



the pulse

A publication by Patterson Health Center

Summer 2022

photo by Karlie Parker, APRN

GET OUTSIDE
in Harper County

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SERVING HARPER COUNTY WITH A SMILE

In its third year, Patterson Health Center is pleased to continue serving Harper County and the surrounding areas with expanding services and compassionate care.

This year has been monumental as we emerge from the tough couple of years of the COVID-19 pandemic. We have welcomed nephrology, pulmonary and endocrinology physicians to our outpatient lineup, giving patients a larger variety of services at home. We have expanded our wound care treatments by teaming up with RestorixHealth, and we look forward to bringing pain management to our Rural Health Clinic in Conway Springs.

As we look to the future, we are looking forward to adding a BioFire Culture Identification Panel to our lab to create more in-house testing, giving faster results. We also are excited to introduce nuclear medicine in radiology to give a more clear image of abnormalities. See more about this on page 6.

As always, we encourage feedback on our services. Take a patient survey when you come in to see us or email us at info@pattersonhc.org. We would also appreciate your review on Google or our Facebook page.

As we continue into the rest of 2022 and 2023, we want to thank our board members for their continued support. This includes Alan Patterson, Chairman; Stan Wedman, Vice-Chairman; Kara Bello, Secretary; Tim Penner, Treasurer; Pam Fallis; Amy Walker; and Jan Lanie.

HEALTH FAIR TO TAKE PLACE IN OCTOBER

Patterson Health Center is excited to bring back its annual lab draw health fair. The fair will have a few changes this year to make it run more efficiently.

The lab draws will be from 7-11 a.m. from Monday, Oct. 24 to Friday, Oct. 28 at PHC and from 7-9 a.m. Thursday, Oct. 20 at Conway Springs. Appointment scheduling is highly recommended.

Labs include:

CMP - Tests for liver and kidney health, blood sugar levels, blood protein levels, acid and base balance, fluid and electrolyte balance and metabolism;

TSH (Thyroid Stimulating Hormone) - measures thyroid function;

Lipid profile - tests cholesterol, triglycerides & HDL (the "good" cholesterol);

CBC - tests white and red blood cell count, hemoglobin and platelet count;

A1C - measures diabetic control: gives average blood sugar for the past 3 months;

PSA (men only) - Prostate specific antigen: screens for prostate cancer;

Vitamin D - promotes calcium absorption, helps prevent osteoporosis and is important to the immune system.

Why do I have to fast before a lab?

Fasting before a lab will give more accurate results. Vitamins, minerals, fats, carbohydrates and proteins in food and beverage can impact the readings and cloud the results.

It is requested that patients fast for 8 hours for a lab draw. **WATER IS OK TO DRINK** before most lab tests. In fact, it's recommended. Please do not dehydrate yourself.

Registration will be available soon for the lab draw fair. Watch the PHC Facebook page (www.facebook.com/PattersonHealthCenter) or watch for more information in the Anthony Republican, Harper Advocate and Attica Independent.

WORKING OUT TO BETTER CARDIO HEALTH

EXERCISE PHYSIOLOGY CAN HELP PATIENTS LIVE THEIR BEST LIFE

Spencer Huhman knows the pain and frustration of having a loved one who did not know what kind of help was available.

Her grandmother lived for years with heart failure. She didn't know that cardiopulmonary rehabilitation or exercise physiology were available. If she had, Huhman believes her grandmother would have lived a healthier and less stressful life.

"I think cardiac rehab is very beneficial for patients to be offered to participate in," she said.

Her grandmother's journey led Huhman to pursue a career in Exercise Physiology. She wanted to be able to be a part of creating a better quality of life for patients like her grandmother. She joined Patterson Health Center in May to give patients a better outlook on life.

"I love making a connection with a patient and watching them grow into a healthier person," Huhman said "It is quite amazing to see the change in people when they feel healthy and good about themselves."

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So what is Exercise Physiology?

Exercise Physiology is the study of the body's responses to physical activity, which includes changes in metabolism and physiology of different areas of the body, like the heart, lungs, muscles and structural changes in the cells.

Huhman designs and delivers exercise interventions for patients suffering from medical conditions, disabilities or chronic illnesses like obesity, cardiovascular disease and COPD.

Benefits include improved ability to move, better pain management, increased strength, better balance and walking gait, improved general fitness, improved and maintained independence and maximised quality of life.

With her program, Huhman can also perform an exercise stress test, which assesses the performance of the heart by exercising on the treadmill to help determine how the heart works during physical activity. The test can help reveal problems with blood flow in the heart to give the patient a more accurate treatment plan from Huhman and a cardiologist.

For more information about Exercise Physiology or to schedule an appointment, call (620) 914-1200 ext. 2313.



SPENCER HUHMAN
EXERCISE PHYSIOLOGIST



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TURN UP THE *heat* ON SUMMER

When Karlie Parker, APRN, isn't working hard at Patterson Health Center, she and her family make sure to get plenty of fresh air.

They spend time outside fishing, flying kites and they make sure to enjoy as much time at Anthony Lake as they can. Parker and her husband, Adam, know how to enjoy time at the lake while staying safe. She wants to make sure everyone has tips to enjoy the summer, whether they're on the golf course or spending time at the lake.

Wear Daily Sunscreen

The American Academy of Dermatology recommends applying sunscreen with an SPF of 30 or higher. Also wear sunglasses and a hat when you can.

Stay hydrated

Drink plenty of water! Fluids are lost through sweat, which tends to happen during the summer. If you plan to enjoy the outdoors, keep water with you. It's also helpful to have



photo by Karlie Parker, APRN



photo by Katelyn Reames

foods with you that are high with water content - melons, lettuce, cucumbers, etc.

Know when to get medical attention →

This chart helps you learn the difference between heat stroke and heat exhaustion. This is important when working or spending time in the heat. If you suspect someone has heat stroke symptoms, take the person to a cooler area and call 911.

Use insect repellent

This will protect you from diseases spread by mosquitoes and ticks, like malaria, West Nile Virus and Lyme disease.

Keep a first aid kit together

You'll want to keep it stocked and make sure the ointments aren't expired. Keep one at home and in your car. Items like gauze pads, medical tape, bandages, eye protection, alcohol wipes and similar items are helpful to have in your kit.

Watch for Water Illnesses

If you go under water while swimming at the lake or a local swimming pool, be sure not to swallow the water. It could be contaminated, no matter how much the pool is cleaned. Unclean water like a lake could expose you to bacteria that can cause respiratory, eye, neurologic, gastrointestinal, skin and wound infections.

Pay attention to poisonous plants

Poison Ivy, Poison Sumac or Poison Oak can cause issues. They are found in Harper County and beyond, so be aware.

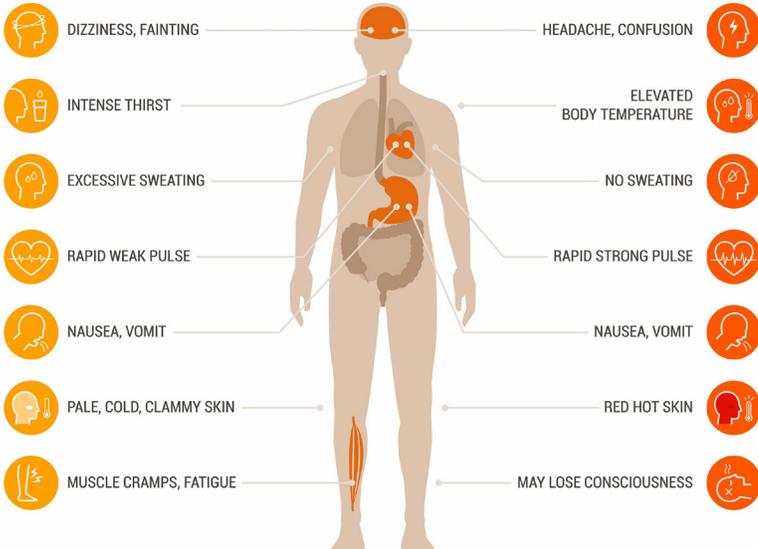
SUMMER SAFETY



HEAT EXHAUSTION



HEAT STROKE



FIRST AID



MOVE TO A COOLER PLACE



DRINK WATER IF ABLE



TAKE A COLD SHOWER



USE COLD COMPRESSES



CALL EMERGENCY SERVICE



TAKE IMMEDIATE ACTION TO COOL THE PERSON

WHO IS MORE AT RISK



OLDER ADULTS



CHILDREN



PEOPLE WITH DISABILITIES



OUTDOOR WORKERS



PEOPLE WITH CERTAIN CHRONIC ILLNESSES

KEEP PETS COOL

Selfies are optional

Take care of your pet like you would any other loved one. If it's too hot, either bring them inside or get them to the coolest place possible. Make sure they have plenty of water.

DO NOT leave your pet in a parked vehicle, and do not leave them unsupervised around a pool or lake. Do not let your dog's paws linger on hot pavement.



Clear the Air

When the summer breeze blows in, it brings a multitude of pollen and allergens. Fear not, there are ways to minimize exposure and still get some much-needed Vitamin D.

Know your triggers

It always helps to know what you're allergic to. This will help you anticipate when you're most likely to have the allergy-induced sniffles.

It's all about timing

Pollen levels fluctuate throughout the day. When planning your trips outside, consider what time your highest and lowest exposure will be. During late summer through early fall, the pollen levels for weeds are highest in the morning.

Wash away the allergens

Throw your dirty clothes into the washer and take a shower, washing your hair and skin. If needed, use lubricating drops in your eyes and flush out your nose with a saline spray.

Layers are your friend

When you head outside, wear extra layers to reduce exposure. This includes wrap-around sunglasses and a bandanna to keep allergens away from your mouth and nose.

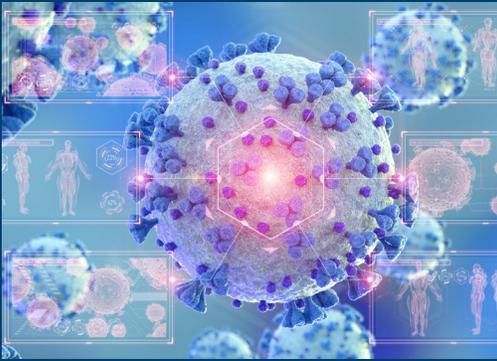
Need more tips? Contact Patterson Health Center at (620) 914-1200 and schedule an appointment to talk to a provider.

I feel like I have a bad cold or allergies. Should I see a provider?

If you question it, come see a provider just to be sure. However, if you are having respiratory symptoms, please call Patterson Health Center at (620) 914-1200 before entering the building. You may have COVID-19.

Many who have been diagnosed with COVID-19 have symptoms of the common cold or allergies. You may need to be tested for COVID-19 before you walk in the door.

At-home tests are still available through PHC.



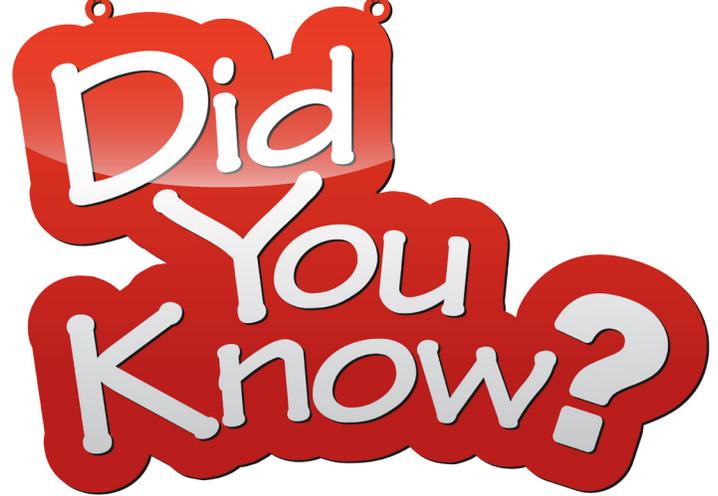
I still need my COVID-19 vaccine or booster. Where should I get it?

Vaccinations and boosters are still available at the Harper County Health Department on Tuesdays and Thursdays. Appointments are required by calling them at 1-877-437-2110.

Providers at Patterson Health Center follow the CDC recommendations for the COVID-19 vaccination and booster.

A booster enhances the effectiveness of the COVID-19 vaccination. One booster is recommended by the CDC for everyone five years and older. Adults age 50 and older or 12 and older who are moderately or severely immunocompromised are urged to get a second booster.

Visit www.cdc.gov/coronavirus for more information on COVID-19 vaccinations and booster shots.



Wound Care is going strong

Leah Gerdes, APRN, heads up the wound care team, which sees patients on Tuesdays. PHC Wound Care has partnered with RestorixHealth to help treat hard-to-heal wounds, including diabetic foot ulcers, surgical wounds, radiation wounds, venous ulcers, traumatic wounds, comprised skin grafts & flaps, pressure injuries/ulcers, arterial ulcers, crush injuries and more. Call (620) 914-1234 to make an appointment.

Pain Management is expanding

Treatment for pain management has gone well, and patients in the Conway Springs Rural Health Clinic will soon be able to see a specialist closer to home. Holistic Pain Management will be at the clinic one day a month starting soon. Watch the Conway Springs Rural Health Clinic Facebook page and newspaper for updates.

Hydrotherapy Pool continues its success

PHC continues to see patients in its Aquatic Therapy pool. The pool has an underwater treadmill and a camera system to train patients during rehab. It helps patients to enhance balance, coordination and muscle endurance, decrease pain and increase their range of motion to return to a land-based exercise program. Did you know that the pool is good for any age? Even kids have benefitted from treatment in the pool.

Nuclear Medicine to diagnose early disease

PHC will soon welcome a nuclear medicine camera to diagnose and treat abnormalities. Nuclear medicine is a specialized area of radiology that uses very small amounts of radioactive materials, or radio pharmaceuticals, to examine organ function and structure. It will be able to do thyroid scans, bone scans, cardiac scans, HIDA/gall bladder, lung scans, gastric emptying scans and more. Watch the Patterson Health Center Facebook page and www.pattersonhc.org for updates on the program.

HCoHF encourages positive health, wellbeing

The Harper County Health Foundation has awarded more than \$13,000 in grants and scholarships during the first quarter of 2022. The Foundation seeks to support the wellbeing of Harper County residents by providing resources for innovative projects that will promote and improve overall health.

One hundred fifty-four residents took advantage of free memberships for new members at the Harper and Anthony Wellness Centers. The newly established \$1,000 scholarships for students majoring in healthcare fields were awarded to Ella Holden and Addison Francis-Wilcox from Chaparral and to Payton Waldschmidt and Julia Richmeier, Attica graduates.

To learn more about these projects or if your organization has an idea for a new project that promotes overall health and wellbeing, visit our website at www.hcohf.org for a grant application.

Community support is needed in order to continue to provide opportunities such as these. Through your donations, pledges, bequests from wills and estates and memorial funds, we are able to keep our project list thriving and growing strong. Donations can be sent to HCHF, 485 N KS HWY 2, Anthony, KS 67003. Contact Kathy Zimmerman, HCHF Project Manager at (620) 243-3578, for more information.



Courtesy Harper County Health Foundation

This comfort cart, purchased with memorial funds from the families of Lucy McCarthy and Cary Fox through the Harper County Health Foundation, will provide comfort for families at the hospital supporting a loved one in their last days.

The Harper County Health Foundation provided support for the Chaparral High School Cross Country Team 5K/ Fun Run and to Harper County Strong for Family Fun Night at the Anthony Lake. Partnering with Harper County Public Transportation, ride cards provide transportation to essential locations. Flyers promoting the use of Harper County's Walking Paths are being distributed throughout the county. Since January, 544 free books have been sent to Harper County children ages 0-5 through Dolly Parton's Imagination Library program.

Word Search: Find the Vaccinations

CHICKENPOX
 COVID
 DIPHTHERIA
 DTAP
 HEPATITIS
 HPV
 INFLUENZA
 MMR
 POLIO
 ROTAVIRUS
 SHINGLES
 SMALLPOX
 TETANUS
 YELLOWFEVER



CLINIC SERVICES

PREVENTATIVE HEALTH CARE

Annual Wellness Visits
 Sports Physicals
 Immunization
 Cancer, Diabetes, Prostate, Bone Density
 and Depression Screenings
 Women's/Men's Health
 Pediatric Care
 Routine Checkup

CHRONIC DISEASE MANAGEMENT

COPD • Diabetes • CHF • Stroke
 Arthritis • Blood Pressure • Asthma

OCCUPATIONAL MEDICINE

DOT-Certified Exams
 Preemployment Physicals
 Blood Alcohol Testing
 EKGs
 Workers' Comp Assessments
 Drug Screens

TELEHEALTH AVAILABLE

OUTPATIENT CLINIC

Mental Health
 Cardiology
 Urology
 OB-GYN
 General Surgery
 Foot/Ankle Podiatry
 Orthopedic
 Hermatology/Oncology

Wound Care
 IV Therapy
 Dietician
 Overnight Sleep Study
 Nephrology
 Pulmonary
 Endocrinology

OUTPATIENT REHAB

Physical Therapy
 Occupational Therapy
 Speech Therapy
 Cardiopulmonary Rehabilitation
 Aquatic Therapy

EMERGENCY DEPARTMENT

Emergency Providers
 on site 24/7
 2 Trauma Bays
 Oversized Triage Rooms
 Decontamination Room
 Indoor Ambulance Bay

HOSPITAL INPATIENT

When you or a loved one need extended, skilled nursing or therapy after an acute hospital stay, our **Swing Bed Program** provides 24/7 nursing care with excellent patient-to-nurse ratios to give you the attention you deserve on your journey back to better health. Physical Therapy, Occupational Therapy and Speech Therapy are available up to 7 days a week, along with IV therapy and wound care.

RADIOLOGY

3D Mammogram
 64-Slice CT Scan
 Bone Density
 Sonograms
 MRI
 24-Hour Cardiac Monitoring
 Echocardiograms

ADDITIONAL SERVICES

Nurse Navigator Services
 Heritage Estates Assisted Living
 Harper/Anthony Wellness Centers
 South Central DME Home Medical Supply
 Rural Health Clinics - Conway Springs/Attica

LAB

Our laboratory equipment is state of the art and top of the line. Our high-complexity CLIA-Certified lab is fully staffed with highly qualified testing personnel who can perform more complex testing. Our large in-house testing menu boasts of multiple molecular assays to include SARS, provides a type-specific blood bank partnered with the American Red Cross, and can perform other complex microscopic studies. PHC's lab is a certified collection site for DOT and is certified to perform Breath Alcohol with confirmation.

Phlebotomy services are available from 7 a.m. to 5 p.m. Monday-Friday for outpatient laboratory orders.