

SEPTEMBER
2020



Save the date
for ES Health
Care Foundation
Virtual Event &
On-line Auction
on October 22



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**Volunteer
Mary Miller
creates
comfort**

Vision

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Northland's MOST EXPERIENCED ROBOTIC SURGEON

Operating at Excelsior Springs Hospital

Dr. Douglas Nespory and Sheryl Nespory, RN, above, are available at ESH Outpatient Clinic.

If you think the latest technologies in healthcare are only offered at large hospitals in the city, think again. The Northland's most experienced robotic surgeon, Dr. Douglas Nespory, is operating directly from Excelsior Springs Hospital, providing advanced robotic technologies that can only be conducted by those with advanced certification in addition to their General Surgery certification.

Dr. Nespory explained that after having practiced general surgery since 1993, it was just five years ago that he traveled to learn more about the robotic technology that is now being used by many surgeons. Known as the "Da Vinci," the surgical system offers Dr. Nespory a view from a 3D camera that can be magnified up to ten times,

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Robotic Surgeon

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providing him the ability to have much better precision and less invasive procedures to the patient.

“What I love most about it is that the patients don’t hurt,” Dr. Nespory expressed, while explaining his experience with the machine. At first, he was required to do six monitored surgeries before being able to practice on his own. He recalled the exact date of Excelsior Springs Hospital receiving its Certificate of Need being awarded on July 8, 2019, where he appeared before a committee in Jefferson City to provide support for its approval.

With demand growing rapidly for surgeries, he started doing 50 surgeries a month and is easily able to perform 100, making him the leading robotic surgeon in the area. Dr. Nespory recently reached a significant milestone, having performed over 900 DaVinci surgeries to date, significantly contributing to over 200 robotic surgeries performed at Excelsior Springs Hospital in less than one year. While operating a practice out of Liberty, Dr. Nespory’s hometown, all of his surgeries are now conducted in Excelsior Springs.

Not only does Dr. Nespory work from the hospital, but his wife, a First Assistant Registered Nurse, Sheryl is always by his side to assist with surgeries and help manage their practice. The couple have three children, nine grandchildren, and one great grandson. They live on a farm that has 20 head of cattle, eight mini donkeys, two cats, one dog, and even a pygmy goat! If there’s one thing that’s clear



Dr. Nespory provides general surgery, robotic surgery and trauma surgery at Excelsior Springs Hospital.

when speaking with them, it’s that they have a real love for helping people.

Dr. Nespory offers Outpatient Clinic hours on Mondays in Excelsior Springs. If interested in requesting an appointment, please call 816-781-4007.



Putting your safety first

Before, during, and after surgery, your doctor and team will follow a safety checklist. You’ll learn how to prevent infection, adjust your diet (if needed) or care for a loved one after surgery.

Questions about your surgery?

Contact your doctor or call us at 816-630-6081 or visit eshospital.org/surgery-clinic/ for more information.

Auxiliary member brings comfort to surgery patients

The Excelsior Springs Hospital's Auxiliary members have been bringing joy to the patients of the hospital by offering over 4,500 service hours each year to the organization. Made up of over 55 volunteers, the auxiliary provides essential services to the hospital, including assisting families and patients, providing in-office help, staffing the information booth, and running the gift store. In addition to this, they also organize multiple fundraisers in support of the hospital throughout the year.

Mary Miller has been an Excelsior Springs resident since 1951 and an Auxiliary member for the last 15 years. She joined, after her friend Joan Patton suggested it would give her something to do. Not too long ago, Jeanne Buckman reached out to Mary, knowing that she had a love for sewing, asking if she would be willing to sew pillows for surgery patients to keep. Since that time, she has been making 12 pillows a week to give back to the hospital.

"We always tell patients that the pillow is going to be their best friend for the next couple days," said Shandi Moore, RN CAPA in Surgery. "The pillows provide great comfort for those who have



had abdominal or breast surgeries. Once they are given out, the patients really appreciate having them."

The Auxiliary is an important and powerful group that the hospital relies on to support the mission of offering excellent care. If you are interested in volunteering or assisting with the efforts of the Auxiliary, please contact Christine Riegel at 816-629-2739.





September is National
Suicide Awareness Month

NATIONAL

SUICIDE PREVENTION

LIFELINE™

I-800-273-TALK

www.suicidepreventionlifeline.org

Be The 1 to Ask

“Are you thinking of killing yourself?”

Be The 1 to be There

Listen to their reasons for feeling hopeless and in pain.

Be The 1 to Help Them Connect

Help your friend or family find a support system they can trust.

Be The 1 to Keep Them Safe

Remove anything they could use to hurt themselves.

Be The 1 to Follow Up

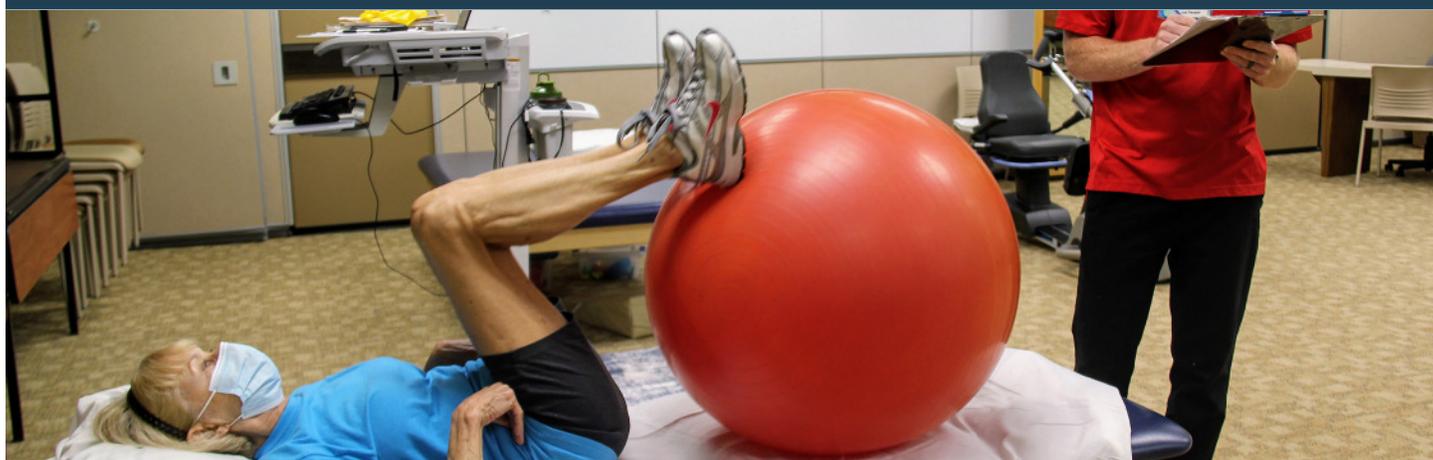
Check in with the person you care about on a regular basis.



SPECIALTY PHYSICIAN CLINICS - SEPTEMBER 2020

All clinics are subject to change due to the recent COVID-19 pandemic.
We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 ENT - Dr. Coffman Rheumatology - Dr. Scott	2 GI Clinic - Dr. Coleman	3 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	4 Interventional Pain - Dr. Hamilton
7 HAPPY <i>Labor Day</i>	8 Rheumatology - Dr. Scott	9 GI Clinic - Dr. Coleman	10 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	11 Dermatology - Dr. Tonkovic
14 Cardiology - Dr. Madrigal Oncology - Dr. Beeki Surgery - Dr. Nespor	15 ENT - Dr. Coffman Rheumatology - Dr. Scott	16 GI Clinic - Dr. Coleman	17 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	18 Interventional Pain - Dr. Hamilton
21 Surgery - Dr. Nespor	22 Rheumatology - Dr. Scott	23 GI Clinic - Dr. Coleman	24 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	25 Dermatology - Dr. Tonkovic
28 Cardiology - Dr. Madrigal Surgery - Dr. Nespor	29 Rheumatology - Dr. Scott	30 GI Clinic - Dr. Coleman		



EXCELSIOR SPRINGS SELECT HEALTH PLAN

A Community Health Plan provides benefits to organizations and their employees. In its first year, the Excelsior Springs Select plan is proving to be a success.

In a continually changing environment, Excelsior Springs Hospital knows how important it is to support local organizations and businesses first. By announcing its Excelsior Springs Select Community Health Plan, this partnership will allow area employers to offer a healthcare plan to their employees to offer quality healthcare at a significantly reduced cost.

Under the Excelsior Springs Select Plan, employers will be able to offer their employees a healthcare program that will potentially allow them to have zero co-pay and zero deductibles when utilizing the local hospital and physician services. Employees would still have the option to go anywhere they choose under the plan, but will receive lower out of pocket costs when seeking care locally.

“There are many services that our community members have had to travel outside of the community to receive healthcare in the past. We are responding by bringing new services and new specialists to the hospital. Our Excelsior Springs Select Plan is designed to provide those services at a discount to members who enroll in the plan,” said Kristen DeHart, Chief Executive Officer of Excelsior Springs Hospital.

The hospital is offering the plan through the Bukaty Company, which is based out of Leawood, Kansas. The company has extensive expertise working with employee benefits and insurance plans. Their office is offering a free 30 minute session to employers who are interested in learning more.



- 1 SIGNIFICANT COST SAVINGS**
With competitive tiered options, that include access to local, regional and national providers, employers experience significant reductions in their employee healthcare benefit costs.
- 2 LOWERED OUT OF POCKET EXPENSES**
Employees benefit from lowered co-pays and deductibles when care is provided by local providers.
- 3 ACCESS TO CARE WHEN ITS NEEDED**
Options for healthcare are available locally, and with lowered out of pocket expenses, employees can afford to access care when its needed.
- 4 MORE EFFICIENT EXPERIENCE**
Employees may seek care from the many specialists offering health services from the hospital, saving them the trip into the city and back to get the same care.
- 5 IMPROVED COMMUNITY MORALE**
By seeking care services locally, employers can help to keep dollars local, offering the best economic return for the community as a whole.

**CALL JOE MURRAY, BENEFITS CONSULTANT
AT 913-777-7537 FOR MORE INFORMATION.**