



# CVMC Now Base for AirMed Helicopter

“Patients have a golden hour of care when in critical condition. By having AirMed on site, we save 30 minutes for a patient requiring transport to a higher level of care.” That was the reply made by Tami Scott, RN, when asked what it means to the community to have an AirMed helicopter based at CVMC in Nephi.

“We are very fortunate. I don’t know of any other rural hospital our size that can say this.”

While the main base for AirMed remains at the University of Utah Hospital in SLC, as a satellite base CVMC will have an AirMed helicopter on location and staffed 24/7.

When it comes to state-of-the-art technology, AirMed utilizes the most up to date, including digital capnography, invasive line management, and intra-aortic balloon pump transports.

The AirMed team employs cutting-edge airway technology as well, including video laryngoscopy, advanced portable ventilators, and a variety of adjuncts for securing difficult or complex airways.

The AirMed team consists of a Flight Nurse and Flight Medic, but also has the ability to add a Flight Respiratory Therapist to the team if the patient requires more advanced respiratory care.



All AirMed aircraft are equipped with the latest safety features, such as night vision goggles, GPS navigation, and terrain collision avoidance systems to ensure the highest level of safety to patients and crew members.

AirMed services one of the largest geographical areas of any flight program in the nation, routinely transporting patients from Colorado, Wyoming, Nevada, Montana, Idaho, and of course Utah.

**AirMed Helicopter  
Open House  
February 12th  
2:00–4:00 p.m.**

**Come tour the inside of the  
helicopter. Treats for  
everyone! Balloons and  
stickers for the kids!**

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### Did You know?

- Annually CVMC processes more than 180,000 pounds of laundry!
- 38,222 meals were served to patients and staff at CVMC in the previous year
- The total number of surgical cases for the previous year was 1,312.

## Diabetic Education Classes Offered

A new diabetic education program is in the works at CVMC. “We know there is a significant need in the community for this type of education,” commented Marketing Director, Heidi Kelso.

The program will be under the direction of Brice Roberts, Pharm.D, Staff Pharmacist, and Kecia Phillips, RPH, Retail Pharmacy Director at CVMC. Both have extensive training in diabetes management.

Diabetes Self-Management Education (DSME) is essential for the care of all people with diabetes and is necessary to prevent or delay the complications of the disease.

The CVMC Diabetes Self-Management Education program is an 8 week intervention program which begins with each participant undergoing a detailed individual assessment.

The curriculum is based on the AADE’s self-care behaviors which include healthy eating, being active, monitoring, taking medication, problem solving, reducing risks, and healthy coping strategies.

During these sessions, participants will receive instruction and skills, make weekly action plans, and solve problems encountered in their individual diabetes self management.



**Kecia Phillips, RPH, CVMC Retail Pharmacy Director (center) and Brice Roberts, Pharm. D, (right) counsel a newly diagnosed diabetic patient.**

Future classes are being scheduled. If you would like more information, or are interested in enrolling, contact CVMC Retail Pharmacy at 435-623-3700.

## New OB Manager Brings Experience to the Job

“We are excited to welcome Annie Hatch, RN, as the new OB Manager,” commented Randy Allinson, Director of Nursing Services at CVMC, “Annie’s education and experience make her an excellent choice for this position.”

Annie graduated from Manti High School in 2002. Two months later, in July, she graduated from Snow College with an Associate of Science. Annie then moved to Salt Lake City and earned a Bachelors degree in Nursing from the University of Utah. After graduation, she worked on the OB/GYN floor and Labor and Delivery unit at St. Mark’s Hospital for over three years. Annie credits the high volume of deliveries at St. Mark’s for giving her a strong foundation of skills and knowledge in this area.



**Annie Hatch, BSN**

After moving to Sanpete County, Annie began working for Sanpete Valley Hospital, as a charge nurse and in Women and Newborn services, as well as the Medical/Surgical floor. She quickly became responsible for Labor and Delivery, Postpartum and Nursery. She was awarded Intermountain Health Care’s Nurse Excellence Award in 2014 for Sanpete Valley Hospital. Annie is certified by the National Certification Corporation (NCC) in electronic fetal monitoring.

Annie resides in Ephraim. She is married to Kent Hatch and has two young boys, Boston age 6, and Dane age 4.

**“Ever since I witnessed my first delivery, as a nursing student, I knew I wanted to spend my nursing career in OB, Women and Newborn services.”**  
- Annie Hatch, BSN



**“Having a baby is one of the most memorable times in a woman’s life, and I feel privileged to be a part of those moments.”**  
- Annie Hatch, BSN

# Visitor Restrictions Implemented to Help Prevent the Spread of the Flu Virus!

CVMC Infection control Nurse, Yvette Larsen, RN, reported that visitor restrictions have been implemented due to the large number of patients with flu symptoms in our community being treated in the hospital. Restrictions include:

- Doors will remain closed to patient care areas in the hospital to help protect patients, visitors and the community.
- No sick visitors. If you have a fever, cough, sore throat, fatigue, nausea, vomiting or diarrhea, please stay home.
- No visitors under age 14. No one under the age of 14 is permitted in the hospital unless they are a patient.
- No more than two visitors at a time. This applies to both visitors in inpatient rooms and those accompanying patients to the emergency department. This does not apply to patients in end-of-life situations; please check with the nursing staff.

“You are welcome as a visitor to the hospital only if you are healthy,” noted Larsen. “We want to do all we can to protect our patients.”

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.



## Having Trouble Scheduling an Appointment?

We hear you! Many patients have expressed frustration with the scheduling process in the Nephi Medical Clinic. Some of the comments made include:

- “Why do I have to speak to so many different people before I finally get an appointment?”
- “If my preferred physician’s schedule is full, how come it’s so difficult to find out if there are appointments available with another physi-

cian, when I call?”

- “My calls seem to be ignored!”
- “I always get voice mail when I call.”

That’s why CVMC is implementing a centralized scheduling system including new telephone software, which will direct you to a live scheduler and hopefully save time and frustrations.

The centralized scheduling system will

be available for Nephi Medical Clinic between the hours of 8:00 a.m. and 5:00 p.m..



## CVMC Hires Chef

Let's face it, hospitals have been the brunt of bad food jokes for decades. That's why many hospitals have hired chefs to overhaul their menus and improve their dietary ratings. CVMC has joined this trend by hiring their very own chef!

Austin Buhler, a graduate of UVU's Culinary Arts program has accepted the position at CVMC. He joins an already amazing team of dietary professionals.

Austin is passionate about cooking and enjoys making his own artisan cheeses

and sausages. He plans to continue his education by pursuing a bachelors degree in hotel and restaurant management.



**Austin Buhler**



PRESORTED  
STANDARD MAIL  
PERMIT  
NEPHI, UT

## 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.