

CVMC Announces New Services

New Marriage & Family Therapist Joins Staff

Dwayne Horton, a licensed Marriage and Family Therapist, will begin to see new patients in March at CVMC.

Horton earned a B.S. degree in Psychology from the University of Utah and an M.S. degree in Marriage and Family Therapy from Brigham Young University.



Dwayne M. Horton, MFT

His specialization and love is working with couples and families dealing with addictions and marital discord. He uses a blend of 12-step processes, cognitive behavioral therapy and emotional focus therapy.

Other issues that Horton enjoys working with include: infidelity, couples communication, alcohol

and chemical addictions, pornography addictions, depression, anxiety, trauma, anger, parenting, suicide, and sexual abuse.

Labor & Delivery Suites



A complete remodel of the labor and delivery suites is scheduled to get underway this Spring. A warm and inviting earth-tone color scheme has been selected and plans call for new paint, furniture and décor. An open house and tours of the newly remodeled area will be held during the Health Fair—May 17, 2014.

MRI

Our new MRI unit is now here! The Signa 16 channel system from GE Healthcare is considered the next generation in High-Definition MRI. The new system offers superior imaging capabilities that bring physicians the clearest, most precise images possible.



“We’re excited to offer MRI services on a regular basis,” said Shelith Jacobson, Diagnostic Imaging Services Manager.

“In the past patients had to schedule MRI’s on the three half days the mobile unit was here. Now patients will have more options with better flexibility for scheduling. The imaging quality is impressive, so it’s a win-win situation for our patients,” noted Jacobson.

Electronic Health Record

CVMC will be installing a new electronic medical record system by Cerner. The Cerner solutions enable physicians, nurses and other authorized users to share data and streamline processes across an entire organization. Nurses, physicians and staff are all looking forward to the enhancements offered in the new Cerner system.

CENTRAL VALLEY MEDICAL CENTER

Vital Signs



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Did you know?

- Central Valley Home Health was recently recognized for demonstrating excellence in performance on publicly reported quality of care measures by *HealthInsight*.
- Central Valley Medical Center is on Facebook. Like our page and stay informed.



Get Moving!

By Emily S. Poff, M.D.

The beginning of a new year is always a great time to make new resolutions. What more important resolution than to take care of your body? When we have our physical health, it helps us enjoy relationships more, work more effectively, play harder, and improves virtually every other facet of life. Even though we are into February now, it is not too late to start making your health a priority. One of the most effective ways to get and stay healthy is through exercise.

Everybody knows that exercise is important for your health, but here are some things you may not know about exercise:

- Exercise reduces your risk for many of the most common diseases including heart disease, stroke, diabetes, obesity, arthritis, some types of cancer, and Alzheimer's disease.
- These benefits can be achieved even if you do not lose much or any weight with exercise. Don't be discouraged by the number on the scale; just be consistent and keep going because it will benefit you no matter what!



- Weight loss is achieved by a combination of exercise AND diet. Exercise alone does not lead to significant weight loss. It does, however, help to maintain weight loss once it is achieved.



Emily S. Poff, M.D.

- Exercise is very beneficial for mental health illnesses such as anxiety and depression. In fact, studies have shown exercise to be as effective as medication for mild to moderate depression.
- It is never too late to start exercising. Research has shown that many benefits can be reaped with exercise even when began in middle age or the later years.

If there ever was a magic bullet for better health, exercise is surely it! If exercise is so good for us, then why is it so hard to do? Many people get overwhelmed by the prospect of starting an exercise program for one hour five days per week and just give up.

My advice: be consistent about doing some form of exercise most days of the week. It doesn't have to be an hour at

first. If it means walking around the block every day, start with that! When it becomes easy to do that, just build on your foundation and walk for longer. Consistency is the key.

You don't have to be good at sports or consider yourself athletic to begin exercising. Find something you enjoy doing, and you will be more likely to stick with it. If you are a social person, you may enjoy group gym classes or meeting up with friends to exercise. If you hate running, find something you enjoy such as walking, hiking, biking, or something else. Exercise can and should be fun!

Those with serious medical conditions should consult with a doctor prior to beginning an exercise program. However, everybody can enjoy the benefits of exercise in whatever form or quantity. In addition to making you healthier, exercise will also make you feel better and have more energy. Do yourself a favor this year and get moving!





American Red Cross

Mobile Blood Drive
Wednesday, April 30
9:00 AM to 2:00 PM
CVMC Parking Lot

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



the Spread of the Flu Virus!

It may seem like common sense, but many people forget that the main way illnesses like colds and flu are spread is from person to person in respiratory droplets of coughs and sneezes. This is called “droplet spread.” This happens when droplets from a cough or sneeze of an infected person move through the air and are deposited on the mouth or nose of people nearby.

Sometimes germs can also be spread when a person touches respiratory droplets from another person on a surface, such as a desk, then touches his or her own eyes, mouth or nose before washing their hands. We know that some viruses and bacteria

can live 2 hours or longer on surfaces like cafeteria tables, doorknobs and desks.

You can stop germs in their tracks by: (1) covering your mouth and nose, (2) cleaning your hands often, and (3) reminding children to practice healthy habits too.

The Centers for Disease Control and Prevention recommend that when washing your hands—with soap and water— that you wash for 15 to 20 seconds. That’s about the same time it takes to sing the “Happy Birthday” song twice!

When soap and water are not available, alcohol-based disposable hand wipes or gel sanitizers may be used. If using gel, rub your hands until the gel is dry. The gel doesn’t need water to work; the alcohol in it kills the germs on your hands.

As schools are a place where germs spread easily, children need to be reminded often to practice these healthy habits. The flu causes high rates of absenteeism among students and staff in schools. Influenza is not the only respiratory infection of concern in schools—nearly 22 million school days are lost each year to the common cold alone.



Home Health Receives Recognition

Central Valley Home Health has been presented with the 2013 *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 health care of Nevada, New Mexico and Utah, sponsors the award.

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

The clinical topics measured for the awards have been designated as national health care priorities by the Centers for Medicare & Medicaid Services (CMS). Central Valley Home Health implemented a patient education booklet for improved teaching efforts. The tool improved communication, medication management, home safety, infection control and emergency care plans.

“*HealthInsight* commends Central Valley Home Health for its commitment to excellence in improving patient care,”



Pictured L to R: Juliana Preston, *HealthInsights*; Shauna Archibald, RN, Executive Director, CVHH; Beverly Anderson, Coordinator, CVHH; and Rebecca Durham, *HealthInsights*

said Marc Bennett, President and CEO of *HealthInsight*.

The *HealthInsight Quality Award* Program was launched in September 2004 to promote transparency in health care. According to the Institute of Medicine, transparency in health care is identified by a system that is “accountable to the public, works openly, makes results known, and builds trust through disclosure.” By using available quality data to identify high performing providers

and publicizing the results, *HealthInsight* aims to help providers improve health care and help patients become more active and informed participants in that 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*. We are proud to be a recipient of this distinguished award,” said Shauna Archibald, RN, Executive Director.

Central Valley Home Health is a not-for-profit, full service agency based at Central Valley Medical Center, and serves patients of all ages. The agency is certified by both Medicare and Medicaid, and has consistently been rated among the top 100 agencies in the United States by HomeCare Elite. Central Valley Home Health works with physicians throughout Utah, provides 24-hour service, and follows strict confidentiality rules to protect patients’ privacy.

Central Valley Home Medical Equipment & Supply

Touch-Free Thermometer

- 1 second results
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- Fever alert display icon
- Fahrenheit/celsius measurements
- Memory recall of last 30 readings



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Clinic Hours

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.

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.

General Surgery Clinic 623-3202

Mondays 9 AM—5 PM

Richard E. Anderson, M.D.