

SEPTEMBER 2021

# BILLBOARD



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



## WE'VE BEEN LISTENING

### A Letter from Lori

In the May Billboard, I shared with you that the Senior Leadership Team (SLT) would begin asking employees questions through leader safety rounding, which is an evidence-based leadership practice that improves the culture of safety.

According to an article in the American Journal of Infection Control, leadership rounds are a tool that can be used to connect leaders with frontline staff. Leadership rounds have been used as a quality improvement tool and are typically described as senior or executive leaders meeting frontline staff in a location where the work is done.

We implemented this program after analyzing the results of the recent Culture of Safety survey and are using the practice to connect with you about patient safety issues and advance a culture of safety at Bothwell. Our goal is that each department and clinic would have a senior leader round in their area once each quarter, and we've visited each this quarter.

Each week over the last four months, the administrator on call has rounded in three to four areas to ask questions and listen. Our discussions began by explaining what safety rounds were and the purpose behind them. Prior to starting the rounding process, senior leaders committed to approaching rounding from a perspective of curiosity, not judgment, listening more than telling, providing



## SEE WHAT'S INSIDE!

WELCOME  
DR. MATTHEW ROEHR

PREGNANCY LOSS  
REMEMBRANCE DAY OCT. 15

FLU VACCINE TIME

CONGRATS EMPLOYEE AWARD WINNERS

EARTHQUAKE DRILL OCT. 21

GO CASUAL FOR CANCER CARE OCT. 27

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## WE'VE BEEN LISTENING

### A Letter from Lori

consistent follow-up, and thanking everyone at the conclusion of rounds. Rounding puts the people who experience obstacles in front of the people who can help remove barriers.

This first quarter's area of focus was **infection prevention**. We asked questions about that topic as well as others such as, "What is working well today?" "Is there anything getting in the way of providing safe care?" "Do you have the tools and equipment you need?" If relevant, we also asked questions pertaining to past event reports.

We heard about processes that are going well and what can be improved. We heard about issues with equipment that may be needed or upgraded, and we heard about ways to better protect our patients and coworkers.

We realize the success of leader safety rounding depends on what we do with the information you share. The following are some issues that were discovered related to infection prevention and safety and the solutions or status.

- The dirty instruments process is cumbersome; issue taken to committee to review
- Nurse computers running slow; autoboot initiated
- Packaged cleaned instruments need to be stored in locked drawer or cabinet in patient room; facilities working on installing locks
- Handicap door button needed on a door; getting quotes for hardware
- Ramp needs to be closer to a clinic front door; working with building owner to add

- A stairwell had condensation causing slippery conditions; vent changed to rectify
- Glidescope sterilization process; documentation created
- Changed brand of lead wires for patient monitors saving nurse time
- Provided unit a bariatric wheelchair
- Grab bars placed on scale at a clinic
- Panic button installed at a clinic
- Doorbell installed at a clinic
- Additional security cameras purchased for a clinic
- Bushes cut back near employee entrance at a clinic for security purposes

The goals of leader safety rounding are to enhance a climate of trust, discuss progress on key performance metrics, surface issues identified by coworkers, recognize accomplishments, remove barriers to communication and process improvements, strengthen accountability, and provide opportunities for senior leaders to learn about quality and safety. Leader rounding is not an assessment or inspection, a "gotcha" or a search to find someone to blame.

In September, SLT started the rounding process for a second quarter. The next area of focus is **security**. We are all looking forward to continuing the conversation.

**Stay well. Be well.**



## WELCOME DR. MATTHEW ROEHRS New Physician has Joined Bothwell's Sixth Family Medicine Clinic

Dr. Matthew Roehrs has joined Bothwell Lincoln Family Medicine and will work with Dr. Donald Allcorn to provide primary health care for families and people of all ages.

Dr. Roehrs is a doctor of osteopathic medicine specializing in primary care including promoting and maintaining good health and disease prevention as well as diagnosing and treating severe and long-term illnesses. Primary care provides patients with ready access to their own highly trained physician that is personable and family oriented.

"We are here to help patients," Dr. Roehrs said. "I encourage people to come to us with any concern. There's not much we won't take on or try to help."

Dr. Roehrs received a bachelor's degree in Biology in 2013 from Westminster College in Fulton, Missouri, and his medical degree in 2018 from A.T. Still University in Kirksville, Missouri. He recently completed three years of family and community medicine residency training at University of Missouri Health Care in Columbia.

"Dr. Roehrs has been specifically trained through his residency to provide a wide range of health and wellness services and to treat injuries and illnesses," said Keith Morrow, Bothwell's Clinic Operations vice president. "He has worked hard so he could return home and treat patients in a rural community."

Dr. Roehrs is also bringing a new type of care to Bothwell Lincoln clinic called osteopathic manipulative medicine, which is a hands-on approach used by a provider that moves a patient's muscles and joints. This includes gently stretching, applying pressure and resistance to move joints and tissues, correcting issues in a patient's range of motion. This technique can improve migraines, shoulder problems and neck and knee pain.



Dr. Roehrs is a Sedalia native and Smith-Cotton High School graduate. He is familiar with Bothwell as he volunteered in the Emergency Department during college. He is also the son of Dr. David Roehrs, chief radiologist at Bothwell Regional Health Center.

"My father's diligent work ethic and high level of care for his patients has always been inspiring to me," Roehrs said. "I chose family medicine because I want to connect with people and be a part of their lives while helping them get and stay healthy. I hope to be helpful for my patients and provide them with the best possible health care."

Dr. Roehrs is married to Dr. Misty Todd, family medicine and obstetric physician at Bothwell Cole Camp Clinic. The two share a passion for rural communities and health care and own a small farm and cattle operation between Sedalia and Cole Camp. During his free time, Dr. Roehrs enjoys hunting, fishing, going to Truman Lake and spending as much time as possible with friends and family.

Dr. Roehrs will see patients at Bothwell Lincoln Family Medicine at 302 North Hwy 65 in Lincoln. The phone number is 660.547.3915, and office hours are 8 am to 5 pm Monday through Friday.



## "We Remember"

**Pregnancy and Infant Loss  
Remembrance Day Oct. 15**

The loss of a baby during pregnancy or after birth is painful and overwhelming. Pregnancy loss, which includes miscarriage and stillbirth, along with sudden infant death syndrome are sad and common realities for many families.

Join the Women's Health and Newborn Care staff outside at 6:30 pm Oct. 15 southeast of the Bothwell Education Center and those who are grieving and need support to remember all babies who are no longer here. The event is free and open to the public to come together and be surrounded by love and support. Refreshments will be available along with remarks by Dr. Michael Carozza with Bothwell OB/GYN Associates followed by a Wave of Light ceremony.

Proceeds from this year's T-shirt sales will fund a paved walking path around the lilac tree located at the site. Pavers will be available for engraved personal messages. If you are interested in purchasing a paver, please email Lauren Thiel-Payne, Bothwell Foundation executive director, at [lthiel@brhc.org](mailto:lthiel@brhc.org).



## FOOTBALL FRIDAYS

**With a \$1 donation to the Bothwell Foundation, staff may wear football team logo wear on Fridays to celebrate the football season.**

**If you have questions, or need additional information, please contact Human Resources.**







# EMPLOYEE FLU VACCINE CLINICS

## IMPORTANT DATES

Flu vaccine is required to be received no later than Dec. 31 or by Nov. 15 complete the appropriate exception form with Human Resources.

Flu vaccine is now available to all employees.  
Choose from these convenient days and times to get yours!

### Café Private Dining Room

During Mealtimes: 6:45–9 am, 11 am–1:30 pm and 5–6:30 pm

Friday, Oct. 1

Tuesday, Oct. 5

Friday, Oct. 29

Monday, Nov. 8

Friday, Nov. 12

OR

### Employee Pharmacy, Ground Floor

7:30 am–3:30 pm

Monday through Friday

### Employee Health Office, First Floor

6:30 am–3 pm

Monday through Friday

**GET WELL. STAY WELL. BOTHWELL.**



**Making behavioral health part of your wellness journey has never been so easy.**

## NEW BEHAVIORAL HEALTH BENEFITS FOR BOTHWELL EMPLOYEES

### Helping You Take Care of Your Mental Health

We cannot single-handedly control the events of the world in which we live, but we can control the manner in which we care for ourselves. Self-care, which often includes mental health services, impacts resiliency and the ability to respond appropriately in our environment. Self-care is not selfish, it is a necessary part of working in healthcare. That is why Bothwell is partnering with Burrell Behavioral Health. This partnership makes accessing behavioral health services easier than ever for the Bothwell team.

### New Benefits for Bothwell Employees

#### Therapy & Counseling

Bothwell will provide six FREE hours of brief therapy for employees through Burrell Behavioral Health. Burrell providers understand the impact COVID has on the healthcare system and will offer a safe space for you to process difficult experiences and help you generate strategies for coping, self-care, and connection. Services will be provided predominately via telehealth to maximize convenience and ease of access for your busy schedule.

#### Critical Incident Debriefings

Critical incidents impact us each differently –sometimes in unexpected ways. When a critical incident takes place, you and other members of your team may be invited to meet with a Burrell Crisis Team leader who is trained specifically in crisis response. These debriefings are designed to help minimize the emotional toll of tough situations in the workplace.

### Learn More

To learn more or to get started, contact Burrell at 417-893-7963 and identify yourself as a Bothwell employee with code 8000269.

### We're Here to Help You Heal, Grow & Thrive

Our care practices are rooted in brain science and trauma-informed techniques to help individuals, youth and families heal, grow, and thrive. We know in order to live our best lives, everyone must feel safe, connected, significant, and respected (PersonBrain™). Therefore, we are committed to leading with safety and trustworthiness, operating with collaboration, and offering choices and empowerment.

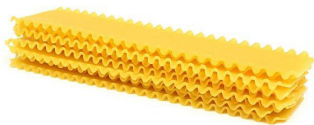
[burrellcenter.com](http://burrellcenter.com)

## FROM THE BOTHWELL{NESS} COMMITTEE

### 10 Fun, Low-Carb Swaps for Fall

#### SWAP THIS

**Lasagna noodles**  
27 g carbs per serving



#### FOR THIS

**Eggplant or zucchini flats**  
8 g carbs per serving



**19 g carbs saved**

#### SWAP THIS

**Sugar**  
100 g carbs per 1/2 cup



#### FOR THIS

**Pumpkin puree**  
50 g carbs per 1/2 cup



**50 g carbs saved**

#### SWAP THIS

**Mashed potatoes**  
18 g carbs per 1/2 cup



#### FOR THIS

**Mashed cauliflower**  
7 g carbs per 1/2 cup



**11 g carbs saved**

#### SWAP THIS

**Pancakes**  
46 g carbs  
2 medium pancakes



#### FOR THIS

**Omelet**  
3 g carbs per serving



**43 g carbs saved**

#### SWAP THIS

**Apple pie**  
58 g carbs per slice



#### FOR THIS

**Baked apple**  
20 g carbs per serving



**38 g carbs saved**

#### EASY BAKED APPLE RECIPE

- Core one medium apple and place in a microwavable dish
- Sprinkle 1 tsp of cinnamon in the core and any other desired spices
- Wrap tightly with plastic wrap
- Microwave for 5 minutes
- Cool and enjoy



## FROM THE BOTHWELL{NESS} COMMITTEE

### 10 Fun, Low-Carb Swaps for Fall (continued)

#### SWAP THIS

##### Pretzels

23 g carbs per 1 oz



#### FOR THIS

##### Kale chips

2 g carbs per 1 oz



21 g carbs saved

#### SWAP THIS

##### Homestyle chicken pot pie

54 g carbs per slice



#### FOR THIS

##### Phyllo dough chicken pot pie

34 g carbs per slice



20 g carbs saved

#### SWAP THIS

##### Potato fries

33 g carbs per 3 oz



#### FOR THIS

##### Butternut squash fries

9 g carbs per 3 oz



24 g carbs saved

#### TIP

For perfect baked veggie fries, spray the fry-shaped pieces with a bit of olive oil and season with pepper, garlic and a dash of salt. Bake at 425°F for 20 minutes, flipping halfway through.

#### SWAP THIS

##### Popcorn

19 g carbs per 3 cups



#### FOR THIS

##### Nuts

7 g carbs per 1 oz



12 g carbs saved

#### SWAP THIS

##### Pizza crust

70 g carbs per slice



#### FOR THIS

##### Grain-free crust

13 g carbs per slice



57 g carbs saved

## EMPLOYEE RIGHTS NOTICE

### Missouri Passes New Leave Law

The state of Missouri passed the Victims of Domestic or Sexual Violence Leave Law on Aug. 28, 2021, to allow victims of domestic or sexual violence, child abuse, or human trafficking to receive unpaid leave from work for up to two weeks. See [Section 285.630, RSMo](#) and refer to [Sections 285.625 to 285.670 RSMo](#) for definitions.

Employees can also take leave if their family or household members are victims. The leave provides an opportunity for victims to seek health care, relocate, obtain legal services or prepare for participating in court proceedings.

Employers with 20–49 employees are required to provide one week of leave per year while employers with 50 or more employees must provide up to two weeks. It is recommended to allow employees on leave to utilize paid time off benefits.

Victims may request the employer to provide reasonable safety accommodations such as additional leave beyond two weeks, a revised work schedule, work phone number changes, or the installation of locks at work.

Notice of the new law will be posted in the hospital and clinics will be posted by the Oct. 27 deadline. Bothwell's policy on this law is going through the proper channels and will be available in the near future.

## ADVOCACY IN ACTION

### Rural Health Contingent Travels to Nation's Capital

On Sept. 21 and 22, representatives from Bothwell traveled to Washington, D.C. as part of the Missouri Hospital Association's (MHA) federal rural advocacy trip. The team, which included CEO Lori Wightman; Dr. Misty Todd, Bothwell Cole Camp Clinic; and Deidre Esquivel, Bothwell Board of Trustees vice chair, was part of a group of 40 rural hospital representatives who heard

from Todd Morris, who leads the Federal Office of Rural Health Policy. The Bothwell group met separately with its Congressional delegation, including Sen. Josh Hawley, R, Sen. Roy Blunt, R, and Rep. Vicky Hartzler, R-4th District, to discuss topics related to Covid-19 and the future of health and health care.

Wightman said that items on the trip's agenda included challenges to the present and future health care workforce, federal payments for Covid-19-related expenses, prior authorization reform in Medicare Advantage and the importance of protecting access to the 340B Drug Discount Program for community providers.

"This trip is just one component of our legislative efforts to ensure that the people who are creating public policy for health care really understand the issues that are impacting us at the hospital level," Wightman said. "It is vitally important to know and communicate with our elected officials so we may continue having conversations about the important role rural hospitals play in providing access to health care in our communities."



*From left, Dr. Misty Todd, Bothwell Cole Camp Clinic; Lori Wightman, Bothwell CEO; Herb Kuhn, MHA president and CEO; and Deidre Esquivel, Bothwell Board of Trustees vice chair.*

## EMPLOYEE ENGAGEMENT 2021 Holiday Sharing Project

The Employee Engagement Committee unanimously voted to host the Holiday Sharing Project again this year. This project brought much-needed joy and heartwarming tears of happiness for all involved last year. Eight very grateful families received our help as we provided them with their requests for food, clothing, hygiene products, monetary donations for needed medications, and other necessities.

The Holiday Sharing Project was created with the idea to help Bothwell employees who find themselves in need of a little help during the holiday season. Requests for help might be for a food basket, new or used clothing, a gift to make Christmas morning special for a little one, a gas card to help make it to doctor appointments or something completely different.

### How to Participate:

A display of various gift tags that contain the needed items will be placed on the Christmas tree in the Bothwell Café. Employees will be able to select a gift tag(s) and purchase the item(s). Each department will collect their items and bring them to a centralized location closer to Christmas. Arrangements for a confidential pick-up or delivery will be made with each adopted employee.

**If you are in need of help, or you know of a coworker in need, please contact Linda Watterson in Human Resources at extension 8876 or 829.8876 by Oct. 15. All names and details will be kept completely confidential.**

We are excited to be able to offer this again and we look forward to warming more hearts as the year comes to an end.



## CNA CLASSES FORMING SOON Limited Spots Available

Want to be a Certified Nurse Assistant? We offer paid on-the-job training, classroom work from the comfort of your home and hands-on training. Full- and part-time positions are available. To apply or learn more information about classes offered, call Laura Weisenburger, Nurse Education/Recruiter at 660.829.7758.



## RECOGNIZING OUR VETERANS Veterans Day is Nov. 11

We want to honor all of our veterans again this year. In an effort to make sure all appropriate individuals are included, please contact Linda Watterson at extension 8876 by **Oct. 15**. Please provide the following information regarding your service:

- Employee Name
- Branch of Military
- Rank
- Dates of Service (if not currently active duty)
- Military Photograph

The following employees are already on the military listing (you only need to contact Linda if information needs updating)

- Rob Ayers
- Lynh Best
- Bob Blacklock
- Kevin Butler
- Gerald Campbell
- Dr. Mike Carozza
- Tiffany Crowell
- Cheryl Currier
- Andrew Darrah
- Dr. William Decker
- Tom Fairfax
- Gweneth Fields
- Dr. Stephen Foster
- Timothy Jackson
- Alexander Kresse
- Tony Labuary
- Todd Nappe
- Bill Parris
- Stephen Ready
- Randy Smith



## DAISY AWARD RECIPIENT Congratulations Sarah Fredrickson, RN, Emergency Department

Sarah Fredrickson's genuine compassion for patients and her ability to make others feel at ease during times of worry or stress has earned her the DAISY Award.

Fredrickson, a registered nurse in Bothwell Regional Health Center's Emergency Department is the latest recipient of the hospital's DAISY Award, which is given periodically to a deserving nurse who demonstrates compassionate patient- and family-centered care.

Fredrickson was nominated for the award by a family member of a patient who said she provided excellent communication while genuinely caring and showing love and compassion.

"She was wonderful, from the smile she had on her face to the way she took care of my dad," the family member said. "She let us know everything that was going on with his vitals and any test they were about to do. She was also very patient with my dad."

Fredrickson has a true passion for health care and caring for others.

"I love my job because I get to help heal, whether it be the body, mind or even the soul," Fredrickson said. "When you're a nurse you know that every day you get to touch a life or a life will touch yours and that's the beauty in this profession, which I'm proud to be a part of. The DAISY Award is one of the greatest achievements to receive in nursing because it is a nomination by the people who we truly work for—patients and their families."

The nominator said she most appreciated how genuine Fredrickson was through the whole experience.

"There are not a lot of people in this world like her," the family member said. "Sarah is truly a blessing and you can tell she cares for each person who comes in the Emergency Department. The smile she wears matches the love and compassion she holds in her eyes." Laura Weisenburger, Bothwell Nursing educator and recruiter presented Fredrickson with a certificate commending her for being an "Extraordinary Nurse." She also received a DAISY Award pin and was treated to a box of cinnamon rolls. A DAISY Award banner recognizing her will hang in



the Emergency Department and Fredrickson's name will appear on the DAISY Foundation website.

"I am so honored to present Sarah with this award," Weisenburger said. "Three years ago, I was in a head-on car accident and her voice was the first sense of comfort and familiarity when I was brought in by ambulance to the Emergency Department. She took excellent care of me then and continues to provide excellent care to all patients."

The DAISY Award for Extraordinary Nurses was started in 1999 in Glen Ellen, California, by members of the family of Patrick Barnes, who died at the age of 33 of complications from an autoimmune disease. The care his nurses provided was the inspiration for the DAISY (Diseases Attacking the Immune SYstem) Award.

An international award, the DAISY is awarded in more than 2,800 health care facilities in all 50 states and 17 countries.

Bothwell Regional Health Center began recognizing its nurses with the DAISY Award in 2018. Jessica Wheeler, Shari Thomasson, Shasta Nardi, Courtney Rumans, Sarah Plante, Connie Roll and Ronda McMullin are previous recipients.



From left, Laura Weisenburger, Nursing educator and recruiter; Sherri Egbert, Emergency Department clinical manager; Lori Wightman, chief executive officer; Sarah Fredrickson; Rose McMullin, chief nursing officer; Tammy Jackson, Critical Services director; and Kim Perez, Clinical Education director.

## JULY EMPLOYEE OF THE MONTH

### Vicki Howard

Patient safety is fundamental to delivering quality, effective, safe and people-centered health services. Safety efforts prevent and reduce risks, errors and harm that can occur to both patients and staff. Vicki Howard is a model example of monitoring and assuring safety needs for patients and staff.

Howard, Nursing Administration constant observer, is the July Employee of the Month. She was nominated by Laura Phillips and Olga Jaquez, both RNs in the Progressive Care Unit.

Protecting patients from self-harm and assisting with general nursing care can be an emotionally exhausting task on top of the current Covid-19 staffing struggles. However, Howard still finds time and energy to volunteer to work extra hours and sit with patients or help staff with various other tasks.

“Vicki offered to work a 16-hour shift due to short staffing everywhere as the need for a constant observer was high,” Phillips said. “She is extremely professional with our patients, even when they are at their worst, in pain or having difficulties.”

Observers are responsible for communicating any behavioral or safety concerns to nurses and keeping an eye out for both patients and staff. According to the World Health Organization, every year, millions of patients suffer injuries or die because of unsafe and poor quality health care. Having employees like Howard strengthens Bothwell’s ability to safely care for patients.

Like Phillips, Jaquez said Howard volunteers to stay extra hours helping ease staff shortage issues and is extremely kind to patients and staff members.

“Vicki is an excellent asset to our team,” Jaquez said. “We are very lucky to have her on our team here at Bothwell.”



## KEY AWARDS

Donna Bell  
Katelyn Buxton  
Bonnie Talbott  
Lucy Hughes

Steve Hughes  
Alicia (Josefina) Theisen  
Gia Kuhns  
Brad Cluff



## AUGUST EMPLOYEE OF THE MONTH

### Tina Propheter

The Merriam-Webster dictionary defines a team player as someone who cares more about helping a group or team to succeed than about his or her individual success. Tina Propheter continually works as a team player showing kindness when taking care of her patients and coworkers and demonstrating the values of Bothwell Regional Health Center.

Propheter, RN in Women's Health and Newborn Care, is the August Employee of the Month. She was nominated by Janice Johnson, RN, Lactation Consultant.

Especially during COVID-19 and the struggles that come with it, offering a friendly smile to coworkers and patients brightens gloomy times. Propheter always greets the day shift workers with a smile, even when it's been a difficult night shift. She helps cover night shifts and takes extra on-call shifts if nights are short-staffed.

"Tina is committed to providing outstanding patient care," Johnson said.

"She came back in from her car after working late to help me stabilize a NICU baby."

Additionally, Propheter was praised by a mother who said she provided excellent care and was very kind and compassionate.

"She is a team player and kind to everyone," Johnson said

Johnson also said she sees Propheter check on coworkers and ask how she can help so everyone can go home in the mornings.

"I want Tina to know how much we appreciate her hard work and all the kind, compassionate care she provides to patients and coworkers," she said.

**Congratulations Tina on being named August Employee of the Month!**



## REMOTE PHARMACY SERVICES

### Overnight Pharmacy Services Now Available

We recently partnered with Cardinal Health Remote Pharmacy Services to provide medication order entry, order verification, clinical services, drug information and other pharmacy-related services during hours that our in-house Pharmacy is closed. The remote pharmacists are licensed according to the Board of Pharmacy laws of Missouri.

The relationship with Cardinal Health ensures that our medical and nursing team has the pharmacy resources they need and that patient needs are met 24/7.

When there are questions or a service is requested, staff should call 866.599.8870 or fax the Nursing Communication form that has been sent to all nursing managers and is on the Intranet under the Pharmacy. The turnaround may not be as quick as the in-house Pharmacy, but requests should be fulfilled in a relatively short turnaround time for routine requests. Overrides are still available, but only for emergent medications.

If there are questions about the remote pharmacy services, refer to the Frequently Asked Questions on page 15 or contact Pharmacist Brad Nicholson at [bnicholson@brhc.org](mailto:bnicholson@brhc.org).



## Remote Pharmacy Services

### FREQUENTLY ASKED QUESTIONS

Bothwell Regional Health Center is partnering with Cardinal Health Remote Pharmacy Services to provide medication order entry, order verification, clinical services, drug information and other pharmacy related services. The remote pharmacists are licensed according to the Board of Pharmacy laws of Missouri.

**What are the service hours for the Cardinal Health Remote Pharmacy Services team?**

Remote coverage hours may vary. Please confirm the remote hours with your in-house pharmacy team.

**What questions can a Cardinal Health Remote Pharmacy Services Pharmacist answer?**

Our pharmacists are available to answer drug information, dosing, compatibility and patient-specific medication management questions per the policies developed by your in-house pharmacy.

**How are orders transmitted to the Cardinal Health Remote Pharmacy Services team?**

Electronic provider-entered orders will populate in the pharmacy work queue. All hand-written orders will be faxed or scanned to the Cardinal Pharmacy Services Team.

**Once an order is sent to Cardinal Health, how soon will it appear?**

**\* To expedite order processing: remember to check legibility, include current patient sticker/demographic information including height and weight and medication order details (name, strength, PRN reason, unapproved abbreviations)**

Generally speaking, our goal is to process STAT orders within 15 minutes and routine orders within 60 minutes.

**What if I have a STAT Order?**

Call or fax the remote pharmacists if electronically ordered. Otherwise, faxed orders automatically alert the remote pharmacists that an order is pending. Any immediate needs can be communicated by contacting the Cardinal Health staff at the phone number listed below.

**Should I expect calls or faxes from the Cardinal Health Remote Pharmacy Services staff?**

As needed, phoned and faxed questions will occur regarding order legibility, allergies, height, weight, labs, non-formulary medications as well as requests for order clarifications with the physician.

**How should I communicate time changes or minor clarifications to the Remote Pharmacy Services staff?**

Fax/Scan the Communication Form to the Service Team. If the pharmacy system currently has the capability to send these requests electronically to the pharmacy, no additional form is needed. A call can be placed as well although the form is designed to limit the burden on you.

**What if I find an issue or concern with an order?**

Please contact the Cardinal Health staff at the phone number listed below who will assist in reconciling the issue or concern. The Cardinal Health staff will also document the intervention and provide a hand-off report to the in-house pharmacy team.

**How do I contact the Cardinal Health Remote Pharmacy Services Team?**

Contact the Cardinal Health staff using the information below. Due to nature of our hours of operation, on rare occasions, we do experience internet or phone system outages. If, at any time, you cannot get through on the phone, please send us a fax letting us know your name and contact information and we will call you back.

**Phone Number: (866) 599-8870**

**Account Number: 2219**

**\*\*\*If at any time you have difficulty reaching us by phone, please fax a note to the number below.\*\*\***

**Fax Number: (877) 250-8455**

**STAT Fax Number: (877) 264-4329**

*Bothwell Regional Health Center (Sedalia, Missouri)*

## PERSONNEL ANNOUNCEMENTS

### New Clinic Leadership



We are pleased to announce Melissa Guffin has accepted the position of Director of Operations for Walk In Clinic and Employee Wellness Clinic. Guffin has been working as a Wellness Works employee for the past three years representing employee wellness to community businesses.

In addition, certified Physician Assistant Mike Shipp will work in the Employee Wellness Clinic and the Walk In Clinic as a provider and clinical lead role. Shipp is from Fulton, Missouri, and recently retired as a colonel with the U.S. Air National Guard. Has has many years of experience in emergency and urgent care as well as operations, strategic planning and training with the Air National Guard.



**We look forward to the leadership and experience Melissa and Mike will bring to these clinics as we continue to grow the programs for the future. Both of their offices are located in the Healing Arts Center.**

## NEW EMPLOYEES

### August

**Dr. Donald Allcorn**  
Bothwell Lincoln  
Family Medicine

**Annette Bauer**  
Health Information  
Management

**Aspen Brune**  
Radiology

**Cynthia Byrd**  
Dietary

**Sarah Easter**  
Nursing Administration

**Dr. Alyssa Emery**  
Bothwell Family  
Medicine Associates

**Paul Gammill**  
Security

**Paige Graham**  
Bothwell OB/GYN  
Associates

**Toni Granado**  
Housekeeping

**Vida Grandfield**  
Dietary

**Skylar Haase**  
Bothwell Health  
Center-Truman Lake

**Savanah Hudson**  
Pathology

**Candace Kadtke**  
Emergency Department

**Shaina Kusgen**  
Pathology

**Dr. Angelo Llana**  
Hospitalist

**Melissa Lothamer**  
Emergency Department

**Heather Moon**  
Clinic Billing

**Aleksandr Olefir**  
Pathology

**Quentin Pantoya**  
Sterile Process

**Tiffany Persinger**  
Admitting

**Katelyn Purchase**  
Bothwell Ear  
Nose and Throat

**Amy Ritzo**  
Same Day Surgery

**Maggie Roberts**  
Bothwell Family  
Medicine Associates

**Gary Schilb**  
Pathology

**Melissa Smidt**  
Bothwell Family  
Medicine Associates

**Sandra Stephens**  
Human Resources

**Kelsey Stuenkel**  
Occupational Therapy

**Carlita Warren**  
Ultrasound

**Teresa Wooten**  
Bothwell Walk In Clinic



## PERSONNEL ANNOUNCEMENTS

### New Providers

In case you missed it, several new physicians and advanced practice providers have joined our medical care team in clinics and at the hospital over the last six months. We are proud to have them here!

#### Gabriel Anders, DO

*Bothwell Pulmonary Specialists*

##### Education and Experience

##### FELLOWSHIP

- Pulmonary/Critical Care Medicine — University of Missouri–Kansas City
- Sleep Medicine — Mayo Clinic

##### RESIDENCY

- Internal Medicine — Mercy Medical Center, Des Moines, Iowa

##### MEDICAL & GRADUATE SCHOOL

- DO — Kirksville College of Osteopathic Medicine

##### CERTIFICATION

- Board-Certified Internal Medicine
- Board-Certified Pulmonary Diseases
- Board-Certified Sleep Specialist



#### Meredith Norfleet, MD

*Bothwell Family Medicine Associates*

##### Education and Experience

##### RESIDENCY

- Family Medicine — John Peter Smith Hospital

##### MEDICAL & GRADUATE SCHOOL

- MD — University of Missouri, School of Medicine

##### CERTIFICATION

- Advanced Cardiovascular Life Support
- Advanced Life Support in Obstetrics
- Advanced Trauma Life Support
- American Board of Family Medicine



#### Alyssa Emery, MD

*Bothwell Family Medicine Associates*

##### Education and Experience

##### RESIDENCY

- University of Missouri Health Care

##### MEDICAL & GRADUATE SCHOOL

- MD - University of Illinois, College of Medicine

##### CERTIFICATION

- Advanced Cardiac Life Support
- Neonatal Resuscitation Program
- Pediatric Advanced Life Support



#### Lisa Wadowski, MD

*Bothwell Family Medicine Associates*

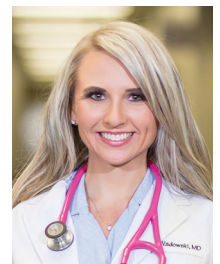
##### Education and Experience

##### RESIDENCY

- Family Medicine — University of Missouri Health Care

##### MEDICAL & GRADUATE SCHOOL

- MD — University of Arizona College of Medicine–Phoenix



## PERSONNEL ANNOUNCEMENTS

### New Providers

#### Matthew Roehrs, DO

*Bothwell Lincoln Family Medicine*

#### Education and Experience

#### RESIDENCY

- University of Missouri Health Care

#### MEDICAL & GRADUATE SCHOOL

- DO — A.T. Still University of Health Sciences

#### CERTIFICATION

- Advanced Cardiac Life Support
- Advanced Life Support in Obstetrics
- Pediatric Advanced Life Support



#### Joseph M. "Mike" Shipp, PA

*Bothwell Walk In Clinic*

#### Education and Experience

#### MEDICAL & GRADUATE SCHOOL

- Master of Physician Assistant Studies — University of Nebraska

#### UNDERGRADUATE

- BS, Physician Assistant — University of Nebraska

#### CERTIFICATION

- National Commission of Certification of Physician Assistants CAQ Emergency Medicine
- Pediatric Advanced Life Support
- Advanced Cardiac Life Support



#### Angelo Llana, MD

*Bothwell Regional Health Center*

#### Education and Experience

#### MEDICAL & GRADUATE SCHOOL

- MD — University of Arkansas Medical Sciences

#### RESIDENCY

- University of Arkansas Medical Sciences

#### CERTIFICATION

Board Certified Internal Medicine



#### Destiny Jefferson, AGACNP-BC, FNP-C

*Bothwell Regional Health Center*

#### Education and Experience

#### MEDICAL & GRADUATE SCHOOL

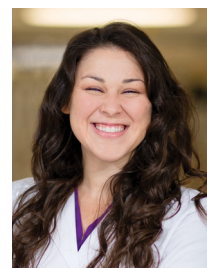
- MS in Nursing, FNP - University of South Alabama

#### UNDERGRADUATE

- BS in Nursing — University of Southern Mississippi

#### CERTIFICATION

- Adult-Gerontology Acute Care Board Certification — American Nurses Credentialing Center
- Family Nurse Practitioner Board Certification





# MAKE LIFE EASIER WITH THE CONVENIENCE OF **BOTHWELL EMPLOYEE PHARMACY**

**SWITCHING YOUR SCRIPTS TO BOTHWELL EMPLOYEE PHARMACY IS  
QUICK, EASY AND HASSLE-FREE. CALL JESSICA!**

**You can enjoy substantial savings and conveniences with the  
Bothwell Employee Pharmacy compared to other retail pharmacies.**

- ✓ Hassle-free transfer; we do all the work!
- ✓ We fill speciality medications
- ✓ Diabetic medications have \$0 copays
- ✓ Max cost of generic medications is \$10 for 90 days
- ✓ All birth control medications are \$0 copays
- ✓ Can be used by anyone covered on Bothwell insurance
- ✓ We'll help you find coupons to save even more
- ✓ Medication pick-up available for night shift employees
- ✓ Clinic employee? We deliver!
- ✓ Easy and confidential processes

**Call, email or stop by and see Pharmacist Jessica Moon  
for a quote on how much money you could be saving!**

**Please note, hours have changed:  
7:30 am – 4 pm Monday – Friday,  
Closed for lunch 11 – 11:30 am**

**The Bothwell Employee Pharmacy is  
located on the hospital's ground floor.**



**GET WELL. STAY WELL. BOTHWELL.**





The Great  
Central U.S.  
**Shake  
Out**



## The Great ShakeOut Oct. 21 | 10:21 am Earthquake Preparedness Drill

On Oct. 21, employees in all hospital departments and outpatient clinics will participate in the Great Central U.S. ShakeOut along with millions of other people in Missouri and 13 states surrounding us.

The purpose of the ShakeOut is to practice how to protect patients, visitors and ourselves when an earthquake happens. **Talk with your director and know what to do on the day of the drill.**

### DRILL ANNOUNCEMENT

PBX staff will announce "Earthquake Drill" on the hospital intercom at 10:21 am on Oct. 21. Clinic staff should plan to participate at the same time.

### WHAT TO DO DURING THE DRILL

#### 1. DROP, COVER AND HOLD ON

- Stop where you are, drop onto your hands and knees and cover your head and neck with one arm and hand.
- If a sturdy desk or table is nearby, crawl underneath it for shelter. If no table or desk is nearby, crawl against a wall or next to low furniture for sideways protection

#### 2. IF YOU'RE WITH A PATIENT OR VISITORS, STAY WITH THEM

- If possible, direct them to drop to the floor and under a piece of furniture and hold on. If furniture is not available, everyone should get down on the floor and cover their head with arms.
- Instruct patients with mobility devices (walkers, wheelchairs) to lock the wheels, get as low as possible, and to cover their heads
- If a patient is in a bed, roll them to their side and protect their head with a pillow

#### 3. IF YOU'RE OUTSIDE

- Move away from buildings, overhead wires and trees and sit down with arms over head and neck for protection

#### 4. STAY DOWN

- Wait until PBX staff announces the drill is complete with an "all clear" message



### WHAT TO DO AFTER THE DRILL

1. Facilities staff will canvas the hospital for "damages" and report them to the Command Center, which will be located in Human Resources (HR) on the ground floor of the hospital
2. Directors in the hospital will report "injuries" to the Command Center in HR
3. Clinics will contact Toni Warren to report "damages or injuries" who will then report the information to the Command Center in HR.

## FOUNDATION NEWS Pinktober 2021



With just a \$5 donation to the Bothwell Foundation, you can wear jeans and pink on **Wednesday, Oct. 27** and support cancer care in our community!

Funds will go toward the Gene Loveall Cancer Services Fund that provides gas cards for patients who may travel for their treatment, cases of Ensure, funds for prescriptions, or any other needs patients may have. Funding is also used to provide free mammograms.

**Employees may drop donations in the box outside the mailroom on the hospital's ground floor, take donations to the Foundation office on the hospital's second floor or pay online at [brhc.org/foundation-giving/donate/](http://brhc.org/foundation-giving/donate/). Click the Donate Online button and in the "My donation is for" drop-down menu, select Gene Loveall Cancer Services Fund.**

### BE PINK READY

Pinktober T-shirts can be purchased in the Foundation office or from any Central Bank Sedalia location beginning Oct. 7 while supplies last.

### KENDRA SCOTT JEWELRY SALES EVENT

Oct. 12, 11 am – 1:30 pm; Outside Bothwell Café  
Can't make the in-person sale? Shop for Good online Oct. 12 and 13 at [kendrascott.com](http://kendrascott.com).

Use code **GIVEBACK-ARHPB** and 20% of sales will benefit the Pinktober 2021 campaign!

*In-person purchases do not qualify for payroll deduction*



### SEDALIA

**Friday, Oct. 8 and 29**  
**8 am – Noon**  
**Bothwell Diagnostic Center**  
990 Winchester Dr.

**Appointments required.**  
**To make an appointment, call 660.829.8888**  
**and mention "Free Mammo Day."**



\* Screening mammograms are reserved for women 40 and over. No physician order required.



## FOUNDATION NEWS AED Presentations

The 2021 Wear Red for Women luncheon and auction raised funds to continue the goal of having automated external defibrillators (AEDs) in every place people work, learn, play or pray in Sedalia and Pettis County. Last year's event raised enough funds to purchase 12 devices, three of which were recently presented to Foundry 324 Wedding & Event Venue, The Venue, LLC and the Center for Human Services' Harris Center.



Foundry 324 Wedding & Event Venue



The Venue, LLC



Center for Human Services' Harris Center

**wear Red**  
02.25.22  
for women  
**SAVE THE DATE  
FOR WEAR RED**

The Bothwell Foundation will host its annual Wear Red for Women luncheon and auction on Feb. 25, 2022. Keep an eye out for more details.

## MEMORIALS AND DONATIONS

**In Memory of Dr. Alan Allmon**  
Dr. Stuart and Kim Braverman  
Bothwell Medical Staff  
Bothwell Nursing Leadership  
Mike and Joy Simon

**In Memory of Gary Walkup, Sr.**  
Grace Linn

**In Memory of Cheryl Ward**  
Grace Linn





# AUXILIARY LINEN SALE

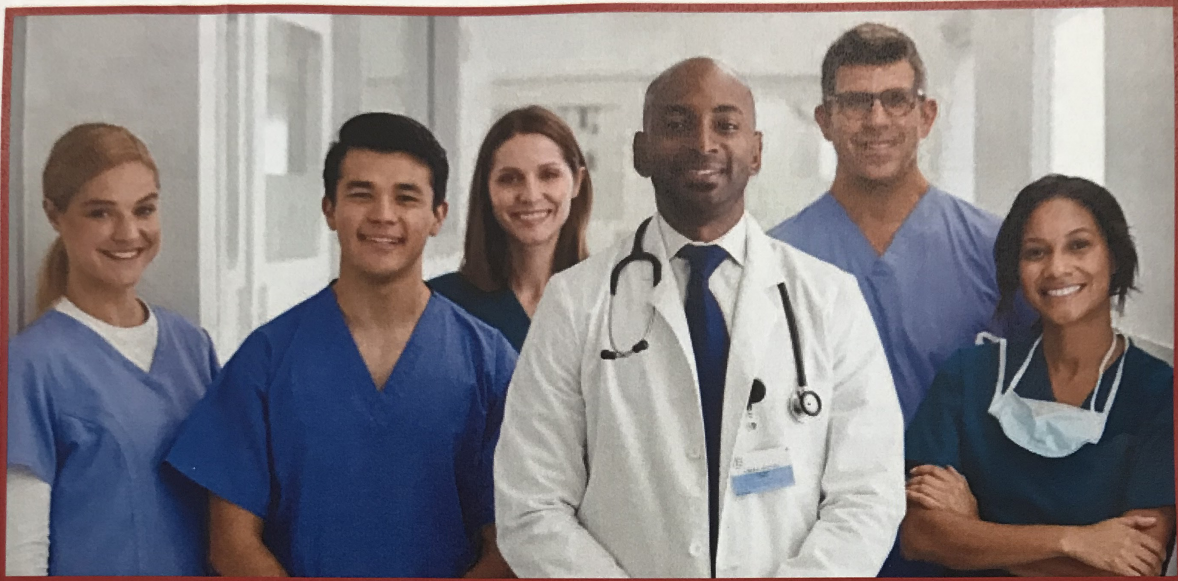
**NEW  
COLORS!**



**Oct. 7 | 7:30 am—5 pm | Bothwell Café**

**Luxury Linens | Sheets | Blankets | Children's Blankets**

**GET WELL. STAY WELL. BOTHWELL.**



# THANK YOU

## HEALTH CARE WORKERS

You are invited to join us on

**Friday, October 19th, 8:30am**

*Sacred Heart Chapel, 3rd and Moniteau*

### **The Celebration of Mass and Brunch**

***Brunch to follow in the Parish Center next to the church.***

Please RSVP to Dianne Withers, Communications Secretary for St. Vincent de Paul Parish, by calling 660-827-2311 or via email [dianne.svdpparish@gmail.com](mailto:dianne.svdpparish@gmail.com).









**ST. VINCENT DE PAUL**  
**CATHOLIC PARISH**



## United Way—Christmas Evergreens Fundraiser

Give your support and enjoy beautiful holiday evergreens!

	<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>S4</td> <td>Noble Fir Door Swag</td> </tr> </table> <ul style="list-style-type: none"> <li>* Designed for guaranteed sustainability and quality, this item is the perfect alternative to a wreath.</li> <li>* Includes 1 set of snow dusted cones and a red bow. Approximately 30"x19".</li> </ul> <p><b>\$25.00</b></p>	Item #	Order Name	S4	Noble Fir Door Swag		<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>G3</td> <td>Western Cedar Garland</td> </tr> </table> <ul style="list-style-type: none"> <li>* Ten-feet of gorgeous cedar garland</li> <li>* Fragrant fresh-cut western cedar</li> <li>* Easy-to-handle, plastic carrying bag</li> </ul> <p><b>\$25.00</b></p>	Item #	Order Name	G3	Western Cedar Garland
Item #	Order Name										
S4	Noble Fir Door Swag										
Item #	Order Name										
G3	Western Cedar Garland										
	<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>W4</td> <td>22" Mixed Evergreen Wreath</td> </tr> </table> <ul style="list-style-type: none"> <li>* An aromatic combination of noble fir, incense cedar and berried juniper</li> <li>* Red faux holly berries</li> <li>* Pre-tied red velvet water repellent bow in separate bag</li> <li>* Simple decorating instructions with illustrations</li> </ul> <p><b>\$25.00</b></p>	Item #	Order Name	W4	22" Mixed Evergreen Wreath		<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>W3</td> <td>28" Mixed Evergreen Wreath</td> </tr> </table> <ul style="list-style-type: none"> <li>* An aromatic combination of Noble fir, berried juniper, and incense cedar. Touches of color are provided by red, faux, holly berries. A red, velvet, water repellent bow is included for easy attaching.</li> </ul> <p><b>\$33.00</b></p>	Item #	Order Name	W3	28" Mixed Evergreen Wreath
Item #	Order Name										
W4	22" Mixed Evergreen Wreath										
Item #	Order Name										
W3	28" Mixed Evergreen Wreath										
	<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>CS</td> <td>Holiday Centerpiece</td> </tr> </table> <ul style="list-style-type: none"> <li>* Cedar, noble fir, pine and berried juniper</li> <li>* Arranged in oasis block and bowl</li> <li>* White faux snow berries and red faux holly berries for decorating</li> <li>* Easy-to-handle, plastic carrying bag</li> <li>* Approximately 12" in diameter</li> </ul> <p><b>\$22.00</b></p>	Item #	Order Name	CS	Holiday Centerpiece		<table border="1"> <tr> <th>Item #</th> <th>Order Name</th> </tr> <tr> <td>R9</td> <td>Reindeer &amp; Sleigh Set</td> </tr> </table> <ul style="list-style-type: none"> <li>* This exclusive set includes one metal reindeer and one decorative metal sleigh. Standing approx. 9 1/2" tall, our reindeer is bundled up in a scarf and burlap body wrap. The holly sleigh is approx. 5" long and is the perfect addition for holiday decorating.</li> </ul> <p><b>\$22.00</b></p>	Item #	Order Name	R9	Reindeer & Sleigh Set
Item #	Order Name										
CS	Holiday Centerpiece										
Item #	Order Name										
R9	Reindeer & Sleigh Set										

### United Way—Christmas Evergreens Fundraiser Order Form

Orders due by Monday, November 1, 2021—Delivery will be November 18<sup>th</sup> – 25<sup>th</sup>

Name: \_\_\_\_\_

Employee ID: \_\_\_\_\_

Department: \_\_\_\_\_

Turn in completed form and payment to:

Bothwell Foundation Office or drop box outside of the mailroom

Make checks payable to:

#### Quantity:

\_\_\_\_ Noble Fir Door Swag—\$25.00      \_\_\_\_ Western Cedar Garland—\$25.00

\_\_\_\_ 22" Evergreen Wreath—\$25.00      \_\_\_\_ 28" Evergreen Wreath—\$33.00

\_\_\_\_ Holiday Centerpiece—\$22.00      \_\_\_\_ Winter Reindeer Set—\$22.00

**Total Payment Due: \$** \_\_\_\_\_ **to be paid by (mark below):**

☐ Cash

☐ Check

☐ Payroll Deduction: \_\_\_\_\_

**The United Way**

exact change only

(signature)

Once delivery date is established, orders will be picked up drive through style from the Education Building.

Look for an email for details! For questions about ordering contact x8835

## OCTOBER BIRTHDAYS



Jessica Moon ..... 1  
 Baylee Senesca..... 1  
 Amy Dey ..... 2  
 Theresa Shroyer ..... 2  
 Tina Wheeler..... 3  
 Christa Frame ..... 3  
 Kathy Schroeder..... 4  
 Jessica Bronson ..... 4  
 Sara Gare ..... 4  
 Melanie Estes..... 5  
 Amanda Wathen ..... 7  
 Rik Hill..... 7  
 Cheryl Currier ..... 8  
 Rosa Lairmore ..... 8  
 Nicole Griph..... 8  
 Dr. Alyssa Emery ..... 8  
 Natalie Paxson..... 11  
 Debbie Billings..... 11  
 Sarah Fredrickson ..... 11  
 Tyler Williams ..... 11  
 Hailey Wooley..... 12  
 Emily Kullman ..... 13  
 Julie McCammon..... 14  
 Kay Schnack ..... 14  
 Vicki Hedrick..... 14  
 Madison Landers ..... 14  
 Deborah Spencer..... 14

Lauren Cox..... 15  
 Kathy Shadrick ..... 15  
 Jan Devore..... 17  
 Jeff Jenkins..... 17  
 Amy Kirkman ..... 18  
 Lee Anne Marquez De Guzman..... 18  
 Katelyn Buxton ..... 18  
 Brielle Mahannah ..... 18  
 Rita Mergen..... 19  
 CJ Rhoads ..... 20  
 Mackenzie Hoffman..... 20  
 Rachelle Joronen ..... 20  
 Kirsten Darrah..... 20  
 David Ryakhmyatullof ..... 20  
 Shelbi Bishop..... 21  
 Bailey Johnson..... 21  
 Donna Ramey ..... 22  
 Dawn Gehlken ..... 22  
 Annette Smith..... 22  
 Dr. Donald Allcorn ..... 22  
 Andrew Darrah ..... 23  
 Vicki Howard..... 23  
 Sierra Hirst..... 23  
 James Steele ..... 24  
 Stephanie Brown..... 24  
 Christina Shipps ..... 24  
 Ashley Schroder ..... 24

Sherry Elliot ..... 25  
 Janet Torres..... 25  
 Courtney Price..... 25  
 Rachel Welch ..... 25  
 Cynthia Draffen..... 25  
 Dr. Bruce Owens ..... 25  
 Ashley Barnes ..... 26  
 Stephanie Bollinger..... 26  
 Carly Hovendick ..... 26  
 Tabbatha May ..... 26  
 Andrea Garcia ..... 26  
 Perry Keller ..... 27  
 Lindsey Moon ..... 27  
 Michelle Burgin..... 28  
 Tammie Weber ..... 28  
 Justin May..... 28  
 Robin Wagenknecht ..... 29  
 Melinda Loges..... 29  
 Delia Zimmerman ..... 30  
 Hollie Dubroc..... 30  
 Sandra Roark ..... 30  
 Linda Eckhoff..... 31  
 Jana Kennedy..... 31