

St. Claire Regional Medical Center NEWSBRIEF

St. Claire Regional Welcomes New CNM	2	Highlighting Our Champions	4
SCR Helps Community Go 'Red' for Go Red Day	3	March 2012 Birthdays	5

St. Claire Regional Launches New Website

St. Claire Regional Medical Center
Amazing. Medicine. Close to Home.

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Exceptional Care...
expressed through the hearts and hands at
St. Claire Regional Medical Center.

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NEWS & EVENTS

Frances A. Merritt, CHM, Now Accepting New Patients at St. Claire Regional Family Medicine in Morehead - [click here](#)

Glen Standifer, APRN, Now Accepting New Patients at St. Claire Regional Family Medicine in Sandy Hook - [click here](#)

Linda H. Smith Dike, APRN, Now Accepting New Patients at St. Claire Regional Family Medicine in Frenchburg - [click here](#)

St. Claire Regional Proudly Announces the Addition of William E. Barrett, M.D., Nephrologist - [click here](#)

St. Claire Regional Welcomes New Year Baby to First Time Parents - [click here](#)

Randy McClure Named CHIME's Board of Trustees & Chair of CHIME StateNet - [click here](#)

Welcome

Welcome to St. Claire Regional Medical Center and thank you for choosing us as your healthcare provider.

St. Claire Regional is proud to provide you with advanced, high quality healthcare in an atmosphere of warmth and compassion. We are committed to improving the health of the residents in our region.

We offer extensive, high quality services from experienced, board certified physicians in 31 medical specialties. Our services are enhanced by the finest diagnostic and outpatient treatments using the latest in healthcare technologies.

Amazing Medicine Close to Home

view the winter 2012 **Healthwise Newsletter**

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St. Claire Regional is pleased to announce the launch of a brand new website as part of our ongoing efforts to deliver outstanding healthcare services and support to our patients, visitors and staff – www.st-claire.org.

You will notice that our web address has not changed; however, there have been a number of enhancements, with some of them being behind-the-scenes. If you were familiar with our old site, we realize that this may require a slight adjustment.

What we most want from this new website is to ensure that our patients, visitors and staff are able to find information about St. Claire Regional services as simply and quickly as possible. We welcome any comments or suggestions that may help us better our website.

We hope to be adding content often, and helping others to discover more about St. Claire Regional. Stay tuned as we plan to have a SCR Website Scavenger Hunt within the next couple of months!

Frances A. Meritt, CNM, Now Accepting New Patients at St. Claire Regional Family Medicine in Morehead



Frances A. Meritt, CNM

St. Claire Regional is pleased to welcome Frances A. Meritt, licensed CNM, to our Medical Staff and St. Claire Regional Family Medicine in Morehead.

Meritt has been providing well woman, prenatal care and education for over 15 years. She has practiced as a Certified Nurse Midwife (CNM) since 2011.

“My role is to serve women, to be a guide through the normal seasons of life. I want to be a resource for information to empower women in making their own health care decisions,” says Meritt.

Meritt completed her bachelor’s degree in nursing at Indiana University in Indianapolis, IN and her master’s degree in nursing at the Frontier School of Midwifery and Family Nursing in Hyden, KY.

Meritt is now seeing and accepting new patients at the St. Claire Regional Family Medicine in Morehead which is located at 316 W. 2nd Street.

To schedule an appointment with Meritt, or any of our medical staff at St. Claire Regional Family Medicine in Morehead, call (606) 784-3771.

St. Claire Regional Pharmacists Receive Pharmacotherapy Board Certification

Submitted by Flint Russett, PharmD

Three St. Claire Regional pharmacists were recently recognized by the Board of Pharmacy Specialties (BPS) for obtaining specialty certification in Pharmacotherapy. As Board Certified Pharmacotherapy Specialists, **Tara Anderson, PharmD**, **Linda Leigh Berger, PharmD**, and **Pamela Hughes, PharmD** have joined the ranks of 194 fellow pharmacists in Kentucky who have received Board certification. Currently there are 8,568 Certified Pharmacotherapy Specialists nationwide, representing approximately 3% of all pharmacists.

To achieve specialty certification in Pharmacotherapy, a pharmacist must meet certain requirements related to education, training, current scope of practice and pass a voluntary examination which focuses on the safe, appropriate and economical use of drugs in patient care. Pharmacotherapy Specialists are often involved in direct patient care,

function as members of a multidisciplinary team and are the primary source of drug information for other healthcare professionals.

When referring to all newly board-certified pharmacists, BPS Chair George Hinkle, MS, BCNP stated, “With people living longer, healthcare costs continuing to skyrocket and chronic disease spiraling out of control, BPS board certification validates a pharmacist’s specialized qualifications and level of knowledge to meet these challenges. These BPS Board Certified Pharmacists and their employers can be justifiably proud of their accomplishment.”

Tara Anderson is a Morehead native and has worked as a Clinical Pharmacist at SCR since 2006. She is the pharmacy representative to the Behavioral Health Service Line and is a member of the St.

Claire Regional Best Practice Team. Tara currently serves as one of the Internal Medicine preceptors for the pharmacy residency program.

Linda Leigh Berger is a 2009 graduate of the Pharmacy School at South University in Georgia and completed the PGY1 Pharmacy Residency program at St. Claire Regional in 2010. Linda Leigh is currently a Clinical Pharmacist at SCR and serves as the Critical Care preceptor for the pharmacy residency program.

Pamela Hughes has worked as a Clinical Pharmacist at SCR since 2007. She is actively involved in the Meditech Emergency Department Management (EDM) project and precepts pharmacy students on rotation at SCR. When not busy with dictionary building, Pam devotes the remainder of her time to her family.

St. Claire Regional Helps Community Go Red

Submitted by: Regina Thompson

SCR Reaches Out to Fleming Co. Community for Go Red Day

February 3rd, SCR provided 7 health screenings for the Fleming Co. Extension and Homemakers Group Go Red Tea. The day was focused on Women (and Men) heart health issues.

In 2004, the American Heart Association (AHA) faced a challenge. Cardiovascular disease claimed the lives of nearly 500,000 American women each year, yet women were not paying attention. In fact, many even dismissed it as an "older man's disease." To dispel the myths and raise awareness of heart disease as the number one killer of women, the American Heart Association created Go Red For Women – a passionate, emotional, social initiative designed to empower women to take charge of their heart health. Go Red For Women celebrates the energy, passion and power women have to band together to wipe out heart disease and stroke.

February 6, 2012

Regina Thompson
Community Liaison
St. Claire Regional
222 Medical Circle Drive
Morehead, KY 40351

Regina:

Please share with the staff our appreciation for your participation in the Fleming County Homemakers Go Red Tea.

The health screenings you offered were an added addition to this event. We had over 120 people in attendance. Many people found the results helpful in taking care of their heart health.

It was a pleasure meeting everyone. I hope we can continue to cooperate in the future.

Donna Fryman

Sincerely,



DF:egl
Donna Fryman
County Extension Agent for Family & Consumer
Sciences

Carole Hunt
Fleming County Extension Homemakers President



Is It a Heart Attack?

Learn the common and not-so-common symptoms of heart attack.

- **Chest discomfort.** Most heart attacks involve pain in the center of the chest that lasts more than a few minutes or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- **Discomfort in other areas of the upper body.** Symptoms can include pain in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath.** It can occur with or without chest discomfort.
- **Other signs** may include breaking out in a cold sweat, nausea or lightheadedness. Acting fast at the first symptoms of a heart attack can save your life. If you're having chest pains or experiencing upper body discomfort, St. Claire Regional physicians recommend that you call 9-1-1 or go to the closest hospital



Louise Lamb performing a bone density screening for Fleming Co. Extension and Homemakers Group for national Go Red day.

The following comments are from SCR patients that completed our Press Ganey patient satisfaction surveys in January.

AMBULATORY SURGERY

- The physician who performed my procedure (colonoscopy) was not only very skilled but was also very reassuring prior to the surgery. This was **Dr. Mary Phillips**.

EMERGENCY DEPT.

- Dr. Sanders** is awesome!
- Dr. Ravi** is great. Such a wonderful doctor!!
- Dr. Williams** and the ER staff all excellent, courteous and kind.

INPATIENT

- Darren Berger** excellent nurse! **Julie RN, Heather NA, Kimberly NA** all very good! **Vicki RN** did a GREAT IV START! **Sarah** was great NA.
- Dr. Alier, Dr. Gharad** and **Dr. Rogers** were all very good and ran necessary tests, prescribed meds and got me on my feet.
- Staff was very helpful in getting me discharged and to the car. **Sarah NA** took me down herself - Very good young lady.
- Sister Judi** and **Sister Jeanne Francis** were both by to offer spiritual guidance.
- Dr. Burton** of Morehead KY is an awesome doctor and was very up front and open.
- This hospital was the best afternoon and evening nurses than any other hospital I've ever been to. My surgeon **Dr. Burton** was kind, quick to answer questions about my surgery & after care. And made himself available to me after my release if I had even small concerns. (4th floor)
- Special concern & care were given by **Remona, Dana, Connie, Jana, Gloria Ravens**.
- Marsha Maggard** was my nurse most of the time. I really liked her.
- Mr. Dawson** was extremely nice - Thank you!
- Dr. Marashleh** was exceptional - we so appreciate his care. A-1!
- 5th **Dessie Trent** - extra kind, helpful, understanding. 3rd **Kylie Lewis** - an excellent CNA.
- Dr. Crouse** - excellent surgeon and doctor 5th & **Dr. Melanie Ledford** - best bedside manner.

- Dr. Ravi** was great in ER - explain everything **Dr. Gharad** did the same, explain his plan of care. Never saw any one else.
- Never saw my assign primary doctor. Saw **Dr. Gharad** he was very good to explain test and why. **Dr. Moore** was great, kind, helpful, understanding. #1.
- Carolyn Barker**, the housekeeper, was absolutely WONDERFUL.

MEDICAL PRACTICE

- Melissa Cox** is very nice, very professional & always answers any questions I have. She is an awesome physician & I trust her completely.
- Lucille Trimble** is such a nice, caring person - She has helped me over the phone so many times. She really cares about people. This clinic is so needed in our area. They provide a great service to all of us! She is an EXCELLENT doctor!
- Molly Carew** is a wonderful caring professional will go the extra mile to help someone.
- The clinic was very busy the day of the visit & understaffed. **Ms. Bromagen** has excellent bedside manners & still took time for me.
- Molly** was very concerned about my health and did a great job making me feel better.
- Theresa** is really nice and a hard worker always courtesy and willing to help.



SALE Scrubs & Sanita Shoes

HOSPITAL CAFÉ D February 24 - February 26
SPRING KOI AND LANDAU COLLECTION NOW AVAILABLE



25% OFF
ALL SCRUBS

50% OFF
SELECT SCRUBS

25% OFF
ALL SANITAS

urban&scrubs



Landau
available for men

Sanita
THE ORIGINAL DANISH CLOGS
since 1907

Hospital - Café D
Friday, February 24, 6:00 a.m. - 6:00 p.m.
Saturday, February 25, 6:00 a.m. - 6:00 p.m.
Sunday, February 26, 8:00 a.m. - 2:00 p.m.

Payroll Deduction is Available for Eligible SCR Staff
Excludes any other discounts

St. Claire Regional
FAMILY MEDICAL  **SUPPLY**

Kroger Shopping Center across from LOWE'S
For more information call: 606.784.2414

Happy Birthday

MAR

3/1

Jessica R Callahan
Barbara L Davis
David L Graham
Janie D Jamison
Sandra K Webb

Quality Management
Patient Access
FM - Menifee (Dental)
ICU
MMS Administration

3/2

Rebecca Gavalchik
Tonya H Good
Adam Lye
Marsha K Maggard
Andy B Price

Family Medical Supply
Surgery/Same Day Surgery
Hospitalist Physician
3rd Floor North
Information Services

3/3

Sabrina Bailey
Venus R Butler
Retha M Davis
Ruthie A Guess
James Oldham
James K Roberts

MMS Clinical Services
Laboratory
Environmental Services
Surgery/Same Day Surgery
Patient Financial Services
Hospitalist Physician

3/4

Danny P Blackburn

Sleep Lab

3/5

Molly B Carew
Arica L Conley
Carla R Winkleman

FM - Sandy Hook
Physical Therapy
Homemaker II

3/6

Terrell W Bradley
Troy N Conley
Judy M Thompson
Kelly E Ward

Facilities Management
Information Services
Patient Financial Services
Speech Therapy

3/7

Melanie L Catron
Rita C Hopkins
Lisa A Ingles
Andrea Williams
John T Winks

Nursing Administration
MMS Clinical Services
MMS Administration
Health Info. Management
Radiology

3/8

Kimberly N Campagna
Delores L Franklin
Melinda Lawhorn
Rebecca A Snedegar

Food Services
Financial Services
Surgery/Same Day Surgery
Pharmacy

3/9

Toni Bellamy
Abilene Bowens
Marc C Crusier
Chesla R Knipp
Charity Murphy

Float Dept - Unit Sec
Laboratory
St. Claire Counseling Services
FM - Morehead
4th Floor Nursing

3/10

Kimberly Arrowood
John R Brandenburg
Deborah Weber

MMS Clinical Services
Hospitalist Physician
St. Claire Counseling Services

3/11

Judy L Fannin
Rebecca L Gilreath
Amanda L Grubb
Sharon Johnson
Susan D Markins
Julia B Perry

MMS Clinical Services
4th Floor Nursing
Patient Financial Services
Environmental Services
Home Health
Anesthesia Professionals

3/12

Lisa A Blanton
Kristy A O'Bryan

Surgery/Same Day Surgery
Health Info. Management

3/13

Rachael T Davis
Amanda G Engle
Angie D Stone
Michael R Tekulve
Rhonda Young

Patient Financial Services
Patient Access
MMS Clinical Services
Cave Run General Surgery
MMS Administration

3/14

Stephanie J Baker

Radiology

3/15

Nancy P Gulley
Michella R Smedley
Emilie J Wills

ICU
Environmental Services
Pharmacy

3/17

Denny A Conley
Tracey Evans
Sharon Goodpaster
Rosemary Hamilton
Patrick D Hughes
Kristen N Porter

Radiology
Hospice
3rd Floor Central
MMS Administration
FM- Owingsville
Emergency Department

3/18

Donald C Howell
Dreama R Leigh
Crystal L Little
David A Morrison
Rebecca L Wells

Facilities Management
Laboratory
SCR Family Medicine
ICU
Food Services

3/19

Patricia A Blevins
Angela K Humphries
Cynthia A Schneider
Heather N Wallace

Emergency Department
SCR Outpatient Center
Cave Run General Surgery
Outpatient Care Center

3/20

Mark E Bailey
Mona K Coffman
Lorna G Lacey
Beverly B Macey
Irene E Van Kersen

Emergency Physicians
Materials Management
Emergency Department
PACU
Surgery/Same Day Surgery

3/21

Belinda W Ashley
Deanna L Doyle
Tammy L Jenkins

Hospice
Hospice
AHEC

3/22

Loretta Burchett
Kayla M Coffman
Isaac D Craft
Elizabeth A Hefner
Rusudan K Hopman
Georgeanna J Howard
Derl A Wallace

Laboratory
Food Services
Pharmacy
Speech Therapy
Hospitalist Physician
Respiratory Therapy
Infusion Solutions

3/23

Lucille Mays
Shawna E Sargent

FM - Morehead
Central Scheduling

3/24

Rebekah S Easter
Surgery
Donna M Fannin
Janet R Roe
Marjorie A Scott
Kimberly D Williams

Surgery/Same Day

Laboratory
MMS Administration
Cave Run Clinic Admin
Administration

3/25

Corey D Frasier
Charla R Pennington
Melinda O Skaggs
Glen R Standafer
Ingrid K Van Rooyen

Home Health
3rd Floor Central
FM - Morehead
FM - Sandy Hook
Pathology

3/26

Alice F Collins
Amanda L Hamilton
Jennifer M Martt
Charlene F Purnell
Management
Barbara K Weaver

ICU
Home Health
Environmental Services
Health Info.

MMS Administration

3/27

Mary J Schlueter
Management

Health Info.

3/28

Jolene R Helterbrand
Welma M Henson
Carol R Justice
Services
Tina A Mullins
Deborah D Shay

Emergency Department
FM - Sandy Hook
Patient Financial

Infusion Solutions
FM - Morehead

3/29

Kimberly E Criswell
Gracie L Kidd
Jennifer F Woolery

Nursing Administration
Food Services
TCU

3/30

Casey S Johnson
Punnaivanam Ravisankar

Radiology
Emergency Physicians

3/31

Melodye L Galbreath
Shawna L Messer
Lisa A Wallace

Physical Therapy
Laboratory
4th Floor Nursing

St. Claire Regional Family Medical Supply Wishes You a Very Happy Birthday!

In honor of your birthday FMS will send you an email during **YOUR** birthday month to receive an extra 10% off on scrubs and shoes.

This is in addition to the 20% you already receive as SCR staff.

Giving you a total discounted price of 30% during your birthday on scrubs and shoes!

All you need to do is simply print and bring in the email during your birthday month to receive the additional 10% off.



UPCOMING C.E. Programs

February 16 | CPI Class: Non-Violent Crisis Intervention

8:00 AM-3:00 PM,
Outreach Bldg-Blue Room

Credit: Nursing

RSVP with Mary Ruth Staton at ext. 6664 or mrstaton@st-claire.org

February 16 & 17 | ACLS Provider

9:00 AM-4:30 PM,
CHER 102D

Credit: Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or blbuelterman@st-claire.org

February 17 | Tumor Board

8:00-9:00 AM,
TeleCare Conference Room

Credit: ACPE, Category 1 AMA, Nursing

No registration necessary. Direct questions concerning this program to Brian Buelterman at ext. 6453 or blbuelterman@st-claire.org

February 22 | Grand Rounds (Geriatric Nephrology)

12:30-1:30 PM,
CHER 102D

Credit: ACPE, Category 1 AMA, Nursing

No registration necessary. Direct questions concerning this program to Brian Buelterman at ext. 6453 or blbuelterman@st-claire.org

February 23 & 24 | ACLS Provider

9:00 AM-4:30 PM,
CHER 102D

Credit: Category 1 AMA, Nursing

RSVP with Brian Buelterman at ext. 6453 or blbuelterman@st-claire.org

STORE HOURS
Monday - Friday
8:00 am - 5:00 pm
Saturday
10:00 am - 2:00 pm

St. Claire Regional
**FAMILY
MEDICAL**  **SUPPLY**
Kroger Shopping Center across from LOWE'S
For more information call: 606.784.2414

SCR Diabetes Support Group

Note: SCR Diabetes Support group will be CANCELED in February and will restart in March. For more information contact Sherri Adkins at extension 6702

SALE: Scrubs and Sanita Shoes

Date: February 24 - February 26

Time: Friday, 24, 6:00 a.m. - 6:00 p.m.
Saturday, 25, 6:00 a.m. - 6:00 p.m.
Sunday, 26, 8:00 a.m. - 2:00 p.m.

Location: Hospital Café D

25% off all Scrubs and Sanita Shoes. 50% off select styles of scrubs

Free Health Screening

Date: March 2

Location: Carter Family Pharmacy

For more information contact Regina Thompson at 783.6859

Look Good... Feel Better

Date: March 20

Time: 1:00-3:00 PM

Location: St. Claire Regional
Women's Imaging Center

RSVP by calling: Risa Roe at 606.783.6760

Look Good... Feel Better is a free program dedicated to women with cancer



222 Medical Circle • Morehead, KY 40351



NEED A CAMERA TO COVER A SCR EVENT?

The Marketing/PR Dept. has several cameras available for loan. Contact ext. 6927 for more information.

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