

St. Claire Regional Medical Center

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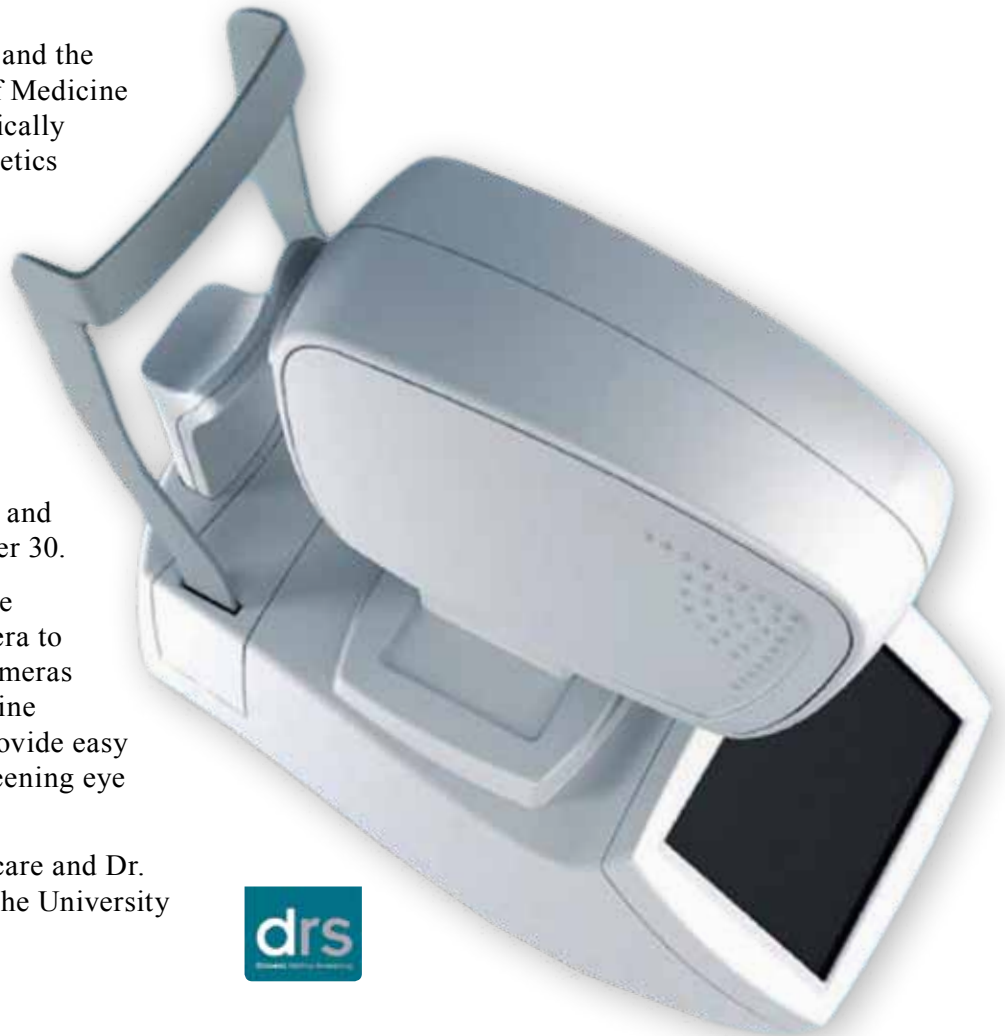
Using Telehealth to extend Access to Diabetic Retinopathy Screening

St. Claire Regional Medical Center and the University of Kentucky College of Medicine have partnered to bring technologically advanced diabetic eye screening to diabetics in rural Kentucky with the goal of preventing blindness. Thanks to a Health Resources and Services Administration (HRSA) grant from the Office for the Advancement of Telehealth (OAT), getting an annual eye exam will be easier than ever for rural Kentuckians with diabetes. The project officially began with a kick-off meeting held at the Center for Health, Education and Research (CHER) on Monday, September 30.

The project will fund the purchase of the Centervue fully automated fundus camera to screen for Diabetic Retinopathy. The cameras will be placed in all SCR Family Medicine clinics over the next 3 years and will provide easy access for diabetic patients needing screening eye exams.

Rob Sprang, Director of Kentucky Telecare and Dr. Eric Higgins, a Retinal Specialist with the University

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Attendees of the event listen to Rob Sprang speak

of Kentucky, spoke at the meeting and were introduced by SCR's Mary Horsley, Clinical Coordinator for St. Claire Telecare. Both speakers covered the importance of Telecare and the new screening device while attendees enjoyed a delicious lunch provided by Aramark.

"I appreciate the support we have had from St. Claire Regional. Telecare is simply bringing the right care to the right people at the right time in the right place. We have an opportunity to greatly impact the state of Kentucky and to be sure that everyone takes care of their eyes," said Sprang.

The retinal screening camera is a device that takes instant photos of a person's retinas and can be operated by almost anyone. It can be used as a screening device for community health fairs but for this project it will be used in SCR's Family Medicine clinics for patients with diabetes. Once the retinal photos are taken, they are sent to a specialist who can read the images for any signs of Cataracts, Glaucoma, Macular Degeneration and any other eye problems that can lead to blindness. The screening will be very important for early detection in diabetics, who have a very high risk for blindness.

"50% of diabetics are not having their yearly eye exam, which is leading to a major increase in blindness in diabetics. It has become an epidemic. This device will offer a convenient, comfortable way for eye screening to be made available to diabetics who present to their local provider for routine diabetic care. Early detection of Diabetic Retinopathy and other diseases, made possible through the use of this device will be instrumental in fighting and ending this epidemic," said Dr. Higgins.

The presentation was ended with a demonstration of just how easy the Diabetic Retinopathy screening cameras are to use. With a couple simple touch screen clicks, the camera took photos of both retina's and the process was done. It is truly a machine that anyone can learn to use.

Telecare will continue to provide easy access to healthcare for people in our area and will make a tremendous impact on the betterment of health in our area as a whole.

For more information on the project, please contact Mary Horsley at 783-6476, mahorsley@st-claire.org or Rob Sprang at 859-257-6404, rsprang@uky.edu.



Left to Right: Dr. Eric Higgins, Retina Specialist; Rob Sprang, Director of Kentucky Telecare; Mark Neff, President and CEO of SCR; and Mary Hensley, Clinical Coordinator of St. Claire Telecare standing in front of the new Diabetic Retinopathy screening camera.

Celebrating
50 YEARS
 ✦ St. Claire Regional Medical Center
 1963 - 2013

Compassionate

Trustworthy

Amazing

A Doctor that Truly Listens and Cares

Krishna Tangirala, M.D.

INTERNAL MEDICINE PHYSICIAN



"Dr. Tangirala was patient and listened to everything I had to say. He treated me as a person as well as a patient. I have finally found a doctor who I can trust to always make me feel comfortable and accurately diagnose and treat my symptoms. Thank you Dr. Tangirala." -Billi Nell Prater

NOW ACCEPTING NEW PATIENTS

To Schedule an appointment with **Dr. Tangirala**,
Call *Morehead Medical Specialists* at **606.780.5244**.

**Morehead
Medical Specialists**

✦ St. Claire Medical Group

Kentucky Health Information Exchange (KHIE) Recognizes St. Claire Regional Medical Center with KHIE Pioneer Award

The Kentucky Governor's Office of Electronic Health information (GOEHI) and the Kentucky Health Information Exchange (KHIE) recently recognized St. Claire Regional with a KHIE Pioneer Award for their vital contribution to the success of the Kentucky Health Information Exchange. The award was presented on Monday, September 16, 2013 at the Kentucky eHealth Summit Awards Banquet in Bowling Green, KY.

Since March 2012, SCR has had a live data connection with KHIE to assist their physicians in providing the best possible care for the patients.

The Kentucky eHealth Summit has gathered experts from the business, technology, health care, academic and government sectors to advance eHealth efforts in the Commonwealth of Kentucky for the past 6 years. In addition to the Awards Banquet, the Kentucky eHealth Summit had a full agenda with engaging speakers.



Randy McCleese accepting the KHIE Pioneer Award from at the eHealth Summit awards dinner.



Dr. Mike Burton makes a House Call

Photo and Story Courtesy of Mt. Sterling Advocate

Dr. Mike Burton, right, recently made an old fashioned house call when he rode his horse "Rojo" to see Charles Orme on Owingsville Road so he could take some stitches out of Orme's arm. Dr. Burton rode his horse from Hinkston Pike.

St. Claire Regional Wins Big at this year's Arts and Eats Festival

Submitted by Mike Montes

At this year's 3rd Annual Arts and Eats Festival Aramark sold \$1,851 worth of tickets. While they only had to donate half of the earnings to charity, Aramark donated 100% of the day's proceeds to charity, which raised \$9,072 this year. They were the

highest out of all the vendors in ticket sales. On top of the money raised, Aramark won the Best Entrée award, serving fresh Maine lobster rolls. The money raised at the event was divided among three different charities; Christian Social Services, Gateway

Homeless Coalition and Rowan County Christmas. Each charity was given \$3,024.50 in donations from the event. Congratulations and thank you Aramark for all you success at the Arts and Eats Festival.



The crowd waits in the rain for Aramark's Maine lobster rolls and fresh squeezed lemonade at the Arts and Eats Festival.



Left to Right: Mike Montes, Food/EVS General Manager; Rebecca Wells, Supervisor, Food Services; Adam Skirball, Food Services, Chief Manager; and Scott Miller, Director Environmental Services.

St. Claire Regional Co-sponsors 1st Annual Morehead HeartChase



Left to Right: Robert Cox; Emily Ginn; Leann Rose; Matt Lewis and Courtney Hollingsworth.



Roberta's Rockin' Heartthrobs; Roberta Gilbert and Michael Ash.

St. Claire Regional, one of the co-sponsors for the first annual Morehead HeartChase, had two teams participate. The hour and a half event featured stations spread out across Morehead State's campus where players had to complete small tasks that related to heart health. A special thanks to those that came out to support SCR at this event.

Depression Evaluations, Saving Lives

Submitted by Melissa McKenzie

When considering screenings for our health, most of us think of cholesterol, cancer, blood pressure and diabetes. We know these screenings exist to potentially save our lives. But what about an evaluation for depression, could it be potentially just as lifesaving?

According to the National Institute of Mental Health, each year depression in many different forms affects more than 19 million Americans of all ages, races and ethnic groups. For unknown reasons, about twice the number of women as men suffers from depression. “Depression is a real medical illness that is associated with structural changes in the brain and the actual dying of neurons (brain nerve cells). Fortunately, the brain has the potential to regenerate neurons lost in depression, and treatment greatly enhances this ability”, says Chris Fennell, M.D., Medical Director of St. Claire’s Behavioral Health Services. “Depression often occurs with other problems such as substance abuse, anxiety, chronic pain, and others.”

Depression causes individuals to lose pleasure from once loved activities, can complicate other medical conditions, and can even be serious enough to lead to suicide. This is the most serious threat with about 15 percent of people who suffer from untreated depression committing suicide. Too many people resist seeking help for depression because they believe the issue is not serious, that they can treat it themselves or that it is a personal weakness. Depression is never a “normal” event in life.

If you or someone you love is experiencing symptoms of depression, you should get help. Of course, it is often difficult to take that first step. But depression is the most treatable of all mental illnesses. Learn more about depression and other mental illnesses by visiting The Behavioral Health Services Booth in the medical center lobby on Thursday, October 10 from 10AM – 2PM.

To schedule an evaluation for depression, contact St. Claire Regional Counseling at 606.783.6805.

SYMPTOMS OF DEPRESSION:

- Persistent sad, anxious or “empty” mood
- Sleeping too much or too little, middle of the night or early morning waking
- Reduced appetite and weight loss, or increased appetite and weight gain
- Loss of pleasure and interest in activities once enjoyed
- Restlessness, irritability
- Persistent physical symptoms that do not respond to treatment (such as chronic pain or digestive disorders)
- Difficulty concentrating, remembering or making decisions
- Fatigue or loss of energy
- Feeling guilty, hopeless or worthless
- Thoughts of suicide or death

Crystal Dunaway - Certified Fitter for Mastectomy supplies

Submitted by Kimberle Mullins

On Friday, September 20th, Crystal Dunaway became a Certified Fitter for Mastectomy Supplies (CFm). We want to say congratulations to Crystal for all of her hard work and for this big achievement. Great job Crystal!



Crystal Dunaway, CFm



St. Claire Regional Medical Center's
EMPACT
Employee Activities/CQI Team



TRUNK OR TREAT

Date: Saturday October 26

Time: 1:00 - 2:00

Location: SCR Family Medicine
Parking Lot

BEAN BAG TOSS

TREATS



ANY QUESTIONS PLEASE CONTACT
ANGEL BEAMON @ AMBEAMON@ST-CLAIRE.ORG

Brenda Cundiff Named Nurse Manager for Surgical Services Position

Submitted by Lisa Amburgey

It is our pleasure to announce that Brenda Cundiff, ADN, RN has accepted the position of Nurse Manager for Surgical Services. Brenda has been at SCR for 23 years. Brenda began her career as an LPN in Surgery, working as a Scrub Nurse. She furthered her professional development

by attaining a Registered Nurse degree from Morehead State University in 2007. Brenda is currently pursuing her Bachelor's Degree from Morehead State University, and plans to obtain a Master's Degree upon graduation. Please join us in welcoming Brenda to her new role.



Brenda Cundiff, Nurse Manager for Surgical Services



BENEFIT LUNCH

\$5.00 TACO SALAD

WITH YOUR CHOICE OF FIXINS', DRINK & DESSERT

OCTOBER 9, 2013

11:00AM - 1:00PM (OR UNTIL SOLD OUT)

SCR • 2ND FLOOR (OUTSIDE THE MEDICAL LIBRARY)

Benefit is to help us raise money for our 3rd annual Turkey Trot for a Cure 5k walk/run to raise awareness & support for the Alzheimer's Association

For more information or questions please contact 783-6864

*Credit & debit cards will be accepted

October is **BREAST CANCER AWARENESS** Month

GO PINK EVENT

Tuesday • October 29 • 2013

St. Claire Regional Family Medical Supply
from 9:00 a.m. - Noon

FREE HEALTH SCREENINGS

Ankle Brachial Index
Blood Pressure
Bone Density
Cholesterol
Dermascan
Glucose
Oxygen Saturation
Post-Mastectomy
Supply Consultations
Pulse Rate

No appointment necessary



Health Screenings • Refreshments • Door Prizes

The first 100 women will receive a FREE "Go Pink" t-shirt.

For more information about the "Go Pink Event" contact Kimberle Mullins at, 606.784.2414.

St. Claire Regional
FAMILY MEDICAL SUPPLY
Dedicated to Healthy Living

FOR MORE INFORMATION CALL
1-877-784-2414
606-784-2414

STORE HOURS
Monday - Friday 8 a.m. - 6 p.m.
Saturday 10 a.m. - 2 p.m.

National Physician Assistants Week

October 6-12

Submitted by Dreama Perkins



Kimberly Bromagen, PA-C



Andy Edie, PA-C

St. Claire Regional Family Medicine would like to recognize the Family Medicine physician assistants for their service and dedication to our patients.



Shelley Irving, PA-C

National Nurse Midwifery Week

October 6-12

Submitted by Dreama Perkins

St. Claire Regional Family Medicine would like to recognize Frances Meritt, APRN, CNM for her service and dedication to our patients.



Frances Meritt, CNM

St. Claire Regional

Welcomes New Staff

Candra Nicole Bailey,
Physical Therapy

Sarah Alane Hurlburt
Cave Run Clinic Admin.

Charity Lynn Bressler
3rd Floor Central

Rae Ann Laine
Environmental Services

Mattie H Burton
Nursing Administration

Rachel Ann Morrison
3rd Floor North

Dorothy Mae Dehart
Rehab Unit

Allyson Faith Mynhier
FM - Morehead

Christopher Phan-Ann Do
Surgery

Cassandra Hope Perkins
FM - Morehead

Crystal Labeth Fultz
Social Services

Joshua Thomas Purcell
TCU

Lori Lynn Gilliam
MMS Clinical Services

Hollie Michelle Rasche
TCU

Heather Lynn Henderson
Environmental Services

Mitchell Kyle Sharber
Physical Therapy

Chelsea LaShae Howell
FM - Morehead Dental

Christopher Lee Trusty
Environmental Services



UPCOMING C.E. Programs

October 2 | Journal Club

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

October 24 & 25 | PALS Provider

8:00 AM - 4:00 PM

CHER 102C

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

October 4 | Tumor Board

7:30 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA, Nursing

October 8 | Morbidity & Mortality

8:00 - 9:00 AM

SCR Education Room

Credit: Category 1 AMA

October 8 | BLS Check Off

1:00 - 4:00 PM

CHER 102C

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

October 11 | PALS Instructor

1:00 PM - 4:30 PM

CHER 102ABC

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

October 18 | Tumor Board

8:00 - 9:00 AM

TC Conference Room

Credit: ACPE, Category 1 AMA, Nursing

October 21 | NRP Skills Check Off

8:00-10:00 AM

SCR-4C

RSVP with KaSandra Stone at ext. 6830 or
KNStone@st-claire.org

This & That Country Primitives

Date: Tuesday, October 8th

Location: Café B & C

Time: 7 a.m. - 5 p.m.

For more information, contact Thelma Johnson at ext. 6517 or Thelma.Johnson@st.claire.org

Scented Waxed Bears & Earrings

Date: Monday, October 21st - Tuesday, October 22nd

Location: Café B & C

Time: Monday: 7 a.m. - 6 p.m. | Tuesday: 7 a.m. - 4 p.m.

For more information, contact Thelma Johnson at ext. 6517 or Thelma.Johnson@st.claire.org

Purse Lovers Dream Sale

Date: Tuesday, October 29th - Wednesday, October 30th

Location: Café B & C

Time: Tuesday: 7 a.m. - 6 p.m. | Wednesday: 7 a.m. - 4 p.m.

For more information, contact Thelma Johnson at ext. 6517 or Thelma.Johnson@st.claire.org

Go Pink Event

Date: Tuesday, October 29th

Location: SCR Family Medical Supply

Time: 9 a.m. - 12 p.m.

For more information, contact Kimberle Mullins at ext. 2414 or Kimberle.Mullins@st.claire.org



222 Medical Circle • Morehead, KY 40351

Have an article
or event to submit
for the Newsbrief?

St. Claire Regional Medical Center
NEWSBRIEF

Please send articles and/or information to be placed in the SCR Newsbrief to nick.bear@st-claire.org.

Visit the SCR web site at www.st-claire.org/newsbrief to read past editions of the SCR Newsbrief

NEED A CAMERA TO
COVER A SCR EVENT?



The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6419 for more information.