



In the right place at the right time

In late July of last year, Mary Yoder, of Harrisonville, hadn't felt well for a few days. Her family urged her to go to the doctor, but she kept putting it off, thinking she'd start to feel better. However, she continued to worsen, and finally one morning she knew she needed help. She woke her husband of 53 years, Harry, and told him he needed to take her to the Emergency Department (ED).

Mary doesn't remember much about her time in the ED at Cass Regional Medical Center, but her care team does. Terry Lienhop, DO, was her doctor.

Quick action

"Though Mary's blood pressure and heart rate were within normal limits, and there were no other red flags in her initial exam, the fact that she was complaining of abdominal pain was certainly a concern," Dr. Lienhop says. "Any time you have a

patient over 60 with belly pain, one of the causes you commonly look out for is an abdominal aortic aneurysm."

Dr. Lienhop immediately ordered a computed tomography (CT) scan to check Mary's abdominal aorta.

By the time Harry came back from parking the car, Mary had been evaluated and taken to the Medical Imaging Department for the CT.

"I couldn't believe how quickly the doctor moved," Harry remembers. "It was amazing to me how fast they worked."

The CT results confirmed Dr. Lienhop's suspicions. The test revealed a weak, bulging area—called an aneurysm—in Mary's abdominal aorta. The aorta is the vessel that carries oxygenated blood from the heart to the rest of the body, and its main branch travels from the heart down through the abdomen, which is where the weak spot in Mary's aorta was located.

The wall of the vessel had weakened and bulged to the point that it was two times its normal size.

Excellent teamwork

Dr. Lienhop knew that Mary would quickly need surgery to fix her aorta. He arranged for her to be transported by ambulance to a hospital in Kansas City, where a vascular surgeon (one who operates on blood vessels) would repair the aorta. Mary was admitted to the cardiovascular ICU, and while the surgical team was discussing her care plan, the aneurysm ruptured. She was rushed to surgery, where the team successfully completed the repair.

"The fact that Mary was in the hospital when her aorta ruptured made the difference," Dr. Lienhop says. "The chances of survival are almost nil if the

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wellness Calendar

Spring 2016



SEARCHING FOR DR. RIGHT?

Try our physician directory at
www.cassregional.org.



Alzheimer's Support Group

Tuesdays, April 12, May 10, June 14,
July 12, 6:30 p.m.

Conference Room 1

Contact Jeanne Reeder at
jeanne.reeder@alz.org, or call
800-272-3900.

COPD Support Group

Wednesdays, April 13, June 8, 11:30 a.m.

Conference Rooms 1, 2 and 3

Contact Gary Skiles, RRT, at
816-380-5888, ext. 4160, or email
gskiles@cassregional.org.

Community Blood Center Blood Drive

Friday, July 22, 2 to 5 p.m.

Conference Rooms 1, 2 and 3

Appointments welcome but not
necessary. To schedule an appointment,
go to www.savealifenow.org.

Diabetes Support Group

Thursdays, April 21, May 19, 6:30 p.m.

Conference Rooms 2 and 3

Join us in April for information on new
diabetes medications and in May for
the A1C Champions program with a
motivational presentation by a national
speaker. Contact Liz Whelan, RN, MSN, CDE,
at 816-380-5888, ext. 6010, or email
lwhelan@cassregional.org.

Free Community Health Screening

Fridays, 9 to 11:30 a.m.

Rotating locations around Cass County,
including Archie, Drexel, Garden City,
Harrisonville and Peculiar

Blood sugar, cholesterol and blood
pressure screening. Contact Kacey
Baldwin, MA, at 816-619-3000 or email
kbaldwin@cassregional.org.

Free High School Sports Physicals

Archie Medical Clinic—Wednesday, April 13

Drexel Medical Clinic—Wednesday, April 27

Garden City Medical Clinic—Thursday,
April 28

4 to 6 p.m.

Contact John Hoffman, PT, at
816-380-5888, ext. 4230, or email
jhoffman@cassregional.org.

SUN SAFETY

Tips to beat the burn



SEEK SHADE

Choose a broad-spectrum,
water-resistant sunscreen with
a sun protection factor (SPF) of 30 or
more. Apply it generously. Reapply at
least every two hours and after
swimming or sweating.



COVER UP

Cover as much of your skin as
possible. Choose a hat that shades
your face, ears and neck—and
wear sunglasses that block
99% to 100% of UV rays.



USE SUNSCREEN

Take extra care near reflective surfaces
like water, sand and snow. They
increase the likelihood
of sunburn.

wellnessmatters

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HELPING HANDS PROJECT

Providing TLC to patients

Handmade goods keep Cass Regional patients comfortable

The Helping Hands Project started in the fall of 2012 to provide special TLC (tender loving care) items to patients at Cass Regional Medical Center. The idea for the project began when the Patient Experience Team at Cass Regional identified certain items that would be helpful and comforting to patients during their treatment and recovery.

The effort was soon adopted by the Cass Regional Auxiliary, and volunteers from across the region were recruited to create the handmade items. Using their sewing, crocheting, knitting and quilting skills, several groups and individuals from across the area have since made hundreds of items for patients.

In addition to some of the Cass Regional Auxiliary members, the helping



Jeff Hibsche, RN, chats with one of the infusion therapy patients who received a shawl made by the Helping Hands Project volunteers.

hands have included the Harrisonville United Methodist Women, the American Sewing Guild, the First Baptist Church of Archie sewing group, the Garden City sewing group, and individuals who have been patients themselves or have had family members treated at Cass Regional. Several of these helpers, along with area businesses, have also donated thousands of dollars in materials to create the TLC items.

In 2015, the Helping Hands Project provided the following items to patients at Cass Regional:

- ▶ 809 comfort pillows.
- ▶ 118 rice bags.
- ▶ 117 walker caddies/utility bags.
- ▶ 70 knitted caps.
- ▶ 216 lap throws and shawls.

A total of 1,330 comfort items were given to patients last year, which is more than double the amount that was distributed in 2014. Items are provided free of charge to patients in the Emergency Department, Intensive Care Unit, Medical/Surgical Unit, Surgery Department, Behavioral Health Unit, and the Physical and Occupational Therapy Department. They are also given to infusion therapy and oncology patients in the Specialists Clinic.

i WANT TO GET INVOLVED?

If you are interested in supporting this project by producing handiwork or donating goods needed (fabric, Poly-Fil, yarn, etc.) or know a person or group who would like to participate, please contact Martha Sims, project chair, at 816-210-3554 or via email at mhsims@aworldofsmiles.net.

Welcome, Dr. Connett



Bradley D. Connett, MD

Cass Regional Medical Center is pleased to announce that urologist Bradley D. Connett, MD, has joined the medical staff. He sees patients on Tuesdays at Rock Haven Specialty Clinic, which is located at 2820 E. Rock Haven Road, Suite 150, in Harrisonville.

A graduate of the University of Louisville School of Medicine in Kentucky, Dr. Connett completed a urology residency as well as an internship and residency in general surgery at the University of

Louisville affiliated hospitals. He is certified by the American Board of Urology.

Dr. Connett treats urological conditions, such as incontinence and bedwetting, as well as diseases of the male reproductive system. He succeeds urologist Keith J. Abercrombie, MD, who retired at the end of 2015.



NEED AN APPOINTMENT?

Call 877-790-4730 for an appointment or more information.

2015

Community Benefit Report

This Community Benefit Report highlights some of the advancements Cass Regional Medical Center made last year under our five operational Pillars of Success: People, Quality, Customer Service, Growth and Financial Strength.

People

- ▶ For the second year in a row, we saw improvement in our employee engagement scores, which again placed Cass Regional in the top 10 percent within our benchmarking group.
- ▶ We continued to add new staff positions and now employ approximately 470 individuals, the majority of whom live in Cass County. These jobs result in approximately \$28 million in salaries and benefits that are re-invested locally through the residents who live and shop in our area communities.
- ▶ We added a discretionary retirement distribution to reward employee tenure within the organization, and we increased our minimum starting wage from \$9.14 to \$10.50 per hour (effective February 2016).
- ▶ We completed the Patient Care Simulation Lab, which will enhance clinical education opportunities for Cass Regional staff and other members of the Cass County health care community, including nursing students from Cass Career Center.



WANT TO LEARN MORE?

Call 816-380-5888, ext. 4650, during regular business hours, Monday through Friday, or email questions@cassregional.org.

Quality

- ▶ No hospital-acquired conditions or infections were experienced by our patients in 2015.
- ▶ We earned accreditation by the American College of Radiology for our 16-slice CT scanner and had successful accreditation surveys of our laboratory as well as our mammography, nuclear medicine and diabetes education services.
- ▶ We attained Stage II Meaningful Use certification for both the hospital and clinic information systems, which included the addition of a patient portal.
- ▶ We purchased equipment to improve patient care safety and quality, including a radiation and contrast dose management software; the Novadaq PINPOINT Imaging System that allows better visualization of structures, especially blood flow, during laparoscopic surgery; an upgrade to our CT equipment to improve imaging acquisition speed in support of our trauma program; and the replacement of the nurse call system.

Customer Service

- ▶ We improved in Emergency Department patient satisfaction over the last year, with an overall ranking in the top quartile of facilities within the national Press Ganey survey database.
- ▶ We saw trending improvement in our inpatient satisfaction scores on the Hospital Consumer Assessment of Healthcare Providers and Systems survey, with an overall ranking in the top 10 percent nationally for the fourth quarter of 2015.

Growth

- ▶ We completed a remodeling project that allowed expansion of our pain management and infusion therapy services while increasing capacity within our GI Lab.
- ▶ We added 3-D mammography services to improve the detection of breast cancer and reduce the number of callbacks for further testing.
- ▶ We improved access to primary care with the additions of Dylan Werth, MD, to the Pleasant Hill Medical Clinic staff; Alberto Suarez, MD, to the Peculiar Medical Clinic staff; and Darya Collins, RN, BSN, ARNP, to the Archie Medical Clinic staff; and with the transfer of Jackie Kumm, RN, FNP-BC, to the staffs of Peculiar Medical Clinic and Harrisonville Medical Clinic.
- ▶ We expanded podiatry coverage with the employment of William Cruce, DPM.
- ▶ We provided economic and facility support to the Cass County Dental Clinic, which allowed the organization to open a second location within Cass County. The new clinic, which is located in Harrisonville, improves access to dental care for children who are without dental coverage or who are enrolled in Medicaid.

Financial Strength

- ▶ We refinanced the hospital revenue bonds that were issued in 2007 to construct our new facility. This transaction will close in November 2016, and it will save the organization \$11 million over the life of the bond and take six years off its term.
- ▶ We again exceeded budgeted expectations related to operating margin and days of cash on hand.
- ▶ We were recognized by iVantage Health Analytics and the National Organization of State Offices of Rural Health for overall excellence in outcomes and financial strength, reflecting top quartile performance among all acute care hospitals in the nation.

Cass Regional Medical Center key operating statistics

	2013	2014	2015
Inpatient admissions	3,169	2,974	2,846
Outpatient visits	22,193	22,680	22,981
Emergency Department visits	14,596	14,604	15,564
Family Practice Clinic/General Surgery Clinic visits	50,820	51,935	55,438

Balance sheet

(Consolidated with Cass Regional Medical Center Foundation and Cass Medical Center Improvement Corporation)

	2013	2014	2015*
Assets	\$107,985,577	\$112,283,454	\$114,085,541
Liabilities	\$54,960,141	\$54,544,046	\$51,455,523
Fund balance	\$53,025,436	\$57,739,408	\$62,630,018

Payer mix

Medicare and MCR HMO: 48.2%
 Medicaid and MCD HMO: 11.4%
 HMO/PPO: 31.5%
 Self-pay: 7.2%
 Other: 1.7%

2015

County maintenance tax appropriation received: \$2,009,585
 Bad debt expense: \$11,628,461*
 Charity care: \$890,810*
 Total charity care and bad debt expense: \$12,519,271*
 *Unaudited figures

What is a general surgeon?

A diseased gallbladder. A breast tumor. An obstructed bowel. All of these diverse conditions often require surgery to treat them, and chances are the doctor who is going to perform those operations is a general surgeon.

What they do

General surgeons are trained to diagnose and manage a wide range of diseases and disorders that may require surgical treatment. Their area of expertise is, essentially, the entire body. It includes:

- ▶ The head and neck.
- ▶ The endocrine system, including the pancreas and thyroid gland.
- ▶ Breasts.
- ▶ All parts of the digestive tract, including the intestines and rectum.
- ▶ The abdominal organs, such as the stomach and liver.
- ▶ Skin and soft tissues.

General surgeons are also trained in the care of pediatric and cancer patients and the treatment of patients who are injured or critically ill.

Education and training

To become a general surgeon, a person must complete four years of medical school and then a five-year residency in general surgery. If he or she wants to further specialize, two or more years of training are needed.

Some of the areas in which a general surgeon can specialize include:

- ▶ Surgical critical care.
- ▶ Pediatric surgery.
- ▶ End-of-life care.
- ▶ Bariatric surgery.
- ▶ Minimally invasive surgery.

A general surgeon may seek board certification from an organization such as the American Board of Surgery.

Certification is voluntary. To obtain it, a surgeon must pass extensive written and oral tests to show mastery in the field.

When a surgeon is board-certified, it means he or she has met the highest standards for education, training and knowledge.

Additional source: American College of Surgeons

Our general surgeons



Walter W. Costner, MD, FACS, holds a bachelor's degree in psychology from Samford University and a Master of Health Services Administration

degree from the University of Central Florida. He is a graduate of Saba University School of Medicine and served his residency in general surgery at the University of Missouri-Kansas City. He is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons.



Jack Hudkins, MD, FACS, holds a Bachelor of Science degree in biology from Oklahoma Christian University and received his

medical degree from the University of Oklahoma. His residency in general surgery was performed at the University of Kansas School of Medicine-Wichita. Dr. Hudkins is certified by the American Board of Surgery and is a Fellow of the American College of Surgeons.



Michael Kohlman, MD, received a Bachelor of Science degree in biochemistry from the University of Washington and his medical

degree from St. Christopher's College of Medicine. His surgical residency was performed at Atlanta Medical Center and the University of Missouri-Kansas City. Dr. Kohlman is certified by the American Board of Surgery.

SPRING
YARDWORK

Don't let safety slip



Never use electric pruners when it's raining or wet.

Pruning and mowing and weeding—oh yes! With spring's arrival, it's time to spruce up your yard and tackle some outdoor chores.

But as eager as you may be to tidy up, don't set safety aside. Every year, thousands of people nationwide get hurt—sometimes seriously—doing yardwork and outside cleaning. Here are a few tips to remember.

Pruning hedges:

- ▶ Before cutting, make sure hands and fingers are well out of the way.
- ▶ Carry pruning tools with the sharp end

pointed down.

- ▶ Never use electric pruners when it's raining or wet.
- ▶ Don't try to cut branches larger than your pruner is designed for.

Mowing your lawn:

- ▶ Always clear away stones, sticks and other objects before starting.
- ▶ Never mow barefoot or in sandals. Opt for sturdy, closed-toe shoes.
- ▶ Use a stick or broom handle to remove debris in blades—never your hands or feet, even if the engine is off.

- ▶ Teach kids to stay away from all running mowers.

Using ladders to clean gutters and windows:

- ▶ Always place the ladder on a steady, level surface.
- ▶ See that the ladder is fully open and its braces are locked.
- ▶ Don't stand on the top rung of any ladder or lean too far to the side—when leaning, your belly button should not go past the right or left side of the ladder.

University of California Agriculture and Natural Resources

numbers to know

THE 4-1 RULE
Remember this when leaning a ladder against your house or a wall: Make sure the base is 1 foot away from the wall for every 4 feet of ladder.
Source: American Academy of Orthopaedic Surgeons



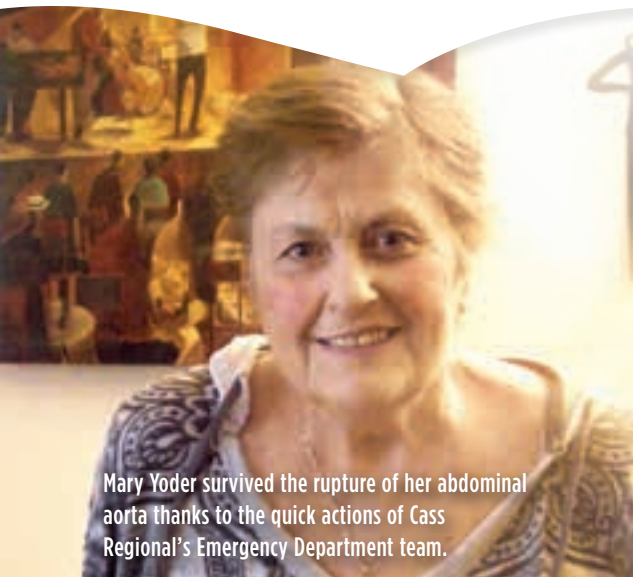
How old kids should be before they operate a push mower and a riding mower, respectively.

**12
AND
16**

Source: American Academy of Orthopaedic Surgeons

EVERY 10 YEARS
This is how often you should get a tetanus vaccination—especially if you work in your yard or garden. Tetanus lives in the soil and can get into your body through a break in the skin.
Source: Centers for Disease Control and Prevention

**Three
 reasons to
 trust Cass
 Regional.
 Meet them
 on page 6.**



Mary Yoder survived the rupture of her abdominal aorta thanks to the quick actions of Cass Regional's Emergency Department team.



Herbed spinach quiche portobello caps

Continued from front page

patient is not within five minutes of a surgical team when a rupture occurs.”

Mary has had a long road to recovery. She spent a month in the hospital after surgery and then two more months in two different rehabilitation facilities. Shortly after she was discharged, she experienced some additional problems, which led to another ICU stay, followed by another inpatient rehabilitation stay. After a short trip home to celebrate Thanksgiving, she returned to the rehabilitation facility and was finally able to come home for good on Dec. 19.

Dr. Lienhop credits the ED and Medical Imaging staff for working together as a team to diagnose Mary and to get her transferred to Kansas City for surgery.

“Teamwork has to happen for good patient care,” he says. “I love our group here. All of the emergency nurses are some of my favorite people, and it is a joy to work with them.”

The Yoders are grateful for the quick response by the ED staff at Cass Regional.

“They got on the ball and did the right thing,” Harry says. “They saved her life, and I will be forever grateful for the care she received.”

Makes 4 servings.

Ingredients

- 4 portobello mushrooms, 3-inch diameter
- Cooking spray
- 3 large eggs
- Egg whites from 6 eggs
- ½ cup whole-wheat grated bread crumbs (panko)
- ¼ cup nonfat milk
- 1 teaspoon low-sodium dried garlic and herb blend
- 1 cup cooked and drained, chopped, frozen spinach
- ¼ cup reduced-fat Parmesan cheese, divided

Directions

- ▶ Place oven rack in center of oven; preheat oven to 375 degrees.
- ▶ Remove portobello stems. Wipe caps clean with damp paper towel.
- ▶ Spray baking sheet with cooking spray, and place

mushroom caps on baking sheet.

- ▶ In a mixing bowl, whisk together all remaining ingredients, except 1 tablespoon Parmesan cheese.
- ▶ Coat 10-inch nonstick pan with cooking spray, and heat over medium heat.
- ▶ Cook and scramble egg mixture until it just starts to thicken.
- ▶ Remove from heat.
- ▶ Using a large spoon, scoop partially-cooked hot egg mixture into portobello caps.
- ▶ Sprinkle tops with remaining Parmesan cheese.
- ▶ Bake about 20 minutes. Serve immediately.

Nutrition information

Amount per serving: 190 calories, 6g total fat (2g saturated fat), 145mg cholesterol, 14g carbohydrates, 17g protein, 4g dietary fiber, 330mg sodium.

Source: Produce for Better Health Foundation