

FEBRUARY 2021

BILLBOARD



A MONTHLY NEWSLETTER FOR EMPLOYEES AND FRIENDS OF BOTHWELL REGIONAL HEALTH CENTER



BEING PART OF HISTORY

A Letter from Lori

There are times in a person's life when they remember exactly where they were during significant historic events such as the Challenger space shuttle explosion in 1986, the terrorist attacks on Sept. 11, 2001, Hurricane Katrina in 2005, the 2008 recession, or the Chiefs winning the Super Bowl in 2020.

I distinctly remember where I was and what I was doing when I heard the news of each of those events, and I remember the shared experiences I had with people around me at the time.

According to a 2016 survey conducted by Pew Research Center in association with A+E Networks' HISTORY, the Sept. 11 terrorist attacks were the most unifying and memorable events of those polled. About 76 percent of the 2,025 people who took the survey included the Sept. 11 attacks as one of the 10 events during their lifetime with the greatest impact on the country spanning virtually every generation and demographic.

I'm not much of a betting person, but I surmise if that survey was repeated today, the COVID-19 pandemic would come in at the No. 1 spot. It's no great revelation that we've all been living a significant shared experience in the last year, both personally and professionally in our work in a health care system.

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SEE WHAT'S INSIDE!

CULTURE OF SAFETY SURVEY
TWO NEW SPECIALTIES OFFERED
COLORECTAL CANCER AWARENESS
HEALTHFUL TIPS FOR SPRING
DECEMBER EMPLOYEE OF THE MONTH
AND MORE!

BEING PART OF HISTORY (CONTINUED)

A Letter from Lori

While it's difficult to pinpoint a single historical event during the pandemic, there is a time for me that will go down in Bothwell's history as memorable. Last month, we collaborated with our health care partners who had received vaccines and mobilized our team to start vaccinating people in our community at our first mass vaccination clinic Jan. 28–30. Our hard work established Bothwell's positive reputation as a leader in providing health and wellness services in a way that no billboard or radio ad could have ever done, and for that, I am immensely proud. On Feb. 1, the state announced that we had been selected as a high-throughput vaccinator of Missouri's new vaccine distribution plan and will begin receiving regular vaccine shipments.

To date, we have administered more than 6,000 first-dose vaccines and vaccinated 13.6 percent of Pettis County and others from throughout Missouri. Despite the disruptions the recent winter weather caused to vaccine clinics last weekend, we have persevered by adjusting logistics all the while communicating with and rescheduling people to alternative dates. **I am especially grateful to our Bothwell team for their agility and flexibility and to the scheduling team for their hard work in managing thousands of rescheduled appointments with compassion and stellar customer service.**

Large vaccination events like we have been hosting are very much a team effort. In addition to everyone at Bothwell involved, **I appreciate the assistance we have received from the Missouri National Guard, Katy Trail Community Health, Sedalia Rotary Club, Sedalia Lions Club, Sedalia Fire Department, Sedalia Police Department, AFC Urgent Care, Pettis County Ambulance District and Pettis County Health Center.** The leadership at the Missouri State Fairgrounds also has been phenomenal to work with and Mayor John Kehde's efforts to serve lunch to the National Guard and our staff during the events has been the community fellowship we have all needed.

I am so proud of these shared experiences and to be making history with each one of you. Our efforts will continue to keep hosting mass vaccination events and distributing vaccines to our clinics as we move through the state's priority phases. Please encourage everyone you know to register to receive the vaccine at www.brhc.org/vaccine. People will be contacted by our scheduling team with an appointment time when they are eligible to receive the vaccine and as vaccine supply becomes available. Until then, keep masking and social distancing to continue defeating this virus.

Stay well. Be well.



PATIENT SAFE HANDLING INITIATIVE

Pre-Planning Can Keep You and Your Patient Safe

Plan ahead for equipment usage, proper body mechanics and room setup. This can help reduce a back injury or a patient fall.

- Know a patient's diagnosis and precautions
 - If he or she is limited weight-bearing (WB) or has a surgical or medical precaution, **you must follow this diagnosis/precaution first.**
- Know a patient's prior level of function (PLOF)
 - If he or she used a device before, get one for them to use here and try to replicate (pending precautions/medical limitations). This includes wheelchair use.
 - If a patient is significantly different from PLOF, consider involving therapy.

- Have all equipment and/or room set up and ready for transfer, prior to transfer. Take items out to make more room.
- Know the patient's current weight **and** weight capacity of equipment.
 - Do **not** go only by size/width of equipment; **always check weight capacity.**
 - Just because a patient **fits** in the device, it does not mean it meets their weight capacity.
- Know the patient's level of cooperation/comprehension.
- Know the patient's ability to assist with the transfer.
- Know the patient's upper extremity strength.

Talk with your manager regarding equipment needs or bring your ideas to the Fall Team and Safe Patient Moving Handling Committee.

HAVE YOU RECOVERED FROM COVID-19?

Give convalescent **plasma.**



Lab confirmed
positive swab or
antibody test
for COVID-19



Symptom free
for 14 days



Donate up to 8 times
Save up to 24 lives

TO GIVE CONVALESCENT PLASMA

- Go to savealifenow.org/cpdonor and complete the online registration form.
- Upload your lab confirmed positive swab or antibody test for COVID-19. A Community Blood Center representative will call you to make your appointment.

 Community
Blood Center
816.968.4081 savealifenow.org



CULTURE OF SAFETY SURVEY

Online Survey for Employees Ends March 1



Who says there's no such thing as a free lunch? What about **THREE** free lunches?

If 90% of Bothwell employees complete the Culture of Safety survey, all employees will receive three free lunches in the Bothwell Café.

Bothwell employees know best whether the organization's processes and procedures are producing the intended outcomes.

When it comes to safety, it's crucial that our employees serve as watchdogs on safe practices, which is why it's important that employees participate in the annual Culture of Safety survey.

The survey is confidential and can be completed anonymously. It takes less than 15 minutes but yields important information for attaining National Patient Safety Goals. The goals are part of Bothwell's overall culture to improve patient safety and patient outcomes.

We really want to hear from you! Below are the free lunch incentives for employees depending on the participation rate (clinic employees will be delivered sandwiches):

- **50% participation** — All employees receive **one free meal** at the Bothwell Café
- **70% participation** — All employees receive **two free meals** at the Bothwell Café
- **90% participation** — All employees receive **three free meals** at the Bothwell Café

All surveys must be completed by March 1.

TAKE THE SURVEY ONLINE ON THE INTRAWEB

For questions or additional information about the survey,
contact Human Resources at 660.827.9540.

TWO NEW SPECIALTIES OFFERED

Welcome Dr. Terry Chance and Dr. Paul Howard

Two physicians have joined the medical team at Bothwell Regional Health Center providing new specialties to the community.

Dr. Terry Chance joined Bothwell Feb. 22 to provide behavioral health services throughout Bothwell's primary care clinics, and **Dr. Paul Howard**, general otolaryngologist, will join Bothwell Ear, Nose and Throat (ENT) March 1.

Dr. Chance is a doctor of osteopathic medicine with six years of experience in general adult psychiatry. He specializes in mental health, including substance abuse disorders. He is qualified to assess both the mental and physical aspects of psychological problems and most recently served as Medical Director at Comprehensive Mental Health Services in Independence, Missouri, providing general adult psychiatry care.

Dr. Chance will rotate between Bothwell Family Health and Bothwell Family Medicine Associates in Sedalia and Bothwell Health Center-Truman Lake in Warsaw and be a medical member of the clinics so patients can be seen the same as with any primary care provider. His office will be in Bothwell Family Health.

As the only physician at Bothwell ENT, Dr. Paul Howard will diagnose and treat hearing and balance disorders, pediatric ENT issues, nose and sinus problems, sleep apnea, and salivary gland disorders and tumors. He also will collaborate on allergy issues with Nurse Practitioner Teri Ficken.

A native of San Antonio, Texas, Dr. Howard has more than 35 years of experience as an ears, nose and throat physician. He most recently practiced at Scenic Mountain Medical Center in Big Spring, Texas. Prior to that, he was at ENT of Hawaii LLC in Waimea, Hawaii, and at Grace Medical Center in Lubbock, Texas. He spent the majority of his career in his own private practice in Lewes, Delaware.

Welcome to Bothwell Dr. Chance and Dr. Howard!

GIFT CARD CAMPAIGN A SUCCESS

Thoughtful Appreciation for Employees

Swords' Family Pharmacy, located in downtown Sedalia, sponsored an appreciation project in mid-December to honor Bothwell employees during the COVID pandemic.

Michelle Swords, pharmacy owner, sent letters asking businesses and community members to donate gift cards to honor health care workers.

Over \$10,000 in gift cards were received, and greeting cards were added to the donation with many including scriptures and notes of encouragement.

Each employee will receive a \$10 gift card, and \$800 will be donated to the Miracle on 14th Street fund to support employees in need.

The Employee Engagement Committee will organize an appreciation drawing to disburse any remaining gift cards.

Leadership team members have been instructed to pick up their department's cards from Human Resources and will distribute cards to their team members.

WELCOME LINDSEY GRAHAM Physician Assistant Joins Bothwell Clinic

Lindsey Graham, physician assistant, joined Bothwell Orthopedics & Sports Medicine Feb. 15.

Physician assistants (PAs) are medical professionals who diagnose illness, develop and manage treatment plans, prescribe medications, and often serve as a patient's principal health care provider.

Graham is from St. Louis, Missouri, and received a master's in Physician Assistant Studies from Stephens College in Columbia, Missouri, in November 2020. In May 2018, she received a bachelor's degree in Health Science from the University of Missouri-Columbia.

During her master's degree studies, Graham had over 2,000 hours of direct patient contact during seven six-week long clinical rotations in a variety of disciplines including family medicine, emergency medicine, psychiatry, women's health, pediatrics, general surgery, and an elective of choice.

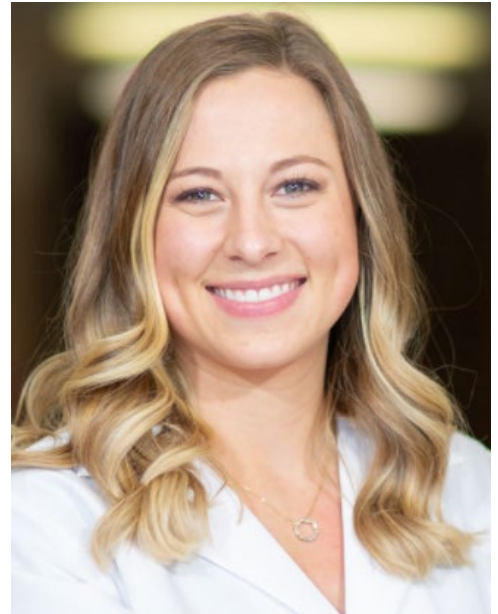
Graham's favorite clinical experiences were at Bothwell and she said the physicians and staff members were incredible instructors and role models.

"I fell in love with the people as well as the hospital, and I knew this is where I wanted to work," she said. "Bothwell physicians are amazing and are dedicated to their patients, practices and educating the future generation of providers."

Growing up as an athlete and experiencing her own injuries, Graham especially respects and enjoys the orthopedics specialties because she is able to treat injuries and work to improve her patient's functionality and quality of life. She will work with Dr. Evan Stout, Dr. Douglas Kiburz and Dr. Kelly Edwards to provide quality care ranging from diagnosing and treating injuries, assisting in surgery, and providing pre- and post-op care.

Graham said she chose to become a PA because of the intensive training received in a shortened amount of time, which allows her to serve her community sooner and practice medicine at a high level in collaboration with a physician. She's also looking forward to owning land in the area and eventually running a small family farm.

"I am very excited and thankful for this opportunity at Bothwell," she said. "I'm eager to serve my new community."



Lindsey Graham, Physician Assistant

"I fell in love with the people as well as the hospital, and I knew this is where I wanted to work," she said. "Bothwell physicians are amazing and are dedicated to their patients, practices and educating the future generation of providers."

ADDRESSING THE STIGMA OF COLON CANCER March is Colorectal Cancer Awareness Month

Butts are on the line. That's the Colorectal Cancer Alliance's message for its digital campaign to raise awareness about the importance of getting screened for colorectal cancer and that all ages can be affected. The in-your-face message is designed to get people talking about a subject that most people avoid.

Colorectal cancer occurs in the colon or rectum. The colon is the large intestine or large bowel, and the rectum is the passageway that connects the colon to the anus. Sometimes abnormal growths, called polyps form and over time, may turn into cancer. It is the third leading cause of cancer-related deaths in the United States and the third most common cancer in men and women.

Kara Sheeley, director of Oncology Services at Bothwell Regional Health Center, said risk factors for colon cancer can include age, personal or family history of colorectal polyps or previous colorectal cancer, inflammatory bowel disease, racial and ethnic background, and Type 2 diabetes.

"There also are risk factors that we can control to help prevent colon cancer," she said. "People can reduce their risks by staying at a healthy weight, increasing physical activity, eating a healthy diet and not smoking."

Sheeley said signs and symptoms that something could be amiss can include changes in bowel habits that don't resolve, constant urge or feeling to have a bowel movement, rectal bleeding, blood in bowel movements, prolonged abdominal pain, unexplained fatigue and weakness and unexplained weight loss.

Patricia Harris of Lincoln had none of those symptoms. Last August she and her husband, Kenny, went to see their family doctor, Dr. Julie Cahill at Bothwell Family Medicine Associates, for a wellness checkup. Dr. Cahill performed a stool-based FIT test that looks for blood in the stool.

Harris, 76, was surprised to learn the test was positive for blood. She then had a colonoscopy where colon cancer was discovered.

"The doctor showed me a picture of a good colon and a picture of mine," she said. "I told the surgeon, 'Well, let's get it out.'"

In September she had surgery to have part of her colon removed and since then is doing well. She didn't have to have chemotherapy or radiation and gets her blood checked every three months with Bothwell oncologist Dr. Matt Triplett.

In addition to the FIT stool test, which is recommended to be performed annually, other types of screenings include a FIT-DNA test and a colonoscopy. FIT-DNA tests look for both blood in the stool and DNA changes and should be done every three years. A colonoscopy checks for polyps inside the rectum and the entire colon and should be done every five to 10 years depending on a person's age and risk factors. Polyps can also be removed during the procedure before they become cancerous. The colonoscopy also is used as a follow-up test if anything unusual is found during one of the other screening tests.

Dr. Stuart Braverman, who leads Bothwell's Medical Executive Committee and is a surgeon, said the FIT-DNA test is known commercially as Cologuard.

"It requires a prescription, and a stool sample is collected at home and sent back to a lab for testing," Braverman said. "It's important to know that with each negative result, the test needs to be repeated every three years. Many people believe it only needs to be done every 10 years, and that's inaccurate. There's also an 8% chance of someone who has cancer getting a negative result."

Surveys indicate people are hesitant to talk about colorectal cancer because of the stigma associated with the body parts involved and aversion for the various screening options; however, Braverman said the colonoscopy is the "gold standard" of screenings for colorectal cancers.

[READ MORE ON NEXT PAGE ►](#)

ADDRESSING THE STIGMA OF COLON CANCER (CONTINUED) March is Colorectal Cancer Awareness Month

"We know a lot of people avoid them either because they are scared and don't want to admit something could be wrong or the prep involved and the procedure itself," he said.

People of average risk factors should begin screening at age 45. People with increased risk factors should consult their physicians and begin screening at an early age. According to the American Cancer Society, one in three people in the United States who should get tested for colorectal cancer have never been screened.

"Symptoms of colorectal cancer don't necessarily show up right away," Sheeley said. "Screening can lead to finding the cancer in an earlier stage and be easier to treat and have a much higher cure rate."

Harris agreed and said she had never before had a colonoscopy.

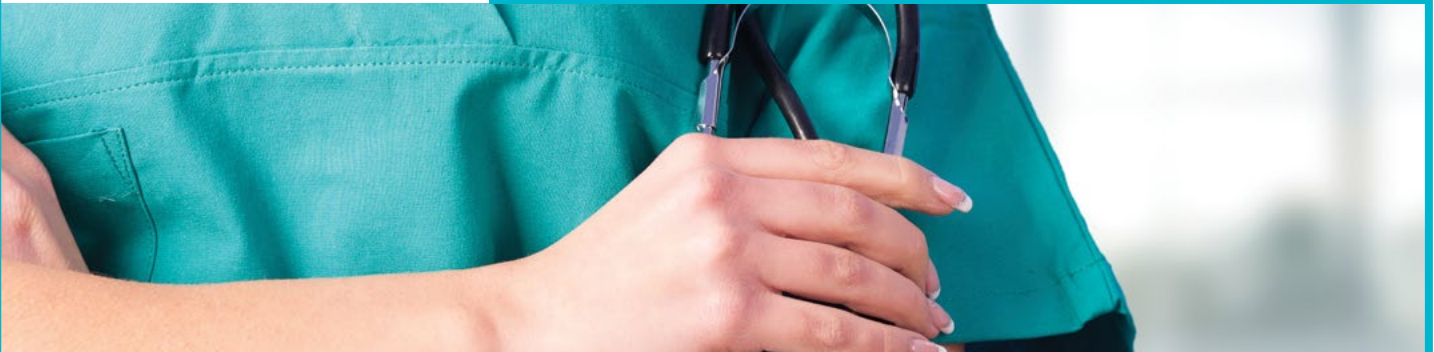
"I hardly ever went to the doctor; we just didn't need to," she said. "But don't avoid the colonoscopy. That finds out things that maybe you don't know your body is doing."

While Braverman said the average age of his colon patients is 70, the youngest was 22 and others have been in their 30s and 40s.

"Most of the people I see haven't had a colonoscopy," he said. "People may not like the thought of getting one, but every colon cancer patient I've had in the last 30 years wishes they had had one."



SCRUB SALE



March 25, 2021 | 9 am–5 pm | Bothwell Café

DON'T IGNORE SYMPTOMS

March is Colorectal Cancer Awareness Month

Kim Greer has a tattoo on her right wrist that features a cancer ribbon circling an anchor and the words, "I will not sink."

Greer, 50, was diagnosed with anal cancer in March 2018 and endured a grueling eight-week regimen of radiation and chemotherapy to treat it. Her care team included Dr. William Decker and Dr. Matt Triplett and nurses and staff in the Susan O'Brien Fischer Cancer Center at Bothwell Regional Health Center.

"I had 30 sessions of radiation for six weeks and two weeks of chemotherapy," Greer said. "Radiation was five days a week in the mornings, and on weeks two and six, I carried a chemo bag that transfused the medicine into a port."

Greer said she ignored symptoms that started in December 2017 before finally having a colonoscopy in March 2018.

"I started having blood in my stool," she said. "I have IBS (irritable bowel syndrome) and my mom has Chron's disease and colitis, so I thought that was the problem. Honestly, I was in denial and didn't want to think I could have the same diagnosis as my mom. I never once thought it could be cancer."

She got the call that "it's cancer" at work. She told her husband, Tracy, but stayed at work and let him tell their three daughters, Jessica, 30, Jacqueline, 26, and Olivia, 22.

"There were lots of tears when I got home," Greer said. "But they all told me they were going to go through it with me, and they did. My two younger daughters were still at home at the time and they and my husband helped me so much. I would not have made it through without my family."

Greer said the Bothwell cancer team also became like family.

"They were excellent," she said. "I could not have asked for better doctors and nurses. They were nothing but great to me and my husband, who was with me at my treatments."

In August 2018, Greer received the good news she was cancer-free and now tells people to not ignore their bodies' signals.

"The first thing I would tell everybody is don't wait, don't ever wait," she said. "If you have issues going on, get them checked out, don't be like me. My outcome wasn't

good, but it could have been so much worse if I'd waited any longer."

As for her tattoo? Greer said it serves as an everyday reminder of her struggle with cancer and overcoming it.

"When it came down to it, I wasn't going to let it beat me."



Kim Greer's right wrist bears a tattoo as a remembrance of her fight in 2018 to beat anal cancer.



Kim Greer of Sedalia was diagnosed with anal cancer in 2018 and received chemotherapy and radiation treatments at the Susan O'Brien Fischer Cancer Center at Bothwell Regional Health Center.

HEALTH FEATURE

Volunteers Vital Thread to Mask-Making

The saying, “many hands make light work,” was never more evident over the last year than the effort undertaken by more than 100 volunteers to make nearly 10,000 fabric masks to help during the COVID-19 pandemic.

In late March 2020, a number of people from Pettis and Benton counties reached out to Bothwell Regional Health Center with offers to help by sewing masks and other personal protective equipment, and a group of volunteers was quickly formed.

Bothwell then partnered in May with local businesses, health care agencies, churches and nonprofit organizations to coordinate and ramp up efforts and received many donations of mask materials and money.

According to Rose McMullin, Bothwell chief nursing officer, area retail stores in Pettis, Benton and Morgan counties donated materials or sold fabric at reduced prices. Volunteers had enough material to continue making masks through December. The final masks made with purchased fabric were turned in to the hospital on Jan. 4.

“It’s just been a tremendous and heartwarming effort by so many people in and around Sedalia,” McMullin said. “We are so thankful to everyone who contributed either funds or materials. The effort has been a huge help, especially early in the pandemic when the supply of masks was low.”

Volunteers delivered to the hospital an average of 161 masks per week from March through December. Masks were distributed to many locations including the Pettis County Health Center, OATS Transportation Services, Lions Club, Sedalia Police Department, funeral homes, pharmacies in Pettis and Benton counties, as well as at Bothwell’s Emergency Department, front entrance and clinics.

McMullin said many of the volunteers commented over the months of work their concern for others, compassion for helping and appreciation for how area health care teams worked together to make the mask campaign a priority.

“We owe a huge debt of thanks to the volunteers who made thousands of masks,” she said. “We could not have made sure our area residents had masks to protect themselves without each and every one of them, and we are immensely grateful.”



Shown are some of the nearly 10,000 masks that were sewn by more than 100 volunteers for Bothwell Regional Health Center and distributed throughout the area.

“We are so thankful to everyone who contributed either funds or materials. The effort has been a huge help, especially early in the pandemic when the supply of masks was low.”

FROM THE BOTHWELL{NESS} COMMITTEE

Bloom Into Wellness: Six Healthful Tips for Spring

Spring is officially on its way and it's such a great time of year to enhance overall health and well-being and renew those New Year's resolutions that have fallen by the wayside. It's never too late to start over, friends.

Check out our team's six best tips to bloom into BOTHWELL{NESS} this spring:

- 1. Spend Time in Nature** – Go ahead, breathe in the fresh air and bask in the sunshine. Winter is hard on the body and soul. Spring renews our spirits and nudges us to get out, enjoy nature and get moving. Why not visit a state park for a hike or enjoy a local park with your family?
- 2. Lighten Up Your Plate** – Often during the winter we hibernate and indulge in too many comfort food meals. Spring is the perfect time to lighten our plates with lean proteins, fruits and vegetables.
- 3. Garden into Exercise** – Did you know gardening counts as exercise? It ranks up there with other moderate to strenuous forms of exercise, like walking and bicycling. It all depends on what gardening task you are doing and for how long. Like any other form of exercise, you have to be active for at least 30 minutes for there to be a benefit.
- 4. Drink More Water** – Spring is a perfect time to dump the soda and choose water. Minimally, you should aim for 64 ounces of water, ideally half your body weight in ounces. Brighten up your water with slices of lemon, lime or orange. Our own cafeteria offers fruit water daily!
- 5. Sleep More** – Recommit to getting enough sleep each night. Depending on the individual, seven to nine hours is recommended. Healthy sleep habits can make a big difference in quality of life, concentration and mood.
- 6. Self-Care Annual Screenings** – Now is the time to start your self-care commitment by scheduling your annual screenings. Do you know that health insurances are required to cover many health screenings annually, at no cost to you? Set up an appointment with your provider for annual screenings such as blood pressure tests, cholesterol screening, diabetes screening, skin cancer checks, etc. Better yet, set up an appointment for an annual exam with

a Bothwell provider. If you are enrolled in Bothwell's health coverage, you have the advantage of your lab work being covered at 100% and lower out-of-pocket costs for additional services or procedures that may be required. Also, don't forget about scheduling your mammogram or colonoscopy screening if you have reached the recommended age.

Happy Healthy Spring to all from the BOTHWELL{NESS} Committee!

Source: American Health and Wellness

COMING SOON!

Bothwell{ness} T-Shirts and Badge Reels

The order form for BOTHWELL{NESS} T-shirts and badge reels will be emailed soon, and orders will be open through February. Join us as we "Become Recharged in your Health Commitment." Each team member who purchases a T-shirt will be entered into our quarterly drawings for a prize. Watch for your email for more details and order forms!



**BECOME
RECHARGED
IN YOUR
HEALTH
COMMITMENT**

BOTHWELLNESS

HEALTH FEATURE

Celebratory Dinner Added to Birth Services

Carley Norris and Tristin Goodman had plans to have a quiet steak dinner at Colton's the night before Carley was induced to have their baby. While their new daughter had other ideas and arrived a few days early, they were still able to enjoy a steak dinner courtesy of Bothwell Regional Health Center. The dinner is a new amenity for mom and a guest served on the last night of the hospital stay.

Norris and Goodman, of Sedalia, enjoyed dinner for two in Carley's room at a linen-covered table complete with the ambiance of dimmed room lights, flickering artificial candles and sparkling grape juice chilling in an ice bucket. The pair said they were told about the meal when Carley was admitted and were excited to pick their entrées from a menu.

"We both selected the ribeye, and it was very good," Norris said. "The whole setup was really nice. There was a romantic vibe. It's worth it to stay."

Goodman said it was "nice to have the sit-down experience before we are busy with the baby at home and don't have as much time."

Last August, Bothwell began discussing the possibility of adding a celebratory dinner for patients on the last night of their hospital stay. Hollie Dubroc, Bothwell Women's Health Center director said CEO Lori Wightman approached her first with the idea.

"Lori thought it would be a wonderful addition to the families' hospital stay as a celebration and thank you for choosing Bothwell," she said. "I called other facilities to see if any were doing something similar."

Dubroc said that while researching the idea, which was also in the middle of the COVID-19 pandemic, Women's Health staff was seeing a wide range of information about newborn stays that included early discharges and readmissions.

The American Pediatric Association recommends new mothers and babies stay in the hospital 48 hours after a vaginal delivery, as it decreases the likelihood of newborns needing additional hospital care. The first 24 hours after birth are critical for monitoring both the baby's and the mother's health. If women stay for less than a day, they could also be at higher risk for complications. Women should typically stay longer after C-sections since they have to recover from major surgery.

"The idea really worked in tandem with a secondary goal, which is to educate patients and families about the importance of monitoring their newborn in the hospital setting," Dubroc said. "Staying the recommended time allows our pediatric team to complete a full assessment of newborns and identify if there are any concerns like dehydration, jaundice, sepsis or feeding difficulties and ensure a successful start to breastfeeding."

Tracey Arwood, certified nurse-midwife at Bothwell OB/GYN Associates, delivered Norris's daughter and said that staying the maximum time allows staff to monitor both babies and moms and provide extra care.

"The extra time allows us to monitor baby for signs of illness that may not be visible at 24 hours," she said. "In addition, the moms benefit from assistance and teaching in feeding and caring for baby. We have a lactation consultant who visits with breastfeeding moms. The nurses also assist with recovery and pain management for mom. We want our moms feeling well and ready to return to their normal routine soon after leaving the hospital."

Kaylee Asbury, of Sedalia, delivered her son, Kingston, at Bothwell Jan. 11. She stayed for 48 hours and was also able to enjoy the meal and the extra care from staff.

"Bothwell is a great hospital," she said. "The nurses were always checking on me and asking if I needed anything. The special dinner was very thoughtful. If other moms stay the recommended time, they will receive great hospitality and a delicious meal."



Tristin Goodman and Carley Norris enjoyed grilled ribeye, mashed potatoes and gravy, mixed vegetables, cheesecake and sparkling white grape juice as their celebratory dinner Jan. 12 after Carley gave birth to their daughter, Hailey Cathleen Goodman, who was born Jan. 11.

DECEMBER EMPLOYEE OF THE MONTH

Lesley Jackson

In the midst of turmoil, Lesley Jackson was the epitome of steadiness during a recent night in Bothwell's Emergency Department (ED).

Jackson, ED Charge Nurse, is Bothwell's December Employee of the Month. She was nominated by Dr. Daron Olmsted, ED physician.

Olmsted said when he arrived for his evening shift that all 16 rooms in the ED were full, more than 10 people were waiting in the lobby, multiple ambulances were arriving and bringing more patients, and the phones were incessantly ringing.

"Instead of becoming frustrated and giving into the chaos that surrounded us, Lesley remained steadfast and immovable as the Charge Nurse," Olmsted said. "She not only supervised all the other nurses and managed patient flow, she also helped take care of all patient needs."

Olmsted said he saw Jackson bringing patients warm blankets, starting IVs, completing blood draws, performing EKGs, and hanging IV fluids, and stepping up when another team member needed to focus on one patient.

"When the triage nurse was called upon to perform a sexual assault exam, which lasted many hours and effectively left us understaffed, Lesley started performing the triage nurse functions as well," he said. "This night would have been devastating to patient care had it not been for the steadiness, professionalism and experience shown by Lesley."

While Jackson's job performance was amazing during a stressful shift, Olmsted noted that it is her "standard operating procedure" and that she is a wonderful person.

"Lesley is a capable leader because she leads by example every single night, shift after shift," he said. "She definitely deserves this recognition."

Congratulations, Lesley, on being named Employee of the Month for December!



Lesley Jackson, ED Charge Nurse

"Lesley is a capable leader because she leads by example every single night, shift after shift," he said. "She definitely deserves this recognition."

HEALTH FEATURE

TeleNICU Program Up and Running

A new affiliation between Bothwell Regional Health Center and Children's Mercy Kansas City means Bothwell's tiniest patients will receive faster specialist care.

The two health systems collaboratively launched a telemedicine program, which virtually connects staff and newborns in Bothwell's Neonatal Intensive Care Unit (NICU) with neonatologists at Children's Mercy when needed.

Hollie Dubroc, Bothwell Women's Health and NICU director, said the goal of the program is to provide specialist care to babies in the NICU and reduce the number who need to be transferred from the hospital.

"In 2019, 26 babies were transferred from Bothwell to a higher level of care, and in 2020 that number was six," she said. "Through this affiliation, Bothwell pediatricians communicate through video with Children's Mercy neonatologists. They will be able to see and hear the babies, as well as ask and answer questions and provide guidance to our providers in real-time."

One of these providers is pediatrician Dr. Stephanie Lind who explained the technology uses a familiar device.

"We have an iPad in the NICU to connect with Children's Mercy," she said. "Information about mom and baby is sent to them and then we use an app with a televideo connection to the neonatologist on call there."

Lind said there are several types of health conditions that would cause Bothwell to consult with specialists.

"I expect we will use the telemedicine program most often for babies who are premature or in respiratory distress," she said "I also anticipate using it for second opinions for less serious issues such as rashes or other abnormal physical exam findings."

Children's Mercy is the only level 4 NICU in the region, meaning they provide the highest level of advanced care for newborns. The Neonatology program has also been recognized by U.S. News and World Report as one of the top neonatology programs in the nation.

Dr. Steve Olsen, Division Director of Neonatology at Children's Mercy said, "We are excited to be working with Bothwell to help provide additional support to

their excellent clinical team with the goal to keep babies healthy so mom and baby can stay together in Sedalia."

Lind said that access to NICU care has been shown to improve health outcomes; however, specialists are difficult to find in rural areas and care is expensive.

"This partnership is important because it allows us to get a neonatologist involved in the care of our sickest babies quickly and helps streamline the transport process for babies that need higher level NICU care," she said. "It should also allow us to keep more babies here with the neonatologists at Children's Mercy involved as consultants instead of transporting them to their NICU. This will allow mother and baby to be together."

Dubroc said the two hospitals conducted a mock run-through using the technology in November and that fortunately, Bothwell has not had to use it yet.

"We're all comforted knowing that when we do have a baby that needs extra care, we have the technology to call on specialists quickly," she said.



Dr. Stephanie Lind, left, stands with Hollie Dubroc, Bothwell Women's Health and NICU director with the iPad that connects Bothwell staff and newborns with neonatologists at Children's Mercy when needed.

TACKLING HUNGER

Soup-er Bowl Showdown a Success

Leading up to the Feb. 7 Super Bowl, we celebrated the big game with a Soup-er Bowl party that collected many donations for our local Open Door Food Pantry. The final score was 18 cans for the Tampa Bay Buccaneers and 166 cans for the Kansas City Chiefs. We wish the real score had been in the Chiefs favor!

Thank you to our wonderful staff for helping us tackle hunger!



FOUNDATION NEWS

The Nutman Company is Coming!

The Nutman Company features 200 fine quality nuts, chocolates, snack mixes and candies. A representative will be in the Café from **7:30 am to 4 pm March 18 and 7:30 am to 2 pm March 19.**

Payment forms include Visa, Mastercard, American Express, Discover and cash, and payroll deduction is also available. Proceeds will go to the Bothwell Foundation and the Sedalia Pettis County United Way.

Thank you for your support!

**THE NUTMAN COMPANY
WILL BE HERE SOON!**



THURSDAY & FRIDAY

March 18 7:30 am – 4:30 pm | March 19 7:30 am – 2 pm

FOUNDATION NEWS Funding Request Procedure



Bothwell Foundation Funding Request Procedure

The Bothwell Foundation is a 501c3 organization created to develop relationships and resources to support the Bothwell Regional Health Center's mission and improve the health of our communities.

Purpose: This document outlines the procedure to be used to request funds from the Bothwell Regional Health Center Foundation. These funds are for the departments and services needing capital funds not included in fiscal year budgets to provide items to aid in patient safety or comfort, improve clinical outcomes, provide cost savings, promote community wellness and education, and provide assistance with a regulatory mandate.

Funding Request Procedure:

1. Contact the Foundation Office (829.7786) to verify availability of funds prior to completing the *Bothwell Foundation Funding Request* form. The funding request form is available on the IntraWeb under Forms > Foundation Forms > Bothwell Foundation – Funding Request Form.
2. Complete the funding request form and attach supporting documentation (quote or estimate from vendor).
3. Prior to completion, the department director and a member of the senior leadership team must sign the request.
4. The Bothwell Foundation Executive Board will review submission and approve/decline to submit to the full Foundation Board meeting. Once a final decision is made, the applicant will be contacted.

**You may be asked to attend the Bothwell Foundation Executive Board meeting to answer any questions the board may have.*

2021 Funding Request Submission Deadlines:

- Feb. 17, 2021
- April 21, 2021
- June 23, 2021
- Aug. 18, 2021
- Oct. 20, 2021
- Dec. 15, 2021

For additional information or to submit a request, contact Lauren Thiel at extension 7786 or lthiel@brhc.org.

FOUNDATION NEWS Memorials and Donations

In memory of Jacob Davis

Nurse Leadership

In memory of Kenny Reidl

William Lehmann

Stanley Thornton

Melanie Davis

J. Mark Belwood

Michael Boland

Dan Blackburn

Laurence Claycomb

Brandon Thiel

In memory of Ruth Ann Cook

Cam Jennings

In memory of Bill Morris

Waneta Smith

Dale Stevens

Jacqueline Masters

Dennis Thornton

Kent Batson

Mark Smith

Missouri Highway Patrol Troop

Karen Bailey

Tamara Koetting

In memory of Jack Vuelemans

Rita Mergen

In memory of Charles Matz

Leslie Wolpers

Nancey Dove

Bret Williams

B L Brock

Wilken Music Company

Chuck and Bev Wilkerson

Jim and Joyce Monroe

Sonja Corcoran

Broyles & Matz Investments



Kim Cox

Jessica Bohnstengel

Sydney Lindgren

Kara Sheeley

Janette Dunkel

Lucy Hughes

Chris Wilckens

Helen Fisher

Andrew Darrah

Kinna Cramer

Muffy Potts

Mike Ashford

Elayne Gordon

NEW EMPLOYEES

Christina Alderman

Occupational Therapy

Martin Baumhoff

Emergency Department

Nicole Boeschen

Occupational Therapy

Mary Comfort

Housekeeping

Holly Douglas

Bothwell Walk In Clinic

Destiny Fields

Pathology

Carl Hawke

Emergency Department

Sierra Hirst

2 North-Short Stay

Katie Jones

Housekeeping

Karyna Khorovets

Bothwell Orthopedics &

Sports Medicine

Taryn Lee

Bothwell Medical

Equipment

Crystal Luke

Pathology

Fern Marriott

3 Southwest

Sherri McCracken

Ultrasound

Katelyn Milberg

Occupational Therapy

James Neal

Materials Management

Lendie Nolting

Progressive Care Unit

Jessica Ramey

Security

Deanna Robledo

2 Southwest

Derek Smith

Physical Therapy

Olivia Taylor

3 Southwest

Chiquita Williams

Emergency Department

Lindsay Willis

Emergency Department

Chelsea Zink

Ultrasound

MARCH

BIRTHDAYS



Tierra Henderson	1	Brian McWhirter.....	10	Kirstie Schultz.....	20
Kristy Groves.....	1	Melanie Davis.....	11	Michelle Garrett.....	20
Isabelle Ballard.....	1	Jennifer Owen	11	Mike Simon	21
Dr. Matt Triplett.....	2	Sonjia Sapp.....	12	Randy Durian	23
Cassandra Deitt	2	Patti Fitzpatrick	12	Jennifer Evert	23
Eunice Tooley	2	Annie Wolf.....	13	Faith Smith	24
Susan Lamb	3	Lisha Harmon	13	Grace Goodwin	25
Sydney Lindgren	3	Diana Nichols.....	14	Kinna Cramer.....	25
Jennifer Zolecki.....	4	Christina Watring.....	14	Marlayne Clark.....	26
Jaylynne Labus.....	4	Jaclyn Webb	14	Kaylene Wheeler.....	26
Delaney Meyer	4	Mike Parrish	14	Kellie Iiams	27
Kathy Brown	5	Crystal Wolfe.....	14	Lori Gano	29
McKenna Woolery	5	Shasta Balke	16	Shawna Sapaugh.....	29
Lynda Beasley.....	6	Kayla Thornton.....	16	Kayley Woolery.....	30
Reagan Hockett	6	Katherine Wooden	16	Rachel Harris	31
Josefina Theisen	6	Cierra Wright.....	16	Ramona Gibbs	31
Leonard Butler.....	7	Katie Jones	16	Amber Allain	31
Christie Harrell.....	7	Theresa Acklin	17		
Mike Snow.....	8	Urvashi Bhagat	17		
Stacey Soendker.....	8	Brenda Sprinkle.....	18		
Megan Pate	9	Ryan Walker	19		
Lacey Poe.....	9	Denise Goins.....	19		
Dr. Misty Todd	9	Dr. Assad Shaffiey	19		
Malleasa Staus.....	10	Kristy Musgrave	20		
Kristin Largent.....	10	Rachel Gammill	20		
Jordyn McMullen.....	10	Jennifer Raines.....	20		