

Corporate Culture

This year Corporate Culture hosted several events to raise money for March of Dimes. Thanks to all the donations and time spent they were able to raise a little over \$4000. The first Annual March of Dimes Softball Tournament sponsored by EOMC was a hit with 8 teams registering. The Hillbillies walked away with 1st place, Bluebird Stone with 2nd place, and The Mooners with 3rd place. The poker run, cookout, bingo, and bake sale were hits as well.

The holidays are upon us, be on the look out for the Angel Tree and Food Drive. All entries for the Angel Tree and Food Drive must be turned in by November 23rd to Tashanna. The entries will be available for pick up by November 26th. All gifts as well as nonperishable and perishable items must be turned in by December 17th.



CFO Update

I recently read an article in Readers Digest that talked about the personal benefits of feeling grateful. This article suggested that we should make gratitude a daily focus. Claiming that studies show that those who count their blessings are happier, more productive and healthier. Obviously, Americans believe that it is important to be thankful. Just look at one of our biggest holiday traditions, Thanksgiving. We take an entire day each year to focus on gratitude.

Examining the origin of the word *gratitude* helps explain it. *Gratitude* originates from the Latin word *gratus*—meaning “thankful, pleasing”—which has its roots in *gratia*, which means “favor, pleasing quality or goodwill.” Derivatives of the Latin root can be found in many other languages. In Lithuanian, *griviu* means “to praise or celebrate.” In the 13th century, the short prayer before a meal came to be called *grace*. And in Greek, the word for “grace” is *charis*—the root of the word *charisma*.

I’d like to focus just for a little while on gratitude in connection with EOMC. We have so many areas in which we can be thankful: This community benefits greatly from the dedication of the staff at EOMC. Our staff is top notch and the care that they provide is a direct reflection of their dedication and devotion to healing. Our support staff, likewise, is passionate about this facility and making a difference in this community in their own right. Our Board of Directors does an outstanding job in leading this facility, approving, even insisting on, changes that have made technological and financial strides that we have not seen in more than a decade. Financially, this facility continues to do well, which will ensure that we can continue to serve and keep up with medical advances right here in LeFlore County and the surrounding areas.

Let us all have a great Thanksgiving “season” and be sure to look for those things that we can be grateful for, not just once a year, but all year long.

PRIDE

is a publication of EOMC

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PRIDE



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From the Desk of the CEO



What's in a grade?

The fall semester of my sophomore year in college, I decided to take the course "Money and Banking" mainly because my roommate was going to take it and I thought we could study together (or at least I might be able to get some answers off him). Economics 1 and 2 were pre-requisites for this course, of which I had only taken ECON 1. My plan was to take both, ECON II and Money and Banking class during the same semester. I understood that I was not supposed to do this, but I saw the chances of getting caught taking both courses at the same time slim. The only way the school would know if I was doing this was (1) I had the same instructor for both classes and (2) that the instructor noticed I was in both classes. I decided the odds of being

caught were not very high and definitely in my favor so I enrolled in both classes.

It's a good thing I was not a gambler back then because I did get the same instructor for both classes and of course, he did notice that I was in both classes. It actually took him a few weeks to catch on to what I was doing and he was not happy when he finally figured it out. Nevertheless, he was a reasonable man and decided I could stay in both classes as long as I did well in both, which I did. I made an "A" in the ECON II class and had an 88-point average in the "Money and Banking" class, which was second to my roommate who had barely made an 89. Needless to say, since we had the two highest grades in the class I was confident we would both earn an "A" for our hard work.

When the grades came out my roommate got his first, and as I expected he made an "A". So later that day I go to get my grades and I see that I received a "B". Knowing this could not be correct I found the instructor to inform him of his error, but I was told that indeed that grade was correct and that I did earn a "B". As you can expect I argued with the instructor and he said "No one makes an "A" in (Money and Banking) without first having ECON II". As you can imagine I was pretty hot when he told me this and started to plead my case when the instructor interrupted me and said, in this professor like, philosophical way **"What's in a grade, Terry?"** "You obviously know the subject matter and that is what counts." I again tried to make my case and even added, "If there is nothing to a grade, then why not give me an "A". He once again stated that he would not give an "A" to someone who had not taken the pre-requisites. I could see there was no reason to continue fighting this battle anymore so I took my "B" and stopped complaining.

That was a long story but I tell you to make a point. As I am sure most of you have seen there are many organizations and web sites that are comparing or grading hospitals based on certain criteria. On a national level, hospitals are being graded on four diagnoses; Heart Failure, Acute myocardial infarction, Pneumonia and surgical care improvement as it relates to Hysterectomies and large bowel procedures. Each of these diagnoses has certain criteria that were determined to be important to the care of the patient and we must meet this criterion in order to pass that section. Then the results of the criteria are tabulated and we are compared to the Oklahoma state average as well as national averages. And, as you can suspect, we look good in some areas and not so good in other areas. What I have been struggling to understand is do these criteria really have a significant impact on patient outcomes, and what importance should we stress on these criteria and ultimately the grades that are being published.

MISSION STATEMENT

EOMC is dedicated to providing quality care through commitment and compassion.



VISION STATEMENT

To be the healthcare provider of choice for Eastern Oklahoma.

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Employee Health

What is Influenza (Also Called Flu)?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent the flu is by getting a flu **vaccination** each year.

Every year in the United States, on average:

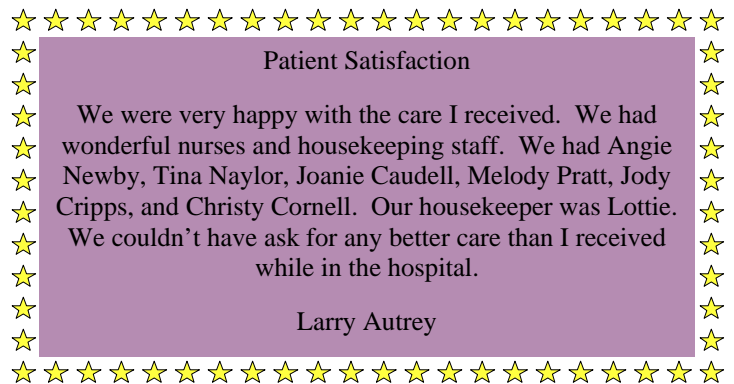
- 5% to 20% of the population gets the flu;
- more than 200,000 people are hospitalized from flu complications, and;
- about 36,000 people die from flu.

Some people, such as older people, young children, and people with certain health conditions, are at high risk for serious flu complications.

Symptoms of Flu

Symptoms of flu include:

- fever (usually high)
- headache
- extreme tiredness
- dry cough
- sore throat
- runny or stuffy nose
- muscle aches
- Stomach symptoms, such as nausea, vomiting, and diarrhea, also can occur but are more common in children than adults



Complications of Flu

Complications of flu can include bacterial pneumonia, ear infections, sinus infections, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma, or diabetes.

How Flu Spreads

Flu viruses spread mainly from person to person through coughing or sneezing of people with influenza. Sometimes people may become infected by touching something with flu viruses on it and then touching their mouth or nose. Most healthy adults may be able to infect others beginning 1 day **before** symptoms develop and up to 5 days **after** becoming sick. **That means that you may be able to pass on the flu to someone else before you know you are sick, as well as while you are sick.**

Preventing Seasonal Flu: Get Vaccinated

The single best way to prevent seasonal flu is to get a flu vaccination each year. Influenza vaccination injections can be obtained from employee health anytime after November 1. Nights and weekend staff can receive them from the house supervisor. If you have any questions about if you can take the injection call Matt at ext. 3322. It has been recommended by the CDC that anyone working in health care in any capacity should receive a Influenza vaccination each year.

Matt Duke, RN, Case Mgmt./Employee Health Manager

Take Advantage of Your Benefits

Direct Deposit

Having your paycheck direct deposited is a convenient benefit that we offer. Just think, no longer having to go to the bank. Not only can you have your paycheck directly deposited into your checking account, but into other accounts such as savings and credit unions as well. You still receive a check stub in addition to none of the hassle of going to the bank.

Stop by Human Resources or Payroll and pick up a form and have your check direct deposited next payday.

Open Enrollments

Watch for notices of dates for open enrollment for Flexible spending accounts in December. We will have the Prepaid Legal/Identity Theft Shield representatives here to answer any questions you may have.

From the Desk of the CEO Contd.

A good example is one of the criteria for heart attack patients is; “Did we give the patient an aspirin at discharge?” You read it correctly, at discharge being the key here. Did receiving or not receiving an aspirin at discharge have any effect on this patients care or outcome? Of course not!

However, it has been proven that aspirin therapy can help prevent further heart attacks so the “powers that be” have decided that we should give the patients this aspirin and instructions to take aspirins on a daily basis. I guess the other side of the argument could be “Did giving the patient an aspirin at discharge hurt the patient? Probably not, and like it or not, this is one of the criteria we are being graded on so if we want to pass this part, we will start giving the aspirin at discharge. As much as we all might want to say to the patient, “What’s in a grade” the better position for us is to say, “look at what a good grade we earned” and “look how we compare to other hospitals”. We may not necessarily agree what we are being graded on, but unlike my old ECON professor, the grade does matter, especially as the public learns how to access this information. Perception is reality. Let’s embrace what we are being graded while truly trying to improve the care given at EOMC.



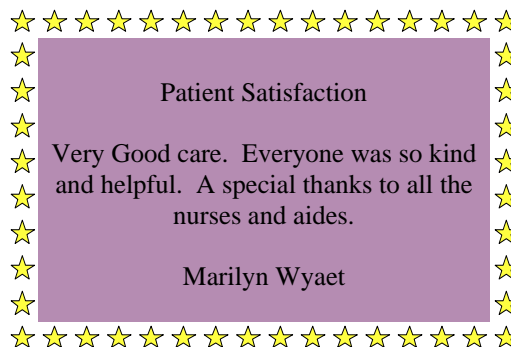
PRIDE

EOMC
Eastern Oklahoma Medical Center



Meet Our Doctors

Bruce Darrow, M.D., is our newest member to the medical staff. He is a board certified OBGYN and located at the Medical Plaza. He obtained his B.A. in Chemistry and Biology from Phillips University. He earned his medical degree from the University of Oklahoma where he later became the instructor for the residency program from 1976 to 1984. He has been in practice for over 30 years. Dr. Darrow has 3 children, Jennifer, George, and Nathaniel.



CNO News

The Joint Commission has left the building and we survived. I want to thank all of you for your hard work in preparing for The Joint Commission and when they were here. Although there are a few things that we have to work on it was a very good survey. It is a lot of hard work and dedication to maintain our Joint Commission accreditation but I really feel that it is worth it. The Joint Commission is really starting to drill down on patient safety and that is always a good thing. We must remember that staying continuously ready is what we must do to keep up with The Joint Commission.

Congratulations to Wynema Bowman and Coral Kryzstofik for winning the October drawing. Their names go into the drawing to be held on Dec 13th.

As you should be aware, we are really putting a push towards good hand washing and the use of alcohol foams. Remember that each time you enter and leave a patient's room to always use the foam and if your hands are soiled than use soap and water. Do not forget someone is always watching you, it could be a patient, family member, or another EOMC employee but we will be monitoring your hand washing and reporting the numbers back to your unit.

Each quarter all patients discharged from EOMC with the diagnosis of CHF, AMI, Pneumonia and certain surgical procedures are reviewed and the information from that review is submitted to Centers for Medicare and Medicaid Services (CMS) and The Joint Commission. The term for this information is Core Measures. The results are then posted on www.Hospitalgrades.com and www.Jointcommission.org for patients to review to see how we compare to other hospitals. As nurses there are certain areas that we must address in order to meet the review criteria, the following is what we can have an effect on.

Pneumonia: Administering antibiotic within 4 hours of arrival to hospital, Flu and Pneumonia vaccine administered, and Smoking Cessation documented.

CHF: Must make sure that their discharge instructions include the following: All medications that they will take at home, to weigh themselves daily, their follow up appointment, what to do if they experience a change in symptoms, activity, Flu and Pneumonia vaccine administered, and Smoking Cessation documented.

AMI: Did they get their ASA on arrival and Smoking Cessation documented.

Surgery: Antibiotic within 1 hour of incision.

Meet Our Newest Member

Arthur Wayne Hoffman is a 1970 graduate of Spiro High School, as well as a 1975 graduate of the University of Oklahoma where he earned a BBA in Finance. He owned and operated The Oaks Health Care Center long term care facility in Poteau for 22 years prior to selling in 2001.

Currently he owns Grace Manor Funeral Home and Advantage Home Health and Hospice L.L.C. as well as various real-estate investments. Wayne and his wife, Linda Hoffman, have been married for 20 years and have six children, all of whom have college degrees and currently live in Oklahoma. He and Linda currently live in the Knothole community. They attend and have been members of the Immanuel Baptist Church in Poteau since 1987.

Breast Cancer Awareness

Breast Cancer is the second leading cause of cancer deaths in women today and is the most common cancer among women. According to the World Health Organization, more than 1.2 million people will be diagnosed with breast cancer each year worldwide and over 500,000 will die from the disease. American Cancer Society estimates that 180,510 new cases of invasive breast cancer will be diagnosed in 2007. Breast cancer death rates have been dropping steadily since 1990, according to the Society, because of earlier detection and better treatments.

According to the American Cancer Society, the chance that breast cancer will be responsible for a woman's death is about 1 in 33 (3%). The death rates from breast cancer declined significantly between 1992 and 1996, with the largest decreases among younger women. Medical experts attribute the decline in breast cancer deaths to earlier detection and more effective treatments. Each woman's breast cancer risk may be higher or lower, depending upon several factors, including family history, genetics, age of menstruation, and other factors that have not yet been identified. All women are at risk for developing breast cancer. The older a woman is, the greater her chances of developing breast cancer. Approximately 77% of breast cancer cases occur in women over 50 years of age.

Probability of Developing Breast Cancer Within the Next 10 years	
By age 20	1 out of 1,985
By age 30	1 out of 229
By age 40	1 out of 68
By age 50	1 out of 37
By age 60	1 out of 26
By age 70	1 out of 24
Lifetime	1 out of 8

Five Year Survival Rate By Age	
Younger than 45	81%
Ages 45-64	85%
Ages 65 and older	86%

The key to surviving breast cancer is early detection and treatment. According to the American Cancer Society, when breast cancer is confined to the breast, the five-year survival rate is close to 100%. The early detection of breast cancer helps reduce the need for therapeutic treatment and minimizes pain and suffering, allowing women to continue leading happy, productive lives.

Beginning at the age of 20, every woman should practice monthly breast self-exams and begin a routine program of breast health, including scheduling physician performed clinical breast exams at least every three years. As a woman ages, her risk of breast cancer also increases. About 77% of women with breast cancer are over age 50 at the time of diagnosis. Women between the ages of 20 and 29 account for only 0.3% of breast cancer cases. Beginning at the age of 40, all women should have annual screening mammograms, receive clinical breast exams each year, and practice breast self-exams every month.

Amy Hess, Ultrasound/Mammography Tech., ext 3225.

November B-Day's

Joy Odom
 Sara Taylor
 Beulah King
 Betty Murphy
 Janet Garvin
 Mary Jacobson
 Roxann Cartwright
 Teresa Vaughn
 Jennifer Belt
 Rhonda Armstrong
 Penni Pittman
 Charlotte Palmer
 Linda Meeks
 Donald Williams
 Vicki James
 Jason Tucker
 Angel Weaver

December B-Day's

Suzette Blaylock
 Nancy Chance
 Edward Stinson
 Janice Chambers
 Loretta Pope
 Jason Bandy
 Michael Jackson
 Viola Cripps
 Angela Burgess
 Shelly Anderson
 Kenneth Rorabaugh
 Dora Jimenez
 Darla Ford

★ ★ ★ ★ ★ ★ ★ ★ ★ ★
 ★ **REGISTER NOW!** ★
 ★ "The Art of Attending Seminars a Day Early" - 101 ★
 ★ For more information contact ★
 ★ Matt Duke at ext. ★
 ★ 3322. ★
 ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

Kudo's to Nursing Graduates

Recently the students below passed their boards and are making great additions to the staff here at EOMC. CONGRATULATIONS!

Denise Phillips - BSN/Medical Surgical Manager

Graham Dunn - RN/Medical Surgical

Wayne Jones - RN/ICU

Lorrie Ridenhour - RN/ICU

Shelly Anderson - RN/OB

Tealie Amos - LPN/OB

Sara Webb - LPN/OB

Tonya Titsworth LPN/OB

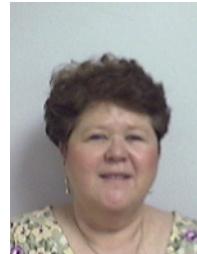


Choose your partners, **one** and all,
 Aspirin, Advil, or Tylenol!
 Now fling those covers with all you've got,
 One minute cold, the next minute hot,
 Circle right to the side of the bed,
 Grab the tissues and Sudafed
 Back to the middle and don't goof off;
 Hold your stomach and cough, cough, cough.
 Forget about slippers, dash down the hall,
 Toss your cookies in the shower stall.
 Remember others on the brink;
 Wash your hands; wash the sink.
 Wipe the doorknob, light switch too,
 By George, you've got? it, you're doing the
 Flu!
 Some like it cold, some like it hot;
 If you like neither, get the shot.

Getting to Know Your Co-Workers

Every edition of the newsletter, "PRIDE" features an employee of the hospital enabling other employees in getting to know their coworkers a little bit better. This issue features Roxann Cartwright from the Medical Plaza. Roxann says this is her second time around, but she is very glad to be back. When passing in the hall give her an EOMC Welcome and/or Welcome Back. She was asked and commented as follows:

Favorite Food: Italian
Hobby: Working with children in Church
Role Model: Grandmother, Agnes
Music: Contemporary Christian
Family: Married to Nelson with 2 sons, William and Patrick



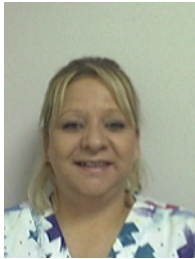
New Faces at EOMC



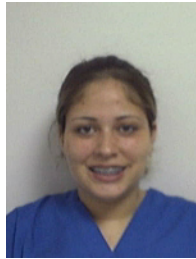
Amy Putnam



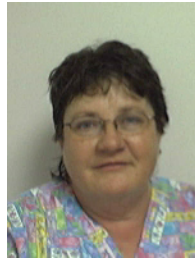
Angel Weaver



Bonny Coffey



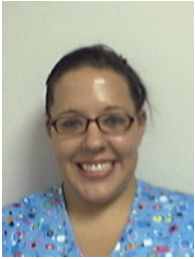
Brittany Lemus



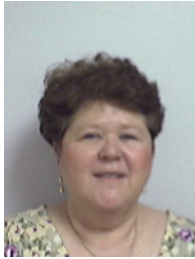
Carol Yandell



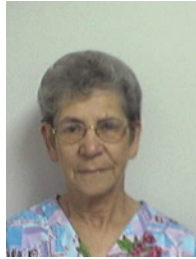
Christie Hudlow



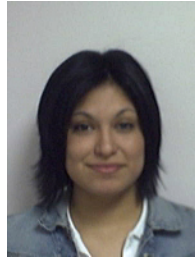
Darla Presley



Roxann Cartwright



Dorothy Clark



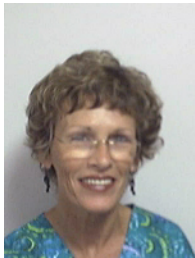
Elizabeth Aguilar



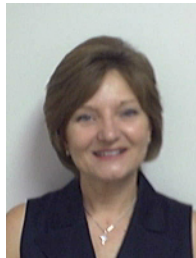
Jennifer Luman



Jennifer Pickle



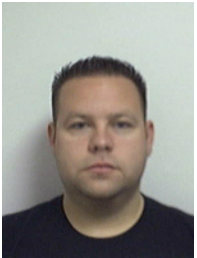
Judy Mathis



Julie Medeiros



Kathy Osburn



Kurt Morsund



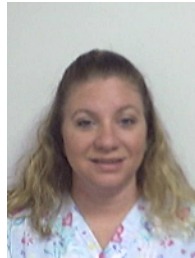
Leslie Underwood



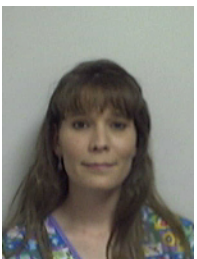
Lori Meadows



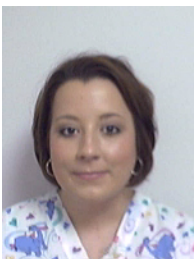
Penni Pitman



Shelley Morris



Dawn Newlon



Sara Webb

WELCOME ABOARD!!!



Margaret McKibbin

December B-Day's

- Terry Gouker
- Katrina Faulkenberry
- Carol Vise
- Nathan Stinson
- Jeremy Lamb
- Katrina Crawford
- Theresa Robertson
- Tara Kellogg
- Aubri Pillow
- Carl Jones
- James Smith
- Elizabeth Aguilar

January B-Day's

- Larry Davis
- Darralyn King
- Julie Clark
- Jennifer Pickle
- Christina Vinson
- Cheryl Marvin
- Wilburt Burgess
- Carol Sullivan
- Shana Nelson
- Lori Wasson
- Coral Krysztofik
- Juan Espinoza
- Dustin Davis
- Delila Jones
- Jacqueline Wallace
- Edward Wemmerus
- Denise Phillips
- Bennie James
- Lori Meadows
- Christie Hudlow
- Dian Lorton

★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★ ★

HUGGINS

can be reached
for autographs

by
calling ext. 3227!

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