

# Office Call

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## E-MENTAL HEALTH TRIAGE: ELEVATING CARE FOR MENTAL HEALTH PATIENTS

In the past six months, Columbus Community Hospital's Emergency Department (ED) has processed roughly 150 mental health-related visits. From anxiety and depression to schizophrenia and bipolar disorder, a growing number of mental health patients are seeking help from the ED.

"If somebody shows up in a primary care office or the police department finds someone with a mental health issue, these patients are often sent to the ED," said Dr. Mark Howerter, ED Physician Director. "In the past, our challenge was figuring out how to help."

As of January 2018, a new program is helping the ED meet this challenge. The e-Mental Health Triage is a partnership with Bryan Health. It now allows ED patients to virtually visit with a certified mental health social worker in Lincoln without leaving CCH.

The service allows patients to undergo mental health evaluations using a computer, camera and microphone.

"Our ED providers are trained on how to deal with mental health patients," said Dr. Howerter, "But this service gives our patients access to experts who are more experienced with mental health screenings."

Following each screening, the social worker in Lincoln collaborates with the ED provider at CCH to decide the best type of treatment.

The service helps treat conditions such as sudden changes in behavioral patterns, adverse reactions to life-changing events, depression and shifts in bipolar status, among other mental health concerns.

"I think there's a stigma that goes along with mental health problems," said Sue Deyke, ED Director. "If you tell someone they have diabetes, they are being diagnosed with a disease that needs to be treated. Mental health disorders are no different."

As the ED continues to use this service, its goal is to save precious time for patients and enhance their overall experience.

"When you seek care for mental health, we do not treat that any differently than if you fell down and cut your leg," said Deyke. "You require emergency treatment. These issues require the respect of medical professionals, and I think that is what we are doing at Columbus Community Hospital."



## 1ST QUARTER CME OFFERINGS

### Columbus Cancer Conference

Conference held quarterly at 7 a.m. in the Platte Room. Invitations with specific cases will be emailed to physicians.

#### 2018 Dates:

April 17, 2018 & July 17, 2018

### Children's Hospital - Omaha

<https://childrensomaha.org/main/continuing-professional-education.aspx>

At this link you can find CME on all things Children's and can access both videotaped CME offerings for online credit and live CME opportunities.

### UNMC

<http://www.unmc.edu/cce>

At this link you can set up your personal UNMC Account to access and track online, live streaming and pre-recorded CME that is conveniently accessed from any device with an internet connection. This link will walk you through setting up your account. <https://www.unmc.edu/cce/faq/new-user.html>

Additionally, UNMC offers monthly events on a wide variety of topics that are available on a live streaming basis, which are usually offered as a pre-recorded event one week following the event.

### UPCOMING LIVE EVENTS

Midwest Pediatric Specialty Symposium:  
2018 Pediatric Eye, Ear, Nose and Throat  
Friday, April 6, 2018

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## MESSAGE FROM THE CEO/PRESIDENT

As we start another new year, I am proud of all of the accomplishments Columbus Community Hospital achieved over the past twelve months. It's our continued mission to make a healthy difference in our community and I believe our hard work is paying off.

The year 2017 was very significant to the Hospital because it marked 15 years since our current facility was built. Over those 15 years, we have acquired several employees, purchased state-of-the-art technology and developed countless services to help enhance our community.

As we begin a new year, I am confident the Hospital will continue to grow and improve the benefits we provide to our patients.

For example, we pride ourselves on the talented and brilliant providers who choose to work for CCH and this year, we're making a point to honor them. That's why I encourage you to join me in celebrating Doctors' Day on March 30, 2018. It's a day set aside to celebrate and recognize the contributions our physicians make to the community.

Another way we're highlighting our doctors is our new video: "The Best Move You'll Ever Make." The video showcases a handful of our medical professionals and shares the work they do to help make a difference every day. It illustrates the safe and pleasant environment our facility offers, along with the kind and generous people who call Columbus home.

To view the video, visit our YouTube channel: Columbus Community Hospital.



*Michael Hansen*

## COMING SOON...

### PHYSICIANS' LOUNGE EXPANSION

Columbus Community Hospital is always working to provide a productive and comfortable place to work. In order to fulfill that goal, improvements have been planned for the physicians' lounge.

After getting feedback from medical staff, the decision was made to remodel the space. In the next few months, physicians who use the space will start to notice changes. The plan is to double the current space, provide additional seating and more computer space, along with an improved food and beverage selection.

The project is expected to last four to six weeks. The goal of the project is to establish an enjoyable space that meets the needs of the physicians, while also enhancing networking among colleagues. In the end, the hope is to improve the overall work environment for our physicians so they can continue to provide excellent care to CCH patients.

## PROVIDER NEWS



**DR. ROBERT A. VANDE GUCHTE** with the Lincoln Orthopaedic Center has started seeing patients in our Visiting Physicians Clinic.

He is a spine specialist who helps treat disc herniations, degenerative spine conditions, spinal trauma and much more.

Dr. Vande Guchte is from Edmonton, Alberta, Canada and graduated from the University of Alberta, Faculty of Medicine. He completed his orthopedic residency at the University of Alberta and a fellowship in

Sports Medicine at the University of Calgary Sports Medicine Center. He has also completed a second fellowship in Spine Surgery at the University of British Columbia Spine Trauma and Disease Center.

Dr. Vande Guchte works with hospitals throughout Lincoln and community hospitals in Nebraska. He serves as Team Orthopaedic Surgeon for the Lincoln Stars hockey team and the Lincoln Saltdogs baseball team. We are pleased to have Dr. Vande Guchte treating patients in the Columbus area.

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**DR. ROGER ALBIN** brings 40 years of experience to the Columbus Community Hospital's Emergency Department with specialties in emergency and family medicine. He has been practicing full-time emergency medicine since 1990.

Dr. Albin completed his Bachelor of Science and Master of Science degree in medicine from the University of Nebraska Medical Center in Omaha, Nebraska. He also completed his family practice residency at the University of Nebraska Medical Center.

He is a board-certified member of the American Academy of Family Practice, Nebraska Academy of Family Physicians and Christian Medical and Dental Association. Dr. Albin was also named the Nebraska Emergency Medical Services Medical Director of the Year in 2007.



**AMBER CITTA, APRN** has recently joined CCH Columbus Otolaryngology Clinic and is now practicing with Dr. Nila Novotny, Dr. Mat Weekly and Dr. Paul Sherrerd.

Citta previously worked as a nurse practitioner at Nebraska Heart Institute in Columbus. Before that, she worked in pediatrics at Columbus Children's Healthcare.

She is a Nebraska native who attended Chadron State College before attending the University of Nebraska Medical Center.

Citta received her master's degree as an Advanced Practice Nurse Practitioner in family medicine from UNMC. Her husband, Joe, is a physician at Columbus Family Practice.

She is also a member of the American Academy of Nurse Practitioners, as well as the Nebraska Nurse Practitioners.

## 1ST QUARTER CME OFFERINGS

Continued from page 2

### Creighton University

<https://healthsciences.creighton.edu/continuing-education>

### UPCOMING LIVE EVENTS:

Practical Pediatrics: 2018 Update  
Friday, March 2, 2018

Primary Care Update 2018  
Friday, April 27 – 28, 2018

Infectious Diseases Spring Symposium 2018  
Saturday, April 28, 2018

### CHI Health

<http://www.chihealth.com/continuing-education-for-health-professionals>

### UPCOMING LIVE EVENTS:

Elements of Care at the End of Life  
Wednesday, March 21, 2018

Foundations in Healthcare Ethics and Looking Through Our Lenses  
Thursday, April 12, 2018

### Bryan Health

<https://www.bryanhealth.com/medical-providers/medical-education/>

### Nebraska Methodist

<https://web.methodistcollege.edu/professional-development>

### UPCOMING LIVE EVENTS:

Development of Centers of Excellence Using Head and Neck Cancer as a Model  
Friday, March 23, 2018

## PAVING A PATHWAY TO EXCELLENCE®

Columbus Community Hospital continues its journey towards a Pathway to Excellence® designation. The Hospital, together with the six Practice Standard Champions, looks forward to working with the nursing staff and their professional colleagues to gather supporting information for the Pathway to Excellence® document. The aim is to have the information and document ready for submission by August 2018 with the ultimate goal of achieving Pathway to Excellence® designation by April or May 2019.

### PATHWAY TO EXCELLENCE® BENEFITS

- Improve Nurse Satisfaction
- Retain Choice Nursing Staff and Leaders
- Cultivate Interprofessional Teamwork
- Champion Quality Nursing Practice
- Support Business Growth

Please feel free to contact Micala Dempcy, Dustin Hill, Shanon Fittje, Danielle Reab, Heather Elton or Amanda Hopwood with your ideas and suggestions to help Columbus Community Hospital reach our final destination - Pathway to Excellence®.



## ANESTHESIA DEPARTMENT MANAGING PAIN IN NEW WAYS

Our nation is currently facing an opioid crisis. Overdose deaths, particularly from prescription drugs and heroin, have reached epidemic levels, according to the U.S. Drug Enforcement Administration. This makes regional anesthesia and chronic pain management more valuable than ever. That is why Columbus Community Hospital is working to expand the services of its Anesthesia Department.

The CCH Anesthesia Department is now doing more than a dozen different nerve blocks to help provide postoperative pain relief. This includes nerve blocks for general, obstetric and orthopedic patients. Our Certified Registered Nurse Anesthetists (CRNAs) are also utilizing Enhanced Recovery After Surgery (ERAS). As a result, patients are having less postoperative pain and being discharged earlier.

On top of that, the anesthesia staff will also be playing a larger role in the preadmission process through the Surge Center. Following the launch of the program, our CRNAs will be working with joint-replacement patients before surgery to discuss anesthetic options and determine if further tests are needed. The goal of this assessment is to create a better rapport with patients and their families. It will also help alleviate patient anxiety about potential procedures.

Columbus Community Hospital hopes these changes, along with the hard work of our talented staff members, will improve quality of care and produce better outcomes for our patients.

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## NEW CONCEPT IN JOINT REPLACEMENT SURGERY



Columbus Community Hospital is changing the way patients and their families think about and experience Joint Replacement Surgery with the introduction of Surge. This is a comprehensive program that is based on a national best practice model for shoulder, hip and knee replacements. It is structured around the fundamental principles of wellness.

Surge is not your typical hospital program or hospital stay. Each patient is approached in a new way. Patients are not viewed as "sick." Instead, they are seen as healthy individuals who are coming to the hospital because they have pain and want to live a better quality of life by having joint replacement surgery.

This fundamental concept of wellness is executed throughout the entire program, which incorporates advanced, minimally invasive, analgesic and rapid-recovery surgical techniques. The program also creates an environment that maximizes patient recovery through education, a culture of early mobility, family involvement and group interaction.

An important aspect of the program is that individuals having elective surgery choose a coach—usually a family member or loved one—who is an active participant in their care before, during and after discharge from the hospital. Both patient and coach are required to attend a preoperative class two to three weeks prior to surgery, where they meet their Surge team. Additionally, they learn details about the procedure, what to expect in the hospital and how to care for oneself after discharge.

The program emphasizes patient and family involvement. Teaching patients and families what to expect before, during and after surgery is believed to be one of the best ways to make them feel less anxious about the experience. Above all else, the program aims to make patients proud they chose Columbus Community Hospital for their care!



## WHAT IS THE PRESCRIPTION DRUG MONITORING PROGRAM (PDMP)?

### HOW DOES IT BENEFIT ME AS A PRESCRIBER?

The Nebraska PDMP is a statewide tool that collects dispensed prescription information. The PDMP is housed on the Health Information Exchange platform and managed in collaboration with the Nebraska Department of Health and Human Services (DHHS). The primary purpose of the PDMP is to prevent the misuse of controlled substances that are prescribed, allow prescribers and dispensers to monitor the care and treatment of patients for whom such a prescription drug is prescribed and to ensure that such prescription drugs are used for medically appropriate purposes.

Prescription Drug Monitoring Programs provide continuity of care among providers working in a variety of practice settings. The PDMP databases help providers by increasing awareness of all active controlled substance medications on file for a patient. PDMPs are designed to monitor prescription information for patient safety and suspected abuse or diversion (i.e. channeling drugs into illegal use). They can also give a prescriber or dispenser critical information regarding a patient's controlled substance prescription history. This information can help prescribers and dispensers identify patients at high-risk who would benefit from early interventions. Prescribers can use PDMP data as a tool to monitor compliance and increase confidence in prescribing decisions.

As of January 1, 2018, Nebraska's PDMP contains all dispensed prescription drugs (controlled and non-controlled prescription drugs). This provides prescribers with an opportunity to view all dispensed medications for a patient and serve as a comprehensive medication reconciliation tool.

**Register online now!**

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## NRP SKILLS TEST DATES

TUESDAY, APRIL 17, 2018 & TUESDAY, OCTOBER 9, 2018

5 p.m. – 8 p.m. • OB Department

The online portion must be completed prior to the testing out of skills dates above.

NOTE: The NRP manuals are available in the Education Department. Please check one out prior to completing the online portion through Healthstream.

You will be assigned the NRP Online Exam, 7th Edition and will be notified once an assignment is made for you. Instructions for the NRP Online Exam will be sent to you at that time.

Please call Kim at ext. 3277 or 3266 if you have questions.



## NEW PHARMACY HOURS

MONDAY – FRIDAY:

6:30 a.m. – 7 p.m.

SATURDAY & SUNDAY:

7 a.m. – 5:30 p.m.

Columbus Community Hospital Pharmacy hours have been adjusted. The pharmacy is now closing at 7 p.m. on weekdays.

With this change, the remote pharmacy service, Medistar, will be picking up the extra hours between 7 p.m. and 11 p.m. These hours were previously covered by the CCH pharmacists.

As always, the CCH pharmacy staff will remain on call. They are available to help if there is a significant number of IV medications that need to be made for new admissions.



## CHILD CARE CENTER EXCEEDS EXPECTATIONS

The Columbus Community Hospital Child Care Center opened six months ago, and the facility is already exceeding expectations. The center is a 14,000-square-foot, state-licensed child care facility. Currently, more than 100 children are enrolled, and a waiting list has been started for families interested in joining.

The facility is open from 5 a.m. to 7:30 p.m., Monday through Friday. It provides infant, toddler, preschool and school-age care.

Staff members follow a curriculum that includes suggested activities and teaching guidelines. They also provide healthy and nutritious snacks and encourage physical activity throughout the day.

The quality of the center's staff is second to none – with many teachers holding degrees in early childhood education. Each employee has a passion for guiding, nurturing and helping young minds to learn and grow.

To enroll or to learn more about the services offered at the CCH Child Care Center, please contact Melinda Long, CCH Child Care Center Director, at [mstrong@columbushosp.org](mailto:mstrong@columbushosp.org) or 402-562-3289.



## CCH EMPLOYEE RECEIVES LYMPHEDEMA CERTIFICATION



Columbus Community Hospital is pleased to congratulate RaeChael Wilcox, OTD, OTR/L, CLT, on her Complete Lymphedema Certification. Wilcox has worked in the Rehabilitative Services Clinic at the Columbus Wellness Center since February 2017.

She recently completed a 135-hour course through the Academy of Lymphatic Studies. The course teaches medical professionals how to successfully treat and manage lymphedema affecting different parts of the body, as well as other related conditions.

Lymphedema occurs when the lymph vessels are unable to adequately drain lymph fluid. It is a chronic, and, if untreated, progressive condition that results in the swelling of arms or legs. The condition is very serious and common worldwide.

Wilcox is the fourth Columbus Community Hospital staff member with this certification. Other staff members are Jill Jakub and Julie Bennett of Rehabilitative Services and Jennifer Fjell of the Wound Clinic.

The certification will allow Wilcox to serve more patients in the Columbus area and provide more detailed, specific treatment options for patients impacted by lymphedema.

## TELL ME 3/TEACH-BACK

As we all know, visiting a hospital can be very stressful for patients. From verbalizing their pain and discomfort to learning how to treat their ailments, hospital visits can be overwhelming. In fact, research shows 40 to 80 percent of medical information patients receive is forgotten immediately and nearly half of the retained information is incorrect.



That's why we want clinical staff to use "Tell me 3/Teach-Back." This technique aims to help our patients and their families understand their health care plan.

### Here's how it works:

- Have the patient repeat what you said using their own words.
- Ask open-ended questions.
- Open-ended questions start with: What, How, When or Tell me

*Here are some examples:*

1. Tell me what the main problem is?
2. What do they need to do to get better?
3. Why is it important for the patient to do this?
4. When do I seek help/Who do I call/Where do I go?

We are here to help the patient manage their health care at the highest level. Our goal with "Tell Me 3, Teach Back" is for patients to retain the correct information so they can care for themselves at home.

## IASTM:

### HELPING PATIENTS GET BACK ON THEIR FEET

In April 2017, Joanne Mosel started noticing pain in her heel. After days of discomfort, she decided to visit her family doctor.

Her doctor referred her to Rehabilitative Services at the Columbus Wellness Center for physical therapy.

She worked regularly with Hailee Luckey, PT, DPT at Rehabilitative Services. As part of her therapy, Luckey used a technique called Instrument Assisted Soft Tissue Mobilization (IASTM) to help provide Mosel with relief.

The technique is performed using hand-held instruments that break down scar tissue and fascial restrictions in soft tissues resulting in improved blood flow to the impacted areas.

Mosel says the technique, along with the rest of her physical therapy, helped get her back on her feet. She says, since using IASTM, the swelling has gone down, and her pain has lessened.

For questions about IASTM treatments or to refer a patient for this innovative and effective method for soft tissue restrictions and pain relief, contact Rehabilitative Services at 402-562-3333. Faxed referrals can also be received at 402-562-3334 at the Columbus Wellness Center.

*Hailee Luckey, PT, DPT, is the only therapist in the Columbus area certified in the Graston Technique® which focuses on treating soft tissue conditions. Its special technique and instruments allow therapists to treat issues with scar tissue and fascial restrictions to relieve pain and improve function.*

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## SLEEP LAB NOW OFFERS PEDIATRIC SLEEP STUDIES

The Columbus Community Hospital Sleep Lab offers complete polysomnographic in-lab and in-home sleep testing to diagnose a wide variety of sleep disorders in adults, but now those services are expanding.

The in-lab sleep testing can now be performed on patients 14 years and older. The testing is done in the CCH Sleep Lab, which is located on the second floor of the Hospital.

The process in which the pediatric results are managed is identical to that of the adult sleep testing.

The pediatric sleep tests are scored the morning after the test is completed by a Registered Polysomnography Technologist. From there, results are sent to be interpreted by a board-certified sleep medicine physician. The physician interpretation is returned to the CCH Sleep Lab in an average of 10-14 days.

After receiving this, a Registered Polysomnography Technologist will call the patient to discuss the physician's recommendations and answer any questions the patient may have. A copy of the test results is also sent to the patient's primary care provider. As with any sleep testing, a physician referral is required to schedule an appointment.

Please contact Nathan Fuerhoff, RRT, RPSGT, at 402-562-4670 with any questions about this new service.



## “ASK THE DIETITIAN” PROGRAM

Columbus Community Hospital is happy to announce the launch of a new educational program called “Ask the Dietitian.” The program includes a series of free classes that will give community members the opportunity to interact with a nutrition professional and have their health questions answered.

The classes are being held in the Columbus Wellness Center's Multipurpose Room. A CCH dietitian will be available from 11:30 a.m. to 12:30 p.m. to discuss nutrition-related topics. That expert will also be available for questions following each discussion.

Our Columbus Community Hospital dietitians can also answer questions about diabetes, weight loss, heart health, cooking healthy foods and much more.

For more information on the “Ask the Dietitian” program, contact Susan Olmer at (402) 562-4460 or Joan Plummer at (402) 562-4462.

**Tentative class topics include the following:**

- February 23 – Power Up with Breakfast
- March 2 – Shop Smart—Get the Facts on Food Labels
- March 9 – Smart Snacking
- March 16—Total Body Diet
- March 23—Healthy Eating Tips for Vegetarians
- March 30 – Eating Right to Reduce Inflammation



## BLS/ACLS/PALS SKILLS TESTING

### CCH BLS Instructor Led Classes – Platte Room

Feb. 20 – 7:30 a.m. – 11:30 a.m.  
Mar. 6 – 7:30 a.m. – 11:30 a.m.  
Mar. 26 – 1:30 p.m. – 5:30 p.m.  
Apr. 11 – 7:30 a.m. – 11:30 a.m.  
Apr. 24 – 1:30 p.m. – 5:30 p.m.  
May 16 – 7:30 a.m. – 11:30 a.m.

### CCH BLS Skills Testing Only – Platte Room

#### BLS PART ONE ONLINE TESTING:

- Contact Education department at X3366 or email javance@columbushosp.org to obtain a key code to test online.
- Go online and take the course followed by the test.
- After completion of the test, print certificate.
- Sign up for one of the Blended Classroom Skills Test Out Sessions in Elsevier.
- Bring certificate to class and test out of the skills portion of certification.

Mar. 15 – 2 p.m. – 4:30 p.m.  
Mar. 21 – 7 a.m. – 9:30 a.m.  
Apr. 3 – 7 a.m. – 9:30 a.m.  
Apr. 16 – 2 p.m. – 4:30 p.m.  
May 4 – 7 a.m. – 9:30 a.m.

### ACLS RENEWAL COURSES

8 a.m. – 4:30 – Platte Room  
March 14 & May 17

### PALS RENEWAL COURSE

8 a.m. – 4:30 – Platte Room  
April 12

Call X3320 for assistance/questions and to register for ACLS or PALS.

## STEADI: PREVENTING OLDER ADULT FALLS

Falls are the leading cause of fatal and non-fatal injuries for older Americans. Each year, falls result in more than 2.8 million emergency department visits, roughly 800,000 hospitalizations and about 27,000 deaths.

The Stopping Elderly Accidents, Deaths and Injuries (STEADI) initiative was developed in response to this growing health threat. STEADI offers training and resources to help healthcare providers put fall prevention strategies into practice.

STEADI consists of three core elements: Screen, Assess and Intervene.

- **SCREEN** by asking all patients age 65 and older the following questions:
  1. Have you fallen in the past year?
  2. Do you feel unsteady when standing or walking?
  3. Do you worry about falling?
- **ASSESS** to identify treatable fall risk factors such as:
  - o Vestibular disorder/poor balance
  - o Vitamin D insufficiency
  - o Medications linked to falls
  - o Postural hypotension
  - o Vision impairment
  - o Foot or ankle disorder
  - o Home hazards
- **INTERVENE** to use effective clinical and community strategies:
  - o Strength and balance programs (e.g., physical therapy, Tai Chi)
  - o Vitamin D supplementation
  - o Medication management
  - o Corrective eyewear
  - o Cataract surgery
  - o Orthotics and exercise
  - o Home modification led by an occupational therapist

STEADI offers training and resources to help healthcare providers put fall prevention strategies into practice. For more information about these resources, visit [www.cdc.gov/steady](http://www.cdc.gov/steady) or contact Samantha Lozos at 402-562-3192.





IN MEMORY OF J. PATRICK BARNES

## DUSTIN HILL WINS DAISY AWARD

Congratulations to Dustin Hill, RN and house supervisor, in the Acute Care Unit (ACU) and Intensive Care Unit (ICU) for winning the DAISY Award for Extraordinary Nurses in December 2017. Hill started his career at Columbus Community Hospital on August 24, 2009 as a Licensed Practical Nurse (LPN). He was promoted to house supervisor in July 2016. He has gone above and beyond to deliver quality patient care each day. We thank Dustin for representing Columbus Community Hospital in such a positive light!

## CHANGING THE WAY WE KEEP RECORDS

In order to provide the best service to our patients, Columbus Community Hospital is working to streamline its records.

In December, Information Systems experts began to transition affiliated clinics from "Applied Management Systems (AMS)" to "Paragon – Ambulatory Care EHR and Practice Management Software."

The change will help improve physician and provider workflow. It will also reduce hassle associated with having separate systems between the hospital and clinic environments.

"Paragon – Ambulatory Care EHR and Practice Management Software" will also help accomplish the following:

- Consolidate patient records from Columbus Community Hospital and clinics
- Give clinics access to Columbus Community Hospital patient records from within the clinic system
- Allow clinics to order lab and radiology orders from their office
- Reduce hassle associated with paper/faxed lab and radiology results between clinics and the Hospital
- Produce single patient records for registration and billing patients

The transition has also begun to integrate Community Health Information Exchange (HIE) to all Columbus medical practices. This change will help create a successful, sustainable community health information exchange.

The goal of this transition is to establish better communication in regard to our patients' information. The exchange hopes to benefit health care providers and patients by:

- Improving patient safety by reducing medication and medical errors
- Increasing efficiency by eliminating unnecessary paperwork and handling
- Eliminating redundant or unnecessary testing
- Engaging healthcare consumers regarding their own personal health information
- Improving healthcare quality and outcomes
- Reducing health related costs





## MEDICAL STAFF MEETING DATES FOR 2018

- Tuesday, February 20 - 12:00 p.m.
- Tuesday, May 15 - 12:00 p.m.
- Tuesday, August 21 - 12:00 p.m.
- Tuesday, November 20 - 12:00 p.m.

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## UPCOMING 2018 LOCAL OFFICE MANAGERS' MEETING

### CCH Board Room

- Wednesday, March 14, 2018  
(10:45 a.m. - 1 p.m.)
- Wednesday, May 16, 2018  
(10:45 a.m. - 1 p.m.)
- Wednesday, July 18, 2018  
(10:45 a.m. - 1 p.m.)
- Wednesday, September 19, 2018  
(10:45 a.m. - 1 p.m.)
- Wednesday, November 14, 2018  
(10:45 a.m. - 1 p.m.)

## NEW CHIP SESSION STARTS IN MARCH

A new Complete Health Improvement Program (CHIP) session starts March 5. CHIP is an intensive educational program with 18 classes running over three months. During each class, participants are guided through various stages of lifestyle change. The goal is to lower blood cholesterol, hypertension and blood sugar levels, as well as reduce excess weight.

At various points, participants take part in blood draws and health risk assessments to track their progress and guide them on their own unique journey.

Participants can look forward to learning about heart health, cancer prevention, stress relief and other useful topics that will help them lead a happy and healthy life.

### ENROLLMENT INCLUDES:

- Baseline, midpoint and endpoint lab work (lipid profile, blood sugar) and biometrics to include blood pressure, pulse, waist circumference and weight
- CHIP kit which includes workbook, textbook and cookbook
- All 18 educational sessions, food samples and videos
- Online Health Risk Assessment

### To learn more about CHIP or to enroll, contact:

Ileana Jarecki, Wellness Coordinator  
Occupational Health Services  
imjarecki@columbushosp.org  
Phone: 402-562-4490

Danielle Frewing, BSN, RN, Director  
Occupational Health Services  
dafrewing@columbushosp.org  
Phone: 402-562-4483



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## NATIONAL DIABETES PREVENTION PROGRAM

More than 79 million Americans have prediabetes. People with prediabetes are more likely than other people to get type 2 diabetes.

A program offered through Columbus Community Hospital hopes to lower that number while helping people in our community. The Hospital is offering the National Diabetes Prevention Program (National DPP) in partnership with the Centers for Disease Control and Prevention (CDC) and the U.S. Department of Health and Human Services (DHHS).

The program has been proven to help people lose weight and prevent or delay their risk of type 2 diabetes by 58 percent. It requires a yearlong commitment which includes more than 16 sessions for the first six months and sessions once or twice a month for the remaining six months.

For more information about the program, contact Alicia Mueller, BSN, RN, at (402) 562-3322 or Joan Plummer, RD, LMNT, CDE, at (402) 562-4462.



U.S. Department of Health and Human Services  
Centers for Disease Control and Prevention

# CCH COOKING CLASSES

Have you heard about Columbus Community Hospital's cooking classes?

The classes allow participants to sharpen their culinary skills and spice up their dinner tables.

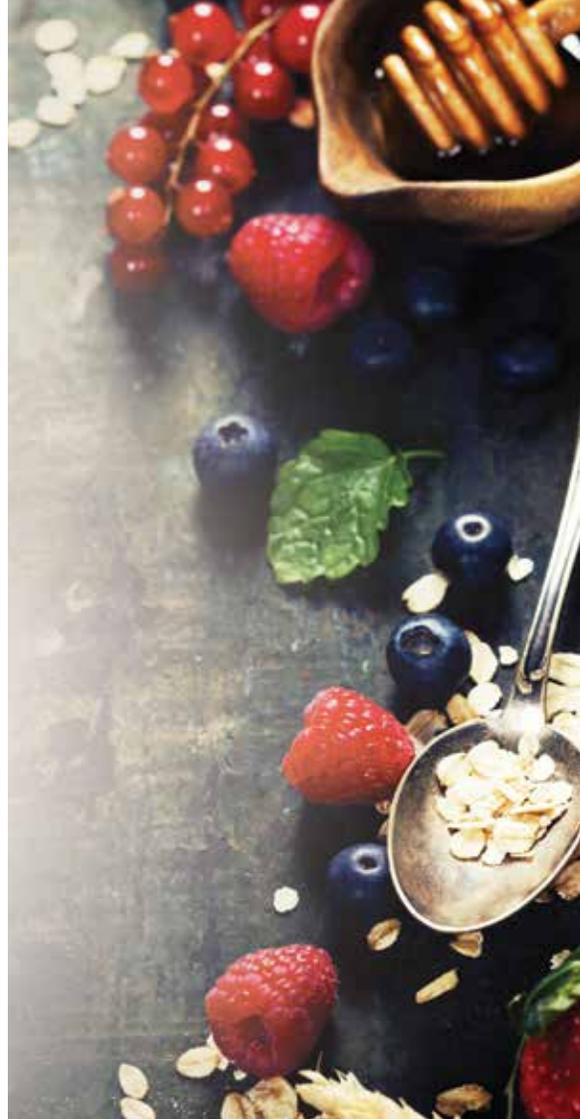
The 2018 cooking class schedule includes a wide variety of fun and tasty recipes. From "Sinful Sweets" to "South American Flair," CCH registered dietitians will introduce cooking class participants to new and exciting flavors!

Classes are held the third Tuesday of each month in the Columbus Wellness Center's Multipurpose Room. Pre-registration is \$15.

## 2018 COOKING CLASS SCHEDULE

February 20	Sinful Sweets	5:30 - 7 p.m.
March 20	Beneficial Herbs and Spices	5:30 - 7 p.m.
April 17	In a Pinch	5:30 - 7 p.m.
May 15	South American Flair	5:30 - 7 p.m.
June 19	Cooking with Beans	5:30 - 7 p.m.
July 17	Healthy Carb Cooking	5:30 - 7 p.m.
August 21	Garden Fresh Delights	5:30 - 7 p.m.
September 18	FODMAP Cooking	5:30 - 7 p.m.
October 16	Cooking for a Healthy Heart	5:30 - 7 p.m.
November 20	Holiday Spectacular	5:30 - 7 p.m.
December 18	Cooking with Whole Grains	5:30 - 7 p.m.

For more information on Columbus Community Hospital's cooking classes or to pre-register, contact Joan Plummer at (402) 562-4462 or visit our website [www.columbushosp.org](http://www.columbushosp.org).



The 16th annual "Holding Out Fore Health" golf outing will be held on Friday, June 1, 2018 at the Elks Country Club. The event will include prizes, food and refreshments. Proceeds will help fund the expansion of the Hospital's surgical center.

To play or help sponsor the event, please contact Carol Keller or Rita Samuelson at [foundation@columbushosp.org](mailto:foundation@columbushosp.org) or call 402-562-3377.

## SPRING PHYSICIANS' OPEN HOUSE

FRIDAY, APRIL 13, 2018  
ELKS COUNTRY CLUB

### *EVENING EVENTS:*

5:30 - 6 p.m. Social Hour: open bar and appetizers

6 - 6:30 p.m. Introductions/Educational Presentation

6:30 - 7 p.m. Social Concludes

### *Featured Physicians:*

Dr. Nila Novotny  
(Presenting on skin lesions)

Dr. Mat Weekly  
(Presenting on TBD)



## CCH SOCIAL MEDIA

JOIN US ON SOCIAL MEDIA!

FACEBOOK:

@ColumbusCommunityHospital

TWITTER: @ColumbusHosp

INSTAGRAM: @ColumbusHosp

YOUTUBE:

Columbus Community Hospital

Stay up to date on events happening at CCH, get advice from our experts on the latest issues impacting your health and learn about the countless services we offer!

## PHYSICIAN RELATIONS

**Korie Whitmore**  
Physician Relations  
Representative

Office: 402-562-4676

Cell: 402-366-3344

**Amy Blaser**  
VP Physician Relations/  
Business Development

Office: 402-562-3371

Cell: 402-270-1819

**Mike Hansen, FACHE**  
President/CEO

Office: 402-562-3351

Cell 402-649-9575

[www.columbushosp.org](http://www.columbushosp.org)

## OUR HOSPITAL

Our 47-bed acute care hospital is certified for swing beds with an additional 14 ambulatory outpatient beds and four skilled nursing beds. Established in 1972 by the merger of St. Mary's Hospital and Behlen Memorial Hospital, this not-for-profit hospital is governed by a local board of directors. We are licensed by the Nebraska State Board of Health and accredited by the Joint Commission.

We are a member of the Nebraska Hospital Association (NHA), the American Hospital Association (AHA), Voluntary Hospital Association (VHA) and Heartland Health Alliance (HHA).



## OUR PEOPLE

- **Over 720 Employees**
- Active medical staff of **45** physicians representing **14** medical specialties.
- Additional **20** specialty services brought to the community on an intermittent basis from visiting physicians.
- Over **230** volunteers

## OUR FACILITY

- Columbus Community Hospital is a **153,000** square foot hospital building constructed in 2002 and located on 80 acres in the northwest part of Columbus.
- **In 2012**, the Hospital completed a **30,000** square foot addition. This allowed for expansion in the Emergency Department, increased patient privacy in the registration area and the creation of a women's imaging center.
- **In fall 2015**, the Hospital collaborated with the **YMCA** to open the Columbus Wellness Center on adjacent property. Most of the Rehabilitative Services department moved to the Columbus Wellness Center and the pediatric rehabilitation service, Wiggles & Giggles Therapy for Kids™, moved from their off-site location.
- In August 2017, the CCH-owned **Child Care Center** was completed. The Child Care Center accommodates up to 101 children and gives CCH employees a convenient child care option.
- Our Hospital offers inpatient and outpatient care, surgery and **24-hour** emergency care.
- **Two aquatic therapy locations** with Rehabilitative Services at the Columbus Wellness Center and Premier Physical Therapy.
- The Hospital's south campus houses offices for medical outreach services of Home Health and Hospice, Healthy Families and Occupational Health Services.

## OUR SERVICES

- 24-hour Level III Trauma Care
- Acute rehabilitation
- Aquatic therapy
- Birth & infant care
- Cancer survivor programs
- Cancer treatments
- Cardiac rehabilitation
- Concussion Management Clinic
- Diabetes education
- Diagnostic Imaging
- Dietitian services
- Emergency services
- Endoscopy
- Healthy Families Program
- Home Health Care
- Hospice
- Infusion Services
- In-patient pharmacy
- Intensive care
- Interpreter services
- Laboratory services
- Lifeline
- Neonatal intensive care
- Occupational Health Services
- Orthopedic services
- Rehabilitative services: OT, PT, and ST
- Respiratory Care
- Sleep lab
- Social Work
- Sports Medicine Program
- Sports Enhancement Program
- Surgery – inpatient and outpatient
- Volunteer services
- Wound, Ostomy and Contenance Care