

St. Claire Regional Medical Center

Newsbrief

November 4, 2010

ST. CLAIRE REGIONAL & MOREHEAD CLINIC AN INTEGRATION OF SERVICES

St. Claire Regional Medical Center (SCR) and Black & Carpenter, P.S.C. (doing business as Morehead Clinic) are pleased to announce an agreement to integrate services and staff of the Morehead Clinic with that of SCR. A final integration of services is anticipated to be completed by January 1, 2011.

The Morehead Clinic is a private, multi-specialty medical group practice that has provided primary and referral care services essential in serving our community since 1971. Combining the resources and expertise of the Morehead Clinic with that of SCR will have a positive impact on healthcare services in our region.

“The integration of the Morehead Clinic services with that of St. Claire Regional simply formalizes a long-standing and valued relationship”, says Mark J. Neff, SCR President/CEO. “We are excited about the potential growth opportunities of this new relationship”, continues Neff. “St. Claire Regional Medical Center will remain fully committed to the success of both entities and to providing comprehensive health care services for our surrounding communities and the broader eastern Kentucky region. The continuous development and expansion of a healthcare system that meets the needs of our patients and their families will continue to be our focus.”



Amazing • Medicine Close to Home



SCR FAMILY MEDICINE – MOREHEAD & DR. AMY CONLEY RECOGNIZED FOR THEIR COMMITMENT TO TEACHING

St. Claire Regional Family Medicine and Dr. Amy Conley recently received the Outstanding Community-Based Training Site and the Outstanding Community-Based Faculty awards presented by the Kentucky Primary Care Association. The association honored family medicine clinics and practitioners from across Kentucky that are dedicated to the education of health professions students and residents.



Amy Conley, MD, St. Claire Regional family medicine physician, received the Outstanding Community-Based Faculty Award. This award recognizes practitioners who commit significant time and resources to the education of health professions students, who receive positive evaluations from students and who

exemplify a higher purpose in caring for those in need.

Amy Conley, MD has been a physician with St. Claire Regional Family Medicine for more than 9 years and currently sees patients at SCR Family Medicine – Morehead. She has also received the St. Claire Regional Family Medicine Faculty Teaching award for her dedication to the SCR students and residents in 2004. In 2007, Dr. Conley received the American Academy of Family Physicians Pfizer Teacher Development Award that recognizes outstanding community-based family physicians that combine clinical practice with part-time teaching of family medicine. In 2009, Dr. Conley received the Northeast AHEC Preceptor of the Year award.

SCR Family Medicine received the award for Outstanding Community-Based Training Site. This award recognizes clinics



that commit significant time and resources to the education of health professions students and exemplify a higher purpose in caring for those in need. The support and commitment of the entire SCR Family Medicine staff plays an important role in the education of health professions students and residents.

The SCR Family Medicine-Morehead clinic supports several types of students on clinical rotations. Two SCR family medicine residency program residents and two UK rural physician leadership medical students are assigned to the clinic to complete their continuity clinic. Medical students fulfilling family medicine rotation requirements are often placed in the SCR Family Medicine-Morehead clinic. Nursing, physician's assistant, medical assisting, and medical office assistant students also are placed in the clinic for their rotations. In addition, many clinic staff members have facilitated shadowing students who are exploring health careers as a potential career option. Staff members are highly praised for going the extra mile to make sure every student has the best possible experience.

NATIONAL NURSE PRACTITIONER WEEK NOVEMBER 7-13

Submitted By: Dreama Perkins

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



Lisa Back, ARNP



Mary Anne Brown, ARNP



Molly Carew, ARNP



Melissa Cox, ARNP



Anita Gulley, ARNP



Don Hughes, ARNP



Melinda Skaggs, ARNP



Leslie Stamper, ARNP

Photo Not Available

Lucille Mays, ARNP

Kathleen Solter, ARNP

Linda Smith-Dike, ARNP

2010 Benefits Fair



PRIZE WINNERS

After the fair random drawings were held for prizes. The winners are ...

Cheryl Bussell
Outpatient
Luxury Bath Set

Barb Lunsford
Patient Access
Atomic Clock

Judy Ramsey
Pastoral Care
Tiffany Table Lamp

Melissa Arthurs
Social
Services
Ghirardelli Chocolates

Lori Gulley
3N
Office Chair

Country Fultz
EVS
Wrap Blanket

Lisa Lawhorn
Surgery
Blanket

Charlene Purnell
HIM
12 pc. Crystal Beverage
Glasses

Deborah Weber
St. Claire Counseling
Teapot & Mug Set

Dreama Leigh
Lab
5 pc. Mixing Bowl Set

Carol Kelsey
ICU
18 pc. Wolfgang Puck
Cookware Set

David Bailey
Cath Lab
Cooler & Gear Bag

Mary Beth Waugh
OPCC
12 pc. Stainless Steel
Knife set

Emily Clarke
I.S.
Coolpix Digital Camera

Carolyn Brown
Accounts Payable
Rachael Ray
7 pc. Stow-a-way Set

MEDITECH OCTOBER INFO SESSION WINNERS

Jacqueline Duvall	HIM	BWW card
Marti Morrison	RT	BWW card
Norma Kelsey	Radiology	BP card
Calvin Conn	Bio-Med	BWW card
James Oldham	Pt Access	BP card
Stephanie Hampton	OPCC	BWW card

*Attend an info session in November
for your chance to win a gift card!*

I CAN COPE CANCER SUPPORT GROUP

St. Claire Regional (SCR) will host the I Can Cope support group meeting on Tuesday, November 16th from 5:00 p.m. - 7:00 p.m. in Café D. The support group offers the opportunity to learn more about cancer and how to cope with the challenges a cancer diagnosis brings. Bob Combs MSW, director of social services, will discuss "Mobilizing Resources and Support".

I Can Cope is a program taught by doctors, nurses, social workers, dietitians, and other health care professionals that are experts in cancer care and is sponsored by the American Cancer Society and SCR. It is free and open to anyone facing cancer-patients, family members, and friends.

For more information contact Susie Hamlin at 783-6625 or 776-3048

SCR CANCER PROGRAM SURVEYED BY AMERICAN COLLEGE OF SURGEONS

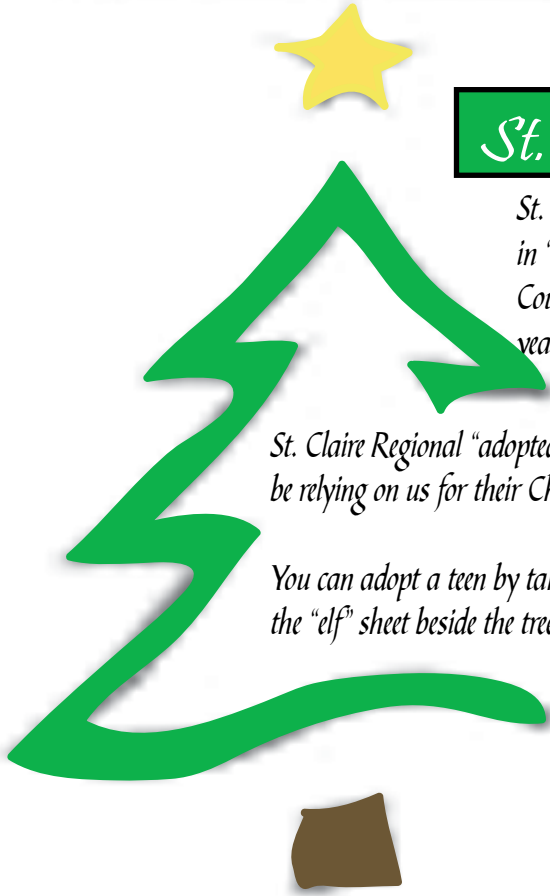
Our Cancer Program was surveyed October 15th by the American College of Surgeons. We want to express a special thank you to all the committee members for their dedication to our Cancer Program and everything you do for our patients. The surveyor was very complimentary of our program, especially the teamwork and collaboration of the committee members. We should receive special commendations in the following areas: cancer registry abstraction, cancer registry quality, prevention and early detection programs, staff education activities, and quality improvement activities that directly affect patient care.

We also want to thank the American Cancer Society and the Kentucky Cancer Registry programs for their participation. Great Job!

Thank you,

Mark J. Neff
President/CEO

SCR Christmas Gift Giving Opportunities



St. Claire Regional Christmas Tree for Teens

St. Claire Regional is making Christmas special for teens! St. Claire Regional is again participating in "Rowan County Christmas." This program is sponsored by St. Claire Regional and other Rowan County social service agencies, churches, and organizations and will provide new toys for children 18 years of age and under, gifts for the elderly and food vouchers for families.

St. Claire Regional "adopted" ALL of the 16, 17 and 18 year old boys and girls in the county - 80 in all! These teens will be relying on us for their Christmas gift this year. Here's how you can help them have a Merry Christmas:

You can adopt a teen by taking an ornament from the St. Claire Regional Christmas tree in the Cafeteria and signing the "elf" sheet beside the tree or calling the Foundation Office at Ext. 6517, Thelma Johnson or Ext. 6512, Shirley Caudill.

*** Purchase one \$10 gift for a teenage boy or girl. Please, no clothes. Bring the gift to the Foundation House by Friday, December 3, and attach your name and phone number.**

or

*** Bring \$10, with your name and phone number to the Foundation House before Friday, December 3. Someone will shop for you.**

Departments or groups of employees may choose to adopt a teen. Individuals are welcome to donate less than \$10 to help purchase gifts.

A Storybook Christmas

St. Claire Regional is again helping the MSU/Rowan County Adult Basic Education and Literacy Advisory Board collect NEW books for children under the age of 18. These books will be given to children and teens throughout Rowan County.

Deadline is Friday, December 3.

A message from...

 **St. Claire Regional**
Medical Center
Marketing & PR

Last year, St. Claire Regional made it possible for many children to have their first new book. Please place your books in the "Storybook Christmas Box" in the Main Cafeteria by December 3.

NATIONAL HOSPICE/PALLIATIVE CARE MONTH

NOVEMBER 2010



SPRING, A SEASON OF AWAKENING AND POSSIBILITY.

SUMMER, A TIME TO ENJOY THE FULLNESS OF LIFE.

FALL, WE EMBRACE THE BOUNTY OF LIFE'S HARVEST.

WINTER, THE SEASON OF REFLECTION AND ANTICIPATION OF SPRING.

Hospice and palliative care professionals and volunteers work in concert with the rhythms of the seasons, helping people recall, retell, reflect, remember and celebrate all of the seasons of their lives.

THE SEASONS OF CARING; THE CARING OF HOSPICE AND PALLIATIVE CARE.

 **St. Claire Regional
Medical Center**
Hospice & Palliative Care

National Hospice and Palliative Care
Organization



WHEN IS IT DEPRESSION?

Submitted by: Dr. Laura Salyers



Is it depression when you feel overwhelmed by work, home, community activities, and children's activities? Is it depression when you are grieving the loss of a loved one? Is it depression when you are stressed because you've lost your job, are about to lose your home, or your car? Is it depression when you've just had a baby and can't stop crying? Is it depression when you've been diagnosed with cancer, or diabetes, or heart disease, and you don't want to live this way? Is it depression when you've been drinking and/or using drugs, and you've reached the depths of despair, and can't go on this way? Is it depression when you start to have the same troubles that one of your parents or another family member had? Could it be depression when your body hurts in some way, but your doctor can't find a cause?

Possibly, yes, to all of the above. Depression can result from any number of etiologies. Perhaps you, or someone you know or love, has experienced the physical symptoms of depression. Depression is a serious medical illness, which now affects nearly one in ten persons in the United States, nearly twice as many women as men. How would you know if it is depression, or just sadness?

Depression is a persistent feeling of deep sadness, usually associated with a lack of interest in pleasurable activities. It negatively affects how you think, feel and act. Depression

is more than transient sadness. This is truly an illness that requires, and responds to, treatment.

Sadness, often associated with grief or loss, usually lessens over time. Depression, however, may persist for months or years. Persons who have experienced depression, note the difference between normal sadness, and the disabling weight of clinical depression.

Symptoms of depression include:

- Sleep disturbance, with either difficulty sleeping, or sleeping too much
- Appetite disturbance, with either decreased or increased appetite, often associated with a weight change
- Loss of interest in pleasurable activities
- Decreased motivation
- Frequent crying spells
- Social withdrawal
- Diminished concentration
- Feelings of hopelessness, worthlessness, or helplessness
- Decreased energy or fatigue
- Increasing feelings of anger or irritability
- Thoughts that life is no longer worth living, suicidal thought

Post partum depression, an illness associated with the delivery of a child, is thought to be caused by a disturbance in hormones, and may run in families. It is distinguished from the "baby blues", a very common reaction following the delivery of a child, by both its duration and the debilitating effects of indifference the mother feels for her children. One in ten women will experience post-partum depression. Women with post-partum depression love their children, but commonly feel that they are incapable of being a good mother. *(continued on next page)*

(continued "When is it Depression?") If depression really is a medical illness, and not just a character flaw, or laziness, what is the cause? Depression can affect anyone, even those who appear to live in ideal circumstances. Several factors play a role in the development of depressive illnesses:

- Biochemistry
- Genetics
- Personality
- Environment
- Medical conditions (i.e. brain tumor)

How is depression treated? Before treatment begins, you should seek professional help. Most of us begin with our family medicine doctors, who may then refer to a psychiatrist or other mental health professional. Medications target the altered brain chemistry of depression. These medications are not "uppers", sedatives or tranquilizers. Antidepressants are not habit-forming. Persons without depression do not experience a stimulant effect of these medications.

Psychotherapy alone is frequently used for mild cases of depression, and is generally used in combination with medication for the treatment of moderate to severe depression. Psychotherapy may involve only the patient, but may also include other persons, such as a spouse or other family members. Group therapy involves multiple persons with similar issues.

The length of treatment with both medication and psychotherapy are variable, depending on the severity of the illness.

Depression is never normal and always produces needless suffering. With proper diagnosis and treatment the vast majority of persons can overcome depression and lead healthy, productive lives.

If you think you or someone you know may have depression do not wait. For more information contact St. Claire Counseling at (606) 783-6805.

SCR WELCOMES NEW STAFF

Tina Addington	Emergency Department
Jamie Bailey	Hospitalist Physician
Cody Berger	Physical Therapy
Rhonda Bradley	Infusion Solutions
Samantha Combess	Float Dept - Unit Sec
Katherine Davis	Surgery/Same Day Surgery
Gena Finley	Environmental Services
Kristina Gaston	Nursing Administration
Sharon Goodpaster	3rd Floor Central
Opal Harmon	Food Services
Kimberly Hartgrove	Home Health
Deana Hasler	Emergency Department
Ellen Henry	Food Services
Ginny Hickerson	Environmental Services
Sharon Johnson	Environmental Services
Michael Lewis	Emergency Department
Brenna Lyon	HIM
Jessica McAbee	Hospitalist Physician
Kyle Miller	Infusion Solutions
Shelly O'Hair	HIM
Leanne Reed	Hospice
Michael Ross Tekulve	Cave Run General Surgery
David White	Laboratory
Andrea Williams	HIM
Donald Wright	Float Dept - Unit Sec

NOVEMBER BIRTHDAYS

Jennifer L. Meade	HIM	11/ 1	Brent D Barnette	Facilities Management	11/16
Mary Caric	SCR Family Medicine	11/ 2	Shirley A Caudill	St. Claire Foundation	11/16
Merry-Jo Lynne Cloud	3rd Floor Central	11/ 2	Judy Lynn Easterling	Mental Health Unit	11/16
Kathy Faye Hall	Food Services	11/ 2	Jessica McAbee	Hospitalist Physician	11/16
Tammy Ann Bailey	Laboratory	11/ 3	Anthony D. Weaver	Hospitalist Physician	11/16
Autumn M Donithan	3rd Floor North	11/ 3	Sherry Kay Adkins	Clinical Nutrition	11/17
Mary E. C. Ferguson	Cave Run General Surgery	11/ 3	Tina York	Environmental Services	11/17
Danielle Renee Halbleib	RPLP	11/ 3	Jeffrey Dean Butts	Environmental Services	11/18
Sylvia A Kerr	FM - Morehead	11/ 3	Tammy Davis	Health Information Management	11/18
Karen Silvey	Quality Management	11/ 3	Tamara R Helton	Home Health	11/18
Tara Beth Mays	3rd Floor Central	11/ 4	Margaret Mary Mouch	Administration	11/18
Rebecca A Roysce	Hospice	11/ 4	Shelly O'Hair	Health Information Management	11/18
Mark Gibson	Physical Therapy	11/ 5	Amy Rose	Environmental Services	11/18
Richard W Proudfoot	Cave Run General Surgery	11/ 5	Andrea L Story	Quality Management	11/18
Brenda C Stanley	Financial Services	11/ 5	Carrie Ann McClain	FM - Morehead	11/19
Chad Daniel Collett	Information Services	11/ 6	Diana Jo Stegall	Patient Financial Services	11/19
Robert Combs	Social Services	11/ 6	Robin A Young	Mental Health Unit	11/19
Margaret Sue Hargett	Surgery/Same Day Surgery	11/ 6	Sarah Jane Brown	4th Floor Nursing	11/20
Beverly Jo Penix	Emergency Department	11/ 6	Natasha Dougherty	Food Services	11/20
Shellie Wilburn	Emergency Department	11/ 6	Jaclyn F Lewis	Respiratory Therapy	11/20
Kristi Lee Dickens	Anesthesia Professionals	11/ 7	Shirley Ann Prater	Home Health	11/20
Sherry Lynn Reynolds	Cave Run General Surgery	11/ 7	Lori A Reynolds	Homemaker II	11/20
Jackie D Stamper	Patient Access	11/ 7	Tona Y Kidd	Float Dept - Unit Sec	11/21
Jeffrey Wicker	Emergency Physicians	11/ 7	Robert N Royalty	Cave Run General Surgery	11/21
Teresa Jo Chandler	3rd Floor North	11/ 8	Zaheer Uddin Ahmed	St. Claire Counseling Services	11/22
Levonda L Thomas	FM- Owingsville	11/ 8	Melissa Kidd	Emergency Department	11/22
Steven D Vice	Mental Health Unit	11/ 8	Victoria Jayne Kittle	Home Health	11/22
Amanda Glover	Float Dept - Unit Sec	11/ 9	Melony Longacre	Environmental Services	11/22
Stephanie Cline	Home Health	11/10	Kimberly Scott McClain	FM - Morehead	11/22
Rebecca Nickell	Patient Access	11/10	Mark J Neff	Administration	11/22
Angela Gail Price	3rd Floor North	11/10	Ryan Stanton	Emergency Physicians	11/22
Ronnie R Reynolds	Facilities Management	11/10	Cyndea L. Farrow	Laboratory	11/23
Amy Horton	Patient Access	11/11	Courtney Hollingsworth	Cardiology	11/23
Syed Ali	Anesthesia Professionals	11/12	Mitzi Carroll	Infusion Solutions	11/24
Shana Cooper	Home Health	11/12	Courtney Day	Emergency Department	11/24
Beverly Jill Cornett	Food Services	11/12	Ann Louise Colbert	Palliative Care	11/25
Linda L Craft	Hospice	11/12	Katherine Davis	Surgery/Same Day Surgery	11/25
Amanda J Johnson	Physical Therapy	11/12	Erin Patrick	House Staff	11/25
Patricia Kiser	Health Management Resources	11/12	Kiana M Cunningham	TCU	11/27
Amy Bond Lewis	Physical Therapy	11/12	Ashley Mason	Clinical Nutrition	11/27
Mohammad A Siddiqui	Pharmacy	11/12	Cheryl Gale Bussell	Outpatient Care Center	11/28
Amy E. Barnes	FM - Morehead	11/13	Joseph F. Pierce	FM - Morehead	11/28
Nicole June Brewer	Emergency Department	11/13	Sherry J Swim	Home Health	11/28
Philip Stanley Nelson	Infusion Solutions	11/13	Cody Berger	Physical Therapy	11/29
Evelyn J Erwin	Homemaker II	11/14	Alfred K Hicks	Cave Run General Surgery	11/29
Johnny Ray	Environmental Services	11/14	Thomas C Knopp	Hospitalist Physician	11/29
Julia C Allen	Home Health	11/15	Yolanda Frances Vance	Float Dept - Unit Sec	11/29
Shelly Don Kidd	Cardiology	11/15	Seth Bromagen	Environmental Services	11/30
			Paula Ann Collins	Float Dept - Unit Sec	11/30
			Susanna O Haney	Home Health	11/30
			Joel E. Porter	FM - Menifee (Dental)	11/30

2010 EMPACT TRUNK OR TREAT



 St. Claire Regional
Family Medicine

Congratulations
SCR Family Medicine Owingsville

The SCR Family Medicine clinic in Owingsville recently received
their Rural Health Clinic licensure.

Great job staff!

UPCOMING EVENTS

ADVANCED CARDIAC LIFE SUPPORT PROVIDER COURSE

Date: November 4 & 5
Time: 9:00 a.m. - 4:30 p.m.
Location: CHER, Rm. 102

RSVP to Brandi Poskas at bcposkas@st-claire.org

GREAT EXPO GATEWAY REGION ELDER ABUSE TASK FORCE

Date: November 9
Time: 10:00 a.m. - 3:00 p.m.
Location: Carl Perkins Center

DIABETES SUPPORT GROUP "HOW TO MAKE HEALTHIER CHOICES WHEN GROCERY SHOPPING"

Date: November 9
Time: 6:00 p.m.
Location: Kroger in Morehead

For more information contact 606.783.6702

LOVE LITE CANDLE

Date: November 17 & 18
Location: SCR Gift Shop entrance

"LATEST IN STROKE CARE" PRESENTED BY MICHAEL DOBBS MD

Date: November 18
Time: Registration 6:00 p.m. - 6:30 p.m.
Program 6:30 p.m. - 7:30 p.m.
Location: CHER, Rm. 102D

RSVP to Brandi Poskas at bcposkas@st-claire.org



**St. Claire Regional
Medical Center**

222 Medical Circle • Morehead, KY 40351

AUXILIARY ANNUAL THANKSGIVING BAKE SALE

Date: November 23 & 24
Location: SCR Gift Shop entrance

RHONDA MACKIN WAXED & SCENTED HAND MADE ITEMS

Date: November 29
Location: SCR Gift Shop entrance

"GREAT AMERICAN SMOKEOUT" EVENT

Date:
Location: SCR Family Medical Supply