



New Life-Saving Device Brings Cutting Edge Technology

Central Valley Medical Center is treating sudden cardiac arrest in a way never seen before. A new tool, the ZOLL AutoPulse® Non-invasive Cardiac Support Pump, improves blood flow to the heart and brain during sudden cardiac arrest.

The AutoPulse® delivers the consistent, uninterrupted chest compressions the American Heart Association (AHA) Guidelines are now calling for. It is an automated, portable device with an easy-to-use, load-distributing LifeBand® that squeezes the entire chest in a hands-free manner, improving blood flow to the heart and brain during cardiac arrest. The device moves more blood more effectively than any other method used today.

“Once a person is in cardiac arrest, every minute counts to get the heart beating normally again,” said John Gledhill, Chief Operating Officer. He further

noted, “For every minute that passes, the chance of survival decreases by 10 percent. After 10 minutes, survival is unlikely. Our goal is to protect the lives of our community’s citizens, and this purchase is an important step in helping to achieve that goal.”



Another benefit of the AutoPulse® is its ability to perform consistent chest compressions as clinicians transport a patient. Whether in the back of an ambulance or on a hospital gurney, the AutoPulse® also helps to ensure clinician safety during a rescue.

The human toll from sudden cardiac arrest is alarming. It is the leading cause

of unexpected death in the world and strikes without warning. In the U.S. alone, there are more than 325,000 deaths each year from out-of-hospital cardiac arrest. Currently only about 5 percent of victims survive; 95 percent will die from sudden cardiac arrest.

The AHA estimates that focusing on a strong chain of survival (early access to care, early CPR, early defibrillation, and early advanced medical care) can increase survival rates to 20 percent or more, and could save at least 40,000 lives each year.

“I have been involved in healthcare for over 20 years and I have never seen a device that does what the AutoPulse® does. With it we are better prepared to deal with sudden cardiac arrest.” said Randy Allinson, RN, Director of Patient Services.



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Did you know?

- *Central Valley Home Medical Equipment & Supply recently passed a rigorous survey to become certified by Community Health Accreditation Program (CHAP).*
- *Same-day appointments are often available at the Fountain Green Medical Clinic. Try this option next time you need to see a physician. It's a short drive to Fountain Green.*

Orthopaedic Surgeon Signs with Central Valley Medical Center

Orthopaedic surgeon, Joel Holman, M.D., has signed a contract to begin a fulltime practice at Central Valley Medical Center in July 2010. "We feel very fortunate that Dr. Holman is planning to establish a permanent practice in Nephi," said Heidi Kelso, Marketing Director for the hospital.

Dr. Holman completed an Orthopaedic Residency, and is currently finishing an Orthopaedic Fellowship in Hands at the University of Utah. The Fellowship provides a complete, well-rounded experience in general orthopaedics with emphasis on developing a broad



clinical and surgical background including hand surgery.

Dr. Holman grew up in Leamington, UT. He and his wife Holly have two children. The Holmans are looking forward to making Nephi their home.

"This is a day we have been looking forward to for quite sometime. We are extremely pleased to have an orthopaedic surgeon as highly qualified as Dr. Holman! We look forward to Nephi being the center of excellence for hand and other orthopaedic procedures." said John Gledhill, Chief Operating Officer of the hospital.



Joel Holman, M.D.

Summer Parades



Summer Parades were more fun this year for everyone, including the employees of Central Valley Medical Center.

A huge 33-foot self-propelled parade float, with a patriotic theme, was created by members of the hospital's Employee Council. Many hours were spent planning, designing, decorating, and finally riding the float. The community seemed to enjoy the float almost as much as the employees did creating it!



Calling All Heroes!

If you've ever wanted to be a hero, here's your chance to do so. Come join the employees of Central Valley Medical Center and be a hero by donating blood. With each donation, you are celebrating life. Consider the following:

- One donation can help save or enhance the lives of 3 different people.
- About 60% of the U.S. population is eligible, but less than 5% actually donate blood.
- An accident victim can use 50 pints of blood; an organ transplant patient may need more than 100 pints.

- On average 20% of patients entering a hospital will need blood.
- Each year 4.5 million lives are saved with blood transfusions.
- Whole blood cannot be made synthetically; people are the only source.

The blood drive will be held on **Wednesday, September 30th, from 9:00 a.m. to 3:00 p.m.** in the hospital's second floor education room.

Call 435-623-3115 to schedule an appointment to donate. Be a hero!



To Donate Blood

Flu Season Fast Approaching

Central Valley Medical Center is taking precautions to hopefully stay a step ahead of the flu season this year.

According to Heidi Kelso, Marketing Director at the hospital, "Special stations have been placed near entrances to encourage all patients and visitors, especially those with "flu-like symptoms" to use hand sanitizer and masks before entering the clinic and hospital."

Yvette Larsen, Infection Control Officer at the hospital said, "Another precaution was to offer the regular flu vaccine early in order to better protect our community and our employees."

Is There Flu Vaccine Available? Contact your local public health department to check on dates and times for flu vaccination clinics. (See telephone numbers listed below at the bottom of this page.) Some Senior Centers and pharmacies may also be offering flu vaccinations.

Who Should Get Vaccinated? In general, anyone who wants to reduce their chances of getting the flu can be vaccinated. However, it is recommended by ACIP that certain people should receive the vaccine each year. They are either people who are at high risk of having serious flu complications or people who live with or care for those at high risk for serious complications. People who should be vaccinated each year are:

- Children aged 6 months up to their 19th birthday.
- Pregnant women.
- People 50 years of age and older.
- People of any age with certain chronic medical conditions.



- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for complications from the flu, including: a) health care workers, b) household contacts of persons at high risk for complications from the flu, and c) household contacts and out of home caregivers of children less than 6 months of age (these children are too young to be vaccinated).

Who Should Not Be Vaccinated?

There are some people who should not be vaccinated without first consulting a physician. These include:

- People who have a severe allergy to chicken eggs.
- People who have had a severe reaction to an influenza vaccination.
- People who developed Guillain-Barré syndrome (GBS) within 6 weeks of getting an influenza vaccine.
- Children less than 6 months of age.
- People who have a moderate to severe illness with a fever (They should wait until they recover to be vaccinated.)

How Effective Is The Vaccine? The ability of flu vaccine to protect a person depends on the age and health status of the person getting the vaccine, and the similarity or "match" between the virus strains in the vaccine and those in circulation. Testing has shown that both the flu shot and the nasal spray vaccine are effective at preventing the flu.

Can I get the flu from the vaccine?

No, the viruses in the vaccine are killed (inactivated) so you cannot get the flu from a flu shot.



H1N1 Flu Update

Health officials in Utah met recently to receive guidelines regarding the H1N1 flu from the Center for Disease Control (CDC). The following recommendations will help each person do his or her part to prevent the spread of the H1N1 flu.

1. Wash your hands often and well.
2. Cover coughs and sneezes.
3. If you're sick, stay home!
4. Those at highest risk should consider



getting vaccinated. This group includes: Pregnant women, people living with or caring for infants under the age of 6 months, health-care and medical personnel, children between 6 months and 24 years of age, and people 25 to 64 years of age with certain medical conditions.

5. Follow travel safety alerts.
6. Stay informed and calm. Visit <http://www.flu.gov> or call 1-800-232-4636.

Contact your local public health department if you believe you are at high risk for the H1N1 flu, or for vaccination information.

Juab Public Health Department

435-623-0696 (Nephi)

North Sanpete Public Health Dept.

435-462-2449 (Mt. Pleasant)

Central Utah Public Health Dept.

435-835-2231 (Manti)

Marriage & Family Counseling Services Now Available

Licensed marriage and family therapist, Martin J. Erickson, PhD, has recently begun to see clients at Central Valley Medical Center, in Nephi.

Dr. Erickson specializes in helping individuals, couples, and families develop and maintain healthy, fulfilling relationships with self, others, and God/Higher Power.

Dr. Erickson has extensive background in the following areas: depression and anxiety, religion and spiritual issues, men's issues (identity, masculinity, emotional awareness, relationships/marriage and

fathering, accountability, violence/abuse issues) pornography and sexual addictions, eating disorders, body image issues (women and men) marital and couples therapy: communication, conflict, parenting, premarital therapy, family therapy and multiculturalism/diversity in relationships.

Dr. Erickson lives in Santaquin, Utah with his wife and children. He enjoys writing, listening to music, reading, and family history.

You may schedule an appointment with Dr. Erickson by calling 435-623-3200.



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Visit us on the web at www.cvmed.net

Clinic Hours

Nephi Medical Clinic 623-3200

Monday thru Friday 9 AM—5 PM

Thursday Evenings Clinic until 8 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

Brian Gasser, FNP

Marc F. Jones, D.O.

Christie Mangelson, FNP

Mark Oveson, M.D.

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Jerald Taylor, D.O.

Ftn. Green Medical Clinic 445-3301

Monday thru Friday 9 AM—5 PM

Tuesday Evenings 6 PM—10 PM

Stanton Bailey, M.D.

Marc F. Jones, D.O.

Christie Mangelson, FNP

James F. Rosenbeck, D.O.

Women's Clinic 623-3200

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Thursday 1 PM—7 PM

Stanton Bailey, M.D.

Christie Mangelson, FNP

General Surgery Clinic 623-3202

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.