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Vision

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RN-BSN,
WCC



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Janna Murphy,
FNP

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ESH telehealth provides good networks of care

Our reliance on technology is becoming increasingly important with time, especially in rural communities. With huge technological advancements being made to the healthcare industry, the hospital is rethinking the way that it issues care. While telehealth technologies are not new to the Excelsior Springs Hospital, the benefits that using the technology brings to patients will be life changing for those experiencing it.

“We are committed to using the latest technologies for residents in our region,” Primary Care Manager Troy Grizzle explained “We are in the process of reshaping healthcare as we have traditionally thought of it. We look forward to having the capability of being able to come directly into public places, such as schools, the community center, and businesses, in order to provide the best care possible in an efficient way.”

Imagine the ability to see a specialist without having to travel to a healthcare facility. Instead, a



ESH Express Clinic allows access to telehealth network.

traveling nurse would come to your home and have all the technology needed to connect with doctors and specialists in the size of a traveling suitcase. Set up in your living room, the nurse will have diagnostic instruments to use for examinations.

With help from the nurse, high definition cameras are used to examine skin, eyes, ears, nose and throat remotely by physicians. There is an ECG capability for evaluating heart activity and a digital stethoscope for listening to heart, lung, and bowel sounds.

While local transportation may not be a challenge for everyone, residents will also have the option of setting an appointment with the Health Express Clinic practitioner and have their doctor's telehealth visit at ESH. Where in the past residents may have had to travel into Kansas City for specialized care, telehealth increases access to care from specialists within a

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Hello and Happy August!

I can't believe that we are already talking about going back to school but am very excited to be working with our partners at the Excelsior Springs School District and the Excelsior Springs Community Center to keep our community members, students and instructors safe in this new school year.

Tina Cook joins us in her new role as Clinical and Community Education Coordinator. She has hit the ground running and brings an amazing energy to our community! If you have not yet met Tina, you really need to! She is worth getting to know!

This week, our hospital leaders joined together for a day of education. Over 40 leaders spent time learning from Guest Speaker Bruce Tulgan, an advisor to business leaders all over the world. Our teamwork and Strategic Focus continues to be on "Our People". The workshop brought great insight into how to better manage time, having crucial conversations at the right time, managing ourselves and expectations so that we can be better leaders. The day was amazing and ended with some pretty awesome talent exhibited from our leaders. Taking time to learn together is important to our leaders and strengthens our vision to continue to be the best employer and best community hospital.

Unfortunately, we are continuing to see a COVID spread that is growing stronger every day. This is particularly troublesome on so many levels. The good news is this: Each of our Clinics and the hospital currently have access to COVID testing and COVID vaccinations. We appreciate our partners at North Kansas City Hospital for reallocating Pfizer vaccines to us. Our team is ready when you need us. Regardless of your beliefs on vaccinating



Kristen DeHart, CEO, Excelsior Springs Hospital

or not, wearing masks in all public places, practicing proper handwashing and again – keeping your distance will provide the very best chances we have to get past this! Please do your part to help stop the spread!

If there are questions or suggestions that you have, our team would love to hear from you! Prayers and cheers for our teachers, students and those going "back to school". Be Safe!

- Kristen DeHart

Telehealth continued from page 1
healthcare network.

Healthcare programs where these technologies are already being used have shown an 86% reduction in Emergency Room visits and 99% patient satisfaction.

The telehealth technology provides faster ac-

cess to care, reducing both costs and risks of severe health incidents such as strokes. Conditions that are normally treated with telemedicine include: bronchitis, pneumonia, sinusitis; diarrhea/constipation; urinary tract infections; rashes/bug bites; influenza; asthma; and conjunctivitis.

Tina Cook - bringing people together

One of the newest arrivals to the Excelsior Springs Hospital is Tina Cook, RN-BSN, WCC who will be the coordinator for clinical and community education. With only a month on the job, Tina has hit the ground running, establishing partnerships and planning events for the community.

Just prior to being hired, Tina was working to insure compliance for hospitals and knows what is needed for them to be successful. She has a wealth of experience in operational leadership and a reputation with proven results in the areas of business development, risk management, regulatory compliance, operational finance, and quality outcomes across multiple states.

The first partnership formed has been with the Excelsior Springs Community Center, offering what they call a "F.U.S.E. Calendar."

The word "fuse" means to blend or join together to form a single entity. With this idea in mind, the acronym stands for Foster, Understand, Share, and Empower. They're looking to foster relationships, understand the commu-



nity and their unique needs, share health information across systems in creative ways, and empower the community and patients to play a bigger role in their health and wellness.

F.U.S.E. kicked off at the Community Center with a Heart Healthy presentation by Dr. Anesia Slack, metabolic screenings by the hospital, and blood pressure checks with the Excelsior Springs Fire Department. While seniors enjoyed their lunch at the Senior Center, they heard an educational program about keeping their hearts healthy and safe. This was just the first of many opportunities that Tina has in store for the community.

Later this month on Thursday, August 26, there will be a Fall

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SEPTEMBER Health & Wellness F.U.S.E. Calendar

Programs held at the Community Center, 500 Tiger Drive, in partnership with the Excelsior Springs Community Center and Excelsior Springs Parks & Recreation.

10th

Suicide Prevention Seminar: 3:00 PM

14th

Advancements; Da Vinci!
Learn about Robotic-Assisted Surgery: 7:00 PM

23rd

Alzheimer/Dementia Prevention and Support, Lunch and Learn: 11:30 AM

30th

Overcoming the Obesity Epidemic - It starts in childhood: 3:00 PM

Janna Murphy - bringing health care home

Janna Murphy, FNP, may be the newest addition of medical professionals at Lawson Primary Care, but she's no stranger to the community. Having grown up there, Janna is a member of the 12-Year Club and her parents still live in Lawson to this day. That's what makes her returning home to practice and serve her hometown that much sweeter.

After graduating from Lawson High, Janna moved to Springfield to study at Missouri State University. She got a Bachelor's Degree in Biology and Chemistry. It wasn't until she was working in a pharmacy at Walgreens that she realized she wanted to be a nurse. Having the science degree assured her of all the basics needed for an accelerated nursing program. She found a job as a nurse in Springfield and practiced for four years until she went back to get her doctorate in nursing.

"Growing up here I know that people haven't really had the access or were offered specialist services," Janna explained. "As a woman provider for the clinic, I'm excited to be able to offer health services for women that haven't been offered in this area before."

With the hospital expanding services to include more telehealth practices, Janna will be helping to implement those opportunities. She will be working with Nurse Practitioner Petisha Davis at Health Express Clinic to help provide



care for patients virtually, while also building her patient list in Lawson.

"This is an exciting time coming on to the hospital," Janna said. "I look forward to helping implement the telehealth program, which we hope to have ready by the end of August."

Janna is now living in Kearney with her husband, Matt, who is a physical therapist for North Kansas City Hospital's Outpatient Clinic. The couple have two children, Weston (4) and Clara (1½).

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Prevention Lunch N' Learn at 11:30 am and a Blood Drive on Monday, August 30 at 9 am. There will also be a Grief Recovery Presentation and Resourcing on Monday, August 30 at 2 pm. In September Tina is planning for Suicide Awareness Month and in the near future also mentioned the possibility of an obesity in kids seminar.

In addition to the educational opportunities Tina will be giving to the community, she's also dedi-

cated to improving the onboarding and clinical orientation of the hospital. Her experience as a nurse gives her insight into the perspective for new medical officials coming in. Tina said, "Using an evidence-based standard, we will keep the best practice of education for the hospital.

For more information on community events, visit the website at <https://www.eshospital.org/community-events/>.

SPECIALTY PHYSICIAN CLINICS - AUGUST 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
2 Surgery Clinic - Dr. Nespory	3 ENT Clinic - Dr. Coffman Rheumatology Clinic - Dr. Chaudhry Rheumatology Clinic - Dr. Scott	4	5 Orthopedic Clinic - Dr. Justice Podiatry Clinic - Dr. Shemwell	6 Pain Management - Dr. Hamilton
9 Oncology Clinic - Dr. Beeki Surgery Clinic - Dr. Nespory	10 Rheumatology Clinic - Dr. Chaudhry Rheumatology Clinic - Dr. Scott	11	12 Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell	13 Pain Management - Dr. Hamilton
16 Cardiology Clinic - Dr. Maragos Surgery Clinic - Dr. Nespory	17 ENT Clinic - Dr. Coffman Rheumatology Clinic - Dr. Chaudhry Rheumatology Clinic - Dr. Scott	18 Urology - Dr. Aberger	19 Orthopedic Clinic - Dr. Justice Podiatry Clinic - Dr. Shemwell Pulmonary - Dr. Patel	20 Pain Management - Dr. Hamilton Urology - Dr. Aberger
23 Oncology Clinic - Dr. Beeki Surgery Clinic - Dr. Nespory	24 Rheumatology Clinic - Dr. Chaundhry Rheumatology Clinic - Dr. Scott	25 Urology - Dr. Kozminski	26 Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell	27 Pain Management - Dr. Hamilton Urology - Dr. Kozminski
30 Surgery Clinic - Dr. Nespory	31 Rheumatology Clinic - Dr. Scott			

**FOUNDATION
VIRTUAL
EVENT COMING
OCTOBER 21st!
WATCH FOR
DETAILS!**

“There’s nothing more rewarding than giving back and making a difference in the lives of people in this great community.”

—FRANK GUZZETTA



**HEALTH CARE
FOUNDATION**

THANK YOU! • 816.629.2739 • criegel@esmc.org • www.ESHospital.org

Chronic Pain & Depression: Where Physical & Mental Health Collide

About Senior Life Solutions:

Senior Life Solutions is an intensive outpatient group therapy program designed to meet the unique needs of seniors struggling with age-related depression, anxiety, difficult life transitions, a recent health diagnosis, or the loss of a loved one.

If you or someone you know is struggling with a recent chronic pain diagnosis or a decline in your emotional well-being due to pain, **WE CAN HELP.**

Contact us at:

816-629-2629



Chronic Pain = One of the most common reasons adults seek medical care. Can be linked to:

- **Activity limitations**
- **Depression and Anxiety**
- **Reduced quality of life**
- **Opioid Dependence**



4x

Someone struggling with **chronic pain** is **4x** more likely to also struggle with **anxiety and depression.**

Depression is often the cause of unexplained physical symptoms, such as, **back pain and/or headaches.**



Depression can occur in patient's with pain resulting from:

- **Injury**
- **Diabetes**
- **Cancer**
- **Heart Disease**
- **Other Chronic Health**

Chronic Pain can affect:

- Your ability to function at home, work, or socially which can lead to decreased self-esteem
- Sleep, making it difficult to concentrate.
- Appetite
- Mood

These changes in your lifestyle can **increase your pain** and **dampen your overall mood**; the frustration of **dealing with this** an result in **depression and anxiety.**