



# CVMC Home Health Wins Two Awards



Congratulations to Central Valley Home Health! They are the recipients of two very prestigious awards.

HomeCare Elite named Central Valley Home Health to the Top 100 of the 2012 HomeCare Elite™, a compilation of the top-performing home health agencies in the United States.

HomeCare Elite winners are ranked by an analysis of publicly available performance measures in quality outcomes, process measure implementation, patient experience (Home Health CAHPS), quality improvement, and financial performance.

The second award, was the 2012 *HealthInsight Quality Award* for demonstrating high quality health care and excellence in performance on publicly reported quality of care measures.

*HealthInsight*, a private, non-profit, community-based organization dedicated to improving the health and healthcare of Nevada, New Mexico and Utah, sponsors the award.

The *HealthInsight Quality Award* acknowledges home health agencies that are actively engaged in advancing patient care.

The clinical topics measured for the awards have been designated as national healthcare priorities by the Centers for Medicare &

Medicaid Services (CMS). *HealthInsight* aims to help providers improve health care and help patients become more active and informed participants in their care.

“The staff at Central Valley Home Health is dedicated to providing the very best in patient care, and our efforts have been enhanced through our quality improvement collaborations with *HealthInsight*. This is our sixth consecutive year to be acknowledged for this accomplishment. We are again, proud to be a recipient of this distinguished award,” said Shauna Archibald, R.N., Executive Director, Central Valley Home Health.



Pictured L to R: Janet Tension, Project Coordinator; Shauna Archibald, RN, Executive Director of CVHH; Doug Hasbrouck, MD, *HealthInsight* Medical Director; and Beverly Anderson, CVHH Coordinator.

Medicaid Services (CMS).

“*HealthInsight* commends Central Valley Home Health for its commitment to excellence in improving patient care,” said Marc Bennett, President and CEO of *HealthInsight*.

The *HealthInsight Quality Award* Program was launched in September 2004 to promote transparency in health care. Ac-



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### Did you know?

- CVMC was recently recognized for demonstrating excellence and innovation. The National Rural Health Resource Center recognized CVMC for their efforts in establishing effective safety and performance committees that made measurable improvement in patient outcomes.

# Concussions—Not Just a Seasonal Injury



By McKinzey Wickel, Juab High School Sports Medicine Team Co-authored by James Rosenbeck, M.D.

What's the hype about concussions? As a hot topic in the news this past year, the importance of knowing the signs and symptoms of concussions has boomed! While concussions have long been a concern to athletes and coaches, they do not only occur during sporting events. Concussions can occur in a variety of ways and settings. For example, in Utah in 2009, bicycles were the leading cause of concussion-related hospital visits at 34.3%, Off Highway Vehicles followed with 24.5%, and rodeo related concussions with 13.0%. Winter and summer sports, skateboarding, other recreational activities, and falls make up the remainder of the percentage.

A concussion is defined as a traumatic blow or jolt to the head that disrupts brain function. Concussions are not just a seasonal thing and can happen to anyone regardless of sex or age.

As a result of increased knowledge and awareness about concussions, officials and the sporting industry have attempted to crack down on the problem by creating new rules to address the issue.



For example, in football, when a player's helmet pops off during a play, the player has to return to the sidelines to be checked out before he can re-enter the ball game. Also, any player suspected of having a concussion must have a sideline assess-

ment before returning to play.

To help further aid in the diagnosis and assessment of our athletes at Juab High School, physicians and physical therapists from CVMC, along with the Juab High School Sports Medicine team, oversee the Juab High School football team's baseline concussion screenings. The baseline test (SCAT2) assesses an



Pictured L to R Back Row: Greg Rowley, M.P.T. M.T.C; John Willmore, P.T., C.W.S.; Joel Holman, M.D.; and Chandler Squire, D.P.T. Front Row: Marc Jones, D.O.; Rachel Christensen and McKinzie Wickel, JHS Sports Medicine Team; and James Rosenbeck, D.O.

athlete's balance, concentration, memory, and symptoms prior to the season. The baseline screening allows any player showing signs of a concussion during the season to be re-evaluated using the same test. The new test results are compared to the baseline assessment to determine when it is safe for the athlete to return to play. Because recovery from concussions differs greatly depending upon the severity and the individual, it is critical that the brain is given the time it needs to fully recover to avoid further and long term damage. The baseline test allows medical personnel to make sure each athlete has fully recovered before returning to play.

Many preventative measures can be practiced to help lessen the risk of having a concussion. Wearing a helmet, keeping walkways clear of tripping

hazards, and avoiding high risk activities are just a few precautions. Despite these measures, concussions can occur, and it's important to know the signs and symptoms in case it happens to you or someone you know.

Symptoms of a concussion include headache, unsteadiness, confusion, and abnormal behavior. A physician should be seen to evaluate the severity of the injury. After suffering a concussion, the key is to allow the brain the time it needs to recover. To aid in recovery, avoid physical and mental activity that may strain the brain. By taking preventative measures and ensuring full recovery prior to return-

ing to activities, the long term effects caused by concussions can be avoided.



**American Red Cross**

**Blood Drive**  
**Wednesday, March 27**  
**9:00 AM to 2:00 PM**  
**CVMC 2nd Floor**  
**Education Room**

**To schedule an appointment to donate call 435-623-3115**

# A Colonoscopy Could Save Your Life



By Richard Anderson, M.D.

Did you know a colorectal cancer screening exam, often referred to as a colonoscopy, could save your life? Excluding skin cancers, colorectal cancer is the third most common cancer diagnosed in both men and women in the U.S.

The American Cancer Society recommends that beginning at age 50, both men and women at *average risk* for developing colorectal cancer should receive a screening test for colorectal cancer.

A colonoscopy is the preferred method

of screening for colon cancer and colon polyps. Seventy percent of colon cancers arise as colon polyps. Removal of polyps reduces the risk of subsequently developing colon cancer.

There are two alternatives to colonoscopy: barium enema and CT colonoscopy.

Barium enema is an old test that was used for many years before endoscopy became available. A barium enema can be unpleasant because patients have to be awake. In addition, a barium enema misses about 30% of colon cancers and polyps. A colonoscopy will miss approximately 3% of polyps. Colonoscopy is clearly a superior test for discovering precancerous lesions that can be treated.

CT colonography is a new technique that examines the lining of the colon. However, most insurance plans will not pay for the procedure. Because the CT colonography cannot clearly distinguish between polyps and small pieces of fecal material, it is difficult to identify a polyp. If the radiologist sees something on the CT colonography that suggests the presence of a polyp, a colonoscopy is recommended.

A colonoscopy is performed after the bowel has been cleansed. The bowel



cleansing takes place the day before the colonoscopy. Patients are made comfortable and sleep through the procedure.

The recommended screening interval for a person who has no family history of colon cancer is ten years. If you have a family history of colon cancer, that interval is reduced to five years. If you have colon polyps, the interval between colonoscopies varies, depending on the type of polyp. The interval can be anywhere from six months to five years depending upon the pathology report.

Of the three techniques for polyp detection, only colonoscopy with polypectomy has been shown to reduce the risks associated with colorectal cancer.

## Tips For Staying Active In Winter

Even though the temperatures might be chilly outdoors there are plenty of activities that can help keep you active.

- Walk indoors at a local recreation center or school. Use a pedometer and count your steps! This will help motivate you to walk more.
- Get some hand weights or stretch bands to use at home for resistance exercise. You can get fit while you watch your favorite TV show or listen to music.

- Buy or rent an exercise DVD, or try borrowing one from a friend.
- Join a gym or health club. This provides the benefit of trying a piece of exercise equipment before you buy it.
- Join a city sports league. Indoor sports like volleyball and basketball provide a great workout.
- Try a new winter activity like skating, cross-country skiing, or

snow-shoeing.

- Bundle up, take the dog for a walk. This can help make walks part of your daily routine.
- Check with your doctor before starting a new activity if you have health issues or if you have not been active for a long time.



# Community Health Needs Assessment

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What are the most important health needs in our community? You have the opportunity to give your opinion on the topic.

CVMC is gearing up to begin the process of conducting a Community Health Needs Assessment Survey. According to Heidi Kelso, Marketing Director, the survey's purpose is to elicit public comments about the health priorities of our community.

"We really want to know what the public believes are the most pressing health issues facing our community," said Kelso.

The assessment tool will be available beginning mid February to all members of the community through the hospital's website, <http://www.cvmed.net>.

Please take a minute and provide your feedback to help to identify and prioritize community health needs.

The hospital plans to gather data from interviews with community members, civic groups, government leaders, senior citizens, and school personnel.

The assessment complies with the federal nonprofit hospital requirements in the Patient Protection and Affordable Care Act (PPACA).



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## Clinic Hours

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### **Nephi Medical Clinic 623-3200**

Monday thru Friday 9 AM—5 PM

Saturday 9 AM to 12 Noon

James Besendorfer, M.D.

Marc F. Jones, D.O.

Mark Oveson, M.D.

Emily S. Poff, M.D.

Grant Rasmussen, M.D.

James F. Rosenbeck, D.O.

Jerald Taylor, D.O.

Christie Mangelson, FNP

### **Ftn. Green Medical Clinic 445-3301**

M, W, TH, F 9 AM—5 PM

Tuesday 9 AM—8 PM

Marc F. Jones, D.O.

Emily S. Poff, M.D.

James F. Rosenbeck, D.O.

Christie Mangelson, FNP

### **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

Stanton Bailey, M.D.

Emily S. Poff, M.D.

Christie Mangelson, FNP

### **General Surgery Clinic 623-3202**

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.