

St. Claire Regional Medical Center

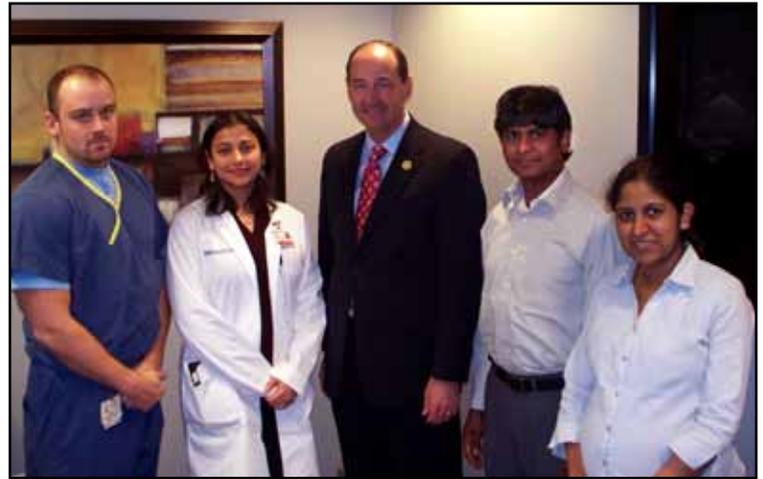
Newsbrief

April 21, 2011

STATE REPRESENTATIVE ROCKY ADKINS Speaks to Medical Students and Residents

Rocky Adkins, KY House Majority Leader and State Representative, recently attended a luncheon discussion on the legislative process at the Center for Health, Education and Research. Medical students from the University of Kentucky College of Medicine Rural Physician Leadership Program (RPLP) and the University of Louisville, along with UK/St. Claire Regional Family Medicine residents attended.

During the luncheon, Rep. Adkins reviewed the legislative process, explained how medical students and residents can make a difference by being leaders in their community and how to use the legislative process to improve the health of Kentuckians. Rep. Adkins also outlined channels that individuals can use to voice their concerns and continue their efforts to address problems in their communities. He also reviewed current community issues and how he is working to address them.



UK/ St. Claire Regional Medical Center Family Medicine residents with Rep. Rocky Adkins



Rep. Rocky Adkins, Amy Conley-Sallaz, MD, UofL Medical student Brooks Weller.



UK College of Medicine RPLP Morehead Regional Site students with Rep. Rocky Adkins



National Hospital Week

May 8-14, 2011

ALL WEEK

Online Quizzes — Win Prizes!

May 11- Wednesday

Off Campus Visits

May 12- Thursday

Off Campus Visits

BBQ (Night Shift)

10:30 pm to midnight (In Cafeteria)

May 13- Friday

*BBQ & Prize Drawings

(Lunch) 11:00 am to 1:30 pm

(Dinner) 4:30 pm to 6:00 pm

* BBQs will be held on
the Foundation Grounds.

In case of rain, food will be
served in the cafeteria.

Join us for
our annual
cookout!



A message from...

 **St. Claire Regional
Medical Center**

FRANKIE CHAPMAN, RN, Receives KONL - BSN Scholarship



Frankie Chapman, RN, recently received a scholarship from the Kentucky Organization of Nurse Leaders

Frankie Chapman, Director of Cardiac Rehabilitation, has been awarded the \$2,500 Kentucky Organization of Nurse Leaders (KONL) - BSN Scholarship. She will be recognized at the KHA Annual Meeting on May 10, 2011.

Frankie will complete her Bachelor's of Nursing degree in December 2011.

The KONL is a non-profit organization, a chapter of the American Organization of Nurse Executives (AONE) and also an allied society of the Kentucky Hospital Association (KHA).

PEGGY BALLARD, PA, Joins SCR Oncology Services

St. Claire Regional Oncology Services is excited to announce the addition of Peggy Ballard, Physician Assistant, to their team. Peggy, a native of Fleming County, worked previously at St. Claire Regional in Nephrology Services.



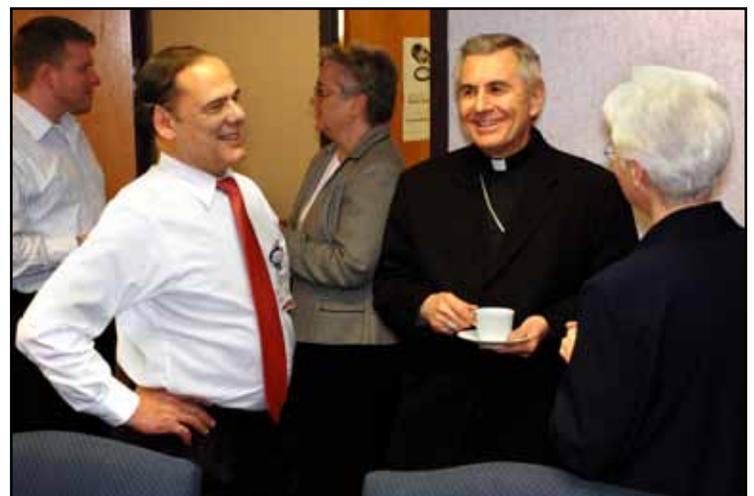
Peggy Ballard, PA

Peggy received her Master of Science in Physician Assistant Studies from the University of Kentucky in 2004. In addition to her clinical experience, Peggy served as a University of Kentucky assistant professor in the College of Health Sciences, Physician Assistant Studies program from January 2009 to June 2010.

Peggy says that she is excited about returning to the hospital's main campus to work as she began her career with St. Claire Regional as a medical/surgical registered nurse. Peggy is married to Frank Ballard, an alumnus of the original graduating class of the UK physician assistant program in 1975. Peggy and Frank have 5 children and three beautiful grandchildren. She takes great pride in her volunteer work for the People's Clinic in Morehead where she has served for the past 3 years.

FRIENDLY VISIT TO SCR BY Bishop Ronald Gainer

On March 29, 2011 - Bishop Ronald Gainer (center), of the Catholic Diocese of Lexington, visited SCR. While here he spoke with Mark J. Neff, SCR President/CEO (left), and Sister Marge Mouch(right). Sister Marla Monahan, SND (background) spoke with one of the visitors.



FREE COMMUNITY HEALTH SCREENING Monday, May 2nd

St. Claire Regional (SCR) is offering a free community health screening event Monday, May 2nd from 9:00 a.m. to 1:00 p.m., at SCR Outpatient Center located at 1028 E. Main Street Morehead. Community members are invited to tour the state-of-the-art facility featuring the new Wound Care and Hyperbaric Department.

Clarence Clayton, DPM, will provide free foot health consultations including assessment of toenails, numbness, non-healing wounds and swelling of the feet/legs. Screenings will also include educational information on the importance of proper foot care. Participants can step onto the Aetrex® iStep analysis device, provided by SCR Family Medical Supply, to discover their foot type, pressure points and correction insole suggestions.

Free general health screenings will include: ABI (Ankle-Brachial Index evaluates blood flow in your legs), blood pressure, total cholesterol, total glucose, pulse rate & oxygenation level, balance and posture evaluations and sleep health assessments. Also, the HMR weight loss program will provide weight management consultations and food samples.

Refreshments will be served and there will be door prize drawings. No appointment is necessary and fasting is not required. For more information or to request a health screening event, please contact Gina Thompson at (606)783.6859.



Clarence Clayton, DPM

KENTUCKY DIABETES CAMP FOR CHILDREN July 26-31

Submitted by: Sherry Adkins

The KENTUCKY DIABETES CAMP FOR CHILDREN, was established to assist children and teens with diabetes in gaining the skills and knowledge needed to transition to independent diabetes management. In addition, children will be provided with experiences and leadership opportunities which help them to impact the care of other children and teens with diabetes locally, statewide and nationally.

This year, the free Camp will be held in partnership with the nonprofit organization Center for Courageous Kids July 26-31, for ages 8-17. Informational brochures about the KENTUCKY DIABETES CAMP FOR CHILDREN can be obtained in the SCR Clinical Nutrition office on the second floor.

For more information contact: 502-817-6286 or bfallon@camphendon.com. Additional information can also be found at www.camphendon.com.

**Speak
Up
for
Kids!**



When to Worry About Your Child's Worries

Presented by: **Marc Cruser, MD**
Pediatric and Adolescent Psychiatrist
St. Claire Counseling

Thursday, May 5, 2011

Center for Health, Education and Research (CHER Bldg.)

1st Floor Room 102D

320 West 2nd Street

Morehead, KY

5:30pm Registration & Refreshments

6:00pm Program and Panel Discussion

(Panel Will Include Members from Healthcare, Education, Mental Health, & persons whose lives have been impacted by the Anxiety of a Child)

For more information please contact:

Regina Thompson, Community Liaison

St. Claire Regional

606-783-6859

rathompson@st-claire.org

Speak Up for Kids! is a nationwide education campaign during National Children's Mental Health Awareness Week (May 1-7, 2011), Hundreds of mental health professionals will deliver talks about child mental health in their communities across the United States. These talks are **FREE** and open to anyone with an interest in children and their mental health. Talks will educate parents and teachers about the signs and symptoms of child and adolescent psychiatric disorders and give them the tools they need to connect kids to the help they deserve. We hope to see you!

 **St. Claire Counseling**
A service of St. Claire Regional Medical Center

AMERICAN ACADEMY OF
CHILD & ADOLESCENT
PSYCHIATRY
WWW.AACAP.ORG


CHILD MIND
INSTITUTE

HUNTER

Parents

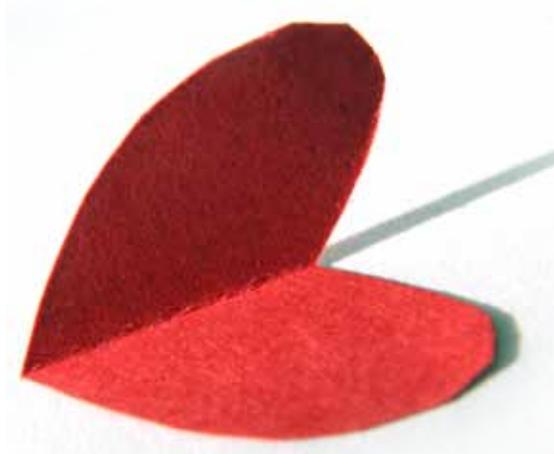
ST. CLAIRE REGIONAL Launching Heart Health Project

St. Claire Regional (SCR), along with the University of Kentucky, is offering a free 6 month community outreach project designed to address the high rates of heart disease in Kentucky. Men over 44 and women over 55 who have a family history of heart disease, smoke, have high blood pressure and/or cholesterol, are overweight, and/or diabetic are invited to take part.

Participants will receive a tailored plan designed to lower their heart disease risk factors and improve their overall health. Every person will receive a free pedometer, in addition to a goody bag full of heart healthy recipes, tips and information. Both individual and group support sessions will encourage participants plus provide helpful health education aimed at supporting lifestyle changes that reduce heart disease risk factors.

Heart disease is the number one cause of death in the United States for both men and women according to the Center for Disease Control. Many factors can increase an individual's risk of developing heart disease including, a family history of heart disease; high blood pressure and/or high cholesterol; smoking and/or being overweight. However, by making healthy lifestyle choices and managing medical conditions individuals can lower their risk.

For more information, or to participate in the SCR Heart Health Project, contact Ashley Moore at 606-783-7577 or Teresa Gevedon at 606-783-7561.



HIGHLIGHTING OUR CHAMPIONS

Submitted by: Tracy Stewart

EMERGENCY DEPT.

Dr. Wicker explained everything to me.

INPATIENT

Nurse April very caring

Dr. Vasant GAVE ME GOOD answers.

Very good experience with admitting doctor. Special acknowledgement for Dr. Melahn he is a great asset!

Excellent: Rhonda Flannery & Greta Poe 3rd floor.

I had one RN in ICU that was the sweetest kindest person I ever met. Her name was Brittany Ball.

Cardiology Dr. Mustafa was very good in responding and explaining my sickness and needs. We need more heart doctors at St. Claire Regional like him.

FAMILY MEDICINE

Dr. Carpenter is very sweet, friendly and caring. Wonderful doctor.

Doctor Kim Bromagen is a good, physician assistant, she cares about her patients.

Half ~~All~~ the Person You Want to Be!

No other diet gives you the results you want... without *ever* feeling deprived.

Gary lost
228 lbs.
on the HMR
Decision-Free®
Diet



Kate lost
70 lbs.
with HMR
at Home®



TRY HMR
for \$1 a day
first week *including food*
first 15 new clients only expires 5/1/2011

DID YOU KNOW

Our entire program— food and classes — costs on average less than \$6 per meal!

Reserve your place in our
FREE informational session
606.783.6948



HMRDiet



HMR_Diet



HMRDiet



*HMR data published or presented at medical conferences show 50-80 lbs. for Gary's in-clinic program; 15-30 lbs. average weight loss for Kate's HMR at Home Program. Some people lose even more weight.
© 2010 Health Management Resources Corporation, Boston, MA


St. Claire Regional
OUTPATIENT CENTER

1028 East Main Street | Morehead, KY 40351

MAY BIRTHDAYS

Susan L. Blood	Laboratory	5/2	Ray Fultz	Materials Management	5/20
Crystal J Wright	AHEC	5/2	Kristina Hamilton	Mental Health Unit	5/20
Derek R Bradley	Food Services	5/3	Mary Elaine Jones	Cave Run General Surgery	5/20
Lerae Wilson	Nursing Administration	5/3	Loretta M Wagoner	Patient Financial Services	5/20
John Hunter Black	Hospice	5/4	Carolyn Gilliam	Homemaker II	5/21
Vickie Fairchild	Outpatient Care Center	5/4	Joseph C. Mueller	Hospitalist Physician	5/21
Kathleen Harper	FM - Sandy Hook	5/4	Linda L. Berger	Pharmacy	5/22
Barbara Jean Hart	Physical Therapy	5/4	Thomas Cibiras	Anesthesia Professionals	5/22
Linda Sue Kees	3rd Floor Central	5/4	Holly Hall	Respiratory Therapy	5/22
Emery Stone	Infusion Solutions	5/4	Patricia Littleton	St. Claire Counseling	5/22
Charlene Blevins	ICU	5/5	Nancy J Maggard	Nursing Administration	5/22
Joy Gale Craft	Emergency Department	5/5	Connie C. Clark	Patient Financial Services	5/23
Melissa Fay Heizer	Central Billing Office	5/6	Debbie E James	MMS Administration	5/23
James H Perry	St. Claire Counseling	5/6	Samuel Wornall	Pharmacy	5/23
Wendy Whitt	FM - Frenchburg	5/6	Linda Burchett	Environmental Services	5/24
Adam Lyles	Radiology Physicians	5/7	Christie Hampton	Emergency Physicians	5/24
Jerry M Tilsley	Information Services	5/7	Tyannia Rogers Brown	Respiratory Therapy	5/25
Jennifer H Campbell	Human Resources	5/8	Clarence G. Clayton	Cave Run General Surgery	5/25
Connie Rodgers	Surgery/Same Day Surgery	5/8	Lisa D Suarez	MMS Clinical Services	5/25
Gregory Co Sy	Emergency Physicians	5/8	Derrick W Dean	SPD	5/26
Carla Terry	House Staff	5/8	Rhonda L Holley	Emergency Department	5/26
Donna R Johnson	Surgery/Same Day Surgery	5/9	G.R. Jones	Administration	5/26
Bridgett Fannin Wells	Physical Therapy	5/10	Anthony M Pattison	Bio Medical Engineering	5/26
Peggy E Ballard	Oncology Services	5/11	Ina Michelle Stephens	Surgery/Same Day Surgery	5/26
Kimberly Hartgrove	Home Health	5/11	Jennifer Thomas	Home Health	5/26
Timothy Smallwood	Emergency Department	5/11	Denis O Alikier	Hospitalist Physician	5/27
Carlyn Craft	AHEC	5/12	Patricia E Arnett	Home Health	5/27
Leslie Ann Linville	3rd Floor Central	5/12	Shelley E. Bennett	Cave Run General Surgery	5/27
Amber R Spencer	Health Mgt Resources	5/12	Kimberly L Jent	Hospice	5/27
Michelle R Carpenter	FM- Owingsville	5/13	Zebulun A. Clark	Family Medical Supply	5/28
Amy Hyman	HIM	5/13	Rebecca Diane Dyer	Surgery/Same Day Surgery	5/28
Tajuan Washington	Surgery/Same Day Surgery	5/13	Jenise James	Pharmacy	5/28
Nancy Jean Brown	Cytology	5/14	Kasey L. Lambert	3rd Floor Central	5/28
Angela Dawn Caudill	TCU	5/14	Jonathon M O'Connor	Emergency Department	5/28
Remona W. Gooding	3rd Floor Central	5/14	Jennifer H. Perry	Infusion Solutions	5/28
Grace Banks Little	Patient Financial Services	5/14	Barbara A Adams	Central Billing Office	5/29
Laura Salyers	St. Claire Counseling	5/14	Sally Caskey	Environmental Services	5/29
Betty Caudill	Outpatient Care Center	5/15	Linda D Fultz	Quality Management	5/29
Daniel Martin	Information Services	5/15	Dena Joan Hurst	Homemaker II	5/29
Charles D Harr	Float Dept - Unit Sec	5/16	Tabitha G. Wallace	MMS Administration	5/29
Kylea C. Lewis	3rd Floor North	5/16	Craig D. Butler	Radiology Physicians	5/30
Charles Moore	Materials Management	5/16	Jeffrey L Hamilton	MMS Administration	5/30
Lisa Smith	Homemaker II	5/16	Carri Leone Hicks	Anesthesia Professionals	5/30
Sheila R Thornberry	FM - Sandy Hook	5/16	Regina Lynn Maze	MMS Administration	5/30
Angela Marie Craft	3rd Floor Central	5/17	Sharon Sue Perry	Administration	5/30
Charlotte Bumgardner	Pastoral Care	5/18	Catherine L Shely	Pharmacy	5/30
Anita Leigey	Laboratory	5/18	Richard Stamper	HIM	5/30
Charlotte B Walker	SCR Family Medicine	5/19	Ashley Sublett	Patient Access	5/30
			Tammi S Wilson	Surgery/Same Day Surgery	5/30
			Debbie L Blankenship	Home Health	5/31
			Ruth I Brown	Surgery/Same Day Surgery	5/31
			Tawni R Donahue	Materials Management	5/31
			John A Sanders	Emergency Physicians	5/31

DRUG ABUSE & ADDICTION CONFERENCE: April 28-29 **Signs, Symptoms and Help for Drug Problems & Substance Abuse Conference** **at the Center for Health, Education and Research Conference Room**

The illegal use of painkillers Vicodin, Tylox, Percocet, etc. are rampant and black tar heroin is making a huge comeback. Kids are using stimulants to study harder, focus better, stay up later and to get high! Doctor shoppers are on the prowl looking for easy marks. We are even seeing “meth mouth” in teenagers! Learn how the rampant illicit use of prescription drugs, internet drug trafficking, doctor-shopper cons, use of performance enhancing drugs, “high octane” marijuana use, “shake-and-bake”, “extreme drinking”, and more impact clinical practice and what we can do about it! Health professionals can play a huge role in drug abuse identification, prevention and intervention. Emphasis will be placed on increasing your skills and abilities to recognize the signs and symptoms of drug abuse, refer drug abusing patients for help and treat recovering patients in your practice.

PROGRAM ONE – COMMUNITY

Free to Attendees

Thursday, April 28 from 6 p.m. to 7 p.m. -
Doug Burnham, MSW, presenting “How to Show Love to a Family Member who is Abusing Drugs”

7 p.m. to 8 p.m. -
Dr. Kimberly Williams, Vice President, SCR, presenting “A Personal Perspective: Drug Addiction through the Eyes of a Loved One”

PROGRAM 2 – HEALTHCARE PROVIDERS

Pre-Register, \$25
Day of, \$35

Friday, April 29 - 9 a.m. to 4 p.m.
Prescription, OTC and Other Hot Drugs of Abuse:
What’s Cooking in Your Practice? *Brian Fingerson, BPharm, RPh, President, KY Professionals Recovery Network and Patrick Sammons, PhD, Professor Emeritus, University of Kentucky* will present this all day conference.

The objectives for the healthcare provider sessions are as follows:

- Describe how drug abuse can lead to addiction and drug effects of prescription drug abuse;
- Learn how to quickly recognize the physical and behavioral effects of prescription drug abuse;
- Know how drug seekers attempt to obtain and divert prescription drugs and learn the advantages of using our prescription monitoring program, KASPER
- Recognize health and impairment problems of heroin, marijuana, alcohol, inhalants, ecstasy and other “fun drug” abuse.
- Increase your screening skills for recognizing drug misusing and abusing patients; and
- Know the risk/resiliency tools for preventing youth from ever using drugs and learn how to apply these in your practice.

6 hours each: Category I Credit; Nursing; ACPE (both Pharmacists and Pharmacy Techs); CHES; Radiology.
Request has been submitted for Respiratory credit.

To register or questions please contact:
Loretta Burchett at 783.6830 or laburchett@st-claire.org

Sponsored by:



This program is brought to you by the Northeast Kentucky Area Health Education Center and Operation Unite - Rowan County. All persons planning and participating in this program have no financial interests.

Got Drugs?

Turn in your unused or expired
medication for safe disposal

Saturday, April 30th

10:00 am - 2:00 pm

Carl Perkins Community Center



Sponsored By:

Morehead Police Department, DEA, Rowan County Sheriff's Department,
Rowan Unite and Rowan County Board of Education

FIGHTING CANCER WITH ADVANCED TECHNOLOGY & COMPASSIONATE CARE

Thanks to advances in technology the chances of beating cancer have greatly improved in recent years. No longer are patients sitting back and letting cancer win but they, along with oncology specialists, are taking a stand against one of the top causes of death in America. Cancer was responsible for approximately 600,000 deaths in America last year. With numbers like these it is important to have an oncology team that is not only knowledgeable but has passion and zeal for the lives they are helping to save from this devastating disease.

Betty Caudill, RN, has been working in the Oncology Department at St. Claire Regional Medical Center for more than 10 years. Betty has had the opportunity to work with state-of-the-art technology and provide care for what she describes as “the best patients in the world.” The topic of cancer is one very close to Betty’s heart; she lost a sister to breast cancer and has two brothers currently fighting prostate cancer.

“While some may find this discouraging, these circumstances only increase my desire to serve others while they fight the fight.” Betty says. “More than anything, I love what I do. I love working with patients, I love giving chemo to my patients and providing them with hope in their fight against cancer. But most importantly, I feel this is the work God has called me to do.”

Betty, a graduate of the nursing program at Morehead State University, previously worked in the burn unit at the University

SCR Oncology is featured in the most recent UK Markey Cancer Center Affiliate Network newsletter.



Dr. Allen Lim and Betty Caudill, RN are two of the highly skilled and compassionate oncology team members at St. Claire Regional.

of Kentucky. She returned to Morehead in 1986 when she accepted a job at St. Claire Regional in the med-surg unit. She joined the Oncology Department in 1996, and in 1998 she became an oncology certified nurse through the Oncology Nursing Society.

Cancer Care at St. Claire Regional

Allen Lim, MD, medical oncologist, and his team of certified oncology staff help ensure that each St. Claire Regional cancer patient receives the highest quality of care by combining state-of-the-art treatment techniques while offering needed support. From a comprehensive, nationally accredited oncology program

to physicians who deliver expert care and compassion, St. Claire Regional delivers the personalized care that patients need at every stage of their cancer treatment and recovery.

In addition, it is through a unique affiliation with the UK Markey Cancer Center, that St. Claire Regional is able to provide the same level of services, technology and quality of care that’s found in larger Kentucky healthcare systems. St. Claire Regional oncology patients can receive some of today’s most advanced radiation and chemo therapies close to their own homes. The UK Cancer Treatment Center, a modern cancer treatment facility offering advanced radiation medicine, is located on the campus of St. Claire Regional.

UPCOMING EVENTS

NATIONAL TAKE-BACK DAY

Date: April 30

Time: 10:00 am - 2:00 pm

Location: Carl Perkins Community Center

Safely get rid of your unused, expired or unwanted prescription and over-the-counter medications.

FREE COMMUNITY HEALTH SCREENINGS

Date: May 2

Time: 9:00 am - 1:00 pm

Location: SCR Outpatient Center

No appointment is necessary and fasting is not required. For more information or to request a health screening event, please contact Gina Thompson at (606)783.6859.

HEALTHY LIVING SERIES FREE HEALTH SCREENINGS

Date: June 1

Time: 9:00 am - 12:00 pm

Location: SCR Outpatient Center

No appointment is necessary and fasting is not required. For more information, please contact Amanda Ramey at (606)784.7068.

STEPS OUT DIABETES WALK

SCR Diabetes Education Team

Date: June 4

Location: Keeneland, Lexington, KY

SCR will be participating in the event, if you are interested in joining the team contact Sherry Adkins at 606.783.6702



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

Want to Make a Difference?



Become a Hospice Volunteer!

Hospice care is focused on helping families cope with what people fear most about dying - being in pain, being alone, losing control, and being a burden to others.

By volunteering, you can make a difference in the life of patients and their loved ones!

For more information call

Linda Craft,

**St. Claire Regional
Hospice & Palliative Care
Volunteer Coordinator**

(606) 783-6887



**St. Claire Regional
Medical Center**

Hospice & Palliative Care

Proudly Serving These Kentucky Counties:

Bath • Carter • Elliott • Fleming • Lewis • Menifee • Montgomery • Rowan