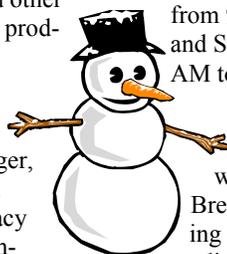


CVC Pharmacy Becomes Good Neighbor Pharmacy

Have you heard the news? Central Valley Community Pharmacy recently joined Good Neighbor Pharmacy (GNP) retailers to offer more competitive prices on prescriptions and other over-the-counter products.

According to Kecia White, Pharmacy Manager, "By joining with GNP our pharmacy will be more competitive while providing high quality service. Member pharmacies have access to a vast amount of resources and the latest information."

With over 2,700 locations nationwide, each GNP



pharmacy is independently owned and operated.

The pharmacy is staffed with friendly and knowledgeable registered pharmacists Monday—Friday from 9:30 AM to 7:00 PM and Saturday from 9:30 AM to 3:00 PM.

Pharmacy Manager, Kecia White, along with Pharmacist Brenda Nielson are willing to help with any medication questions you may have. Pharmacy Technicians Debbie Deuel and Crystal Steele are friendly and helpful.

Any physician may send your prescription directly to the pharmacy. Your prescription will be ready

for you at the drive-thru window, thus saving you time and effort. Give Central Valley Community Pharmacy a try.

During the month of January, when you present the following coupon, you will save an additional 20% off any Good Neighbor Pharmacy brand OTC product.

20% Off

Any Good Neighbor Pharmacy Brand over-the-counter product during the month of January 2008.



New Diabetic Education Program

A new diabetic education program is underway at CVMC.

Jody Green RN, BSHA has recently been hired as the new Diabetic Educator. Jody has been a type I diabetic for 21 years. She has served as a counselor at diabetic camps, has training in insulin pump therapy, and experience in diabetic teaching. Jody can be reached at 623-3647 or jgreen@cvmed.net. Office

hours are Tues., Wed., and Thurs. from 8:30-5:00. Individual and group training is available.

Diabetic Classes will be offered the first three Tuesdays of each month from 3:00-5:00 pm. The class is a three part series that educates patients regarding diabetes, complications, medications, and nutrition. Appointments are preferred, but walk-ins are welcome.



Jody Green, RN, BSHA

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Did you know?

- Central Valley is now a contract provider for Cigna Health Plans.
- Beginning January 22nd, the Medicaid Eligibility Representative serving the Nephi area, will no longer be located inside CVMC. This office will now be located at the Department of Workforce Services, 625 N Main, Nephi, UT. Telephone 435-623-1927.

Oncology Services Provided at CVMC

A much anticipated day has arrived in Central Utah!

“Patients who have been traveling to urban areas for chemotherapy can now receive these treatments at CVMC,” according to hospital Marketing Director, Heidi Kelso.

A special room was included in the design of the recent hospital expansion, and is specifically equipped for chemotherapy patients.

One such patient, Karen McPherson, from Nephi, has been receiving monthly chemotherapy treatments at CVMC for about a year now. Karen was first diagnosed with breast cancer in 2001. She underwent treatment for breast cancer and received chemotherapy and radiation treatments in Provo.

Karen later developed multiple myeloma in 2006, but this time she was fortunate enough to receive her treatments at CVMC.

“It has been so convenient. My husband drives me over to the hospital, then goes back to work on the farm for a while” McPherson stated.

“How lucky I am to be so close to this treatment “

Karen McPherson, Oncology Patient

Not only is it convenient for patients and families, patients don’t have to face a long drive after a treatment when they may not feel well.

Dr. Steven Wallentine, a board certified oncologist, and his staff from Central Utah Clinic in Provo, visit Central Valley Medical Center each week. They bring specialized care to patients requiring treatments for blood disorders as well as chemotherapy.

“The oncology staff has been fantastic to work with. It is very easy for Dr. Wallentine, my oncologist, to give regular updates on my progress to Dr. Rasmussen, my primary care physician. How lucky I am to be so close to this treatment. It doesn’t get much better than this!”



Karen McPherson and Heather Ney

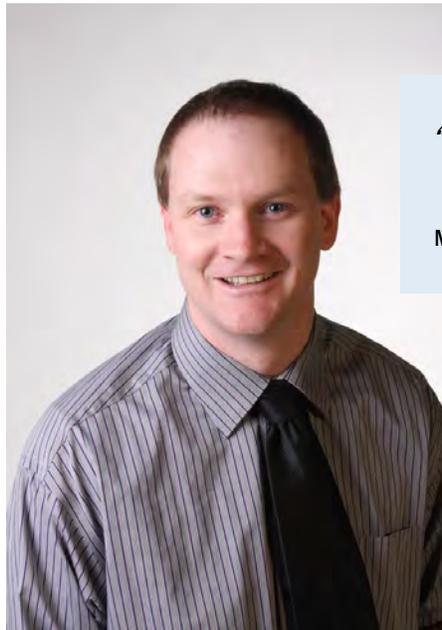
Physician Recruitment Update

CVMC is excited to announce that another family practice physician has been recruited to join the medical staff.

Due to growth in our community, and the recent retirement and departure of several physicians, CVMC has been busy searching for new doctors. The facility will add at least two new family practice physicians in 2008.

Mark Stoddard, President and CEO of CVMC, commented, “In the face of a nation-wide physician shortage, we could not be happier to be adding two new physicians this year. It speaks volumes of our reputation. There is fierce competition right now to attract physicians.”

Marc Jones, D.O., a family practice physician in Mason City, Iowa, has accepted an offer to join the medical staff this summer, along with James F. Rosenbeck, D.O., of Ventura, California. (Dr. Rosenbeck was featured in our last newsletter.)



Marc Jones, D.O.

Dr. Jones is a graduate of the University of Utah and Des Moines University. He will complete his residency training at Mercy Family Medicine Residency in Iowa.

“It speaks volumes of our reputation.”

Mark Stoddard, President & CEO

Both natives of Utah, Dr. Jones and his wife, Sallie, are looking forward to returning home. Marc grew up in Spanish Fork, while Sallie hails from Mapleton. They both currently have family living in Utah County, and are looking forward to being close to family and home once again. The couple has two children: Lexie 8; and Kellie 2.

Dr. Jones enjoys hunting, shooting, skiing and snowboarding. He loves the outdoors and is a fitness enthusiast. Dr. Jones and his family enjoy watching movies and playing games together.

New Technology Reduces Medication Errors

Recent media attention has given the public an insight into the alarming number of medication errors made in hospitals nation-wide.

The American Medical Association (AMA) identifies medication errors as the most common cause of adverse events in hospitals. Most medication errors occur at the point of administration. CVMC is actively doing something about this disturbing problem.



A facility-wide performance improvement project has been launched that is aimed at reducing medication errors. The project, implemented in three phases, will ultimately combine the use of an automated medication cart, computer technology, and bar code medication recognition software during the medication administration process.

According to Steve Breckenridge, Hospital Pharmacy Manager, "Phase I & II have already been implemented. This means the medication carts containing the medication and the ability to document the medicine given electronically are now available at the bedside."

Phase III, which will be implemented as soon as possible, involves the purchase of software that utilizes bar code technology to recognize medications. The American Hospital Network (AHN) will be releasing the software within the next 18 months. At that point, the project will be fully implemented.

The medication carts in use now will support the new workflow by incorporating computer technology for documentation along with the safety of a mobile

"Fewer than 12% of hospitals in the United States are currently using bar code technology for medication administration."

Steve Breckenridge, CVMC Pharmacy Mgr

auto-locking medication carts and eventually bar code software.

Nurses will have everything they need at the bedside for medication administration.

A mobile system improves nursing efficiency and documentation while increasing patient safety

Breckenridge noted, "Fewer than 12% of hospitals in the United States are currently using bar code technology for medication administration. We feel fortunate to be among those preparing to implement this impressive technology."

Prenatal Classes

CVMC offers prenatal classes "What to Expect When You're Expecting." Classes are taught by Debbie Mosteller, RN, CCE. The course covers warning signs in pregnancy, post-partum, labor & delivery, breast/bottle feeding, breathing & relaxation techniques, and infant care. The next course begins January 30th at 7:00 pm, and is held on Wednesday evenings until February 13. Please call 623-5322 to register.

New Surgical Equipment

Most people do not get excited about surgery. However, employees working in the surgical center at Central Valley Medical Center are very excited these days! New surgical equipment has been purchased, which allows a greater number of procedures to be done at CVMC.

One such piece of equipment is a small scope and special instrumentation, which is used in carpal tunnel release. Patients suffering from carpal tunnel syndrome experience pain when the tendons in the wrist are inflamed after being aggravated by repetitive movements. It may cause progressive narrowing of the carpal wrist tunnel,

resulting in nerve pressure and pain. Another symptom is numbness and tingling in the hands and wrists.

According to Dr. Richard Anderson, general surgeon, "Carpal tunnel release is a relatively short same-day surgical procedure performed under local anesthesia relieving pressure on the affected nerve. The procedure is highly successful and can now be done right here at CVMC."

"The procedure is highly successful, and can now be done right here at CVMC."

Dr. Richard Anderson

Other equipment purchased includes a transurethral needle ablation machine. This equipment is used to treat hypertrophy (enlargement) of the prostate by a urologist.

Dr. Patrick Kronmiller and Dr. William Collins, urologists, perform this procedure at CVMC. They also hold regular clinics at Nephi Medical Clinic. Urology appointments can be scheduled in Nephi by calling 801-465-2511.



CVMC's New Year's Baby

The first baby of 2008 was recently welcomed at Central Valley Medical Center. Although James and Anthonette (Annie) McCoy of Nephi came to the hospital on New Year's day, their baby girl wasn't born until just after midnight on January 2, 2008. The baby weighed in at 6 pounds 8 ounces, and will be named Caitlin Emma McCoy.

According to Rachelle Benson, Labor and Delivery Manager, "This is always a fun time to have a baby. The staff gets excited about the contest and loves to par-

in any way they can to make it a special event."

Local businesses, which provided support and donations this year include: Wells Fargo Bank, Far West Bank, Mi Rancherito Mexican Restaurant, Lilies & Lace, Nephi Floral, Home & Haven, Nephi Rubber Products, Classic Cuts Beauty Salon, Midstate Consultants, Lotsa Motsa Pizza & Movies Plus, Nephi Western Credit Union, Nebo Leavitt, Country Fabrics and Arby's.



Annie McCoy holding baby Caitlin

Central Valley Medical Center
PO Box 412
Nephi, UT 84648



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STANDARD MAIL
PERMIT 15
NEPHI, UT

Visit us on the web at www.cvmed.net

Clinic Hours

Nephi Medical Clinic **623-3200**

Monday thru Friday 9 AM—5 PM

Saturday 9 AM to 12 Noon

Jerald Taylor, D.O.

James Besendorfer, M.D.

Grant Rasmussen, M.D.

Mark Oveson, M.D.

Christie Mangelson, FNP

Molly Brotherson, PA-C

Brian Gasser, FNP

Fountain Green Medical Clinic **445-3301**

Monday 9 AM—5 PM

Tuesdays 6 PM—10 PM

Wednesday, Thursday, Friday

9 AM—5 PM

Stanton Bailey, M.D.

Molly Brotherson, PA-C

Christie Mangelson, FNP

Women's Clinic **623-3200**

Obstetrics and Gynecology

Monday thru Friday 9 AM—5 PM

Thursday Evenings

1 PM—7 PM

Stanton Bailey, M.D.

Christie Mangelson, FNP