

The Regional

A BAXTER REGIONAL MEDICAL

CENTER PUBLICATION

THRIVING TOGETHER

TO MAKE A HEALTHIER OZARKS

SPRING 2017



Rock Steady Boxing in Mountain Home is Growing Fast!

The Mountain Home affiliate of Rock Steady Boxing (RSB), a unique exercise program based on training used by boxing pros and adapted **for people with Parkinson's disease**, has added a new class to the weekly schedule. Making room for new boxers, Rock Steady Boxing Mountain

Home is now offering a third class time option, on Mondays and Wednesdays from 10 to 11:30 a.m.

RSB involves regular exercises, such as stretching, bicycling, running, jump-roping, push-ups,

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Back to Life After Double Hip Replacement

by Kathy Meinecke

"When I think back to how this all started, I was a tom boy. I jumped out of swings, I jumped out of trees, I was a total maniac. Then I started running and playing tennis.

Over time that caused sports arthritis, which really hit me about 10 years ago.

It came on gradually, and then it hit pretty bad. I started to limp and was in constant pain. That actually went on for about three years.

I had to start using a cane to walk. It didn't stop me though, I still worked full time, went to the gym, took care of my horses, shopped, vacuumed, but it was very difficult. I could not sleep and was in pain all the time.

The pain was so bad that when I went to stand, I would actually see stars. I did not talk about the pain because who wants to hear someone complaining all the time. So, I kept quiet about it.

Three people ended up telling me about Dr. Moore. Two friends and the third person was a co-worker. As soon as my co-worker told me about Dr. Moore, I thought ok this is it. It's time for me to call Dr. Moore. Luckily, I could get in

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Physical Therapy Significantly Reduced Vertigo and Balance Issues for Jim Dugan

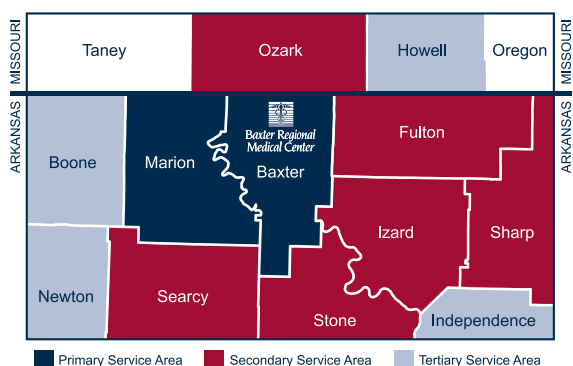
Jim Dugan, business owner and avid fisherman, suffered daily from vertigo and balance issues. After **vestibular rehabilitation with Physical Therapist Jason Smith** at Baxter Regional Medical Center, Jim was back on the river, doing what he loves. **"I can fish again. It's a miracle! They just fixed me." - Jim Dugan**

Proven to be the most effective and cost efficient means of treating inner ear/balance disorders, vestibular rehabilitation is designed to reduce or eliminate vertigo and dizziness, improve visual focus, and strengthen weakened muscles.

If you feel this treatment could benefit you, ask your physician for a referral to BRMC Rehabilitation Services.

The outpatient physical therapists at Baxter Regional Medical Center help patients along the road to recovery, every day. Our team specializes

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Baxter Regional Service Area

Baxter Regional Medical Center (BRMC), located in Mountain Home, Arkansas, serves patients from a two-state, 14-county area throughout north-central Arkansas and south-central Missouri. In addition to the main hospital facility, BRMC operates seventeen area clinics.



CHECK OUT OUR VIDEOS

You can find many of the stories in this issue on our BRMC YouTube Page. We also have other informational videos including BRMC Healthy Connections - Cooking at Reppell Diabetes Learning Center. Check out our videos at <https://www.youtube.com/user/BaxterRegional/videos>

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Heart Surgery... A Life Changing Experience for Judge Pendergrass

Article courtesy of baxterbulletin.com, published Nov. 23, 2016



Baxter County Judge Mickey Pendergrass underwent quadruple-bypass heart surgery on Sept. 5, Labor Day.

"I had way more blockages than that, but they were able to cover it with four bypasses," Judge Pendergrass said. "If I had not gone to the hospital when I did, I probably would have had a major heart attack in a couple of days, the blockages were that bad."

It was the first time that he had been hospitalized since being born, he said. "That got my attention, big time," Judge Pendergrass, 63, said. "I think I'm in really good health, I have a great family, a great job. I'm serving the people that elected me and I'm enjoying what I'm doing. Having heart surgery wasn't anywhere on the horizon."

The judge's medical exams over the past few years indicated high cholesterol and elevated blood pressure, but "nothing that set off alarm bells," he said. His mother's side of the family does have a history of heart disease, with his mother undergoing bypass surgery when she was 67.

"I'm 63, so I beat her to the punch by four years," Judge Pendergrass joked. "My dad lived to be 91, had all his teeth and never took medicine. Here I thought I was going to be like dad, but surprise, mom put the curse on me."

Pendergrass was at work at the courthouse the Friday before Labor Day when

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WE LOVE OUR VOLUNTEERS

Since 1962, the Baxter Regional Medical Center Auxiliary has donated countless hours of service and raised over 5.7 million dollars for services and equipment at BRMC. **Thank you, volunteers!**

To join their team, apply online at http://bit.ly/BRMC_VolApp. Call Baxter Regional Volunteer Services at (870) 508-1064 or visit <http://bit.ly/BRMCAuxiliary> for more information.

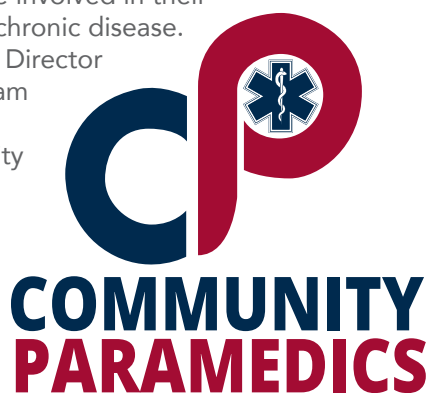
Another First for Our Hospital: First Licensed Community Paramedics

February 17, 2017, marked the end of a four-year initiative for the first State of Arkansas License with National Community Paramedic. Community paramedicine is an emerging healthcare profession. It allows paramedics and emergency medical technicians (EMTs) to operate in expanded roles to provide routine healthcare services for patients with chronic diseases. This helps to improve rural emergency medical services (EMS).

Licenses were given to three founders of the Baxter Regional Medical Center Community Paramedic Program: Gerald Cantrell, RN/Community Paramedic, EMS Director; Dan Snyder, Community Paramedic, BRMC Community Paramedic Program Coordinator; and David Sator, Community Paramedic.

The BRMC Community Paramedic program was originally designed to impact the repeat users of the BRMC Cline Emergency Center and the Ambulance Services. However, after reviewing statistics with BRMC Continuity of Care Director, Sue Rodden, RN, of the number of patients being discharged from the hospital without follow up care and the impact of the readmission penalties from Medicare, the program quickly changed course to add the readmission avoidance standard to its transitions care model, because it was the right thing to do for patient care. The Community Paramedic program has enrolled over 700 patients since the beginning, showing 96 percent readmission avoidance. The key to their success is due to allowing the patient to be involved in their care and giving the patient resources to self-manage their chronic disease. The program is overseen by Dr. Brad Schulz as the Medical Director and Dr. Michael Hodges as co-Medical Director. The program was funded for two years with back to back grants from Arkansas Blue Cross and Blue Shield to allow the Community Paramedic initiative to go through the process of licensure.

Patients that are enrolled into the program usually stay for 30-45 days to ensure they are able to self-manage their chronic disease. A risk stratification is completed to determine if the patient is a high risk for readmission; the patient is introduced to a stop light form to begin the chronic disease management, and then a care plan is established with involvement from the patient. Based on their risk stratification score, the amount of visits is determined. High risk patients, determined during enrollment, might have 2-3 weekly visits and then taper off as the patient becomes more aware of their management. The



patient is often asked what three areas this program can impact their overall well-being, and most patients don't know how to respond because they are used to being told what to do. What matters most to you now you are at home? We find that if we can impact what is important to the patient they are more willing to comply with their plan of care. Documentation in the hospital database (CERNER) increases our presence to connect with the patient's primary care physician. If the patient needs a follow-up appointment, or a change to their scheduled appointment, we are able to get them into the office and with their approval, go with the patient to discuss the patient care that allows us to discuss the physician guideline with the patient in the home. For more information call (870) 508-RISK (7475) or email communityparamedic@baxterregional.org



Gerald Cantrell, RN, Director of Ambulance Services; Dan Snyder, Community Paramedic Coordinator; and David Sator, Community Paramedic, became the first licensed community paramedics in Arkansas and in the nation.



OUR BOARD CERTIFIED PHYSICIANS BRING 90 COMBINED YEARS OF EXPERIENCE TO OUR HEART TEAM.

Baxter Regional Medical Center is the region's leader in cardiac care. Our board certified cardiovascular surgeon Dr. Louis Elkins and cardiologists Dr. Michael Camp, Dr. John Edavettal and Dr. Otis Warr bring 90 combined years of experience to the BRMC Heart Team, performing the latest life-saving techniques in cardiovascular surgery and interventional cardiology using technology normally found only in larger cities. Baxter Regional is state-of-the-art heart care, right here at home.

Heart Team
Baxter Regional Medical Center

MAKE SURE YOUR HEART IS IN THE RIGHT PLACE

MOUNTAIN HOME, AR | 1-800-695-DOCS (3627) | www.baxterregional.org



Baxter Regional Medical Center

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Back to Life After Double Hip Replacement

right away. I got to see Dr. Moore and had the surgery. The first surgery and recovery were amazing. I went through physical therapy. I had been going to the gym with my cane, struggling along, and doing everything at the gym to keep my muscles strong, so the recovery was quick.

I had the next surgery the following month. After the second surgery, the physical therapist knew I was very motivated, so I got to do my therapy on my own. When I had my visit with Dr. Moore, he said ok do you want to have physical therapy or do you want to go back to your gym? I said back to the gym.

So, I started going back to my gym. It was wonderful not to go to the gym with a cane, or two canes because at the end I was using two canes. I was able to do my workout and take care of my horses.

Life without pain, you forget what it's like. You forget what it's like to actually be able to get out of the bed or get out of this chair and be able to walk and not have tears in your eyes because

of the pain. You forget what it's like to be able to sleep at night. Being able to just sleep is amazing.

I told Dr. Moore when I went back for my follow-up visit 'you gave me my life back', and he did. I would have been in a wheelchair and I am just not that kind of person. It would have been a living death for me.

If you're tired and you're overwhelmed by joint pain, just know that there is hope for you. Give Dr. Moore a call, it was the best decision I've ever made."

For more information visit www.baxterregionalboneandjoint.org or call (870) 424-4710.



Win Moore, MD
Board Certified
Orthopaedic Surgeon



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Physical Therapy Significantly Reduced Vertigo and Balance Issues for Jim Dugan



in orthopaedic rehabilitation, aquatic therapy, lymphedema treatment, dry needling and vestibular rehabilitation. Our therapists don't just provide relief, they provide wellness, education and prevention so patients can get back to enjoying life. Today, and every day. For more

information on physical, occupational and speech therapy or sports medicine, call (870) 508-1560.



Baxter Regional Medical Center

REHABILITATION SERVICES

Cardiac & Pulmonary Rehab Unit Remodeled



The Baxter Regional Medical Center Cardiac & Pulmonary Rehabilitation Unit has been helping cardiac patients since the early 1980s. This unique unit has provided cardiac patients seeking to regain strength after a heart event or looking to prevent heart related issues with a place to do so located close to home. This unit also provides an extra benefit to the patients - all workouts are performed within immediate proximity of nurses and technicians trained to monitor each workout and assist patients in the event of a heart related emergency.

Since its inception this program has grown, often seeing up to 100 patients per day. In January, 2010, another level of care was made available to patients in this unit in the form of pulmonary rehabilitation. Each cardiac or pulmonary rehab patient receives one on one attention from the staff to develop a plan consisting of education, lifestyle changes, healthy eating plans and workout routines to help set them back on a path to health.

After moving to the current location in the hospital in 2003, the unit received no significant updates...until now. Thanks to the generosity of a caring community and a naming gift from the BRMC Auxiliary, the newly renovated unit is now called the BRMC Cardiac & Pulmonary Rehabilitation Unit sponsored by the BRMC Auxiliary. A total of \$250,000 was raised by Baxter Regional Hospital Foundation to support this renovation.

On Thursday, September 8, 2016, an open house was held to honor each of the donors who made this renovation possible. Those in attendance were able to take a tour of the newly remodeled area, which features updates and expansions. The gym area is now larger to accommodate a growing patient population in a space that is better suited to handle those with special needs, such as patients who require assistance from a

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COMMUNITY NEWS & MORE

What to find out about upcoming BRMC events or current programs?

Visit us online www.baxterregional.org and click on our Calendar.



7th Annual Pink for Peitz Benefit Rodeo Coming in August 2017!

This annual event, held at the Mountain Home Saddle Club Arena, is always a big crowd pleaser, and all the proceeds benefit the Peitz Cancer Support House. Visit us online www.PinkForPeitz.org, or call (870) 508-CARE (2273) for details.



Kerr Medical Student Scholarship Applications Due June 15th

Applications are now being accepted for the annual Dr. Robert L. Kerr Medical Student Scholarship. To be eligible, students must show proof of enrollment in an accredited medical program leading to a degree of medical doctor or doctor of osteopathy, or an accredited U.S. dental school leading to a degree of Doctor of Dental Surgery or Doctor of Dental Medicine. Applicants must also demonstrate permanent residency in Baxter, Marion, Fulton, Izard, Sharp, Stone, or Searcy Counties in Arkansas or Ozark County in Missouri. Students may apply online at <http://bit.ly/KerrMedStudentScholar> or obtain an application by contacting Sarah Edwards, Physician and Advanced Provider Recruiter, at (870) 508-1010. Applications are due June 15, 2017, with scholarships awarded August 1. Funding for the Kerr Medical Student Scholarship is provided by Baxter Regional Hospital Foundation.



Annual Teen Girls Go to College at ASUMH

The Schliemann Center for Women's Health Education (SCWHE) hosted the ninth annual Teen Girls Go to College event at The Sheid on the campus of Arkansas State University-Mountain Home on Thursday, March 16. Over 150 students from 11 area school districts enjoyed a day of education and empowerment.

Special guest speakers shared inspirational messages that encouraged students to continue their education in pursuit of their dreams. Over 30 professions were represented by local business women who volunteered their time during the Career Fair segment of the event. Educators and staff from ASUMH were also present to meet with students and answer their questions about enrollment and financial aid.

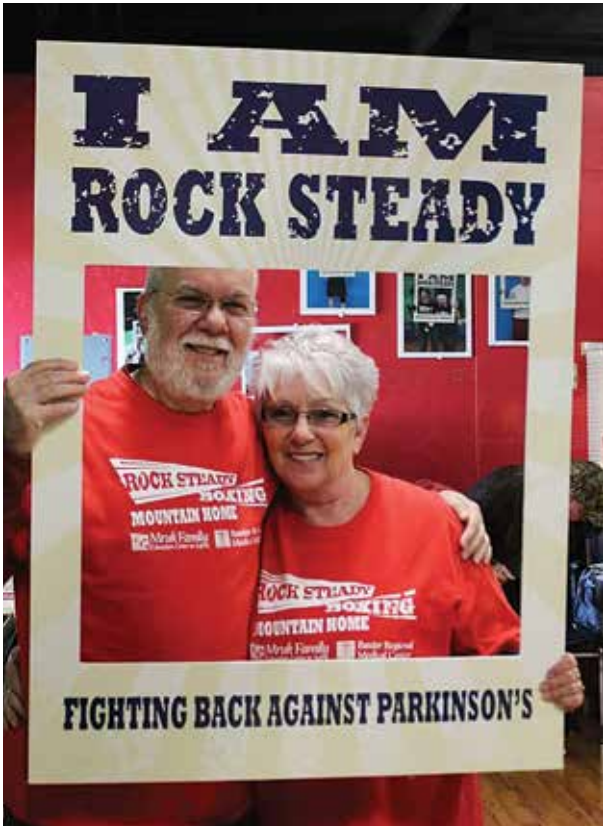
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Rock Steady Boxing in Mountain Home is Growing Fast!

balancing and lots of non-contact boxing, led by experienced trainers and certified coaches. RSB



serves anyone with Parkinson's disease; both men and women of all ages and levels of ability are welcome.

RSBMH is a program of the Mruk Family Education Center on Aging of Baxter Regional Medical Center. Classes are held at the Mountain Home Athletic Club, located at 514 Coley Drive in Mountain Home. Pre-registration, physician authorization and referral are required to participate. For complete details, contact Diahane VanGulick, MFECO A Coordinator, at (870) 508-3881 or evangulick@baxterregional.org, or visit www.mountainhome.rsbaaffiliate.com.

(pictured at left) MFECO A volunteers Andy and Vivian Petak help at Rock Steady Boxing Mountain Home every Friday and any other time we are in a bind! We are so thankful for them and all of the volunteers at MFECO A.



COMMUNITY NEWS & MORE

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During the annual scholarship awards ceremony, 22 scholarships valued at more than \$20,000 were awarded. Funding for the scholarships is provided by donors who have made a contribution to Baxter Regional Hospital Foundation as well as the ASUMH Foundation specifically designated for the Teen Girls Go to College program. For more information about Teen Girls Go to College, contact Jaren Beavers, SCWHE Coordinator, at (870) 508-2345 or email jbeavers@baxterregional.org.



Masquerade Ball Raises \$43,000 For Community Health Education & Support Houses

Baxter Regional Hospital Foundation's third annual Masquerade Ball was held Saturday, February 11, 2017, at The Sheid on the ASU-Mountain Home campus. As part of the 2017 Lend-A-Hand campaign, the event raised \$43,000 in support of the Peitz Cancer Support House, Reppell Diabetes Learning Center, Mruk Family Education Center on Aging and Schliemann Center for Women's Health Education. In 2016, more than 20,000 people passed through these community houses, where the majority of the services and programs are offered free of charge. SAVE THE DATE! The fourth annual Lend-A-Hand Masquerade Ball is set for Saturday, February 10, 2018. For more information call the Foundation at (870) 508-1770, or visit www.givetobrmc.org.

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Cardiac & Pulmonary Rehab Unit Remodeled

walker or cane. Additional exercise equipment was also purchased as a result of donor gifts to reduce wait times on high volume days. New flooring and more functional work spaces for the nurses and technicians were included in this renovation as well.

According to Dawn Tullis, RN, Cardiac Rehab Coordinator, cardiac disease has become the number one killer for both men and women in

the U.S. "Having a facility like this eliminates the need for our patients to travel many miles away from home to receive the same type of rehab they are able to get at BRMC, our community hospital. When you are dealing with the types of issues our patients are dealing with, traveling long distances is the last thing you want to be doing," Tullis said.

For more information, call (870) 508-1380.

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Heart Surgery...A Life Changing Experience for Judge Pendergrass

he began to experience extreme chest pain. His wife, Jewel, took him to the Cline Emergency Center at Baxter Regional Medical Center.

The ER transferred him to the hospital, and given his family history, an angiogram was scheduled for Saturday morning. Angiography is a medical imaging technique where a contrasting agent is injected into the subject and their circulation system is examined in real time with X-rays.

At the time, the plan was to use stents, small metal or plastic tubes inserted inside arteries, to help improve blood circulation.

"The doctor said, 'We're not going to give you a stress test, we're going to go straight to an angiogram,'" Pendergrass said. "They realized really quick once they started the angiogram, that stents were not going to fix this problem."

The BRMC medical staff told the judge Saturday evening that he was scheduled for bypass surgery Monday morning.

"I said, 'You're talking about doing things to me that I never dreamed. We need to talk about this a little while,'" Judge Pendergrass said. "But it didn't take them long to convince me, and they had already convinced my family."

Judge Pendergrass says he's thankful for Jewel, his wife of 43 years, and his family.

The judge said all Baxter County residents should be thankful to have medical facility like BRMC in their backyard.

"I've been a big defender of our medical facilities and the doctors we have here," he said. "When I tell people that little Mountain Home, in a county with 41,000 people, has a hospital that's six floors tall and had over 100 doctors on staff, does cancer treatments, open-heart surgeries and other operations, they don't believe it. That just doesn't happen in a town this size."

Judge Pendergrass described the Labor Day weekend as a life-changing experience.

"The way I eat, the way I act, it's all changed," he said. "I've lost some weight, I'm working out more, going to rehab. People ask how I'm doing, and I say, 'Well, I'm better than I was before, but not as good as I'm going to be.' I can thank God for my health now, after going through all that and getting better every day."

The judge said he was grateful for anyone who had a hand in his recovery. "It makes you thankful for what you have," he said.

For more information, call 1-800-695-DOCS (3627).



Type 1 Diabetes (T1D) Kids Group Offers Peer-To-Peer Support

Type 1 Diabetes is a very challenging disease. With the finger sticking, carb counting, and endless insulin injections or insulin pump adjustments, most patients become overwhelmed very quickly! The support of family and friends is as important as the life-sustaining insulin that these patients depend on daily. The Reppell Diabetes Learning Center (RDLC) is committed to providing patients of all ages with that kind of support, including children dealing with Type 1 Diabetes and their families. The RDLC staff recently took the unique T1D Kids Support Group to Sky Zone Trampoline Park in Springfield, Missouri. For more information about the T1D Kids Support Group and their future outings, call the RDLC at (870) 508-1765, or email jbodenhamer@baxterregional.org.