

Employee of the Month



Congratulations to Linda Edelman for being selected as our August Employee of the Month. Linda has been an employee at Nemaha Valley Community Hospital for over 45 years!

As the Risk Manager, Linda works diligently to prevent incidents and/or to

minimize the damages following an event. She continuously assesses and minimizes risks to staff, patients and the public at NVCH. She plays a vital role in reducing potential safety and patient problems.

Linda is also a volunteer at NVCH. Thank you, Linda for your dedication to our organization.

You're Invited!

October 9th

*Alzheimer's Association
Remote Learning Session*

1:00pm-2:00pm at NVCH

Contact Courtney Schmelzle at 785-336-0426

October 10th

NVCH Blood Drive

9:00am-3:00pm

To schedule an appointment contact

Beth Brokamp at 785-336-0437

October 10th

Grief Support Group

7:00pm at NVCH

Contact Krista Stallbaumer
at 785-336-6181

October 22nd

Diabetic Support Group

3:00pm-4:00pm at NVCH

Contact Karen Hynek at 785-336-6181

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

**Sunday October 27th
from 3-5pm
in the NVCH parking lot**

**TRUNKS, TREATS & MORE!
TRUNK
OR TREAT**

1600 Community Drive | Seneca, Kansas

**Don't Let a Bug
Get You Down!**

**Flu Clinic starts
Wednesday, October 2nd
at Seneca Family Practice**

Clinic Every Wednesday and Saturday
through October

**SCHEDULE
YOUR
FLU SHOT
TODAY!**

Walk - in Clinic Hours:
Wednesday - 8:00 a.m. - 6:00 p.m.
Saturday - 9:00 a.m. - noon

To schedule an appointment call
Immunization Department @ 785-336-0350 or
Seneca Family Practice @ 785-336-6107

NEMAHA VALLEY
Community Hospital & Seneca Family Practice

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1600 Community Drive | Seneca, Kansas 66538
Hospital 785-336-6181 Clinic 785-336-6107
www.nemvch.com

OCTOBER 2019

Message from the Administrator

By now I'm sure anyone that frequents a doctor's office or hospital is tired of being asked to do satisfaction surveys. I understand your frustration. It does get old. Please understand each time you have lab work, an x-ray, visit your doctor, or are admitted to the hospital it's a unique experience for you as well as our team. As such we want to know how each experience was for you. Without your input we cannot improve our services. Please do not give up on us, keep filling out those surveys!

Your responses to the questions we pose on the surveys are important. But so are the comments and suggestions you give us. One recurring comment reflects patient frustration with our admitting staff. Most recently we received the following comment: "I wish the admission people wouldn't ask what my issue is. It is none of their business."

I'm sure this seems invasive. But here is the reason for the question. Admitting staff will ask in an effort to give the doctor the appropriate amount of time to address your health concerns. The doctors have allocated specific time slots for specific types of ailments. If you have a chronic disease or a complication of that disease the doctor will likely need to spend more time with you than if you are a relatively healthy person, taking no long-term medications or treatments. If you have an earache, it's a pretty simple visit that will not take long. If you want to talk to your doctor about

anxieties or concerns about your long-term health, we want to make sure the doctor has time to commit to your needs. If your allergies are acting up it isn't going to take much time to examine you and discuss a solution to the issue.

Please understand the questions the admitting staff are asking are a required part of their job. They are not being nosy. They talk to hundreds of people every day and are not likely going to remember your specific ailment by the end of the day. They just want to put you in the timeslot that will best meet your health care needs.

Sometimes admitting staff won't be sure where to put you so they will transfer you to your physician's nurse who will be better able to allocate the appropriate time for you. The common theme is **you!** How soon can we get you in? What is the appropriate time allocation for you? How can we best meet your needs?

The next time you call for an appointment please do not be insulted by their request for information. They just doing their part.

As always, we appreciate your input and are happy to respond to your concerns. Please continue to fill out those surveys!

Kiley Floyd, CEO

NVCH Provides Marketplace Assistance

Nemaha Valley Community Hospital has two Certified Application Counselors (CAC) this year - Mary Sack and Courtney Schmelzle.

Our CAC's are trained and able to help consumers look for health coverage options through the Marketplace, including completing eligibility and enrollment forms.

Open enrollment is November 1, 2019 through December 15, 2019. Appointments are being Scheduled now through the open enrollment period.

Please contact Nemaha Valley Community Hospital at 785-336-6181 to schedule your appointment today.



Race Against Breast Cancer

The Race Against Breast Cancer, Inc (RABC) was established to pay for a full range of screening/ diagnostic mammography services to those who live and work in Northeast Kansas counties (Atchison, Brown, Doniphan, Douglas, Jackson, Jefferson, Nemaha, Osage, Pottawatomie, Shawnee and Wabaunsee) and are in need of financial assistance.

Their mission is “Improving health through education, access, early detection, screening and breast health awareness.”

Kick-off to Breast Cancer Awareness Month



Saturday, Oct. 5th + 7:00 pm

doors open at 6:30 pm

Castle Rock - 517 Main St. in Seneca

* hors d'oeuvres will be served
* BYOB

\$15 per person

proceeds to
Race Against Breast Cancer

Limited spots available to RSVP

Contact Courtney Schmelzle at cschmelzle@nemvch.org or 785-336-0426

***** Don't forget to schedule your mammogram today *****

NVCH Dietitian Presents at CNB Custody

CNB Custody recently invited Leah Heinen, RD/ LD to speak with staff members about the importance of good nutrition and getting moving while at work.



Leah began her presentation discussing the importance of creating a baseline by tracking intake and activity on paper or by using a phone app to evaluate current eating and exercise patterns. Then, from there she mentioned it'll be easy to evaluate areas that need work and create goals on changing those behaviors.

She presented many simple and helpful tips that staff members could effortlessly accomplish throughout the work day. She talked about many options for healthy snack choices and emphasized the importance of aiming for a 200 or less calorie snack with high protein and some fiber.

Leah also gave helpful tips on how to get a few extra steps in during the work day. She recommended taking the stairs instead of the elevator or walking to have a face to face conversation with a co-worker instead of sending an email. She suggested trying walking meetings or arranging a walk with co-workers during lunch or after work.

“Leah is very passionate about nutrition and is always working to improve the health of our patients and our community” said Courtney Schmelzle, Community Outreach Coordinator & Foundation Director. “She believes in providing our patients with the knowledge, skills and tools to support healthy self-care and live a better quality of life.”



Scholarship Awarded

Earlier this year, the Volunteer Services at Nemaha Valley Community Hospital elected to use some of the program funds toward educational scholarships to area high school senior volunteers who have met certain requirements. Criteria set forth are a GPA of 2.50 or higher, 15 or more volunteer hours at NVCH and are enrolled in a post-secondary school.

“We are proud to announce Abbygail Yunghans as our first \$250 scholarship recipient” said Mary Sack, NVCH Volunteer Services Coordinator. “She has been helpful with covering the front desk after hours and providing patient support.”



Abbygail Yunghans
Award Recipient

Along with volunteering at the hospital, Abby has given many more hours to other activities throughout this area and beyond, giving back to the community has been a huge part of her life. Congratulations Abby!

Welcome to the Team!



Jade Rumbo

Jade has been hired as a CNA that will work when needed to assist with our floor nursing.

Jade plans to pursue a nursing career when she graduates high school. She is excited to be part of the NVCH nursing team and develop skills that will help her with her schooling.

She enjoys hunting with her brothers, fishing with her family, watching movies and shopping.

Severe Acute Respiratory Illness Associated With Vaping

In mid September a 50-year-old Kansan became the sixth person in the United States to die of a vaping related lung illness, an outbreak that has ramped up health concerns nationwide. After the Kansas fatality, the Centers for Disease Control and Prevention confirmed six deaths in connection to vaping-related lung illnesses and since this report the death number has continued to rise.

Symptoms and Imaging: Other states are seeing a gradual onset of respiratory symptoms including cough, difficulty breathing, shortness of breath and fatigue. Symptoms worsened over a period of days or weeks before admission to the hospital. Other symptoms reported by some patients included pleuritic chest pain, fever, weight loss, nausea and diarrhea. Chest radiographs showed bilateral opacities, and CT imaging of the chest demonstrated diffuse ground-glass opacities, often with sub-pleural sparing. Evaluation for infectious etiologies was negative among nearly all patients.

Potential Exposures: All patients reported “vaping” (i.e., use of e-cigarette devices to aerosolize substances for inhalation) or “dabbing” (vaping marijuana oils, extracts, or concentrates) in the weeks and months prior to hospital admission. The products consumed include nicotine, THC, synthetic cannabinoids or a combination of these; however, no specific product has

been identified by all cases, nor has any product been conclusively linked to this clinical syndrome.

Management: Some patients experienced progressive respiratory compromise requiring mechanical ventilation but subsequently improved with corticosteroids. Aggressive supportive care in these possible or suspected cases is warranted, and in severe cases, pulmonary, infectious disease and critical care specialists should be consulted.

Background: E-cigarette aerosol contains harmful chemicals, such as ultrafine particles, volatile organic compounds, heavy metals like nickel, tin and lead and other cancer-causing chemicals. E-cigarettes, vapes, e-pipes, and other vaping products are battery-powered devices that allow users to inhale aerosolized liquid. E-cigarettes contain nicotine, which is highly addictive and harmful to the adolescent brain. Nicotine can impact learning, memory and attention span and contributes to future addiction to tobacco and other substances. As of January 1, 2019, KDHE has seen approximately 20 emergency department visits throughout the state for patients with a history of vaping and some of the above-mentioned symptoms.

Article courtesy of Kansas Department of Health and Environment