows may make cribs look cozy and cute, but they can put infants' lives in danger.

"Just because an infant crib set comes with bumpers, pillows, and comforters does not mean those items are safe to use around babies," says Allyson Brookins, RN, Director of Women's Services and Obstetrics at Colorado Plains Medical Center.

"Using them puts infants at an increased risk of suffocation, overheating, and sudden infant death syndrome. We teach new and expectant parents how to create a safe sleep environment in childbirth classes."

THE RIGHT STUFF

Infants who sleep in cribs should use one that meets the strict standards of safety set by the U.S. Consumer Product Safety Commission. Whether parents choose to use a crib or bassinet or to co-sleep, the baby's sleep environment should be a firm surface covered only by a fitted sheet.



Keep pillows, blankets, crib bumpers, toys, stuffed animals, and loose bedding out of the sleep environment until children are at least one-and-a-half years old. Choose sleep clothing to keep the baby warm but do not allow it or anything else to cover the baby's head.

Expectant parents can learn more safety tips to care for their newborn by attending childbirth classes offered by CPMC. For class information, visit www.ColoradoPlainsMedicalCenter.com, click on "Services," and select "Perinatal/Neonatal."

NEW DRIVING RULES? NO PROBLEM

Professional drivers, did you know federal law now requires that a certified medical examiner perform the physical exam you must have to maintain a valid commercial driver's license (CDL)?

In May 2014, the Federal Motor Carrier Safety Administration (FMCSA) began requiring commercial drivers to have their CDL physicals administered by providers listed on the National Registry of Certified Medical Examiners. CDLs can be valid for 24 months or less, depending on the examiner's findings.



Paula Frantz, MD

Commercial drivers in Northeast Colorado have a convenient place to turn for CDL physicals: Colorado Plains Physician Practices' Sterling Clinic, located at 232 West Main Street in downtown Sterling. Paula Frantz, MD, family medicine physician at Sterling Clinic, is an FMCSA-registered certified medical examiner.

"I take a complete medical history and perform a detailed physical exam, evaluating vision, hearing, heart and lung function, and health of the neurological and musculoskeletal systems," Dr. Frantz says. "I look for subtle things in a driver's health profile or exam that could lead to incapacitation while driving, such as an aneurysm or sleep apnea."

Dr. Frantz tries to accommodate drivers needing CDL physicals quickly but urges them not to wait until their licenses' expiration dates are looming to see her.

"Often, I have to recommend drivers for additional testing, which lengthens the process a bit," she says. "A quality CDL exam requires time and attention to detail."

To schedule a CDL physical at Colorado Plains Medical Center or the CPP Sterling Clinic, call 970-522-7195.

2014 REPORT TO THE COMMUNITY



**Gene O'Hara, PharmD,
MHA, FACHE**
CEO
Colorado Plains
Medical Center

At Colorado Plains Medical Center,

our goal is to deliver the best healthcare available in the Morgan County region, as we seek to make our community healthier. With the help of dedicated physicians, employees, volunteers and board members, along with your support and encouragement, we continue our passionate pursuit of excellence.

Delivering quality healthcare close to home is the single most important contribution we make. But there are many other ways we make a positive impact on the communities we serve. Here are a few of the ways we are making a difference.

More than \$2.7 million in capital improvements

Colorado Plains Medical Center continues to grow and expand several of our services thru the acquisition of state-of-the-art equipment. Last year, we received new MedSelect upgrades for improved medicine dispensing. We also installed a new nurse call system and purchased new nuclear medicine equipment that allows us to perform improved and additional studies, such as stress tests. The hospital also remodeled sections of our radiology area for better access.

We consolidated physician office spaces of the Fort Morgan Medical Group and Colorado Plains Internal Medicine and Pediatrics. The newly formed group, Colorado Plains Medical Group is now able to offer convenient and extended hours of service on the hospital campus due to the newly remodeled physician office space. The cafeteria space was also remodeled at the end of 2014. "Branches" held its open house on January 15 with approximately 150 in attendance. This past fall, we also started the long anticipated remodel and expansion of the Paul E. Woodward Birthing Center. This is a collaboration of the Fort Morgan Community Hospital Association, the Fort Morgan Community Hospital Foundation, the Williams Family Foundation, and LifePoint. The newly renovated obstetrics unit, which will now include a C-section surgical suite, should be completed in Spring 2015. We hope many of you will join us for a community celebration later this year.



In fact, we invested \$2,734,835 in our facilities last year, which, in addition to the above, included technology replacement, information technology additions/updates, and important facility upkeep and maintenance.

Contributing to our local tax base

Last year, Colorado Plains Medical Center paid \$546,139 in taxes, which helped support our city, county and state. This included property and other taxes. These dollars help maintain local schools, fund the development of roads, recruit business and industry, and provide other similar services vital to support and sustain a thriving economy.

Helping those in need

Colorado Plains Medical Center is committed to ensuring the delivery of needed healthcare to all members of the community, regardless of ability to pay. Last year the cost to Colorado Plains Medical Center was more than \$1.3 million to provide services for those without the ability to pay for their care.

Adding new physicians

During the past year, Colorado Plains Medical Center welcomed full-time providers, Jacques LeBlanc, MD, and Sarah Whitney, FNP, to the Colorado Plains Medical Group staff. Both are excellent additions to the family medicine practice that provides care to newborns through older adults. Additionally, Dr. Lorelei McCloskey, a respected podiatrist, joined the Specialty Clinic clinicians who provide specialty care at home in our community.

One of our community's major employers

With an annual payroll of \$23,362,787 and an average of 370 employees, Colorado Plains Medical Center is one of the largest employers in the region. This means that our staff and family members attend many of the same schools, shop at the same stores and volunteer their time and resources for the same organizations as you do.

We thank you for choosing us for your healthcare needs. With your support, we can continue making our community healthier.



2014 REPORT TO THE COMMUNITY

- Average number of employees 370
- Annual payroll nearly \$23.4 million
- Facility investment \$2.7 million +



COMMUNITY BENEFIT REPORT

Charity and other uncompensated care	\$1,344,096
Includes unpaid cost of Medicaid as well as charity care and other uncompensated care	
Community benefit programs	\$318,128
Financial contributions.....	\$ 34,314
Professional development.....	\$175,669
Tuition reimbursement.....	\$ 14,876
Physician recruitment.....	\$ 93,269
Taxes paid	\$250,291
Property and other taxes.....	\$231,000
Local sales tax.....	\$ 2,161
State sales and use tax.....	\$ 17,130

2014 TOTAL..... **\$1,912,515**

SPONSORSHIPS AND DONATIONS

In 2014, Colorado Plains Medical Center contributed \$340,402 for community-related educational programs, school services and health outreach services. In addition, CPMC employees individually donate hundreds of volunteer hours to community organizations and non-profit groups. CPMC is pleased to have been able to financially support the following activities and organizations during the past year, which totaled more than \$34,000 in contributions:

- Alzheimer's Association
- American Foundation for Suicide Prevention
- Baby Bear Hugs
- Bob Stock Sponsor
- Boy Scouts of America
- Brush FFA
- Brush High School After Prom
- Brush Rodeo Queen Alumni
- CAHAV
- Centennial AHEC
- Children's Organ Transplant Association
- City of Brush Recreation Department
- Community Holiday Movie Sponsor
- Eben Ezer Lutheran Care Center
- Fall Harvest Car Show Sponsor
- Fort Morgan Chamber of Commerce
- Fort Morgan Community Hospital Association
- Fort Morgan Heritage Foundation
- Fort Morgan High School Athletic Booster
- Fort Morgan Humane Society
- Fort Morgan Lions Club
- Fort Morgan Rotary Club
- Fort Morgan Volunteer Fire Department
- Friends of the Fort Morgan Library
- Glenn Miller Festival Sponsor
- Hospice of Northern Colorado
- Morgan Community College Foundation
- Morgan County 4-H and Fair Sale
- Morgan County Concert Association
- Morgan County Economic Development Corporation
- Morgan County Family Center
- Morgan County Home School
- Morgan County REA Scholarship Program
- Morgan County Sneaker Stroll for Diabetes
- Operation After Prom in Fort Morgan
- Optimist Club of Fort Morgan
- Prairie Public School
- Quail Dunes Ladies Golf Association
- Relay for Life in Morgan County/ American Cancer Society
- S.A.R.A. Inc.
- School for Performing Arts
- SHARE
- Trinity Lutheran School
- United Way of Morgan County
- VFW Post 2551
- Weldon Valley After Prom
- Wiggins High School
- Wild West Carnival Sponsor

"Charity and other uncompensated care" includes hospital costs not covered by Medicaid reimbursements and supplemental payments, as well as charity care and bad debt. "Physician recruitment costs" include recruitment costs and support of new physicians' initial practice establishment in the community. Payroll includes consolidated salaries, wages, benefits, and contract labor costs. "Capital investments" include facility expansions/renovations, equipment purchases, technology replacement, information technology additions/updates, and routine facility upkeep and maintenance.

All references to "LifePoint," "LifePoint Hospitals," or the "Company" used in this release refer to LifePoint Hospitals, Inc. and its affiliates.

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LIFEPOINT HOSPITALS

Colorado Plains Medical Center is part of LifePoint Hospitals®, a leading hospital company focused on providing quality healthcare services close to home. Through its subsidiaries, LifePoint operates more than 60 hospital campuses in 21 states. With a mission of "Making Communities Healthier," LifePoint is the sole community hospital provider in the majority of the communities it serves. More information about the Company, which is headquartered in Brentwood, Tennessee, can be found on its website LifePointHospitals.com.

Help for Hernias

Women and men can both experience this medical condition that may require surgery.

A **hernia occurs** when internal organs or tissues bulge through an opening or tear in a muscle that should be holding them in place. Most hernias are in the abdominal wall, and while men are more at risk, anyone at any age can develop a hernia.



Tom Manchester, MD

“Most hernias we see are the result of prior surgery,” says Tom Manchester, MD, FACS, general surgeon with Colorado Plains Medical Center. “Hernias can happen after a Cesarean section or even through the small port incisions from minimally invasive procedures, such as gallbladder removal.”

Straining or overtaxing the muscles can also cause hernias.

GETTING A DIAGNOSIS

The symptoms of a hernia depend on where it occurs, but they include pain at the source, such as in the abdomen. A hiatal hernia, in which part of the stomach pokes up through the diaphragm, may cause acid reflux or difficulty swallowing. Always get a suspected hernia evaluated by a physician — depending on the severity of your hernia, you may or may not need surgery.



Edward Lopez, MD

“If the bulging isn’t severe and isn’t bothering the patient, then we may not need to fix it right away,” says Edward Lopez, MD, FACS, general surgeon with CPMC. “However, sometimes the first pain you

have with a hernia is from a bowel obstruction or a piece of the bowel getting stuck in a hernia. This is a dangerous condition that turns what could have been a 45-minute outpatient procedure into a hospitalization and potentially life-threatening condition.”

USING ADVANCED TREATMENTS

If you need hernia repair, the surgeon will place a patch inside your body to keep the bulge from recurring.

“I tell patients to think about it like repairing a swimming pool,” says Dr. Manchester. “If you patch a swimming pool on the outside, then the patch will fall off — you need to go inside to do it. The same applies with repairing a hernia.”

Your surgeon may use laparoscopic or minimally invasive techniques. Either synthetic plastic screen or biologic meshes can be used to repair your hernia.

Drs. Lopez and Manchester both have a special interest in hernia repair. They attend specialized training courses and are always researching and using the latest materials and techniques.

Both also have expertise in many areas of general surgery, including laparoscopy, colonoscopy, breast surgery, gallbladder surgery, colon resections, cancer screenings, appendectomies, varicose vein reduction, and trauma.

To learn more or schedule a hernia evaluation, call 970-542-4371.

Where Does It Hurt?

Hernias are classified primarily by where they occur:

- **Inguinal**, in the groin area
- **Umbilical**, by the belly button
- **Hiatal**, near the upper part of the stomach
- **Incisional**, caused by a surgical incision anywhere in the abdomen



Quality Care for All Patients

Colorado Plains Medical Center has been fully accredited by The Joint Commission since 1954, two years after the hospital opened. This voluntary certification means we meet the highest standard of care for you and your family.

Quality of care and patient safety are key to the standards CPMC must meet to retain Joint Commission certification, a rigorous program that not all hospitals participate in. Maintaining this accreditation for more than 60 years makes a strong statement to the community.

“Patient safety is our most important job,” says Sonya Bass, MSN, RN, Chief Nursing Officer at CPMC. “It takes time, effort, and dedication to build a culture around that priority. CPMC has worked very hard to do that.”

SUPERIOR STANDARDS

The Joint Commission and the Centers for Medicare & Medicaid Services (CMS) are working to align their standards, so facilities like CPMC can follow the same criteria. The emphasis is to make patient care safer.



CPMC received recognition as a top performing facility by The Joint Commission in 2013 and also received the LifePoint Hospitals High Five Award three times in the last five years, in which quality standards played a role. Most recently, CPMC was recognized by the Safe Care Group

as the highest-ranking Colorado hospital in the list of 100 Safe Care Hospitals under 100 beds.

“When new processes are developed at CPMC, it’s done with Joint Commission standards in mind,” Bass says. “This is a close-knit community, and we know what matters to people. Our patients expect quality, compassionate, and error-free care.”

Food + Meds = A Delicate Balance

You may know that alcohol and painkillers don’t mix. But many people don’t realize many of the foods we eat can also affect medications, sometimes in surprising ways.

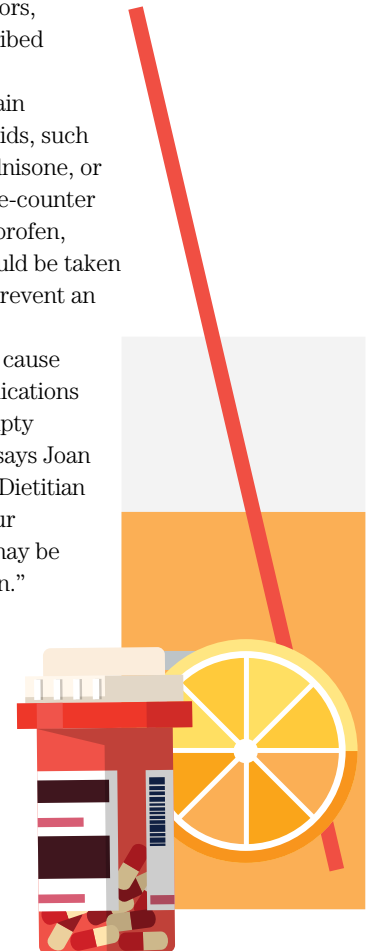
According to Colorado Plains Medical Center pharmacy staff, specific foods and drinks could keep medications from doing their job. Watch out for these items:

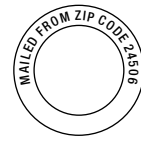
- **Grapefruit juice** interacts with medications in a variety of ways. People should avoid grapefruit juice if they are taking medications for cholesterol, blood pressure, thyroid, or birth control.
- **Foods high in vitamin K** (green leafy vegetables, broccoli, cabbage) affect anticoagulants. If you eat them, those foods must be consumed in the same amounts every day.
- **Soy sauce, cheese, and avocado** can raise blood pressure levels when eaten with monoamine oxidase (MAO) inhibitors, which are often prescribed for depression.

On the other hand, certain medications—corticosteroids, such as prednisone, methylprednisone, or hydrocortisone; or over-the-counter pain relievers, such as ibuprofen, aspirin, or naproxen—should be taken with milk or food to help prevent an upset stomach.

“Some medications can cause upset stomach. Other medications need to be taken on an empty stomach to be absorbed,” says Joan Unrein, RD, CDE, Clinical Dietitian at CPMC. “Check with your pharmacist to see if food may be taken with your medication.”

Talk with your physician if you have questions about a new or current medication. Need a physician? Call 1-800-424-DOCS (3627).





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we've gotten very good at it.***

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breastfeeding
classes.**

