

JULY 2019

BILLBOARD



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



SUPPORTING OUR COMMUNITY

A Letter from Lori

The last six weeks have been a whirlwind of meeting people both at Bothwell and in the community, and I've loved every minute of it. One of the many positives is there is a lot of shared pride in Sedalia. People are proud of their hospital and their schools—from the elementary schools to the high school and SFCC.

The area boasts citywide recycling, a robust arts community, a growing downtown, new companies arriving, and a thriving city parks and recreation department. As a newcomer, it's easy to see there are many great things happening in Sedalia!

On Aug. 6, registered city voters have a chance to make the community even better. How?

[READ MORE ON THE PAGE 2 ►](#)



Smith-Cotton High School



State Fair Community College

USP CHAPTER 800
What is it and How
will it Effect Bothwell

**EMPLOYEE OF
THE MONTH**
Ramona Gibbs

KATY TRAIL BIKE ART
Connecting Art to the Outdoors

SUPPORTING OUR COMMUNITY

A Letter from Lori (continued)

By voting on two ballot questions that can bring a community center to Sedalia. The proposed Heckart Community Center, which would be operated by the Sedalia Parks Department, includes a pool; basketball, volleyball and pickleball courts; the Sedalia Senior Center; aerobics and fitness spaces; party rooms; and an indoor playground. Wow! What a wonderful asset this facility could be for current Sedalians and help our community grow and prosper by attracting new people.

The first ballot question involves removing a sunset clause from the city's one-half cent capital improvement sales tax; it's currently planned to end in 2026. Removal of the sunset clause would allow these revenues to continue to be used for city improvement projects. The second ballot question is the addition of a one-eighth cent sales tax. Just one cent for every \$8 in purchases will be paid by anyone who buys taxable items in Sedalia.

Revenue from both initiatives will fund construction of the community center, and Sue Heckart has generously pledged to pay interest on the project. I have not met Sue personally, but her passion for having a community center in Sedalia is evident and her philanthropy is inspiring. She has benefited from years of being a business owner in Sedalia and she wants to give back to the community that has been so kind to her.

I urge you to go to the polls on Aug. 6 and be a part of positive change in Sedalia.

To learn more about the Heckart Community Center, visit www.sedaliaparks.com.

— Lori Wightman
Bothwell CEO



Heckart Community Center Renderings

BOTHWELL REGIONAL HEALTH CENTER AND UNIVERSITY OF MISSOURI PARTNER To Establish New Rural Family Medicine Residency Program

Bothwell Regional Health Center will receive \$285,000 over three years from the federal Health Resources and Services Administration (HRSA) Rural Residency Planning and Development Program. The grant funds will be used to establish a rural family medicine residency program in collaboration with the University of Missouri–Columbia.

In January, the University of Missouri selected Bothwell to be the first hospital to start the program. Bothwell has hosted three third-year medical students on rotation for more than a year, and the grant will allow the program to expand to family clinics.

“The grant will provide funds directly to Bothwell to launch a new accredited residency program in Sedalia,” said Dr. Philip J. Fracica, Bothwell’s chief medical officer. “Over the three-year grant period, we plan to create the curriculum, find a program director, identify family clinic partners, and achieve accreditation. We believe that successful implementation of this program will provide an invaluable resource to ensure steady access of new primary care physicians for our community.”

The first University of Missouri residents are expected to begin training in 2022. Starting in July 2025 there will be two to three physicians entering clinical practices annually who received three years of residency training in Sedalia.

“The fact that these new doctors have spent three years working and learning how to be doctors in Sedalia means Bothwell will have a tremendous advantage when it comes to recruiting and retaining these new doctors to live and work in our community,” Fracica said.

The grant is part of a larger \$20 million multi-year initiative by HRSA to expand the physician workforce in rural areas across 21 states by developing new, sustainable residency programs in family medicine, internal medicine and psychiatry.

“We have an active and aggressive physician recruitment initiative already in place,” said Lori Wightman, Bothwell CEO. “This grant and the creation of a rural family residency program will be an integral addition to those efforts and allow us to work closely with medical residents to show them the benefits of serving as doctors in a rural health care setting.”



AT-A-GLANCE

Bothwell Regional Health Center will receive \$285,000 over three years from the HRSA Rural Residency Planning and Development Program.

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I MU STUDENTS VISIT BOTHWELL

Earlier this month, 20 University of Missouri students visited Bothwell as part of their Rural Immersion experience.

The students visited Sedalia to gain an understanding of what being a medical professional in a rural community entails. The students are enrolled in a variety of pre-medical programs including public health, medicine, dentistry and more.

As part of the program, the students explored health care facilities in Sedalia as well as local businesses, schools and attractions.

The program is meant to educate young people entering the medical field about the importance of health care to rural populations. It is also an opportunity to showcase the area and help the students visualize what it would be like to live and work in Sedalia.



Bothwell utilizes the Rural Immersion program as part of a larger recruiting effort in the hopes of attracting potential employees in the future.

The students gave presentations at the end of the experience, and many spoke positively about Sedalia and its opportunities.

I KATY TRAIL BIKE ART

A new public art initiative is taking shape across Sedalia. Bicycle sculptures have been designed and installed around the city as part of a project designed to bolster the reach of the city's art scene, while connecting with the roots of the Katy Trail.

The project, initiated by Dr. Doug Kiburz, showcases local art and history as well as raises funds for the Sedalia Heritage Foundation. Sixteen bicycles were fabricated by Sedalia Steel Supply and then designed by local artists, including many area students. Bothwell is among other area businesses and individuals who sponsored the program. As part of the sponsorship, Bothwell had the opportunity to work with local artist Glenda Miller to design the bicycle installed near the main entrance.

The sculptures installed in the spring are on display in time for an event that brought many bicycle enthusiasts to Sedalia. The Wheelmen, a national antique bicyclist organization, hosted its 52nd annual meet in Sedalia July 24-28. The sculptures, along with the meet, show how important cycling has been to the history of Sedalia.



The Katy Trail is an integral part of Sedalia's past and present and carries a lot of rich history about how Sedalia became what it is today. Now, its use as a cycling trail generates revenue and tourism for the area, and the bicycle sculptures reflect that impact.

In addition to showcasing the history of the area, it is hoped that the sculptures will raise awareness of cycling as a healthy activity for people of all ages.

EMPLOYEE SPOTLIGHT: BRANDY WILSON #NoMOHeartDisease

Brandy Wilson, an RN in the Endoscopy department, joined the Bothwell family in September 2018 but that is not where her medical journey began.

Just days after giving birth to her third child, 25-year-old Brandy was watching her two older children play while her newborn was napping. Little did she know her life was about to be changed forever.

Chest pain. Shortness of breath. Cold sweat. Numbness in her left arm. “My first thought was that I was having a heart attack,” Brandy said.

She managed to call her mother-in-law, who arrived at Brandy’s home to find her lying on the couch from weakness. Brandy’s mother-in-law called 911, and Brandy was air-lifted to Columbia where she underwent cardiac catheterization. An EKG had revealed a STEMI, or what is commonly known as a “widow maker” heart attack. Doctors found the cause to be a dissected coronary artery and hypothesized that it happened while Brandy was in labor. Brandy went into surgery and had four stents placed in her heart.

Brandy wasn’t out of the woods yet though. While she was in the ICU she experienced a flash pulmonary edema and respiratory distress. When she was moved to the Progressive Care Unit the next day, Brandy had an echocardiogram that showed fluid around her heart. Begging the physician to release her, she was eventually discharged from the hospital, but returned several times after experiencing episodes consisting of dizziness and temporary blindness. Thinking the symptoms were normal, she ignored the signs. She then experienced chest pain to the point of not being able to walk. After one of these episodes, Brandy was admitted to the hospital and put on an event monitor, which showed she was experiencing frequent episodes of ventricular tachycardia. The bottom of Brandy’s heart was beating at a much faster rate than the top.

Brandy was given a pacemaker with a defibrillator to correct her heartbeat, but a year after her heart attack, she still reported “crushing chest pain all the time.”



Another catheterization showed that her dissected artery was not able to hold the stents, so they moved out of place and the artery had closed off again. Brandy’s body responded by developing collateral vessels to maintain blood flow that prevented her from having another heart attack. Brandy received the news that she had a form of heart failure called cardiomyopathy and would eventually require a heart transplant.

At that point, Brandy had a choice. She could sit and wait, or she could use her experience in a positive way. After receiving the news, Brandy remembers telling her husband, “I really want to be a nurse now.” She decided to enroll at State Fair Community College and apply for the Nursing program. After years of hard work, as well as dealing with her ongoing health issues, she graduated as a registered nurse in May 2014. “My passion for nursing came from my own experience and having wonderful nurses that took care of me when I was sick,” Brandy said.

Eleven years and two pacemaker and defibrillators later, Brandy currently takes medication to prevent heart failure. While she will need a heart transplant eventually, until that time, she enjoys spending time with her family and caring for her patients. Brandy uses her story to promote the American Heart Association’s #NoMOHeartDisease campaign to help raise awareness of heart disease and stroke.

WALK IN CLINIC OPEN HOUSE Celebrating Together

On July 17, Bothwell, along with the Sedalia Chamber of Commerce and 75 community members, celebrated the Bothwell Walk In Clinic with a ribbon-cutting ceremony and open house. The ceremony highlighted the services and value the clinic brings to the community, including additional access to care. The open house meet and greet gave community members the opportunity to tour the clinic and meet the providers serving our community as well as Bothwell CEO Lori Wightman. Community members were also able to ask questions about new services including Wellness Works, Bothwell's occupational health program. As those in attendance learned, the original event was scheduled in May but had been postponed due to a wind-blown damaged door and then again when Winchester was under construction in June. A special thank you goes to all those who helped prepare the clinic and assisted during the open house.



Thank you to all those who attended and celebrated the opening of another Bothwell clinic.

BOTHWELL'S NEWEST PROVIDERS Spotlight on our Providers

One way Bothwell has been working to serve and offer exceptional care to our patients is expanding the access to health care in our communities. In the spring, the Walk In Clinic opened, providing additional care outside traditional office hours. Since then, patients and staff may have seen a few new faces join the Bothwell team. We'd like to welcome the following team members to our ever-growing Bothwell family.



Hospitalist Dr. Vu Nguyen
Bothwell Regional Health Center



**Family Nurse Practitioner
Sherri Schwartz**
Bothwell Walk In Clinic



**Nurse Practitioner
Dee Dee Gilmore**
Bothwell Family Health



**Nurse Practitioner
Shawna Sapaugh**
*Bothwell Internal
Medicine Specialists*



USP CHAPTER 800 What is it and How will it Effect Bothwell

As of December 1, 2019, USP chapter 800 will go into effect for health care facilities, changing the standards for handling hazardous drugs.

USP General Chapter 800 is a set of standards for handling hazardous drugs, including everything from storing and cleaning to documentation.

The new standards will apply to all health care personnel who come in contact with hazardous drugs or the environments in which they are used, including not just doctors and nurses but anyone who works at a health care facility. According to the CDC, more than eight million U.S. health care workers are exposed to hazardous drugs every year. There are over 200 drugs typically used in health care settings that can pose a risk to those who are exposed to them, so it is important to be aware of these risks and how to minimize them.

The standards were developed to improve the safety of all health care workers and patients. Exposure to hazardous drugs can cause a number of health concerns, including an increased cancer risk and reproductive issues. Hazardous drugs can cause acute illnesses as well, such as rashes and nausea.

In the hospital setting, changes will take place regarding training and handling of hazardous drugs, including practicing proper disposal techniques. Starting August 21, nurses will no longer be able to flush hazardous drugs to dispose of them.

The USP standards are an extension of other governmental chemical regulations that have been in place since the 1970s. All health care institutions around the country who deal with hazardous drugs must be compliant with these regulations, no matter their size. Chapter 800 will supplement the standards already in place for compounding drugs. This addition will make the standards uniform and increase the level of safety across the health care system.

USP has developed an app that will allow anyone who comes in contact with hazardous drugs to know their risk and develop an action plan. The HazRx app is available in Apple and Google app stores.

More information will be made available describing the specifics of the standards and what changes will be taking place as new procedures are developed.

I SALUTES

These staff members singled out by patients and their family members through complimentary messages to Patient Advocate Blaire Riley. Our “Salutes” this month go out to:

Andrea Kiso
Case Management

Jordyn Mullins
Critical Care Unit

Brianna Murray
Walk In Clinic

Julie Mateja
Winchester Diagnostic Center

Amy Hamlin
Emergency Department

Frances Carver
Emergency Department



EMPLOYEE OF THE MONTH

Ramona Gibbs

Ramona Gibbs is the Bothwell July Employee of the Month. Gibbs, a CNA in the Progressive Care Unit (PCU), was praised in her nomination for her hard work, attitude and professionalism.

“Ramona is one of the best team players in the PCU,” the nomination said. “She is always the first person to come in when we need help. We can count on her, and she takes responsibility and pride in her work.”

The nomination said Gibbs is a dedicated professional who cares about her patients and her co-workers.

“She always has a smile on her face and has the most upbeat attitude,” the nomination said. “All of her patients love her and she always makes them smile and laugh, even when they’re having a bad day. She makes her patients as comfortable as she can in order to make their stay better. She is incredibly friendly to not only patients, but also to their family members and her hospital co-workers.

Congratulations, Ramona, on being named the July Employee of the Month!



NEW EMPLOYEES

Julia Aguirre
2 Southwest

Sarah Altis
Progressive Care Unit

Holli Bircher
Case Management

Alexander Cardin Rivera
3 Southwest

Nichole Cramer
Progressive Care Unit

Leann Curty
*Bothwell Internal
Medicine Specialist*

Karyn Fenical
Ultrasound

Emily Houston
Emergency Department

Christina Jackson
Emergency Department

Christie Knott
Bothwell OB/GYN

Amanda Manuel
Dietary

Martha Mefford
Admitting

Alaina Motsenbocker
2 Southwest

Michelle Nieman
*Health Information
Management*

Michelle Noblitt
Pathology

Ashley O'Bannon
Information Technology

Jasmine Owens
Housekeeping

Cassandra Porter
*Bothwell Internal
Medicine Specialist*

Eric Rader
Plant Services

Shawna Sapaugh
Internal Medicine

Kirstie Schultz
Bothwell OB/GYN

Vincent Taylor
Housekeeping

Jenny Tidmore
Pain Management

Wade Turnbough
Orthopedics

Jennifer Vanderlinden
Cancer Care

Abigail Walsh
Progressive Care Unit

Crystal Wolfe
2 Southwest

AUXILIARY NEWS

Bothwell Regional Health Center Auxiliary Awards Three Health Care Scholarships

Three \$2,500 scholarships recently were awarded to area students in health care by Bothwell Regional Health Center Auxiliary.

Nursing scholarships were given to Mikayla Lechthworth of Versailles, and Madeline Kindle, a Smith-Cotton graduate. The Bellamy Scholarship, named for longtime auxiliary volunteer Anna Marie Bellamy, went to Ryan Akin of Sedalia.

Lechthworth, who currently works as a neurology and cardiology technician, plans to study Nursing at State Fair Community College in Sedalia this fall. Kindle, a CNA at Bothwell, will attend Missouri Valley College in Marshall this fall and work toward a bachelor's degree in Nursing. Akin is a 2013 graduate of Smith-Cotton High School and a 2017 graduate of Baker University. He is in his third year of medical school at the University of Missouri–Columbia.

Karen Suroff, BRHC Auxiliary Scholarship Committee chairwoman, said the Auxiliary was pleased with the caliber of this year's applications.

"Congratulations to our scholarship winners," Suroff said. "The committee wishes them all the best as they continue in their health care careers. It's our hope that each of them will return to Bothwell and continue to serve our community in the future."

UPCOMING EVENTS

Scrub Sale

August 23

ATN Compression Socks

September 5

Book Sale

October 24–25



Jamie Nolting
Pharmacy

Ana Lopez
Pharmacy

Sara Jones
Pharmacy

Donna Smith
Pharmacy

Samantha Howard
Pharmacy

Tiffany Willis
Pharmacy

Trudy Clawson
Pharmacy

Jenine Lees
Progressive Care Unit

Megan Rosales
Emergency Department

Yaneth Uvario
Centralized Scheduling

Jamie Poppinga
Centralized Scheduling

Kayla Thompson
Women's Health

Dr. John Wendt
*Bothwell Family
Medicine Associates*

Kayla Butler
BFMA

Alexandria Ramirez-Polaco
Emergency Department

FOUNDATION NEWS

Since the beginning of 2019, the Bothwell Foundation has provided funding for the following:

Bothwell Funding

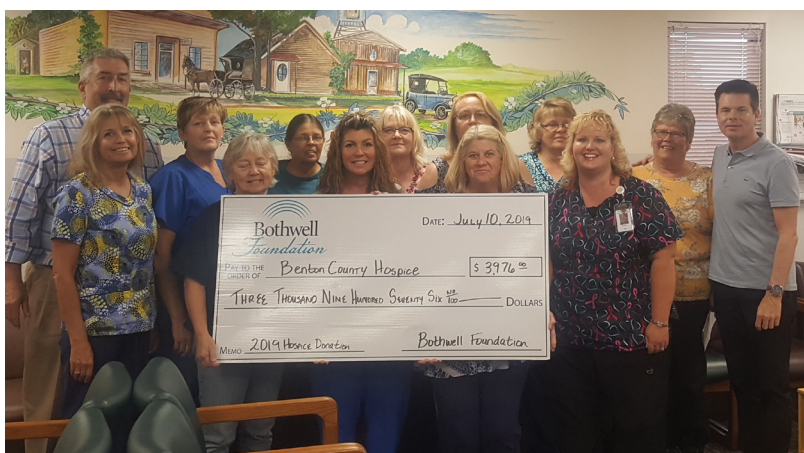
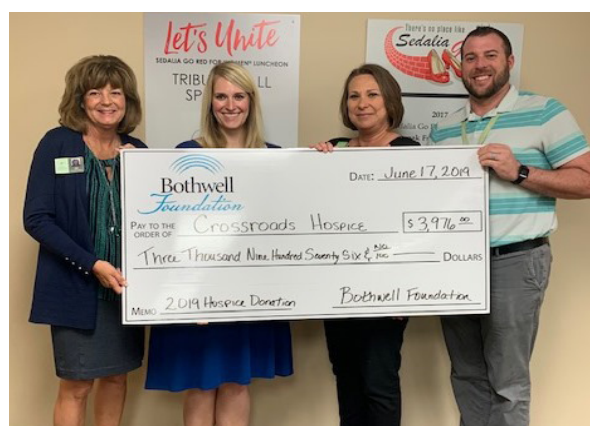
AED for Bothwell Internal Medicine Specialists	\$ 2,000.00
Women's Health – Bili Blankets	\$ 7,315.80
Clinical Education	\$ 675.00
Ensure for Cancer Center	\$ 750.00
Cancer Center – Patient Assistance Funds	\$ 1,000.00
Cancer Center – Gas Cards	\$ 1,000.00
Cath Lab Clotting Machine	\$ 9,000.00
2N Ultrasound System	\$22,815.00
Total	\$ 44,555.80

Community Funding

Pat Gaunt Scholarships	\$ 9,000.00
Medical Careers Scholarships	\$ 2,000.00
Crossroads Hospice	\$ 3,976.00
Benton County Hospice	\$ 3,976.00
Yes Yes for Sedalia Campaign Initiative	\$ 2,000.00
Total	\$ 20,952.00
Total donated since January 1, 2019	\$ 65,507.80

There are additional funds still available for 2019. For funding request information and application, visit the Intraweb or contact Lauren Thiel at ext. 7786

**Funding requests must be approved by Department Director and a member of the Senior Leadership Team prior to submission.*



FOUNDATION DONATIONS

The following donations are greatly appreciated.

In memory of Jeanette Thomas:

Mike and Joy Simon

Nursing Leadership

Vendors who have recently donated to the Stereotactic Biopsy campaign:

Stille Consulting, Inc

Xsolis, Inc

COMMUNICATION CORNER

Know Your Radio Etiquette

This month the communication corner is dedicated to radio etiquette. Radios play an important role in communicating with co-workers. Below are some simple tips to follow when using radio communication that focus on professionalism and courtesy.

Radio

- Wait for one second before speaking to allow connection.
- Keep your mouth at least five to six inches from radio when speaking.
- Don't interrupt the speaker.
- Announce who you are when reaching out to someone over the radio (e.g. "ED—Nurse for patient JD in room 5 please radio back").
- Speak clearly and concisely.
- Avoid jargon, lingo, abbreviations and unprofessional language.
- Remember, patients can hear what you're saying.

SAVE THE DATE

MISSOURI STATE FAIR | AUG 8–18



Join us as we welcome visitors from all over the State of Missouri to Sedalia as the Missouri State Fair kicks off August 8.

Bothwell is sponsoring **FREE** blood pressure screenings for seniors August 8 and 14 from 9 am—6 pm on the fairgrounds.

If you are interested in volunteering contact Hannah Sartin at hsartin@brhc.org.

BOTHWELL BENEFITS UPDATE

BRHC Employees

New benefit services are available for Bothwell employees, so take time to schedule your wellness checkup. Call service coordination at (660) 827-7979 to schedule your appointment and inform them which physicians you prefer from our panel. They will schedule your checkup at a time that is convenient for you.

There are many services included in your Bothwell Wellness Benefits package through BCBS of Kansas City. Refer to schedule of benefits for deductible, co-insurance, co-payment and/or limitations. Copay is \$30 and preventative diagnostic services are typically 100% covered in network.

Services include:

- Yearly wellness exam
- Diabetes screening (40+ years old)
- Yearly mammogram (40+ years old)
- Yearly colonoscopy (45+ years old)
- Lung cancer screenings (55+ years old)
- Child, adolescent and adult smoking intervention programs
- Adolescent and adult depression screenings (12+ years old)

AUGUST

BIRTHDAYS

Gia Kuhns.....	1
Chris McIntyre.....	2
Heather Kaneko.....	2
Amber Meinershagen	2
Chase Belnap.....	2
Julia Vykhoanets.....	2
Susan Roe	3
Jody Pritchard	3
Diana Sharp	3
Erica Kammerich	3
Lisa Wells	3
Odjie Bautista	3
Kris Freeman.....	3
Kelly Bolin.....	3
Stephanie Mallory	4
Kim Hagan	5
Becky Wienert.....	5
Dover Biery	5
Jami Sleeper.....	6
Kim Walters.....	6
Olga Jaquez	7
Beth Everts.....	7
Madison Merril.....	7
Vance Taylor	7
Pauline Billingsley	8
Bonnie Talbot	8
Macayla Johnson.....	8
Angie Doyle.....	9
Haley Montgomery.....	9
Joyce Macaffree.....	9
Daryl McNew.....	10
Debbie Williams.....	10
Tracie Southerlin	10

Sherri Kautzky	10
Jennifer Porter	11
David White.....	12
Alecia Anderson.....	12
Sara Jones	12
Nadia Ostapenko	12
Toiya Pitts	13
Denise Hoffmann.....	13
Dustin Bell.....	13
Christy Harms	13
Tori Routon	13
Janet Kempf	14
Ernie Lancaster.....	14
Ellen Stevens	15
Jacqueline Dabney.....	15
Danielle Slocum	15
Courtney Lawson	16
Irina Lopez	17
Becky Mitchell	17
Inna Galchenko	17
Melissa Hammonds.....	17
Haley Henderson.....	17
Irina Borynets	18
Brittney Williams	18
Cassy Staples	19
Bobbi Dorr	20

David Jasper	20
Mary Galvan	21
Margie Hartford	21
Ruth Ann Cramer	22
Vasiliy Mitrofanov	22
Rob Ayers	22
Janet Kindle.....	24
Jesse Craig	24
Julie May.....	25
Rebecca Clifton.....	26
Maggie Schaffer	27
Ed Smith	27
Heather Woolery	27
Rose McMullin.....	28
Katherine DeFoor	28
Tiffany Lumpe.....	28
Leann Curty	28
Christina Schnakenberg.....	29
Shelby Carney.....	29
Chance Johnson.....	29
Angie Longan	30
Kelley Mitchell	30
Samantha Candelas	30
Ashley Hill	30
Rocio Rodriguez	31

