



Vital Signs



“Top Notch Surgical Services”

Last December, Sue Mork, of Delta, slipped on some ice and broke her leg. She knew immediately it was a serious break.

Sue quickly learned that the break involved extensive ligation damage and would require the assistance of an orthopedic surgeon to repair the unstable ankle.

“I immediately thought I was going to be transported to Provo or Salt Lake City for the necessary surgery. I was happy to learn that Dr. Joel Holman, an orthopedic surgeon, located in Nephi, could take care of it,” said Mork.

Almost a year later, Sue recalls her experience at CVMC as top notch!

“What started out as a really bad day, turned into a very positive experience.”

*Sue Mork, patient
Delta, UT*



Dr. Joel Holman and Sue Mork

“Everyone I interacted with at the hospital was friendly and professional from the surgery crew, to the doctor’s office staff,” said Mork.

CVMC has been gearing up to provide orthopedic surgery through a recent construction project, which doubled their surgery space

and added rooms specifically designed to accommodate orthopedic surgery cases, like Sue Mork’s.

The surgical center, now one hundred percent complete, provides four spacious operating rooms, a new central supply and sterilization area, plus a larger recovery and post-anesthesia care unit (PACU).

Specialized state-of-the-art orthopedic surgical equipment such as a fracture table, radiographic C-arm and microscope are all found in the new center.

“It all made a difference in my care,” testified Mork, “What started out as a really bad day, turned into a very positive experience.”



CVMC Surgery Crew - Pictured L to R: Vicki Jarrett, Becky Roper, Shelisa Jacobson, Jane Ingram, Angie Farrer, Georgia Futch, Nicolina Fowkes, Gay Aagard, RN; Deborah Mosteller, RN; and Patricia Wahlberg, RN, Operating Room Supervisor.

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Special points of interest:

- CVMC was recently named to a list of the Top 100 Critical Access Hospitals (CAH) for financial performance in the nation.
- Flu shots are still available. (See page 4 for schedule.)
- Nephi City’s 4th Annual Light Parade is planned for Saturday, November 26th at 6:00 p.m.

“Reducing Your Cancer Risk” Event held during October, National Breast Cancer Awareness Month



“Reducing Your Cancer Risk,” was the topic of a special educational event for women held at CVMC, on October 12th. The event was co-sponsored by The Utah Cancer Action Network (UCAN).



Stanton Bailey, M.D., discussed basic things that women can do to reduce their risk of breast cancer. He noted that many risk factors cannot be changed such as heredity, race, and age. However, there are risk factors that can be avoided, which include smoking, being overweight, and lack of exercise.

Dr. Bailey said women should try to increase their protective factors such as quitting smoking, eating a healthy diet, and limiting alcohol. In addition exercise may reduce the risk of some cancers.

Exercising four or more hours a week may decrease hormone levels and help lower breast cancer risk. The effect of exercise on breast cancer risk may be greatest in premenopausal women of normal or low

weight. Care should be taken to exercise safely, because exercise carries the risk of injury to bones and muscles.

Decreasing the length of time a woman's breast tissue is exposed to estrogen may help prevent breast cancer. Exposure to estrogen is reduced in the following ways:

- Pregnancy: Estrogen levels are lower during pregnancy. The risk of breast cancer appears to be lower if a woman has her first full-term pregnancy before she is 20 years old.



- Breast-feeding: Estrogen levels may remain lower while a woman is breast-feeding.
- Ovarian ablation: The amount of estrogen made by the body can be greatly reduced by removing one or both ovaries, which produce estrogen. Also, drugs may be taken to lower the amount of estrogen made by the ovaries.
- Late menstruation: Beginning to have menstrual periods at age 14 or older decreases the number of years the breast tissue is exposed to estrogen.
- Early Menopause: The fewer years a woman menstruates, the shorter the time her breast tissue is affected by estrogen.

A large number of women attended the event and enjoyed a box lunch while listening and learning. Five lucky women even received door prizes!

Home Health Receives Award

Central Valley Home Health Agency has been named to the 2011 HomeCare Elite™, a compilation of the top-performing home health agencies in the United States.

The HomeCare Elite identifies the top 25 percent of agencies and further highlights the top 100 and top 500 agencies overall. Winners are ranked by an analysis of performance measures in quality outcomes, quality improvement, and financial performance.

“It is increasingly challenging to manage the cost/quality equation. The 2011 HomeCare Elite winners demonstrate a commitment to providing patients with the best possible care while managing their business efficiently and effectively,” said Amanda Twiss, CEO of OCS and My Innerview. “This year, we updated our methodology to reflect industry focus and, based on this rigorous analysis, we congratulate Central Valley Home Health on being one of the top home care agencies in the country.”

Shauna Archibald, R.N., Executive Director for the agency, credits dedication to providing only the highest quality care and consistent employee education of the industry rules and regulations.

Shauna noted, “We are continually evaluating outcomes and trying to improve processes to provide better care. We also make a conscientious effort to do our part to preserve the public’s precious healthcare dollars. It’s a real challenge to balance the quality/cost issue, but it can be done with proper effort and planning. Ranking in the top 100 out of 9,724 agencies in the United States is quite an honor.”

“The HomeCare Elite designation continues to gain significance given the regulatory changes and challenges that agencies face. Agencies that have earned recognition among the HomeCare Elite demonstrated that they not only can adapt to an

evolving marketplace but, also continue to excel in both clinical and financial outcomes,” said Marci Heydt, product manager for the post-acute care business group, DecisionHealth.

“Ranking in the top 100 out of 9,724 agencies in the United States is quite an honor.”

*Shauna Archibald, RN,
Executive Director*

The 2011 HomeCare Elite is the only performance recognition of its kind in the home health industry. The 2011 HomeCare Elite is brought to the industry by OCS HomeCare, the

leading provider of homecare information, and DecisionHealth, publisher of the industry’s most respected independent newsletter *Home Health Line* and the *Complete Home Health ICD-9-CM Diagnosis Coding Manual*. The data used for this analysis were compiled from publicly available information. The entire list of the 2011 HomeCare Elite agencies can be viewed by visiting the OCS HomeCare website at www.ocshomecare.com.

Wings of Love 5K Race Makes Donation

Jakoye Smith, representing the Wings of Love 5K Race, presented a donation to Central Valley Medical Center recently.

The donation will be used to purchase a NeoPuff for newborn infants and children under the age of 3. Dr. Grant Rasmussen said that studies have shown that it is better not to intubate babies and young children and with this new equipment that will be possible.

The Wings of Love 5K Race was held to remember Cade Christopher Smith, infant son of Chris and Jakoye Smith. Everyone who has suffered the loss of a child was invited to remember their angels by putting their name and picture on the Wings of Love Tree and running in remembrance of them.

The race had nearly 200 registered participants with 143 actually crossing the finish line. Jordan Jacobsen was the first to cross the finish line with a time of 21:20. The race would not have been possible without volunteers, participants and sponsors.



Pictured L to R: Rachelle Benson, Manager of Labor and Delivery; Jakoye Smith; Dr. Stanton Bailey; Dr. Grant Rasmussen; Mark Stoddard, CEO; and Heidi Kelso, Marketing

Others who accompanied Jakoye when the donation was presented include: Emilee Eyre, Sandra Mangelson and Annie Nielson. Organizers not able to attend included: Molly Brenchley, Amy Roper and Paula Nielson.

The tentative date for next year's Wings of Love 5K Race is Saturday, August 4, 2012. The group will be looking for volunteers, participants and sponsors. Please plan on joining us then.



National Physical Therapy Month Celebrated

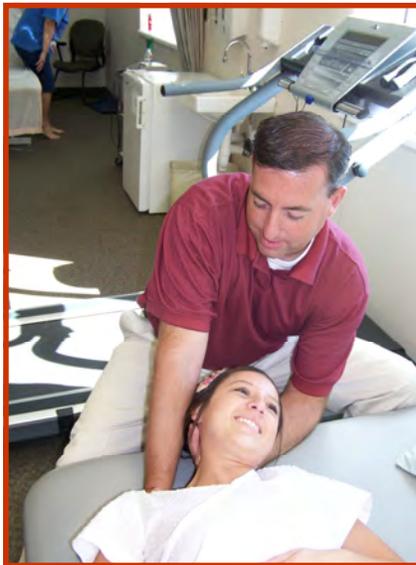
October was an exciting time for physical therapists and physical therapist assistants. The focus this year for National Physical Therapy Month was sports injury prevention across the lifespan.

Whether it's Little League or the Masters, participating in sports helps promote physically active lifestyles. Despite the documented health benefits of physical activity (weight management, cardiovascular endurance, improved muscular function, increased self-esteem, etc), we know the potential for sports-related injuries exists. Participating in sports the right way is key to avoiding injuries that can sideline an individual for a significant amount of time.

The American Physical Therapy Association has a website where accurate information can be obtained on a variety of health conditions. You are invited to visit www.moveforwardpt.com to look at in depth consumer guides and videos. One feature that is especially helpful and informative is a symptom and condition section. Here you can find more about conditions ranging from ankle sprains to vertigo. Causes, information and treat-

ment are explained.

The physical therapists role is to improve and restore motion to your life. As you make the important decisions about health care for you or your family, it is important to remember that physical therapists:



Greg Rowley, MPT, MTC

- Significantly improve mobility to perform daily activities.
- Provide an alternative to painful and expensive surgery, in many cases
- Manage or eliminate pain with less medication and side effects, in many cases.

When it comes to health care, one size does not fit all. A physical therapist's extensive education, clinical expertise, and "hands on" approach offers a unique, individualized approach.

While in the hands of a physical therapist, patients have a plan of care that is safe and appropriate and addresses individual needs and pre-existing conditions.

Wishing you a happy, healthy Autumn. Keep "moving forward!"



Disaster Drill Held

A successful disaster drill was held on September 20th in connection with the local ambulance groups and students from Juab High School.

According to Tami Scott, RN, Emergency Room Coordinator, the mock scenario involved a shooting at Juab High School. Tami emphasized the importance of the event stating, "Disaster drills provide a learning setting for emergency personnel to practice skills and review emergency protocols."



Local EMS groups and students from Juab High School work with CVMC during a recent disaster drill.

Flu Shots Are Available

Flu shots are being offered in the Nephi Medical Clinic while supplies last. The cost is \$25.00. Visit the clinic for your flu shot during the following hours:

Monday, Tuesday, Wednesday & Friday

9:00 AM to 11:00 AM

2:00 PM to 4:00 PM

Thursdays

9:00 AM to 11:00 AM

2:00 to 7:00 PM

CENTRAL VALLEY MEDICAL CENTER
PO BOX 412
NEPHI, UT 84648

PRESORTED
STANDARD MAIL
PERMIT 15
NEPHI, UT

Clinic Hours

Nephi Medical Clinic 623-3200

Monday thru Friday 9 AM—5 PM

Thursday Evenings until 8 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

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

Marc F. Jones, D.O.

Mark Oveson, M.D.

Christie Mangelson, FNP

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Orthopedic Surgery Clinic 623-3633

Tuesdays & Thursdays 8 AM—4 PM

Fridays 8 AM—12 Noon

Joel E. Holman, M.D.

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.