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June 9, 2004 – Ten years ago, Commonwealth Regional Specialty Hospital's first Administrator, the late Carrel Sumner (center, right), along with board members and other representatives of CHC, cut the ribbon to celebrate the hospital-within-a-hospital's opening.

Commonwealth Regional Specialty Hospital Celebrates 10 Years

Over the past 10 years, Commonwealth Regional Specialty Hospital has provided exceptional care and enjoyed considerable growth. "We've come a long way in 10 years," says Emily Martin, Administrator/Director of Patient Care Services for the Specialty Hospital. "At the end of its first year, the Specialty Hospital had 156 admissions; in 2013, we had 231 admissions."

Three employees have been with the hospital since the beginning — Felicia Vincent in Billing, Terry Blankenship in Environmental Services, and Monitor Tech Dawn Ferguson. "As one of the original employees of CRSH," Felicia said, "it's hard to believe we opened 10 years ago! In the past 10 years, we have seen a lot of people come and go. Despite all of the change, we have remained a great team and have seen great successes."

Commonwealth Regional Specialty Hospital is designed to address the unique and complicated physical, emotional, spiritual, nursing, and rehabilitation needs of its patients.

An interdisciplinary team of physicians, nurses, respiratory therapists, physical therapists, speech therapists, wound care consultants, pharmacists, dietitians, radiologists, laboratory technologists, case managers and social workers provide collaborative, individualized care of each patient's medical needs.

The staff of Commonwealth Regional Specialty Hospital will enjoy an ice cream party in honor of the hospital's 10th anniversary on June 9.

For more information about CRSH, visit CommonwealthRegionalSpecialtyHospital.org.

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



The Medical Center Offers New Treatment for Vertebral Compression Fractures



Clark Bernard, M.D.

Vertebral compression fractures (VCFs) are painful and debilitating, and occur when a vertebra (bone in the spine) cracks, fractures or collapses. The National Osteoporosis Foundation estimates that there are 750,000 osteoporosis-related VCFs annually in the U.S. alone, which is expected to increase as the population ages.

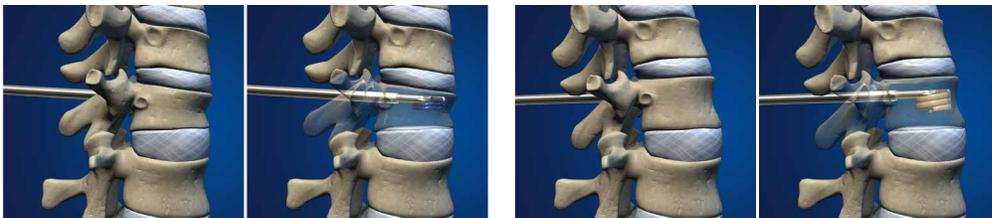
Without intervention, the pain from a VCF may subside as the fracture heals, and the vertebra heals in its deformed, compressed position. This shortened, compressed vertebra alters the normal alignment of the spine, putting the spine at greater risk for subsequent level fractures.

Surgical treatment for VCF includes vertebroplasty, balloon kyphoplasty and a new treatment option using the Kiva® VCF Treatment System. The Medical Center is the first hospital in Kentucky to utilize the Kiva® VCF Treatment System.

Board certified Neurosurgeon Clark Bernard, M.D. performed the first Kiva procedure at The Medical Center on Friday, May 2. "Patients who have vertebral compression fractures can suffer severe and disabling pain and if left untreated, can experience impaired function and decreased activity," said Dr. Bernard. "The Kiva system offers a new treatment option that has been shown to reduce pain and restore function and improve long-term results by reducing future fractures."

The Kiva System by Benvenue Medical, Inc. is the first new, clinically proven approach to the treatment of VCFs in more than a decade. In clinical studies, the Kiva System was shown to match the performance of balloon kyphoplasty. Kiva has also been demonstrated to reduce the rate of adjacent level fractures, improve restoration of the curvature of the spine, reduce the rate of cement leakage into surrounding tissue and reduce the amount of cement used.

Used during a minimally invasive procedure, the Kiva implant is designed to provide structural support to the vertebral body and a reservoir to direct and contain bone cement during vertebral augmentation. The implant is delivered percutaneously over a removable guidewire in a continuous loop into the vertebral body through a small diameter, single incision. Once the implant is in position, bone cement is introduced through the implant to stabilize the fracture. The amount of the Kiva Implant delivered is physician-customized during the procedure.



Collapsed

Restored

Connie Smith Receives Kentucky ACHE Regent's Award



ACHE Regent Chris Roty (left) presents **Connie Smith**, President and Chief Executive Officer, with this year's Senior-Level Healthcare Executive Regent's Award from the Kentucky Chapter of the American College of Healthcare Executives (ACHE). The award honors ACHE members who have experience in the field, and who have made significant contributions to the advancement of healthcare management excellence. Connie received the award May 8 at the Kentucky Hospital Association annual convention.

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.

Ghayth Hammad, M.D.

Diabetes Education Program
Tuesday, June 10, 5 p.m. News
Wednesday, June 11, *AM Kentucky*

Brian Humble, M.D.

Preventing Readmissions
Tuesday, June 17, 6 p.m. News
Wednesday, June 18, *AM Kentucky*
Tuesday, June 24, 5 p.m. News
Wednesday, June 25, *AM Kentucky*

You can view all the segments at
TheMedicalCenter.org.

Welcome new CHC employees!



Left to right front row: Shanea Williams, Lab; Paula Wallace, Food Services; Christine Hutton, MCS Long Term Care. Back row: Maria Lemus, MCF Food Services; Antonio Williams, 5C.



Left to right front row: Krystal Carlock, MCF Acute Care; Kayla McDonald, MCF Emergency Dept.; Jesse Stivers, ICU. Back row: Morgan Hood, MCS LTC; Mirela Music, 2B; Karen Henderson, MCF Surgery.



Left to right front row: Nakia Rhodes, Patient Registration; Michelle Dille, CCU; Lesley Crider, Rehab Services. Back row: Margaret Ribby, 6B; Julie Bartlett, MCF Ultrasound.



Left to right front row: Lari Maize, Emergency Dept.; Sierra Madison, 3C; Tammy Sundell, Pharmacy. Back row: Amanda Kinser, 5B; Callie Nelson, 5A.



Barren River Adult Day Wins Again!

Barren River Adult Day Care Center (BRADCC) was honored on Tuesday, April 29 in Pikeville at the Kentucky Association for Gerontology Conference. Barren River Adult Day Care Center received Adult Day Care of the Year, as part of the Kentucky Aging Network Awards for 2014. This award is based on recognition for significant contributions through their role in the aging network. Steve Creekmore, Director of BRADCC stated, "We are very excited and honored to receive this award. What makes it monumental is we have been chosen four years in a row out of the entire state of Kentucky. Families and clients know that our ultimate goal is to enhance the quality of life of the individuals we serve and to provide valuable information and guidance."

Business Education Partnership Award



Jenny Golden, Director of Community Wellness, accepted the award on behalf of The Medical Center.

The Medical Center accepted an award for Business/Education partnership of the year at the Bowling Green Area Chamber of Commerce Excellence luncheon on May 15. The Business/Education Partnership Award recognizes a supportive partnership between a local business and a local school.

The Medical Center partnered with Jody Richards Elementary. Some partnership activities included education on hand washing to the K-2 students and "Wellness Wednesday" — a once-a-month pep talk to all students during morning meeting that included *Leader in Me* concepts along with various health topics such as nutrition, physical activity, safety, kindness and stress management.

Jody Richards Elementary students made "get well" cards for patients of The Medical Center during holidays and volunteered at The Medical Center Health & Wellness Expo in January. This partnership was a "win-win" collaboration, and we look forward to our partnership activities next year.

Gallup Great Workplace Award



Left to right: Teresa Cottrell, Human Resources Strategic Partner, Lynn Williams, Vice President of Human Resources, and Connie Smith, President and CEO, receive the award on behalf of CHC.

CHC was formally presented with the Gallup Great Workplace Award on Wednesday, May 14 during the Gallup Spring Summit in Omaha, Nebraska. CHC is one of 36 organizations to receive this prestigious award and the first Kentucky-based hospital system to receive the award. CHC is among the winners because its results demonstrate Engagement Excellence by having one of the most productive and engaged workforces in the world.

Congratulations to all CHC employees! You are what make CHC a great place to work and a great place for patients to receive quality care.

Don't forget!

MEN'S HEALTH CONFERENCE

Friday, June 13 • 8 a.m. to 1 p.m.

The Medical Center-WKU Health Sciences Complex

Designed just for men, the Men's Health Conference includes health screenings, information, demonstrations, and presentations by Vascular Surgeon Michael Byrne, M.D. and Neurosurgeon Clark Bernard, M.D. Cost to attend the conference is \$25 for individuals and \$175 for corporate tables of eight. **The deadline to register is June 6.**

For more information about the Men's Health Conference, call (270) 745-1010 or (800) 624-2318, or visit www.TheMedicalCenter.org.

Welcome new CHC employees!



Left to right front row: Wendell Cherry, Engineering; Chris Kendall, 4B; Evan Nalley, Security. Back row: Kelley Armbrust, Food Service; Brooke Worley, MCS LTC.

Accomplishments



Melanie Wilson, Radiation Therapist, received the Clinical Supervisor of the Year Award from the Austin Peay State University Radiation Therapy program. There are six clinical sites in the Nashville Region that trains APSU students.



Barb Wolfe, Performance Improvement Coordinator with The Medical Center at Franklin Nursing Administration (retired), was presented the Patient Safety Award from the Kentucky Hospital Association's Kentucky Hospital Engagement Network. Barb was nominated for her drive to improve quality and safety during her time at The Medical Center at Franklin. She helped staff become mindful of how working as a team could improve safety and quality of care.



Get Fit Club Corner

A benefit that partners with me.

Witness to Wellness

By Derek Reeder, RN



Left to right: Katrina Wood, The Medical Center at Franklin ED Trauma Manager, **Kerri Miller** and Derek Reeder, Employee Health.

change after not losing the “baby weight” from her last child. She felt overweight and wanted to lose the pounds but lacked the willpower. Things changed when she tried a new protein shake and really enjoyed it. It curbed her appetite and gave her more energy. Kerri also started to use the *My Fitness Pal* app and set a weight loss goal. She began counting calories and planning her meals by making a weekly menu. Kerri began exercising and also chose an exercise regimen that has given her more energy throughout the day. She notices that she falls asleep more easily and sleeps more soundly than before. The combination of exercise, increased sleep, and losing weight makes her feel much more confident.

Over the past year and a half, she has lost almost 40 pounds. She has met her weight loss goals but continues to improve muscle tone, strength, and endurance. She offers the following advice to people wanting to change their lifestyle: “I think you have to be able to emotionally commit to your wellness goals. You must realize that you will have to work hard to lose the weight and start an exercise program. It is important to surround yourself with people who have the same goals, so you can be poised for success. I think it is equally as important to be able to see improvements; this motivates you to stay committed. Pick an achievable goal and make up your mind to stick to it!”

If you know someone who deserves to be recognized for following a healthy lifestyle, go to the Get Fit Club’s website on Citrix and nominate them for the *Witness to Wellness Award*. If you need additional information, contact Employee Health Services at (270) 745-1263.

Congratulations to **Kerri Miller!** She is the *Witness to Wellness Award* recipient for May 2014. Kerri works at The Medical Center at Franklin as a Registered Nurse in the Emergency Department. She was nominated because she has changed her lifestyle in a positive way and has been an inspiration to everyone in her department!

Kerri decided that she needed to make a lifestyle



Left to right: Trey Roberson, Director of Food Services; Sarah Bolton, Canteen Vending; Anthony Falcone; and Lynn Williams, VP Human Resources.

Simple Pleasures Healthy Vending at CHC

Congratulations to **Anthony Falcone**, Food Services, The Medical Center at Bowling Green! He won the healthy vending “Simple Pleasures” canoe give-away (by Canteen Vending). According to Trey Roberson, Director of Food Services, Anthony and his wife have been saving for a canoe for a quite a while. “In fact, they had planned on using their income tax refund check to buy one,” said Roberson. Falcone was so excited he stated he and his wife were going to go to Shady Hollow that very night.

Finding healthy selections will be a little bit easier this upcoming year as you will have twice as many healthy options to choose from as you had last year.

Canteen Vending has agreed to add a fourth give-away to the program. The upcoming give-aways are:

Summer Give-away

Bicycle – drawing on 8-1-2014

Fall Give-away

Kayak – drawing on 11-1-2014

Winter Give-away

Wii Fit – drawing on 2-1-2015

Spring Give-away

Canoe – drawing on 5-1-2015

It is very simple to enter your name in the drawing. All you have to do is take advantage of the healthy options in our vending machines. Save the wrapper, go to our CHC Get Fit Club site and register your bar code, along with your employee ID number.

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