

**Your Local Providers***Howard County Medical Center*

Dr. Angela Brennan



Dr. Dan HARRAHILL



Dr. Jared Kramer



Kelli Platek, PA-C



Dr. Chris Tomhave



Roger Wells, PA-C

# Health Watch

*Mission: Howard County Medical Center will provide quality, efficient healthcare.*

## Employees Give Back



**Marcene Kaslon & Janet Meyer**

Howard County Medical Center is fortunate to have an Activities Committee that hosts various internal events throughout the year. "In the past, we have tried to have lunches, potlucks and other activities for employees," states Chalee Fernau, Staff Accountant and Co-President of the Activities Committee. "This year, we wanted to focus on giving back to the community and to organizations that have a direct impact on our employees."

So far this year, HCMC has raised over \$750 dollars, and distributed the funds to organizations such as St. Jude's Children's Hospital, the American Diabetes Association, the American Cancer Society, and the American Red Cross. This is accomplished by employees donating money on the 1<sup>st</sup> Friday of each month. The donations total doesn't include two dates where HCMC employees donated to the Food Pantry. For the remainder of 2011, HCMC will have more donations days for the Food Pantry, as well as organizations that support heart health, Down syndrome awareness and juvenile diabetes.

A new fundraiser was added this year called "Stuff the Bus". It is a fundraiser for the St. Paul Elementary School. A list of supplies for grades K-6 was obtained from the

school, and employees (or community members), can purchase any or all of what is on it. "We have had a great showing so far, and we are excited to see what the final donations will be," states Fernau.

In addition to multiple fundraisers, employees also take part in The American Red Cross Bloodmobile, which is hosted six times per year at HCMC. Although there are several employees who donate on a regular basis, the two employee donors with the most lifetime units are Marcene Kaslon and Janet Meyer. Kaslon has donated 96 units, while Meyer as donated 100. According to The Red Cross, someone needs blood every 2 seconds, and one pint of blood can save up to 3 lives. Totaled up that means Kaslon and Meyer together may have saved up to 65 lives!

Each has their own unique story of why they started giving. According to Kaslon, "It was after Jennie was born, that I decided to give blood. She was my 5<sup>th</sup> child, so I figured if I could go through child birth, I could give blood. That was 33 years ago. The first time I went, I was deferred. I was determined I was going to do it, so I went back, and the rest is history."

For Meyer, the reason was the dedication she had seen from her father. "My father gave a direct donation when he was young, to a relative which assisted in a life saving treatment. And he always would find time to donate regardless of what he was doing. I consider it a privilege. Having the potential to help two to three people with something that costs me nothing? Why not?"

"We have had a much bigger response to fundraisers such as these, and people feel good when they are able to give back," states Fernau.

### Save The Date!

The annual Foundation Golf Tournament will be held on Friday, September 9th, with a shotgun start at 12:00!



## A Parent's Worst Nightmare



**Benjamin Noakes**

"My oldest son came running into our bedroom to let us know that Ben was having trouble breathing," states Karin Noakes, who resides outside of Dannebrog. "Ben has asthma, so I assumed he was having an asthma attack. We tried to give him his inhaler, and get him in the shower, but by that time he was already

starting to turn blue."

"My husband called 911, but we decided to get in the van and go to the Emergency Room at Howard County Medical Center. By the time we got to the ER, which was a little after midnight, Ben had lost consciousness, was blue, and I couldn't tell if he was breathing. I was preparing myself for the worst."

"When we got to the ER, the nurses and Roger Wells, (PA-C), were ready for us. They immediately cut off his clothes, and tried to start an IV. When they were unsuccessful, they had to drill a hole in his leg."

"The process she is describing is called an intraosseous infusion, and it is the process of injecting medication and fluids into the marrow of the bone, when a peripheral IV cannot be established due to the patient's condition," states Janelle Morgan, ER & Acute Coordinator at HCMC. "This process provides the medical team a means of securing a vascular access point in less than 10 seconds. The American Academy

of Pediatrics as well as the American Heart Association both recommend this practice."

"Dr. Tomhave also responded, and it wasn't long before they had him stabilized. He started responding to the IV, and they were able to transfer him to Saint Francis Medical Center," states Noakes.

"Afterwards, we talked with Ben, and all he remembers is that when he woke up, he already couldn't breathe. Normally when he is having difficulty, he will have time to get his inhaler."

It was discovered after visiting several specialists that this could have been caused by an allergic reaction, so 9-year old Ben now carries an EpiPen® should he feel another episode coming on.

The Emergency Room at HCMC, which has a level 4 Trauma Certification, was prepared to handle this emergency. This certification, which is issued through the Nebraska Department of Health & Human Services, is one of only 44 in Nebraska. The role of a Level 4 Trauma Center is to stabilize, prepare, and transfer all patients with potentially life threatening injuries.

"Each of the medical providers at the HCMC are involved in a continuous education program and all are certified in advanced life support including neonatal, pediatric, and adult courses. Also, we are certified in Advanced Trauma Life Support, a class providing educational and hands on training. These courses provide us with up to date treatment protocols so that we can provide excellent service to our patients," states Roger Wells, Certified Physician Assistant.

Wells continues, "the nursing staff took the call and had alerted our staff before Ben arrived. Immediately when he did arrive, they initiated Advanced Pediatric Life Support measures which saved a tremendous amount of time and improved his outcome. Without their preparation and responsiveness, the outcome may have not been the same."

"I really feel that if a few more minutes had passed, Ben wouldn't have made it. It was an extremely scary experience for all of us. We feel very fortunate to have the Emergency Room available in St. Paul, and that it is staffed 24/7. This could have been a real tragedy for us, and thankfully it wasn't," states Karin Noakes.

## Medical Clinic Considers Expanding Hours

In order to provide better service to patients of Howard and surrounding counties, the Medical Clinic is considering expanding hours Monday through Thursday. "Our goal is to accommodate the busy lives of our patients. We understand that it is not always possible to make an appointment between the hours of 8 am and 5 pm. Patients would be able to schedule appointments starting at 7 am, with the last appointment being scheduled at 6:30 pm," states Kathleen Hurst, Clinic Director at Howard County Medical Center.

"The idea of expanding clinic hours was based on our goal of giving the patient better access and more opportunity for care. We are also trying to make sure that patients use our clinic instead of the ER for non-emergent situations," states Arlan Johnson, CEO.

"We would welcome community feedback regarding this issue," states Hurst. "We want to know their thoughts."

Community members are encouraged to call Kathy Hurst directly at 308-754-4421, ext 605.

## Spotlight: Kathy Horn, Chief Nursing Officer



Kathy Horn, MSN, RN

Kathy Horn began her duties at Howard County Medical Center in August of 2010 by accepting a part time registered nursing position. The number of shifts she could pick up were limited due to the fact that she was also a Clinical Nursing Instructor at Central Community College in Grand Island.

In November 2010 the Chief Nursing Officer position was open. "Kathy agreed to take on the head nursing job on an interim basis to help the facility through that transition," states Arlan Johnson, CEO. "When she agreed to take on the task full-time, I couldn't have been happier. Her expertise and knowledge of the position really solidified the direction I have foreseen for nursing."

Horn comes to St. Paul from Colorado. "We moved back to the area from Colorado because we wanted to be closer to children and grandchildren," states Horn.

"We are glad to be back in a small, friendly community. Additionally, smaller hospital health care professionals tend to have closer personal and professional relationships with one another. It is nice to see that bond and how the community benefits from it. It is such a great opportunity to work where the employees are friendly and everyone works closely together as a team."


Horn brings extensive experience and education to the position. She received her Bachelor of Science in Nursing from Midland Lutheran College in Fremont, Nebraska, and her Master of Science in Nursing through Western Governors University, based in Salt Lake City, Utah.

Kathy has over 19 years of nursing experience in the areas of Medical/Surgical, ICU/Telemetry, Home Health Care/Hospice, Long Term Care, Oncology, Dialysis, and most recently a Nursing Clinical Instructor at Central Community College-Grand Island. Kathy has certification in Basic Life Support, Advanced Cardiac Life Support, Neonatal Resuscitation Program, Trauma Nurse Core Course, and Oncology Nursing.

Horn is excited for the opportunities and challenges that lie ahead. "Rural health care is always challenging with finding the appropriate staffing mix. Nurses need to be knowledgeable in a variety of health care areas and have the ability to juggle a variety of tasks. Our nurses are committed to finding that balance. Each nurse has specific strengths that others can draw from to provide quality patient care. Rural health areas have sparse populations but have the same complex health issues that larger communities have. The ability to have top notch physicians, PA's and nursing staff is such a benefit for this community."

Horn resides in St. Paul with her husband Mike. They also have five adult children, three grandchildren, with another grandchild on the way!

**Howard County  
Medical Center to Host  
"Women's Health Night"**



Presentation by  
Dr. Angela Brennan on Women's  
Health  
Maintenance:

**What to do & When to do it!**

**When: August 29th at 6:30 pm**

**Where: Alexander Room at  
HCMC**

**Cost: FREE (supper will be  
provided)**

Please R.S.V.P. to Jean Kehm by  
calling 308-754-4421, ext 320  
today!

**Hurry! Space is limited.**

## Howard County Medical Center Offers New 55+ Program

Howard County Medical Center is pleased to announce the creation of a new group called "55 Plus". "The idea behind endorsing the 55 Plus program is so that we can meet the needs and concerns of people 55 years of age, and older," states Jean Kehm, Administrative Secretary and 55 Plus Coordinator at HCMC.

55 Plus is a program offered in conjunction with BryanLGH Health System. Howard County members that previously belonged to the group in Lincoln, will now seamlessly belong to the group in St. Paul.

"This is a program that is absolutely free to join, and we hope to continue to grow our membership in the days and months to come," states Kehm.

Other perks of becoming a member include: free educational seminars open exclusively to 55 Plus members,

newsletters, a free notary service, and assistance with advance directives. If a member is admitted to the hospital, they will also be provided with 2 complimentary guest meals that can be used for visiting friends or family.

"When a member is admitted, they have the option to speak with a 55 Plus Representative. Our goal is to help make their stay as enjoyable as possible, and direct them appropriately should they have a question or concern," states Kehm.

Those community members interested in joining the program are encourage to call 308-754-4421 for more information.

"We have brochures available that further explain the program, and I would be happy to get interested community members signed up," states Kehm.

## Howard County Medical Center

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# A Day In The Life of Dr. Hibbard, Cardiologist



Dr. Robert Hibbard

A day in the life of a Cardiologist can be a busy one. In Dr. Hibbard's case, each day starts with meetings bright and early at 6 am. After his meetings, he will

go on to conduct rounds at the hospital, and when that is finished, he sees patients in the clinic setting. Dr. Hibbard performs a variety of procedures on a daily basis including angiograms, that can be done anywhere from head to toe.

"Angiograms are x-rays of the arteries and veins, using a contrast dye. By having this procedure, the doctor is able to see if there is adequate blood flow. If there is a blockage, this would detect it and

the doctor could place a stent in the blood vessel to allow blood flow to travel," states Lori Wozniak, LPN & Outpatient Coordinator at HCMC.

After clinic hours, or sometimes in place of them, Dr. Hibbard will perform surgeries, etc. In addition to angiograms, Dr. Hibbard has the ability to perform a variety of other procedures, including heart catheterizations, cardiac stents, PFO closure, valvuloplasty, limb salvage, inferior vena cava filter implantations and removals, and many others.

His days typically end around 6:00 pm, and if time permits, he does like to enjoy a round of golf with friends.

So what exactly draws Dr. Hibbard to St. Paul? "I grew up in a small town that was about half the size of St. Paul. I enjoy rural Nebraskans. It was about 25 years ago that I met Roger Wells, and he asked me to start a Clinic here. I have been coming ever since."

"I enjoy working with Dr. Hibbard. He is very knowledgeable and thorough in his wide array of cardiovascular treatments and services," states Wozniak.

Dr. Hibbard's advice on staying healthy? "I tell people to exercise and try to keep their weight down. Avoiding smoking is necessary as well. It's a pretty simple recipe," states Hibbard.

### Favorite Pastime:

Fishing (especially fly fishing) & Hunting

### Favorite Restaurant:

Hibbard Hotel (I love to cook!)

### Favorite Place to Travel?

Any place with a trout stream

### Profession if not a Cardiologist?

I cannot even imagine something else

