

MARCH
2021



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from our
partners at
SAFE

Vision

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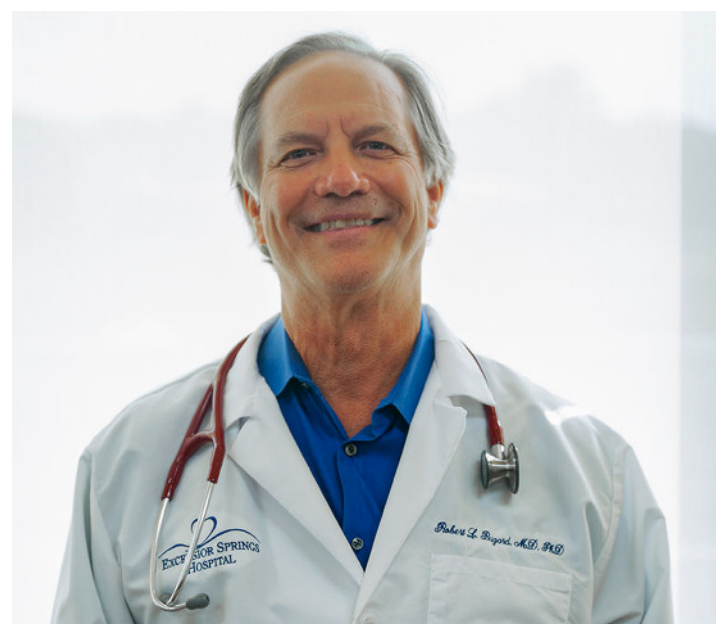
Golf Tournament - Save the Date!

Should you have the Covid vaccination?

I have been asked to write a note concerning my feelings about the COVID 19 vaccine. I have some experience in the study of viruses and immunology, having graduate degrees in microbiology and molecular biology. I also have 31 years experience in the practice of Family Medicine. I strongly encourage you to take the vaccine and below I will explain why.

The risk of serious illness or even death from COVID 19 is a threat to you and those around you. The virus is prevalent and potentially lethal. COVID 19 arrived in this country about 1 year ago. As of 2/25/21 there have been 28,981,169 cases and 518,803 deaths from COVID 19 in the United States. In Missouri there have been 520,389 cases and 8,485 deaths and unfortunately these numbers continue to increase daily.

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Dr. Robert L. Buzard provides Acute Care, Family Practice, and Geriatrics Care at Excelsior Springs Hospital.

HOW DOES mRNA VACCINE WORK?

by ROBERT BUZARD, MD

How do covid vaccines work? I am no expert on coronavirus or immunology, but I thought I would try to explain my understanding about how COVID 19 vaccines work. Coronaviruses are common and are known to cause respiratory and gastrointestinal infections in humans and animals. In 2019 a “novel” coronavirus was discovered that caused potentially serious illness in humans. This was named COVID 19.

Covid 19 is a particle that contains a single RNA strand surrounded by a protein coat. The RNA strand codes for the synthesis of more RNA and more copies of the protein coat. The virus enters its host cell and uses the proteins inside the host cell to produce many copies of the viral RNA and protein thus sickening the host cell. After successful replication, the virus

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COVID-19

Should you have the Covid vaccination? continued from page 1

I feel confident that most, if not all the people reading this note have either had the infection or known someone who has been infected. Most of us likely know of someone who has died or been critically ill from the infection. Our scientists have developed some effective treatments for the infection over the past year but even these treatments do not ensure that an infected patient will not become critically ill. Our best weapon to battle this pandemic is to establish “herd immunity”.

Herd immunity is attained when most of the people surrounding an infected individual are immune. This makes transmission to others unlikely. There are two ways to become immune to the virus. Immunity is established through infection or immunization. I have heard it estimated that when 70-80% of our population is immune, we have a reasonable chance of establishing “herd immunity”. If we estimate that about 10% of our population has now been infected, then you can see that we have a long way to go.

No one can insure that an individual will not have an adverse reaction to any medication. However, the currently available vaccines have been studied for the past year and they appear to be very safe. The most common reactions include soreness at the injection site and (rarely) light headedness or even fainting. It is possible, but unlikely to have an allergic reaction to the vaccine that may require medical attention. No one can guarantee that the vaccines will not have either short-term or long-term adverse outcomes, but based on the knowledge we have today, they appear safe and effective.

When Doctors make recommendations to patients, they do so based on something called a risk/benefit ratio. Based on the information we have today, the vaccines seem to have very little risk and tremendous potential benefit. Therefore, I highly recommend that you take the vaccine as soon as it becomes available to you. If you do, you will help protect yourself, and those around you from this potentially very serious illness.

Sincerely,

Robert L. Buzard, M.D., PhD

How does mRNA vaccine work?

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is released to infect other host cells. Some virus particles are released into the environment to infect new host individuals.

The mRNA vaccine contains only a small piece of the virus RNA that codes for the “spike protein” on the surface of the virus. When injected, the vaccine is taken into our cells and our cells manufacture copies of the viral spike protein, but not the other components of the viral particles. Some of these spike protein molecules lie on the surface of the host cell where they can be recognized by the host organisms antibodies. These antibodies are then “mass produced” so they are present and ready to destroy newly introduced infectious viral particles. Because the vaccine only contains a small fragment of the viral RNA, the vaccine is not capable of producing intact viral particles and therefore it is not able to cause a COVID 19 infection.



WATCH FOR DETAILS!

30TH ANNUAL GOLF TOURNAMENT
FRIDAY, JUNE 4, 2021
New Golf Ball Drop Event,
Silent Auction and Prizes!

Lawson Primary Care move will expand services



Since 2015 the Excelsior Springs Hospital's Lawson Primary Care has been offering care to the Lawson area community in a clinic located on 6th Street. This year, Lawson Primary Care will be moving to a new space on Pennsylvania Ave. in the heart of Lawson's downtown community. This move will give Family Nurse Practitioner Chris Wier and team more room to expand services offered to the community, such as radiology, lab

services, and provide access to the hospital's telehealth options.

The new space will also allow for more social distancing for the safety of patients. The hospital will be pursuing rural health status, which will permit the clinic to provide more care for citizens of Lawson and the neighboring communities and allows opportunity to bring in new specialists and providers in the future.

Commitment to Community

Hello!

Last month, I shared a few highlights from the hospital's strategic plan. Our priority focus is on our people. Our work to be the employer of choice continues to evolve. I am so very proud of our team of professionals, and the work that they do every day. Everything we do is focused on providing quality healthcare, close to home.

Our commitment to caring ties closely to our commitment with community.

- Our Excelsior Springs Community Health Plan provides low-cost health insurance for our employees and larger businesses in the area. We continue to work on a plan for smaller businesses to participate as well.

- ESH recently partnered with the Excelsior Springs Community Center, providing paid memberships for all of its employees.

- We are proud of our partnerships with both the Excelsior Springs Chamber of Commerce and DEP. Utilizing our local businesses for catering, meals, meetings, gifts and overnight stays keeps our dollars local while helping our business partners in the community meet their goals.

- The drawings for the new Lawson Clinic are exciting and we can't wait to get moved into the new space later this summer! Lawson



Krisen DeHart, CEO
Excelsior Springs Hospital

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Meaningful Meals from Parent Up

Study after study has made it clear that having regular unplugged meals together as a family is linked to behaviors all parents want in their kids:

- Lower rates of substance use and depression,¹
- Better peer relationships,²
- More self-esteem,³
- and even better grades!⁴

Mealltime may be the only time for families to connect, debrief, relax and recharge. Having meals together leads to better connection between parents and kids, allows parents to catch concerns and kids to express needs, and creates bonding and trust!

Parent Up encourages you to make your meaningful meal time happen. Here's a few hints to make meal times feasible, frequent and fun:

- Research suggests that the more families eat together, the better. Try to eat together at least four meals per week for a minimum of 20 minutes each.
- It doesn't have to be dinner, meaningful meals can happen over breakfast or an after school or late night snack.
- Connection is the key. With so much going on around us, use mealtime to unplug, connect, debrief, relax, and recharge. Leave the phones and other electronics behind and connect with people who are present.

Parent UP Can Help:

Visit ParentUpKC.com for resources for better connection, printable conversation cards, an "unplugged box" activity, and recipe ideas! Find our Meaningful Meals Kit under the Tools tab!



1. Musick, K., & Meier, A. (2012), Assessing causality and persistence in associations between family/dinners and adolescent well-being, *Journal of Marriage and Family*, 74(3), 476-493.
2. Rose, Bobbie. (2009), *The Importance of the Family Meal*. Fact sheets for families. California Childcare Health Program.
3. Harrison, M, et. al. (2015). Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Can Fam Physician*. 61(2); e96-e106.
4. Miller, D.P., Waldfogel, J., & Han, W. (2012). Family meals and child academic and behavioral outcomes. *Child Development*, 83(6), 2104-2120.

A resource of



Committment to Community continued from page 3

continues to be a fabulous community partner.

• As of next week, ESH's healthcare team will have provided over 1500 first doses of the COVID vaccinations, with another 1500 second doses to be administered in the next three weeks. We expect more to come as well. These clinic days are the best days ever. Its great to feel and see hope in everyone's eyes. It takes a village to do this work and the help of our community volunteers is so appreciated.

Thank you for your support of our ESH hospital, our team of compassionate professionals and for supporting our vision. If you haven't spent time getting to know our community, I would encourage you to do so. Shopping local is the best. Staying local for your health and wellness now has amazing options!

My best wishes for a safe and happy Spring!

- Kristen DeHart

SPECIALTY PHYSICIAN CLINICS - MARCH 2021

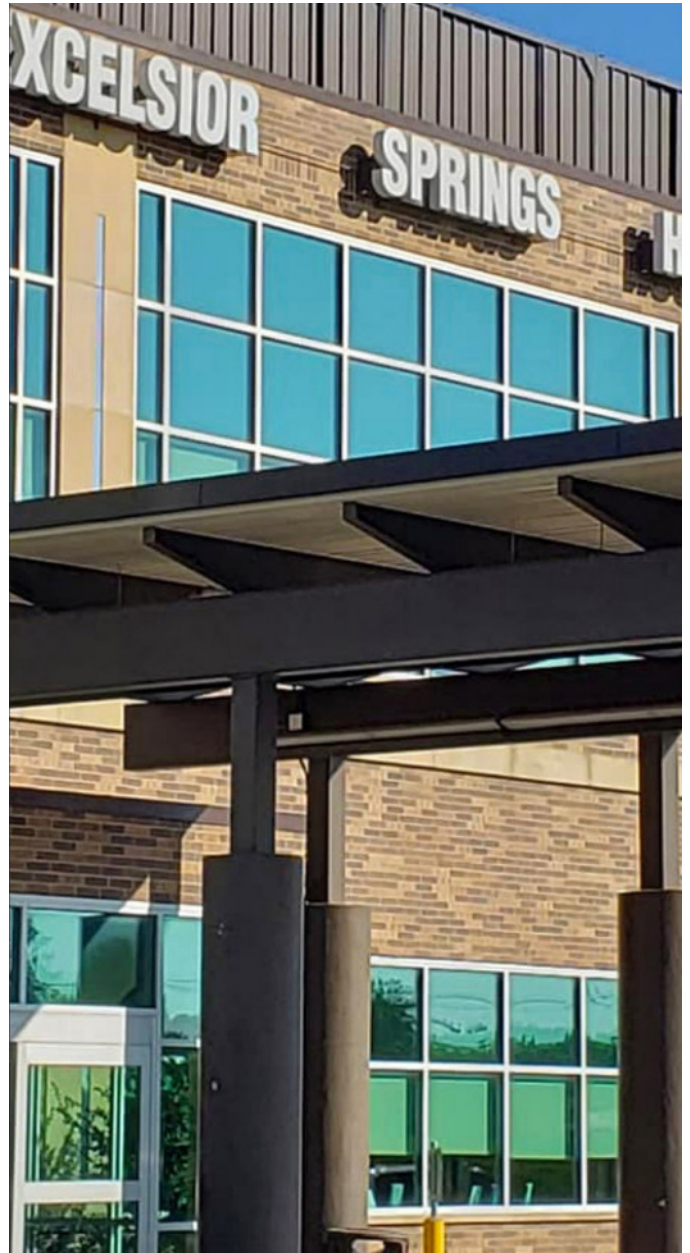
All clinics are subject to change due to the recent COVID-19 pandemic.

We encourage patients to call 816-629-2700 prior to your scheduled appointment.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Surgery - Dr. Nesporj	2 ENT - Dr. Coffman Rheumatology - Dr. Scott	3 GI Clinic - Dr. Coleman	4 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	5 Pain Management - Dr. Hamilton
8 Oncology - Dr. Beeki Surgery - Dr. Nesporj	9 Rheumatology - Dr. Scott	10 GI Clinic - Dr. Coleman	11 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	12 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton
15 Surgery - Dr. Nesporj	16 ENT - Dr. Coffman Rheumatology - Dr. Scott	17 GI Clinic - Dr. Coleman	18 Orthopedics - Dr. Justice Podiatry - Dr. Shemwell	19 Pain Management - Dr. Hamilton
22 Oncology - Dr. Beeki Surgery - Dr. Nesporj	23 Rheumatology - Dr. Scott	24 GI Clinic - Dr. Coleman	25 Orthopedics - Dr. Cornett Podiatry - Dr. Shemwell	26 Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton
29 Cardiology - Dr. Madrigal Surgery - Dr. Nesporj	30 Rheumatology - Dr. Scott	31 GI Clinic - Dr. Coleman		

TRANSITIONAL CARE

The goal of the Transitional Care program (also known as Swing Bed) is to assist a patient in healing and regaining strength through physical, occupational and speech therapies to aid in a safe return home.



Stay close to home.

ESH is able to use its bed as needed, either for acute care or skilled care, as physicians may “swing” patients from one level of care to another.

For more information, contact Tiffany Danneman, Director of Social Services, left, or Misty Lawson, Swing Bed Coordinator, UR Nurse, right.

1-816-629-2776