

Your Access to Quality Healthcare



Goodland Regional Medical Center is now a community partner with Midwest Cancer Alliance.



Our mission is to provide high quality, community based primary care; access to specialized health services; and help our patients and families during their healthcare experience

Goodland Regional Medical Center
220 W. 2nd St.
Goodland, KS
67735
785-890-3625

Directory of Services

Acute Care/Swingbed

Behavioral Health Services

- Drug & Alcohol Counseling
- Child & Adolescent Counseling
- Individual, Group, Family & Marriage Counseling

Emergency Medical Services

- Ambulance
- 24-Hour Emergency Room

Family Care Services

- Board Certified Family Practice Physicians

- Board Certified Urgent Care Medicine Physician
- Certified Nurse Practitioner

Nutrition Services

- Diabetic Education
- Nutritional Counseling

Laboratory

Physician Specialties

- Allergy
- Cardiology
- Counseling Services
- Dermatology
- Ear, Nose & Throat

Endocrinology

- Gastroenterology
- Gynecology
- Neurology
- Obstetrics/Gynecology
- Oncology/Hematology
- Ophthalmology
- Orthopedics
- Pathology
- Psychiatry
- Podiatry
- Pulmonology
- Radiology
- Speech Therapy
- Surgery

Urology

Medical Imaging

- Diagnostic X-ray
- CT Scan
- Bone Densitometry
- Ultrasound
- Nuclear Medicine/MRI
- Mammography

Telemedicine Services

- Oncology Clinic
- Child Psychiatry
- Child Behavioral Services
- Geriatric Psychology
- Pediatric Dietician

Rehab Services

- Occupational Therapy
- Physical Therapy
- Speech Therapy
- Respiratory Therapy

Health Services

- Childbirth Education
- Patient Education
- Diabetic Support Group
- Stroke Support Group

Goodland Family Health Center
106 Willow Road
Goodland, KS
67735
785-890-6075

www.goodlandregional.com



CNS08



Dr. Carol Fabian

A long, proud history of fighting cancer.

THE UNIVERSITY OF KANSAS HOSPITAL
KUMED

Advancing the Power of Medicine®

Technology upgrade improves patient care



ANNIE STAATS, DIRECTOR OF NURSING at the Sheridan County Health Complex, demonstrated an electronic charting system used to partner with Hays Medical Center, which serves as the off-site backup facility for medical records and information. — Photo by Jan Katz Ackerman/Colby Free Press

By Jan Katz Ackerman

Colby Free Press

jkackerman@gmail.com

Technology upgrades at the Sheridan County Health Complex have employees thrilled about patient care.

Abby Emigh, a registered diagnostic medical sonographer, said the \$45,000 sonogram machine that arrived the last week of March will improve patient care.


"It's available five days a week," Emigh said, "whereas we were using a mobile unit one day a week.

"I'm trained and registered in ultrasound, so we might as well use my training."

The refurbished Phillips HD-11 ultrasound can be used for obstetric patients to follow growth of a baby, as well as for detection of disease in the abdominal and pelvic areas, and to examine small body parts such as the thyroid, breast and testes.

"When the word gets out it's here," Emigh said, "it will be utilized more and more."

Besides her duties in the X-ray department, Emigh said, she is training to be registered in vascular studies. The new machine will allow doctors



SCHC
The Road to Wellness in Northwest Kansas

SHERIDAN COUNTY HEALTH COMPLEX

- **Beds** 18 as critical access hospital.
- **Revenue 2007** \$5.5 million.
- **Loss 2007** \$315,294.
- **County money** \$325,000 from a 10-mill property tax levy
- **Doctors** One county-employed doctor, 2 county-employed nurse practitioners, one private-practice doctor.
- **Phone** (785) 675-3281

to order sonograms of blood vessels, previously only done by Hays or once a week in a mobile unit at Hoxie.

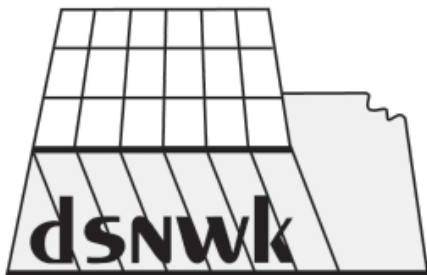
Emigh said while partnering with Hays Medical Center is a positive thing for the Hoxie hospital, testing that otherwise might not have been done in Hoxie is now taking place in town.

Technology upgrades have been

slow but steady since 2002. Annie Staats, director of nursing, said the facility became a 25-bed critical access hospital in 2002 and formed a "sistership" with Hays Medical Center that same year. She said they decided to partner with Hays as the

See CARE, Page 27

Serving people with developmental disabilities through out the 18 counties of Northwest Kansas!



1675 W. 4th
Colby, KS
(785) 462-3012

Visit our web site at www.dsnwk.org



Our mission is to provide the highest quality of care and service to our clients. Our goal is to make every client feel as if he or she is our only client. We serve Cheyenne, Rawlins & Sherman Counties.

We Offer

- ♥ Physical ♥ Occupational ♥ Speech Therapy
- Also ♥ Skilled Nursing ♥ Home Health Aid



Good SAMARITAN
HOME HEALTH CARE

Call Cheryl at 785-332-3588 ~ 820 S. Denison ~ St. Francis KS

OBERLIN MEDICAL ARTS, P.A.

Oberlin Clinic

Laser & Microdermabrasion Treatments Now Available

Elizabeth Sliter, M.D.
Family Practice
Stelian Andrecu, MD.
Family Practice
Jonna Inman, ARNP-C
Nurse Practitioner



Cosmetic Procedures Such As:
• Hair Reduction
• Total Facial Rejuvenation
• Removal of Spider Veins in Legs, Face, etc.
• Removal of Pigmented Irregularities
• Botox Treatments

785-475-2221
TOLL FREE 1-800-794-2222
902 SW. COLUMBIA • OBERLIN, KS

Technology upgrade improves patient care

CARE, from Page 26

closest larger hospital.

"It's natural to sister with a larger facility because of the leadership they can provide in the industry," Staats said. "That way, the small rural hospital doesn't have so much weight to bear for technological sort of things such as computers and medical supplies."

Staats said being linked with Hays gives the complex in Hoxie access to a buying group only a "touch of a button" away.

She said the Critical Access status allows Sheridan County Hospital to use software and electronic equipment it might otherwise not be able to afford. The system she referred to is known as Meditech.

"Using Meditech allows the nurses to record patient activities in a computer chart," Staats said. "The system is archived, and any time information has to be sent to Medicare, it can be sent electronically."

While the goal is to do away with paper charting, she said, the hospital is in a transition period before going to a paperless system. Staats said

the push is to "go green" for the environment.

"Some day, we'll have all electronic charting and no paper to cut back on paper usage," she said.

After the disasters in Greensburg and New Orleans, she said, the federal government required all patient information be archived in a separate location. Sheridan County's data can be stored at Hays Medical Center to meet that regulation.

"The Meditech software is purchased in what are called rings," Staats said. "There is a ring for pharmacy, one for patient care, another for lab and ones for X-ray, billing and materials management."

She said each ring of software gives the hospital computerized capability to link to Hays for updates and the backup system.

Other technology upgrades have increased the number of surgical procedures doctors do, she said.

"We average four to seven surgeries a month," Staats said. "We take out central parts, remove

See CARE, Page 28

Sheridan County has broad range of medical, health service options

Sheridan County residents have a broad range of options when it comes to medical services.

Registered nurse Melanie Cooper, assisted by secretary Heather Bracht, offers medical care to those who might otherwise go uncared for through the county Public Health clinic. Services include nutrition education, immunization and foot care.

The clinic is at 940 Eighth St. in Hoxie and the phone number is (785) 675-2101. Office hours are Monday, Tuesday and Thursday from 8:30 a.m. to 5 p.m., and Wednesday and Friday from 8:30 a.m. to 12:30 p.m.

Another health-care provider in Hoxie is chiropractor Dr. R.H. Thorpe. His office at

1132 Oak St. is open by appointment, since he is semiretired. Call (785) 675-3143.

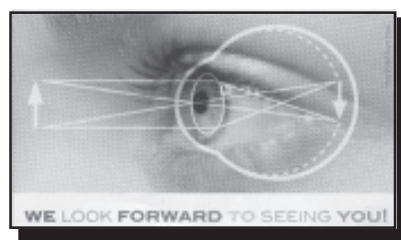
Dr. Joshua Gooden is the Sheridan County's eye-care provider, with clinics in Hoxie, Oakley and Scott City.

Hoxie's clinic at 804 Main St. is open on Thursdays, but office hours depend on patient need. Call to schedule an appointment at (785) 675-3938.

Dental care in Sheridan County can be obtained from Dr. Karl Neuenschwander. in a private-practice clinic at 600 Main St. Office hours are Monday, Tuesday and Thursday from 8 a.m. to 5 p.m. Call (785) 675-3292.



REGISTERED DIAGNOSTIC MEDICAL SONOGRAPHER and licensed radiology technician Abby Emigh pointed to the screen of a new ultrasound machine owned by Sheridan County Health Complex to show Tasha Belair her unborn baby, Rowdy Lee Belair. An employee of the hospital, Belair volunteered to have an ultrasound so Emigh could finish fine tuning settings on the machine after it arrived the last week of March. — Photo by Jan Katz Ackerman/Colby Free Press



Nothing is more precious than your eyesight.

Larry C. Washburn, O.D.
Doctor of Optometry



505-B North Franklin Ave.
P.O. Box 747
Colby, Kansas 67701

(785) 462-3348
(785) 626-3102
1-800-254-3937

COLBY GLASS TINTING

AUTO COMMERCIAL • RESIDENTIAL

- Reduces Heat, Glare & Fading
- Cuts Air Conditioning & Heating Costs
- Improves Safety, Security, & Privacy
- Professional Installation
- Lifetime Warranty



ANDY & DIANE KARLIN - owners

785-462-8350 • 1200 W. 4th • Colby, KS 67701

Cal Spas

CHANGING THE WAY YOU FEEL.

AUTHORIZED DISTRIBUTOR FOR:

The World's Largest & Best Spa Company

- Spas
- Gazebos
- Chemicals
- Barbecues
- Bars
- Saunas
- Tanning Beds

Rates #1 in Customer Satisfaction & Best Buy!

• FINANCING AVAILABLE •

If you own a garden hose, you can own a Cal Spa!

• WE SERVICE OUR SPAS •

PRAIRIE PLAZA

RETIREMENT COMMUNITY

Summer Promotion!



Independent Living for Active Retirees in Atwood, Kansas

Additional information is available on our website: www.rchs.us

Contact Deanna or Eunice at 785-626-3211

Plaza Benefits:

- New 1 & 2 Bdrm. Apts.
- Fully Equipped Kitchens
- Single Car Garages
- Beautiful landscaping
- Complete Maintenance
- Snow Removal
- Lighted Walkways
- Housekeeping Every 2 Weeks

Special Conditions May Apply

Hospital offers top-end services

By Karen Krien
The Saint Francis Herald
karen.k@nwkans.com

The Cheyenne County Hospital has taken some steps to be able to offer “top-end medical technology, with more than a few safety and comfort enhancements.

These touch almost every department in one way or another, said Administrator Les Lacy, and are central to the hospital’s mission of improving health through quality care.

Lab technology

Some examples of this technology in the lab include automated hematology, chemistry, special chemistry (including a variety of drugs assays), coagulation, blood banking and even microbiology.

The hospital uses a gel system for blood banking to improve patient safety over older methods. An automated blood-culture system enables detection of microorganisms up to 23 hours earlier than the older manual method. This gives the patient and

physician a real advantage in identification and treatment of potentially life-threatening infections.

“This is a very well-equipped lab by comparison to other hospitals,” said Catherine Uy, a medical technologist who has worked in larger hospitals. “It is one of the best-equipped labs I have worked in.”

The lab’s information system is connected to testing equipment to improve the quality and availability of the results, she said, part of planned implementation of a hospital wide electronic medical records system. The lab does about 95 percent of the testing ordered on site, Ms. Uy said, with a small percentage going to outside labs.

Diagnostic imaging

Diagnostic imaging is another strength of Cheyenne County Hospital, Lacy said. Up-to-date X-ray and CT scanning equipment creates images that are stored and transmitted

See HOSPITAL, Page 29



A BACTEC BLOOD CULTURE machine is just one piece of the up-to-date equipment in the Cheyenne County Hospital lab. Catherine Uy (front) was ready to enter information in to the machine while Liezel Lusanez wrote down the results. Both are registered medical technologists. — Photo by by Karen Krien/The Saint Francis Herald

Technology upgrade improves Hoxie patient care

CARE, from Page 27

fatty tumors, do biopsies and podiatry procedures.”

Staats said most surgery is done with “conscious sedation” rather than general anesthesia.

“There’s less risk with conscious sedation and there’s no intubation,” she said.

Another change in the surgical wing of the hospital has been to turn the unused labor and delivery room into a room where ultrasounds will be done.

“The room can be made dark enough for the technician to visualize the ultrasound images,” Staats said, “plus it’s revitalizing an old space. With the additional machine, we are able to help the physicians get the answer to patient problems quicker.”

While not a piece of technology, Staats said, training done throughout the complex to prepare for a disaster or sudden intake of patients has paid off.

“Marge Hartzog (a registered nurse) is doing a lot in emergency preparedness,” Staats said. “She’s been doing a lot to meet the needs for a large influx of patients, and we tested the training this past winter.”

Flu patients, sometimes with up to five in one day, helped hospital staff members test procedures for caring for a larger volume of patients at one time, she said.

“We are proud of the facility’s response to this winter’s challenges,” she said. “When nurses are busy, so are the lab, X-ray and billing.”

The hospital is served by one county-employed physician, Dr. John France; two county-employed nurse practitioners, Kaylee Watkins and Kerri Schippers; and one private-practice physician, Dr. John Rand Neuenschwander, plus 110 employees.

The staff oversees an outreach clinic, staffed each Wednesday, in the senior and community center in downtown Selden, in the northeast part of the county.

The complex comprises an 18-bed hospital, a 38-bed long term care unit, and eight assisted living apartments under one roof.

The facility is headed up by Joe Stratton, administrator, and ReChelle Kennedy, chief financial officer, under a board of trustees including Richard Krannawitter, Randy Farber, Charles Schwartz, Ronnie Kauk and Craig Cooper.

The hospital is at 826 18th Street in Hoxie, and the phone number is (785) 675-3281.

SPRING SALE HOME IMPROVEMENT



Weatherplate Exterior Flat Primer & Finish **\$20⁶⁰** per gallon



Ceiling Magic Flat White

Goes on Purple - Turns White

\$12⁹⁹

White



Diamond Vogel® Siliconized Acrylic Caulk 40 Year Durability

\$1⁴⁹ EACH

All Diamond Vogel® Select Series Professional Brushes are

20% off

commercial price on all in-stock brushes



White Cotton Wiping Cloths Premium Quality, New Material



\$8⁹⁹ \$15⁹⁹

5 LB. BLOCK Z2414-050 10 LB. BOX Z2414-100

Call 1-800-72VOGEL (1-800-728-6435) or Visit www.diamondvogel.com for a Location Near You!



802 West C St., • McCook, NE

308-345-3580

Visit our website at www.vogelpaint.com

Cheyenne County Hospital

- Beds 16 as a Critical Access Hospital.
- Revenue 2007 \$6,054,181 (unaudited).
- Loss 2007 \$375,445 (estimated)
- County money 2006 \$527,587 from property and sales tax.
- Doctors Two physicians, three physician assistants and 15 visiting specialists.
- Phone (785) 332-2104

Cheyenne County Hospital offers top-notch service

HOSPITAL, from Page 28

electronically. The digital storage makes it possible for doctors to access images from any location in the hospital or clinic.

A new Toshiba ultrasound machine is one of the most capable models on the market. Darrell Reed, a medical technologist, has been attending school for ultrasound certification. When he passes his test, he will be the only certified ultrasound tech within 180 miles, said Lacy.

Patient lifting systems

The patient rooms all have new furniture. Six rooms are equipped with lifting systems to improve safety and reduce the possibility of injury to staff. The hospital has two rooms with negative airflow ventilation for infection control in respiratory cases and a mobile high-efficiency particulate air filtration system.

Electronic medical records

Through its relationship with Great Plains Health Alliance, the hospital will be participating in the development of one of the nation's first Rural Regional Health Information Exchanges.

Information on patients who use the clinics in St. Francis and Bird City will be stored on an electronic medical records system, which allows doctors and staff to search and access data from any location on the campus. This means clinic records can be available in the emergency room faster. Physicians and physician assistants carry mobile computers for record keeping instead of paper charts.

The hospital has a process to protect the privacy of electronic patient information, said Lacy, and staff meet regularly to be better pre-

pared to protect your privacy.

This system makes it possible to more accurately transmit prescriptions and other orders. When the patient's needs exceed the care available here, they are transferred to the nearest hospital that can help them, often in Denver, Colorado Springs or Hays. Most who are transferred from Cheyenne County Hospital would also be transferred from other hospitals in this area, said Lacy.

Physical therapy

The hospital's physical therapy department is one of the best equipped in the area, with many types of treatment available as well as exercise equipment and an "endless" pool for aquatic therapy.

The pool is 8 feet by 15 feet and features an adjustable current that allows the patient to swim or exercise in place. Having the adjustable current allows for each patient's strength ability to swim.

The water is 3 foot to a little over 6 foot deep with a steady temperature of 96 degrees. There is a seating area for resting.

The endless pool, the only one in the area, is nearly gravity-free, which is good for exercising and rehabilitation, the administrator said.

"The water provides buoyancy and support for the body so it decreases the load on the joints," Mr. Lacy said. "This allows injured people to exercise with a greater range of motion without hurting their joints or re-injuring themselves."

Tax credits/grants

The hospital is preparing an application for a

See HOSPITAL, Page 30



ELECTRONIC MEDICAL RECORDERS are carried by doctors, physician assistants and nurses to record all medical information at the Cheyenne County Hospital. Dr. Mary Beth Miller (right) discussed a case with Kathy Biggs, a medical assistant.

—Photo by by Karen Krien/The Saint Francis Herald



The Road to Wellness in Northwest Kansas

SHERIDAN COUNTY HEALTH COMPLEX

- Hospital • Hoxie Medical Clinic
- Long Term Care Center • Assisted Living

Medical Clinic ~ Lab & X-Ray
 Emergency Services ~ Diabetic Care
 Speciality Cardiac Clinic ~ Mammography
 Mobile CT Scanning & MRI
 Bone Density Testing ~ Outpatient Procedures
 Physical Therapy ~ Wellness Education

826 18th • Hoxie, KS

785-675-3281



Decatur Health Systems

Decatur County Hospital
 Cedar Living Center
 Cottonwood Home Care
 Wheat Ridge Apartments
www.decaturrealthsystems.org

Medical Clinic remodeled, expanded

By Karen Krien

The Saint Francis Herald
karen.k@nwksas.com

The Cheyenne County Clinic at 221 W. First, and the hospital at 210 W. First, St. Francis, have been remodeled with an addition to the west of the old building.

There is a satellite clinic in Bird City at 221 W. Bressler.

The hospital is a Critical Access Hospital under federal regulations, meeting the primary hospital care needs of the community. It is prepared to handle medical emergencies, traumatic injuries or delivering a baby.

Medical staff

Mary Beth Miller, a medical doctor, joined the hospital staff in 1999; and Rebecca Allard, also a medical doctor, began in August. Other providers include Patrick Delano, Kristle Neuhalfen and Tyler Raile, physician assistants, and Jenny Niblock, a nurse practitioner. Mr. Delano plans retire May 31, however.

The doctors and midlevels work out of the clinics in St. Francis and Bird City, seeing patients in St. Francis six days a week, and in Bird City five. They also care for hospital patients and share call responsibilities after hours and on weekends.

Surgeons/specialists

The hospital is working with a surgeon, Dr. Charles Frankum, who comes to town every other week to see patients and performs procedures. He specializes in colon and rectal surgery, advanced laparoscopic and general surgery, and also works in other hospitals in the area.

Kim Zweygardt, a certified registered nurse anesthetist, lives in St. Francis and works at the hospital as well as others.

Other specialists at the hospital include:

- Dr. James Warren, heart specialist.
- Dr. Karen Johnson, skin.
- Dr. Mekki El-Saba, bone
- Dr. Martin Rubinowitz, cancer.
- Dr. Byron Barksdale, Dr. Lyle Barksdale,
- Dr. Delane Wycoff and Dr. Dorothy Wycoff, pathology.
- Dr. James Reeves, foot specialist.
- Dr. Daniel L. Fuerst, Dr. Robert Hyde, Dr.

Cheyenne Hospital provides top-notch technology, services

HOSPITAL, from Page 29

Kansas Department of Commerce Community Service Program offering tax credits to help cover the cost of renovating an area for obstetrical services, where babies would be delivered.

The hospital is seeking Community Development Block Grant for remodeling the kitchen. A total of \$780,000 has been raised previously through the tax credit program. The current request is for \$180,000, of which \$133,000 has already been committed by donors who would get the state tax credits.

Strong quarter

Mr. Lacy reports a strong first quarter in 2008,

Jeffrey Lee, Dr. Richard Jerde, and Dr. Rodney Johnson, radiologists, who specialize in interpreting images.

The administrator says he is looking for a urologist.

Dentists

Cheyenne County has two dentists, both located in St. Francis.

Dr. Tim Poling is at 200 W. Washington in downtown St. Francis.

Dr. Melvin Dunn's office is at 300 N. College Street, just north of the high school.

Chiropractors

Dr. Patrick Stuart is at 115 S. Quincy, St. Francis.

Dr. Ryan Unger took over the Fair Chiropractic business from Dr. Doug Fair. The office is at 120 N. Scott, St. Francis.

Dr. Brett Poling opened his business in a building which once belonged to his grandfather, Joe Winston, at 709 S. Benton.

Pharmacies

Krien Pharmacy, owned by Kody and Penny Krien, is at 105 W. Washington. The store carries a full line of pharmaceutical needs, cards and gift items along with the recent addition of handicap equipment.

Massage therapists

Cheyenne County has two massage therapists.

Raedell Winston sees patients at Poling Chiropractic, 709 S. Benton, St. Francis.

Bruce Roelfs has an office at 315 St. Scott Street.

Nursing home

Good Samaritan Village on U.S. 36 offers nursing care, along with independent-living apartments.

Part of the facility was remodeled in 2007 and residents were settled in new rooms with bay windows. Seven new rest rooms were added.

The nursing home is equipped to handle 50 residents and has a staff adequate to provide for them. A sun room filled with plants was added two years ago and the grounds have been renovated. Residents have outings in and out of town, shopping trips, fishing and picnics, just to name a few of the activities.

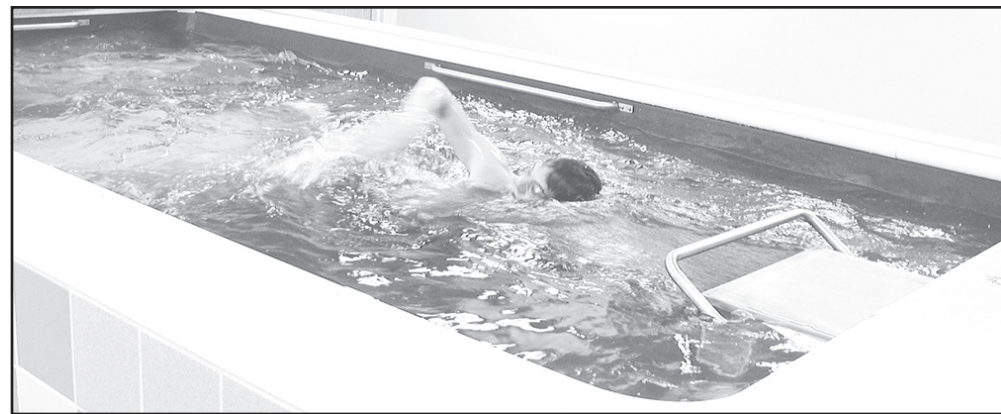
and says he looks forward to the 2007 cost report settlement with Medicare, which should provide a substantial boost for the hospital.

"It is a real blessing to be able to offer the spectrum of services we have available in this or any size of community," Mr. Lacy said. "We look forward to meeting our community's health care needs with top-end technology that makes sense in our community now and in the future."

Suggestions are always welcome, he said.

"We are always looking for a new service," he said. "If we can do it and it makes sense for this service in the future, we will look into it."

"We focus our energy to provide top-notch service."



AQUATIC THERAPY is available at the Cheyenne County Hospital, where an "endless" pool was installed over a year ago. The pool allows a patient to swim or exercise in place. The current can be adjusted. Gavin Smull had a sports knee injury and was using the pool for therapy.

—Photo by Karen Krien/The Saint Francis Herald

The staff offers Meals on Wheels to seniors in their own home several days during the week when the senior center is not delivering.

The village also has 14 independent-living apartments.

Home Health Care

Good Samaritan Society Northwest Kansas Home Health Care serves clients in Cheyenne, Sherman and Rawlins counties and plans to expand to Thomas County as soon as additional staff is available. The office offers physical and speech therapy along with skilled nursing,

certified nurse aides and homemaker services. The homemaker services is especially nice for home-bound people, said Cheryl Lee, director, as the staff will perform small housekeeping duties, run errands, do grocery shopping and even fix a meal.

Lee, a registered nurse, became director at the first of the year, having been in nursing for 26 years.

The agency contracts with the Northwest Kansas Area Agency on Aging to provide homemaker and personal care assistance.



Norton City/County Economic Development

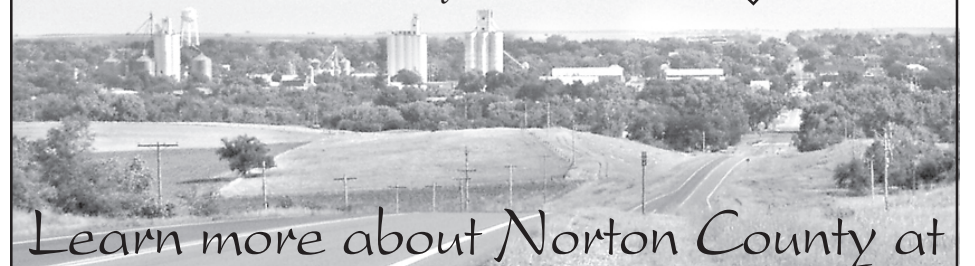
113 N Norton, Suite B, Norton, KS 785-874-4816

"Building partnerships to enhance Norton County"

Great Things Are Happening In Norton County!

Whether you are an existing business owner or someone interested in starting your own business, give us a call to learn about the business assistance available in Norton County.

Check our our website for current job listings, property listings, current events & more



Learn more about Norton County at

DiscoverNorton.Com