

HEALTH NEWS *from*

SPRING 2019

st.mary's

REGIONAL MEDICAL CENTER



Ronald's **BIG** turnaround

How specialty therapy gave him a fresh start

Inside:

OUCH, MY FEET HURT!

A possible cause of kids' foot pain

WE'VE BEEN RECOGNIZED

What our awards mean for you

Ronald Taylor, here with his wife Shirley, takes on Parkinson's symptoms like a champ.



Compliments of

St. Mary's
REGIONAL MEDICAL CENTER

FROM THE CEO



Award-winning care, compassionate people.

It's a privilege to serve the citizens of Enid, and we're excited about the many awards we've achieved at St. Mary's Regional Medical Center to advance our commitment to quality care. Through certifications in areas like stroke care and joint replacement surgery, our teams continue to pursue

voluntary measures to ensure that we're following best practices and supporting the best possible outcomes for our patients. This means you don't need to go to a big city or large hospital to receive award-winning treatment. You can find it right here in Enid, close to the people you love and near to other support services, like outpatient physical and occupational therapy, which are also available through St. Mary's.

We could not reach our quality goals without the support and commitment of the doctors, nurses, therapists, volunteers and other staff members who go above and beyond every day to deliver comprehensive, compassionate care. Through therapies like the LSVT Big® and LSVT Loud® Treatment for patients with Parkinson's disease, we continue to look for new ways to help patients live healthier, happier lives. Whether you need help diagnosing a complex medical issue or treatment for a sudden or chronic medical condition, our team is committed to supporting the best possible patient experiences. Thank you to the community for entrusting us with your care.



Krista Roberts
Chief Executive Officer

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Extending a warm WELCOME BACK!



With a long history of serving patients in Enid, certified Women's Health Nurse Practitioner **Cindi Bigheart, APRN, WHNP-BC**, has returned to the community to provide outpatient services at Women's Health & Wellness, located at 615 E. Oklahoma, Suite 203, Enid. She joins Christopher Lee, DO, and will specialize in well woman exams, birth control management, infertility concerns, and acute and chronic women's health conditions. Having previously provided care for more than 20 years in Enid and Northwest Oklahoma, St. Mary's is pleased to welcome her back.

St. Mary's
Physician Associates

To request an appointment, call 580-242-3870 or visit stmarysphysicianassociates.com. **NEW PATIENTS WELCOME!**



GETTING SMART ABOUT ANTIBIOTICS

While antibiotics can be highly effective in treating certain infections, they're not always the answer. Overuse can lead to increases in drug-resistant bacteria, which is bad for everyone. Plus, there can sometimes be unwanted side effects, so taking them when they're not needed is not recommended.

Oklahoma is participating in a national campaign called "Get Smart: Know When Antibiotics Work" to teach patients and the public about correct use. Did you know, for instance, that antibiotics don't work on viruses like cold and flu? They can be effective, however, at treating certain bacterial infections, such as urinary tract infections and some earaches.

If you're feeling sick, talk with your doctor about the best treatment. You can play a role in helping to keep antibiotics working effectively when they're needed most.



Stop the Bleed[®] *and possibly save a life*



Valerie Schultz,
BSN, RN

Knowing what to do in a bleeding emergency can mean the difference between life and death. That's why St. Mary's is inviting you to a free training class this May to help you be prepared if you are in a sudden trauma situation.

"The goal is to teach as many people as possible how to control bleeding from trauma, whether from a fall, an accident or a gunshot wound," says Valerie Schultz, BSN, RN, Director of Emergency Services at St. Mary's. "Basically, you have an opportunity to make a difference, and you can save a life with some very easy steps."

The training was developed by the American College of Surgeons as part of its national Stop the Bleed campaign to inform and empower U.S. citizens. The one-time, two-hour class covers topics such as how to apply pressure and put on a tourniquet. "A goal is to show people that you don't have to have a lot of equipment to be able to effectively take care of somebody," Schultz says. "More and more elderly people are on blood thinners," she notes. "Being able to stop the bleed is extremely important for this population."

Schultz was trained as an instructor while representing St. Mary's at a regional trauma advisory meeting. "I applied to be an instructor because I'm a firm believer in this," she says. "The more we can get people involved to help save lives, the better."

The FREE Stop the Bleed training will be held Wednesday, May 22, from 11 a.m. to 1 p.m., and Thursday, May 23, from 5 to 7 p.m. Participants will receive a certificate. To register, call 580-249-9339.

Growing pains for young feet?

For some kids, it may be a temporary condition called Sever's disease.



James Stough,
DPM, FACFAS

Kelsey Keyworth remembers thinking it was just a silly phase when her son, Trae, was walking and running on his tippy toes. But when it continued, she asked him about it and his answer surprised her. "It hurts when I walk," he said.

She immediately took him to the pediatrician, who referred her to podiatrist James Stough, DPM, FACFAS, of St. Mary's Physician Associates. He diagnosed the condition as Sever's disease, which is one of the most common causes of heel pain in growing children and adolescents, according to the American Academy of Orthopaedic Surgeons.

Dr. Stough explains that Sever's is an inflammation of an open growth plate in the heel. It tends to occur in kids who do a lot of running and jumping and are active in sports, like Trae. For children with this condition, X-rays are typically normal, and a diagnosis is usually made based on symptoms, such as pain with activity. Sever's can potentially recur until the growth plate closes, which typically happens around the mid-teens, Dr. Stough says. "The biggest hurdle," he says, "is parent education, so they understand what it is and how to treat it."

Treatment may include wearing a heel lift inside the shoe, lots of stretching, rest, ice, or in more severe cases physical therapy or immobilization with a boot or fiberglass cast, Dr. Stough says. Some preventive measures are to stretch before and after exercise; avoid running on hard surfaces; wear well-fitting, high-quality shoes; and, in some cases, an orthotic support may be used.

Keyworth is happy to report that Trae is feeling better, and if the problem comes back, they will be prepared. She hopes their story can help others spot the warning signs of Sever's disease and find relief during those active growing years. ■

For help finding a doctor, visit stmarysphysicianassociates.com/find.



Trae Botsford celebrating a big catch.



Put your best foot forward this spring

As the weather warms up and people are more active with sports and physical activities, kids aren't the only ones at possible risk of foot troubles. Dr. Stough says that stress fractures can sometimes occur in people of different ages, causing problems like pain, swelling and soreness in the forefoot, with no recollection of an injury. If you have concerns about keeping your feet healthy, see your doctor.

What *award-winning* care means for you



CMS Five-Star
Quality Rating



Choosing where to receive your medical care is important, and you want to know you're in good hands. What if you need surgery or specialized treatment? What will your care be like?



Martha Syms, RN

The many certifications and awards that St. Mary's has earned demonstrate its commitment to quality and its focus on making patients' experiences the best they can

possibly be. A testament to the high level of care is the hospital's "A" safety rating from the Leapfrog Group. This is a nationally recognized measure that considers criteria like infection rates, patient satisfaction and safe medication practices. Also, for the second time, St. Mary's has earned a Five-Star Quality Rating from the Centers for Medicare & Medicaid Services. This is the highest rating attainable and is based on patient experience data and other criteria.

Among other areas of recognition, St. Mary's earned The Joint Commission recertification for Stroke and for Total Hip and Total Knee Replacement. For patients who are experiencing a possible stroke, the treatment approach is standardized around evidence-based guidelines like when to complete a scan

and when to get a neurologist involved in care. Comprehensive care for joint replacement includes best practices like pre-op education and early mobility after surgery.

"Our advanced certifications show that we're providing the evidence-based care to patients," explains Martha Syms, RN, director of patient safety. "They set us apart."

Another big achievement was receiving the 2019 Women's Choice Award® for Emergency Care, Obstetrics, Patient Safety and Stroke services. One of the initiatives in the OB department is a program called "Every Week Counts," which focuses on helping mothers get to the 39th week of pregnancy before delivery, Syms says. "That was a huge undertaking with the state of Oklahoma and our OB staff. We've been very successful."

"It's a culture," says Syms. "We have a commitment to quality from the leadership team to the bedside technician. Our employees take great pride in that." ■

A quality initiative to combat sepsis

To help older adults in the community who may be at risk of contracting sepsis, St. Mary's is working with local nursing homes, skilled nursing facilities and home health agencies to provide education and potentially save lives. Sepsis is a life-threatening condition that occurs when the body has an extreme response to an infection, causing symptoms such as high or low temperature, signs of infection, confusion or sleepiness, and severe pain or discomfort. Swift recognition and treatment are key to surviving and having the best possible outcome. **If you suspect possible sepsis, call 911 immediately.**

To learn more about our awards, visit stmarysregional.com/awards.



*Getting his LIFE back
with help from specialty rehab*



The
Rehabilitation Institute
AT ST. MARY'S REGIONAL
MEDICAL CENTER

I can do this.

St. Mary's

Center for Rehabilitation
Outpatient Physical & Occupational Therapy

Ask Ronald Taylor how he's feeling today and he will light up your day with his reply of "super-fantastic." But it wasn't always that way. Not long ago, he was barely able to walk and his speech was hardly audible. When his health hit rock bottom, his wife of 63 years, Shirley, feared she would have to make funeral arrangements. She took him to St. Mary's for emergency care, and an amazing turnaround began.



Joseph Knapik, MD

The first step was determining what was causing his health decline. He thought it was old age, but neurologist Joseph Knapik, MD, medical director of St. Mary's Rehabilitation Institute, attributed many of the challenges he was having to Parkinson's disease. "For the majority of patients, this is a disease that comes on later in life, although I've seen it as early as the 40s," Dr. Knapik says. "Parkinson's disease is a very treatable disease in any age group." Taylor responded positively to medication for Parkinson's, and within just a few days of arriving at St. Mary's, he transitioned to the fifth floor for inpatient rehabilitation.

He began participating in intensive therapy known as LSVT Big® and LSVT Loud® Treatment. For patients with Parkinson's disease, everyday movements like walking get smaller with noticeably shorter, slower strides, and often people's voices get quieter without them even realizing it. The idea of the Big and Loud therapy is to get them to exaggerate their voice and movements, so they can return to more normal levels.

The speech therapist worked with Taylor on reading stories aloud,

and when she found out he was Christian, he read scriptures. Meantime, physical therapists worked with him on performing everyday tasks like getting in and out of chairs, and modeling the movements for him. "Once I was able to do that, I could walk better, too," he says. "It's a motor retraining skill in the brain," explains Dr. Knapik. "You use other circuits."

After about two weeks in inpatient rehab, Taylor went home and continued his progress with outpatient therapy four days a week through St. Mary's. Today, he does regular exercises at home with help from Shirley, who gives him a loving nudge from time to time. Both of them are thrilled about the independence he's gained. Before, he needed help with everyday tasks like getting dressed and tying his shoes. Now, he's able to take care of himself and get around easier, and his children can hear him again since he's regained his voice. "You get out of it what you put into it," he says.

Shirley gets emotional when she talks about how far he's come. "The staff was second to none. They treated us with great respect and I just can't quit raving about the hospital and the outpatient care," she says. "It was awesome." ■



Physical Therapist Assistant Nikki Haws (left) with Ronald and Shirley Taylor.

UNDERSTANDING Parkinson's disease

Diagnosing Parkinson's disease is based on observation and symptoms, such as a shuffling gait, slowness of movement, resting tremors and others, Dr. Knapik explains. There's no single lab test or brain scan that can definitively confirm a diagnosis. In some cases, conditions such as Alzheimer's disease and a number of others can present similar symptoms, but they are different and don't respond the same way to treatment.

The LSVT Big and LSVT Loud Treatments are part of a newer therapy at St. Mary's led by certified inpatient and outpatient therapists. When combined with medication, the results for patients can be dramatic, says Dr. Knapik. "You can actually turn their life around."

To learn more about comprehensive rehab services at St. Mary's, visit stmarysregional.com/rehabcare.

Things **you should know** about **SEPSIS**

Sepsis is the body's extreme response to an infection. It is life-threatening, and without treatment, sepsis can rapidly lead to tissue damage, organ failure and death. Sepsis happens when an infection you already have in your skin, lungs, urinary tract or somewhere else triggers a chain reaction throughout your body.

Learn more at [cdc.gov/sepsis](https://www.cdc.gov/sepsis).

WHAT ARE THE SYMPTOMS?

Symptoms of possible sepsis can include any one or a combination of the following:



Confusion or disorientation



Shortness of breath



High heart rate



Fever, shivering or feeling very cold



Extreme pain or discomfort



Clammy or sweaty skin

Sepsis is a medical emergency and needs to be treated quickly. If you or a loved one suspects sepsis or has an infection that is not getting better or is getting worse, ask your doctor or nurse "COULD THIS INFECTION BE LEADING TO SEPSIS?"

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WITH US!*

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HEALTH NEWS FROM ST. MARY'S REGIONAL MEDICAL CENTER

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