

## BREAST CANCER OCTOBER AWARENESS MONTH

### Message from the Administrator



Welcome to October! Traditionally October is observed as Health Literacy Month. This is a great time to raise awareness about the importance of making health-related information easy to access, understandable, and easy to use. Through transparency and technology, patients now have greater access to their own health records.

This is also a good time for me to share more information on why it is important to VOTE YES for the continuation of the Nemaha County sales tax for Nemaha County hospitals.

With the intent to increase the amount of information shared across health systems and between health care providers President George W. Bush issued an executive order in 2004 to create the Office of the National Coordinator for Health Information Technology (ONC). This laid the groundwork for the Health Information Technology for Economic and Clinical Health (HITECH) Act passed in 2009. The purpose of this act was to accelerate the adoption of the electronic health record through financial incentives and support for health care providers. The HITECH Act spurred greater action to digitize health information and move away from the

waste and errors associated with a paper-based health system.

Fast forward twenty years through many changes and updates. We now have the ability to electronically share patients' records with collaborating health care providers and with the patients themselves through patient portals. Specialists get records within minutes or hours instead of days. We have increased safety to the patient and efficiency by avoiding duplicated tests and avoided costly errors created by a lack of information.

Of course, this all comes with a significant amount of technology, security, and cost. Our sales tax receipts help pay for the ongoing maintenance cost of these systems. Between 2018 and 2019 Nemaha Valley Community Hospital (NVCH) spent \$2,103,000 on systems and equipment to initiate our current electronic health record system. We applied for and received financial incentives from Medicare to offset some, but not all, of these costs. We are now in the maintenance and updating stage of the equipment and the ongoing costs of this technology. The system maintenance, including equipment, is approximately \$485,000 per year. This is an ongoing cost.

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Every October, you likely see a wealth of information about breast cancer. Awareness surrounding breast cancer is incredibly important as early detection, often through screening, can catch the disease when it is most treatable.

According to the American Cancer Society (ACS), breast cancer is the second most common cancer in American women, but it can be successfully treated. Screening tests can find cancer early, when chances for survival are highest.

### Know your risk

- Talk to both sides of your family to learn about your family health history.
- Talk to a doctor about your risk of breast cancer.

### Get screened

- Have a mammogram every year starting at age 40. A mammogram is the best screening tool used today to detect breast cancer. *To scheduled your 3D mammogram call our Radiology department at 785.336.0455. We do not require a referral for this service!*

### Know what is normal for you

See a doctor if you notice any of these breast changes:

- Lump, hard knot or thickening inside the breast or underarm area
- Swelling, warmth, redness or darkening of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the skin
- Itchy, scaly sore or rash on the nipple
- Pulling in of your nipple or other parts of the breast
- Nipple discharge that starts suddenly
- New pain in one spot that doesn't go away

### Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

At Nemaha Valley Community Hospital, we are dedicated to delivering excellent care for your breast health so don't wait any longer, call 785.336.0455 to schedule your mammogram today!

# FLU SHOT CLINICS



## DRIVE THRU CLINICS

*No appointment needed*

**OCTOBER 2ND**  
8AM - 6PM

**OCTOBER 9TH**  
7AM - 7PM

**Community Building Parking Lot**  
1500 Community Drive  
Seneca, KS

*Please wear a short sleeve shirt if possible.*

## SATURDAY CLINICS

*Walk-ins welcome but appointment preferred*

**OCTOBER 5TH**  
9AM - NOON

**OCTOBER 12TH**  
9AM - NOON

- Flu consent forms available the day of or visit [www.nemvch.com](http://www.nemvch.com) to print off and fill out ahead of time.
- Questions or to schedule an appointment call SFP at 785-336-6107.

**NEMAHA VALLEY**  
Community Hospital & Seneca Family Practice

Flu viruses are thought to spread mainly from person to person through droplets made when people with flu cough, sneeze, or talk. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly eyes. Many other viruses spread the same way.

People infected with flu may be able to infect others beginning 1 day before symptoms develop and up to 5 to 7 days after becoming sick. That means you may be able to spread flu to someone else before you know you are sick as well as while you are sick.

Young children, those who are severely ill, and those who have severely weakened immune systems may be able to infect others for longer than 5 to 7 days.

The single best way to reduce the risk of seasonal flu and its potentially serious complications is to get vaccinated each year, but preventive actions like avoiding people who are sick, covering your cough and washing your hands also can help stop the spread of germs and prevent respiratory illnesses like flu.

**Don't let the flu mess with your fall and winter fun. Fight back!**

## Message from the Administrator Continued

When we purchase a new piece of diagnostic equipment it has to be connected to our electronic health record so the results of tests performed on that equipment will “drop” to the patient’s health record. Most recently we purchased a new piece of equipment in Lab. The cost of the hematology analyzer is a little over \$50,000 and the cost of setup and the connection to make sure those lab results feed into the medical record is an additional \$10,000. There will be ongoing maintenance fees for both the analyzer and electronic connection.

Are we better off with this technology? NVCH patients all benefit from the electronic health records and nationwide interoperability. It

is no longer an option. There are financial penalties for not having an integrated electronic health record. It would be hard to argue against these incredible systems. The ability to share information has saved patient lives. Patient outcomes are better because information is more readily available. Patients and their family members have better access to their health records and can communicate directly with their providers.

The costs of these systems are supported by the half percent Nemaha County sales tax dedicated to Nemaha County hospitals. Congress mandates the electronic health record systems. The source of the systems is our choice but the requirement to have an electronic

health record is not. The costs will not go away. NVCH is committed to the technology, the diagnostic equipment, the systems that support health care decisions, and the electronic medical records we all benefit from. When you VOTE YES for the continuation of the Nemaha County sales tax for Nemaha County hospitals you are helping us continue the operations that have resulted in being named one of the top 20 Critical Access Hospitals in the United States.

Whether by vote or voice, your continued support of Nemaha Valley Community Hospital makes a difference. Thank you for your support.

Kiley Floyd, CEO

## NVCH Purchases Hematology Analyzer



Nemaha Valley Community Hospital recently purchased an XN-550 Hematology Analyzer. This is an upgrade from the 5-part differential of our current Cell Dyn Ruby. The XN-550 is an automated compact 6-part differential hematology analyzer. It is designed to meet small size hospital laboratory needs for enhancing clinical values and improved operational efficiency.

This machine is responsible for running Complete Blood Count (CBC). CBC is a standard screen for almost every patient that comes to the laboratory. It covers the White Blood Cells (WBC), Red Blood Cells (RBC), Hemoglobin, Hematocrit, Platelets, and Differential.

This test gives us insight as to what is going on with your immune system- whether or not you are fighting an infection, and if that infection is viral or bacterial. It lets us know your hemoglobin levels so we know if you are anemic and may need a blood transfusion. It lets us know if you have an abnormal breakdown of your WBC population that could indicate a problem with your bone marrow. CBCs are the basic starting point for any patient assessment- whether you’re feeling healthy or not.

# MEDICARE & YOU

Medicare Open Enrollment

October 15 - December 7

Medicare health and drug plans can make changes each year—things like cost, coverage, and what providers and pharmacies are in their networks. *October 15 to December 7* is when all people with Medicare can change their Medicare health plans and prescription drug coverage for the following year to better meet their needs.

**We are here to help you! Please contact Karla Hermesch or Mary Sack at 785-336-6181 for all of your Medicare Open Enrollment needs.**



# VOTE YES

for Nemaha County  
Community Hospitals




## LUNCH AND LEARN

- WEDNESDAY, OCTOBER 9TH
- 11:30AM-1:00PM-*LUNCH PROVIDED*
- MEADOWLARK EXTENSION OFFICE  
1615 BRANCH ST. SENECA, KS 66538

Join us to discover why continuing the 0.5% sales tax for hospitals in Nemaha County is essential for maintaining local healthcare services.

Have any questions? We would be happy to answer them during this lunch and learn session as well.

Please RSVP to Courtney Schmelzle at 785.336.0426 by Wednesday, October 2nd.



Kansas Hospital Association (KHA) President and CEO Chad Austin in conjunction with the American Hospital Association's (AHA) Regional Director Liz Summy, presented Nemaha Valley Community Hospital (NVCH) CEO Kiley Floyd with the 2024 Grassroots Champion Award at KHA's annual conference on September 5.

The AHA Grassroots Champion Award was created to recognize those hospital leaders who effectively educate elected officials on the hospital's vital role in the community, who have done an exemplary job in broadening the base of community support for the hospital, and who serve as a tireless advocate for their hospital, staff, and patients.

Floyd has been an active participant and leader within KHA for years through many roles that include serving as a KHA representative on the Kansas Healthcare Stabilization Fund and Kansas Health Care Collaborative and as a member of the AHA's Regional Policy Board. Floyd currently serves as a Board member for the KHA and Associated Purchasing Services. She has also been a strong advocate for healthcare in Nemaha County and the surrounding communities at the local and state level as well as at the national level with our congressional delegation in Washington, D.C.

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JOIN US FOR  
**TRUNK OR TREAT**  
Sunday, October 27th  
1pm-2:30pm

Bring the whole family to the NVCH parking lot for this fun event loaded with trunks, treats and a lot of fun!



1600 Community Drive - Seneca, KS

## We're HIRING!

Join our healthcare family! NVCH might have the perfect position for you. Please visit the employment section of our website at [www.nemvch.com](http://www.nemvch.com) to find out.



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