



January Newsletter

HAPPY
NEW YEAR
2016

WHAT'S YOUR BLOOD PRESSURE?

February is American Heart Month. The Centers for Disease Control and Prevention (CDC) encourages everyone to know their blood pressure, and if they are elevated, to "Make Control Your Goal." According to the CDC, high blood pressure often has no signs or symptoms. However, people with high blood pressure are 4 times more likely to die from a stroke and 3 times more likely to die from heart disease, compared to those with normal blood pressure.



Schedule your Well-Man or Well-Woman Visit at Rawlins Clinic today (785-626-3241) to show your loved ones you care enough for them to take care of yourself. If your visit deems further care from a cardiologist, Dr. Frederick Miller (Aurora, CO), Dr. Sean Denney (Kearney, NE), and Dr. Anil Pandit (Hays, KS) are all available for appointments through the Rawlins County Health Center Specialty Clinic.

SPECIALTY CLINIC

CARDIOLOGISTS

Dr. Miller February 2, 16
Dr. Denney February 9, 23
Dr. Pandit February 17

SURGEON

Dr. Frankum February 10
Dr. Kopriva February 3, 17

MENTAL HEALTH

High Plains Mental Health February 11, 25
New Beginnings Counseling February 4, 11, 18, 25



EXERCISE WITH ARIANNE

<u>McDonald (Senior Center)</u> February 3, 17	9:00 am
<u>Herndon (Sunflower Villa)</u> February 10, 24	9:00 am
<u>Atwood (Prairie Plaza)</u> February 9, 23	10:30 am

BOARD OF REGENTS NURSING SCHOLARSHIPS

AVAILABLE

Rawlins County Hospital Foundation is accepting applications for sponsorship for the Kansas Board of Regents Nursing Scholarships. Anyone interested in obtaining an LPN or RN degree is encouraged to apply. Contact Suzanna Dozbaba 785-626-3211 ext 220 for more information. Deadline for application is March 01, 2016.

AUTOMATED MEDICATION DISPENSING SYSTEM

Rawlins County Health Center is in the process of ordering an Automated Medication Dispensing System for the Inpatient Pharmacy and Emergency Room! Funding is in the works for the \$151,499.98 piece of equipment.



The Automated Medication Dispensing System will:

- *Increase patient safety by decreasing medication errors
- *Increase medication inventory security and management
- *Increase accountability
- *Increase medication access after hours
- *Increase nurse productivity allowing more time with patients
- *Maintain regulatory compliance.

The Rawlins County Hospital Foundation is contributing \$70,000 towards this purchase.

DR. KOPRIVA JOINS SPECIALTY CLINIC

Dr. Brenda Kopriva began seeing patients in the Rawlins County Specialty Clinic on January 20, 2016. Dr. Kopriva is American Board of Surgery Certified and has extensive experience in surgical and non-surgical care that includes evaluation, diagnoses and treatment options for patients.



Brenda Kopriva, M.D.,
General Surgeon

Dr. Kopriva and her husband, Jim, live in Atwood and have three children.

A Note From... Yvette

As some of you may have heard, I have a medical issue that will require my absence from work for at least the next three weeks. I have been diagnosed with thyroid cancer. I am receiving treatment and will have surgery on Tuesday, January 26th. I will be back as soon as I am able, and I have the utmost confidence that Dr. Kellogg, Kyle, Brandon, and Barb will take care of my patients during my short absence.

Thank you for your understanding and all your prayers while I am gone,

Yvette Fensler, APRN

EMPLOYEE WEEKLY STARS



Post from Facebook: "I would like to give a big shout out to Kyle Herspring, Barb Herspring, and Shellie Carroll - they provided excellent care to my little one when she needed stitches. We are so blessed to be able to receive such a high level of care in our Community!"

**Anyone can nominate an employee for a star. Star nominations can be posted to the RCHC Facebook page, emailed to sdozbaba@rchc.us or called in to 785-626-3211 ext 220.



Jeffery McCall, Quality/Risk Management Director



Brandon Bailey, APRN is now board certified
as an Emergency Nurse Practitioner!

Rawlins County
Health Center

Setting the Standard for Patient
Centered Quality HealthCare

785-626- 3211 ~ www.rchc.us ~ Like us on Facebook

Emergency Room Open 24/7 365 days/year.

Rawlins Clinic Open M-F 8:30 am—12 pm, 1pm—5pm and Saturday 9 am—12 pm