

SEPTEMBER  
2021



# Vision

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**Dr. Patel  
brings  
Pulmonary  
Services**

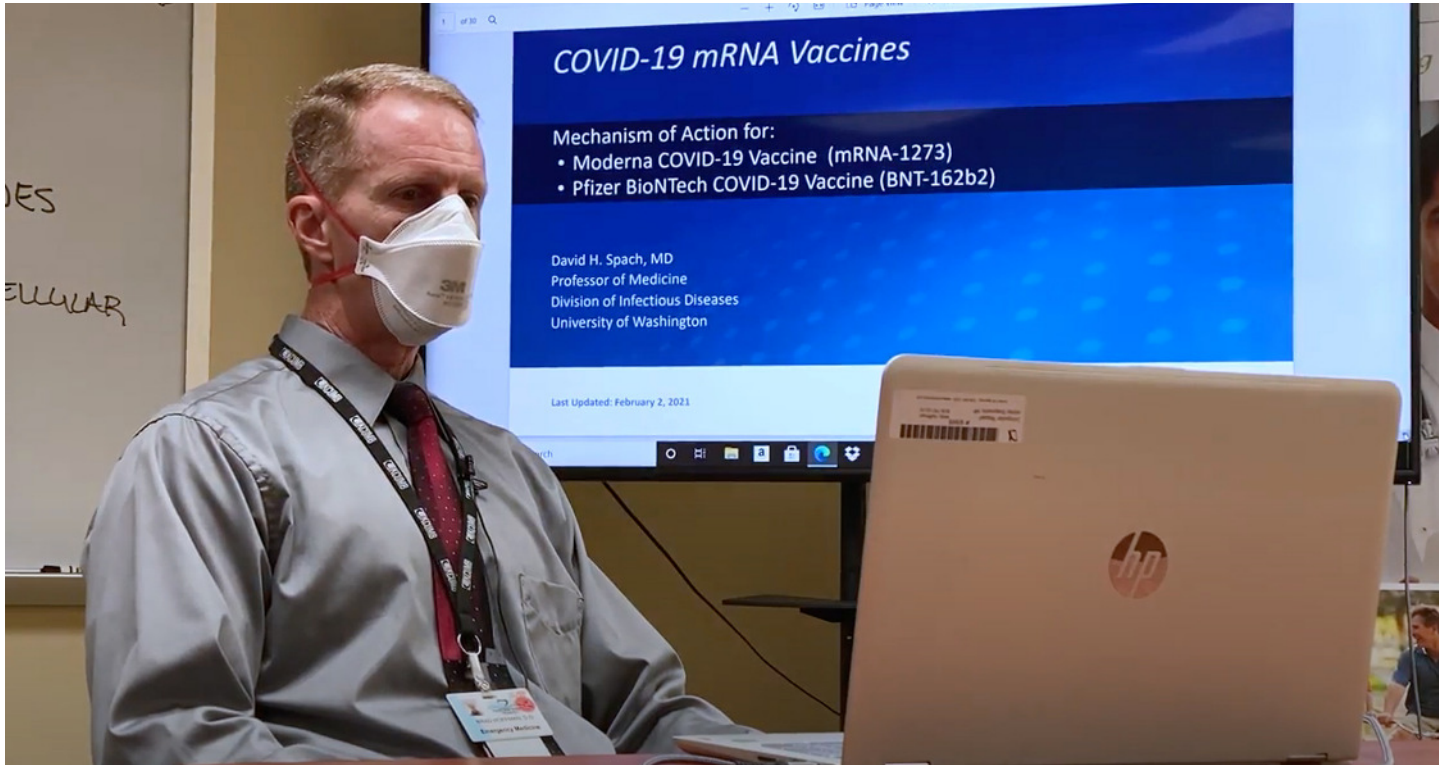


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October 21**

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*Colleagues prepare to avoid hospitalization and death*

## Dr. Hoffman focuses on “the right information”



Dr. Hoffman offers vaccination presentation to colleagues during day and evening sessions.

There are a lot of different places one can go to find health information. Discerning between what is true or not is not always easy. When one of the respiratory therapists came down to the Emergency Room and asked Dr. Brad Hoffman to explain the vaccination he realized the importance of sharing information more broadly.

We tend to listen to who we trust and respect when it comes to health issues. That's why Dr.

Hoffman felt it was important that he break the vaccination subject down into layman's terms and make himself available to answer questions. Offering both a day and evening session, Dr. Hoffman started with the basic science of how it all works. He explained that the virus has what is called a spike protein that allows the virus to attach itself to your respiratory system. The vaccine then acts as

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# September already? Where did the summer go?

I asked the same thing this morning driving to work but know that our hospital team knows that answer. This month has seen an increasing number of COVID tests, enough to move our testing to a drive through and Dr. Hoffman's offer to provide us with education – the science behind the vaccination. We are seeing more patients every day that have higher needs, and our ESH team has provided the best care ever. I am so very proud of this team for going the extra mile to not only provide exceptional care, but support to one another.

The stories that you are reading or seeing on the news about hospitals across the state and the Kansas City Metro dealing with COVID and the serious strain on hospitals is happening here. Our staff is exhausted yet committed and energized by taking great care of each patient in need. Last week, we were so excited to experience our "first" COVID graduation. The success of this patient's recovery was celebrated by the entire organization.

We were excited to host our 2nd Patient Advisory Committee meeting this week. This committee, made up of community members brings great ideas and suggestions to our leadership team. The group of 10 members are working on perceptions shared from our community survey and adding personal accounts to their list of things we can work on to improve the community perceptions of ESH and more importantly, our patient experience. We are so fortunate to have a great committee that is passionate about our patients, the care delivered and our hospital's future. I am excited for the leadership that Tiffany Danneman offers this group.

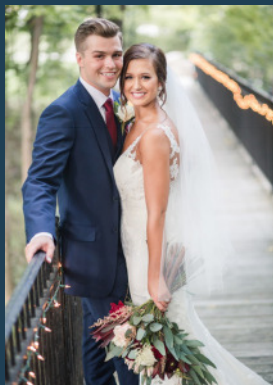
Lastly, I have personal reasons to love September.



ber. Rick and I are celebrating our 31st anniversary on September 2nd. Rick's dad was my patient when I worked as a therapist. Had Dad not received the PT order, my perfect story would not exist. It is also a day that we share with our son, Ben and daughter-in-law, Maddie, sharing our wedding anniversary day – celebrating their 3rd wedding anniversary...a perfect day to celebrate love, future, and the celebration of an extended "Labor Day" weekend – celebrating our nation's strength, freedom and leadership! I encourage you to find time to celebrate our new season. Pray for our healthcare workers and our community health, our leaders and our country and as always, please contact me with thoughts, suggestions or concerns. We are here for you.

My best,

*Kristen DeHart, ESH CEO*



## DeHart Family ANNIVERSARY CELEBRATIONS

Kristen and Rick DeHart celebrate 31 years of marriage, pictured left.

Son, Ben and his wife, Maddie, celebrate 3 years of marriage, pictured right.

# Dr. Patel brings pulmonary services and support to ESH

Dr. Samiran Patel is bringing his expertise as a pulmonologist to offer services in the hospital's Outpatient Services Clinics. The clinics allow specialists to provide services in a space to allow citizens a local option for getting the specialty care that they may need. Pulmonology covers a wide range of possible conditions that are now available to the public.

Currently Dr. Patel practices at the Kindred Northland Hospital, where he's been for a little over a year. Prior to that, Dr. Patel worked for nine years in the St. Luke's Health System, where he addressed critical care to those who needed his services most. Treating those who have chronic conditions with COPD, asthma, cancer, pulmonary fibrosis and other serious pulmonary issues is something that Dr. Patel has addressed daily.

Practicing from the Excelsior Springs Outpatient Clinics allows Dr. Patel to have more regular visits with patients to help in identifying issues before they become problems. He said this is something that he misses when working in the city. He said that citizens from this area have a more common sense approach toward health issues, that he loves the easy going, appreciative nature of the patients in our community.

With COVID-19 raging in the area, Dr. Patel explained, "The aftermath of having the virus can be devastating, debilitating. Lungs can be scarred



and individuals require ongoing oxygen. It leaves patients extremely weak, requiring weeks of rehabilitation. The virus doubles up complications, which is why the public should take the virus seriously by taking precautions and by getting vaccinated."

Dr. Patel's Pulmonary Clinic offers evaluation and diagnosis of pulmonary diseases. There is also a pulmonary function test and a sleep apnea assessment that can be done through the Outpatient Clinic. If higher treatment is needed, a referral can be made. The Pulmonary Clinic is offered on Thursdays, every other week. To make an appointment, call 816-629-2700.

## SEPTEMBER F.U.S.E Events

The Excelsior Springs Hospital and Excelsior Springs Community Center have partnered to improve wellness and offer prevention methods for a better health in our community.

Location: Community Center, 500 Tiger Drive, Excelsior Springs, MO 64024.

**14th**  
Learn about  
Robotic-Assisted  
Surgery: 7:00 PM

**10th**  
Suicide  
Prevention  
Seminar:  
3:00 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

**The right information** continued from page 1

a cover to that spike that would catch on pulmonary glands, preventing it from working.

Dr. Hoffman explained that these types of viruses have been investigated for a long time and that is why Operation Warp Speed was able to happen so quickly. He explained that the goal of the vaccines is to avoid hospitalization and death, adding that it has been working remarkably well by

protecting those who are vaccinated because they are not being hospitalized or dying.

“We don’t need enough information, we need the right information,” Dr. Hoffman said. “Is what you’re reading sound reasonable? How well documented is your source? Is it verifiable? Is it backed up by research? These are all things to consider.”

When it comes to variants, Dr. Hoffman said that

mutations will still continue to occur. After a few transmissions, they will eventually have to change the vaccine for it to be effective. Continually throughout the presentation Dr. Hoffman would refer back to the person that he is doing prevention for, which is the 42 year old mother who is taking chemotherapy for her breast cancer and is immunocompromised.

With the hospital currently full of patients that are sick, the Excelsior Springs Hospital is doing what it can to stabilize patients with oxygen, as there are few ICU beds in the city that are available to take transfers.

Dr. Hoffman said that his youngest patient has been 3 months old. On one day, he saw a patient per hour with COVID. All decades are being impacted by the illness.

YOU ARE CORDIALLY INVITED TO THE 2ND ANNUAL

# A NIGHT AT THE HOSPITAL

*Virtual Gala*

**OCTOBER 21, 2021**  
**7:00 - 8:30 PM**

*A Night of Celebration  
Empowering Strength & Hope*

**FOR VIRTUAL TICKET  
INFORMATION, VISIT  
[ESHOSPITAL.ORG/NIGHTATESH](http://ESHOSPITAL.ORG/NIGHTATESH)**

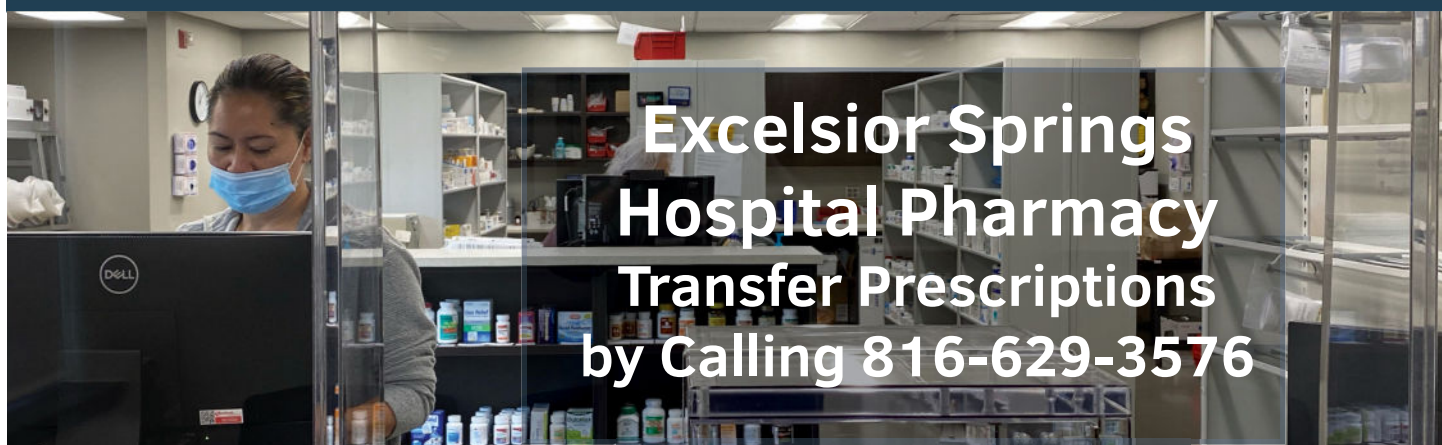
*Sponsored By:*

**WITH YOUR SUPPORT LAST YEAR, WE WERE ABLE TO RAISE \$51,728 FOR EQUIPMENT IN OUR OUTPATIENT CLINICS! THIS YEAR, ALL PROCEEDS WILL GO TOWARDS THE PURCHASE OF MEDICAL EQUIPMENT FOR THE EXCELSIOR SPRINGS HOSPITAL!**

# SPECIALTY PHYSICIAN CLINICS - SEPTEMBER 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
		<b>1</b> Dermatology - Dr. Tonkovic	<b>2</b> Podiatry Clinic - Dr. Shemwell Pulmonology - Dr. Patel	<b>3</b> Pain Management - Dr. Hamilton Urology Clinic - Dr. Aberger
<b>6</b> 	<b>7</b> ENT Clinic - Dr. Coffman Rheumatology - Dr. Scott	<b>8</b> Urology Clinic - Dr. Kozminski	<b>9</b> Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell	<b>10</b> Pain Management - Dr. Hamilton Rheumatology - Dr. Chaudhry
<b>13</b> Oncology Clinic - Dr. Beeki Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	<b>14</b> Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	<b>15</b> GI Clinic - Dr. Coleman	<b>16</b> Orthopedic Clinic - Dr. Justice Podiatry Clinic - Dr. Shemwell Pulmonology - Dr. Patel	<b>17</b> Dermatology - Dr. Tonkovic Pain Management - Dr. Hamilton Urology Clinic - Dr. Aberger
<b>20</b> Cardiology Clinic - Dr. Madrigal Surgery Clinic - Dr. Nespor	<b>21</b> ENT Clinic - Dr. Coffman Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	<b>22</b> GI Clinic - Dr. Coleman Urology Clinic - Dr. Kozminski	<b>23</b> Orthopedic Clinic - Dr. Cornett Podiatry Clinic - Dr. Shemwell	<b>24</b> Pain Management - Dr. Hamilton
<b>27</b> Pain Management - Dr. Hamilton Surgery Clinic - Dr. Nespor	<b>28</b> Rheumatology - Dr. Chaudhry Rheumatology - Dr. Scott	<b>29</b> GI Clinic - Dr. Coleman	<b>30</b> Orthopedic Clinic - Dr. Justice Podiatry Clinic - Dr. Shemwell Pulmonary - Dr. Patel	



## Suicide Prevention Awareness Month

# Recognize the signs; help save lives

Each year during the month of September, Excelsior Springs Hospital's Senior Life Solutions and others work together to help bring awareness to suicide and encourage education to help in the prevention of more lives lost. By raising awareness and educating people about the signs that can indicate someone is having suicidal thoughts or are possibly in danger of attempting suicide, we can help to prevent suicide from happening.

Suicide Prevention Awareness Month is a chance to take time to stop and assess yourself and those around you to ensure those who need help have access to it and aren't living at risk.

Below is a fact sheet with suicide data specific to

Missouri, including that suicide is the 9th leading cause of death in the state. Suicide is the 10 leading cause of death in the United States. <https://afsp.org/suicide-statistics/>

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

Call Senior Life Solutions at 816-629-2629 or visit <https://www.eshospital.org/senior-life-solutions/> for more information. We're here and we can help.

## Suicide Data: Missouri

Suicide is a public health problem and leading cause of death in the United States. Suicide can also be prevented – more investment in suicide prevention, education, and research will prevent the untimely deaths of thousands of Americans each year. Unless otherwise noted, this fact sheet reports 2019 data from the CDC, the most current verified data available at time of publication (January 2021).



### 9th leading cause of death in Missouri

#### 3rd leading

cause of death for ages 10-24

#### 2nd leading

cause of death for ages 25-34

#### 4th leading

cause of death for ages 35-54

#### 8th leading

cause of death for ages 55-64

#### 17th leading

cause of death for ages 65 & older

### Suicide Death Rates

	Number of Deaths by Suicide	Rate per 100,000 Population	State Rank
Missouri	1,141	18.21	16
Nationally	47,511	13.93	

See full list of citations at [afsp.org/statistics](https://afsp.org/statistics).

96.3% of communities did not have enough mental health providers to serve residents in 2020, according to federal guidelines.

**Over four times as many people died by suicide in 2019 than in alcohol related motor vehicle accidents.**

The total deaths to suicide reflected a total of 23,525 years of potential life lost (YPLL) before age 65.

54.39% of firearm deaths were suicides.

59.68% of all suicides were by firearms.