

# health connection

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## JANE PHILLIPS MEDICAL CENTER RECOGNIZES STAFF DURING **HOSPITAL WEEK**

 JANE PHILLIPS  
MEDICAL CENTER

[www.jpmmc.org](http://www.jpmmc.org)



# Jane Phillips Medical Center Recognizes Staff During **HOSPITAL WEEK**

**J**ane Phillips Medical Center will celebrate Hospital Week May 9–15. The theme of this year's celebration is "Health, Hope and Healing."

National Hospital Week, the nation's largest health care event, is a celebration of the history, safety and quality, technology, and dedicated professionals that make our facilities beacons of confidence and care.

A hospital is more than a place where people go to heal, it is a part of the community that fosters health and represents hope. From providing treatment and comfort to the sick to welcoming new life into the world, hospitals are central to a healthy and optimistic community.

Dedication to quality and safety is a guiding principle at Jane Phillips Medical Center. It combines all available resources to deliver the highest possible standard of care. During National Hospital Week,

Jane Phillips Medical Center celebrates the associates, physicians, and volunteers who dedicate themselves to providing quality patient care each and every day.

"None of these accomplishments would be possible without the hard work and dedication from the more than 1,000 people in the hospital that make up the hospital's heart," said David R. Stire, President/CEO.

"National Hospital Week, first and foremost, is a celebration of people," said Stire. "We're extremely proud of each member of our staff and we recognize the important role they play in extending a sense of trust to our patients and our communities."

Jane Phillips Medical Center invites the community to join

together to say "thank you" to the nurses, technicians, therapists, and many other healthcare workers who serve the healthcare needs of the community on a daily basis.

"We often get so busy that we sometimes don't have time to say 'thank you' to our associates," said Stire. "This week of celebration is our way of letting them know that we appreciate the quality of care they give to our patients and the community all year long."

The designation signals a time to celebrate and thank the men and women who contribute to the important work our nation's hospitals accomplish every day. It recognizes that each thoughtful gesture, gentle touch, and caring word performed by nurses, technicians, ancillary professionals, and other hospital team members who provide comfort and healing

for JPMC patients.

Stire said that all caregivers and hospital employees provide a vital service to the community, day and night throughout the year.

"Their work is more than a job; it is a calling to serve those in need. It takes more than just education and skills to be a caregiver. It also takes a generous spirit, a compassionate nature, and dedication to helping those in need."

The nation's largest health care event, National Hospital Week dates back to 1921 when it was suggested by a magazine editor who hoped a community-wide celebration would alleviate public fears about hospitals. The celebration, launched in Chicago, succeeded in promoting trust and goodwill among members of the public and eventually spread to facilities across the country. **JP**

# National Nurses Week 2010: *Caring Hearts, Healing Hands*

**N**urses and nursing services staff will be honored by Jane Phillips Medical Center during National Nurses Week. The weeklong recognition begins on May 6 (RN Recognition Day) and concludes on May 12, which happens to be the birthday of Florence Nightingale, founder of nursing as a modern profession.

Often described as an art and a science, nursing is a profession that embraces dedicated people

with varied interests, strengths and passions because of the many opportunities the profession offers. All JPMC nurses serve with passion for the profession and with a strong commitment to patient safety.

On the front lines of patient care are the hospital's more than 315 nurses and 110 Nursing Services associates

who coordinate all aspects of that care. It's their hands that soothe the frightened child who has been in an accident, alleviate the pain of those suffering from a lingering illness, bring healing and practical hope to those fighting disease while offering comfort to our loved ones during their final days. They are the compassionate lifeline who touch both patient and family members during stressful times.

"Today's nurses are devoted caregivers as well as responsible professionals," said Susan Herron, RN, MBA, JPMC Vice President of Nursing Services. "During National Nurses Week, we honor the men and women who have chosen this challenging and rewarding career."

The important role nurses play in the delivery of healthcare cannot be overestimated.

"Our facilities rely on their training, experience, and caring nature every day," said Herron. "Nurses Week provides a wonderful opportunity to celebrate the spirit of nursing and acknowledge the

tireless efforts of these vital health professionals."

"We are proud of all of our nurses and nursing staff and thank them for the important work they do everyday," said David R. Stire, President/CEO. "They tirelessly provide caring, strength, and courage to our patients. We thank them for their patience, compassion, and dedication. They perform small miracles every day. We are truly privileged to represent the best healthcare professionals in the country."

In honor of National Nurses Week, the community, family members, volunteers, friends, physicians and staff may purchase special Nurse Candy Grams for their favorite nurses from Jane Phillips Medical Center's gift shop. Each special packet contains assorted mini candy bars and a door prize ticket that entitles the recipient for a chance to win eight hours of PTO (Paid Time Off). The gift shop is open Monday through Friday, 9 a.m. to 8 p.m. **JP**



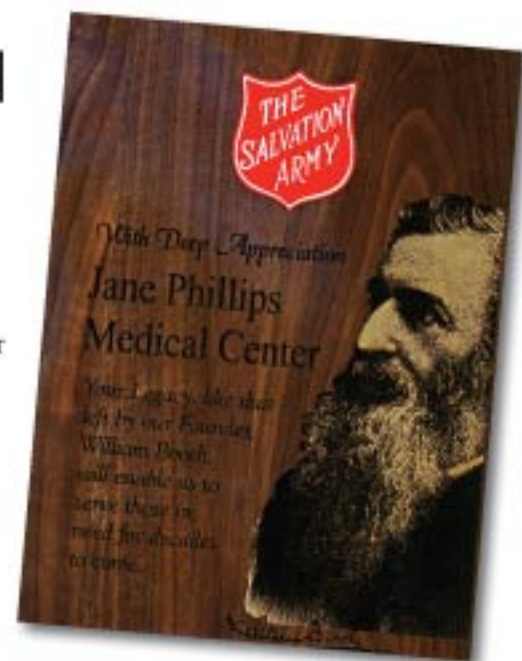
## JPMC Receives Salvation Army Award

**J**ane Phillips Medical Center recently received an award of appreciation from the local Salvation Army.

During its first annual awards breakfast, The Salvation Army presented JPMC with a plaque featuring TSA founder William Booth for its continued support that "will enable us to serve those in need for decades to come."

For the past three years, JPMC has hosted the TSA's annual Angel Tree kickoff ceremony led by State Senator John Ford and Representative Earl Sears, JPMC CEO David R. Stire, and ConocoPhillips Sr. Vice President of Corporate Shared Services Rand Berney and his wife Patti. In addition, hospital associates have been among the community's leaders in adopting Angels and furnishing Christmas gifts to the less fortunate children of the Bartlesville area. JPMC associates also have a long history of serving as bell ringers during the Army's annual red kettle drive.

"It has been an honor and a privilege to be associated with the tremendous work of The Salvation Army," said Stire. "In many ways, JPMC's mission is similar to that of the Salvation Army's by providing compassionate care to the poor and the powerless." **JP**



# Protect Yourself and Your Family Year Round



**T**he summer is not the only time you are at risk for damage from the sun. Find out how to protect yourself no matter what the season.

You are probably in the habit of packing sunscreen for a day at the beach or pool. But the sun is up there 365 days a year, and you need protection much of that time to reduce your lifetime sun-exposure total. Everyday exposure counts; you do not have to be actively sunbathing to get a damaging dose of the sun. Practice these sun-protection basics all year round to give your skin the best chance of long-term health:

**Use a sunscreen of SPF 15 or higher whenever you spend time outdoors.**

- This applies to all outdoor activities: athletics, shopping, picnicking, walking or jogging, gardening, even waiting for a bus.
- Choose a sunscreen with ingredients that block both UVB and UVA rays.
- Apply liberally and evenly to

all exposed skin. The average adult in a bathing suit should use approximately one ounce of sunscreen per application. Not using enough will effectively reduce the product's SPF and the protection you get.

- Be sure to cover often-missed spots: lips, ears, around eyes, neck, scalp if hair is thinning, hands, and feet.
- Reapply at least every 2 hours, more often if some of the product may have been removed while swimming, sweating, or towel-drying.
- Choose a product that suits your skin and your activity. Sunscreens are available in lotion, gel, spray, cream, and stick forms. Some are labeled as water resistant, sweatproof, or especially for sports; as fragrance-free, hypoallergenic, or especially for sensitive skin or children.

**Cover up.**

- Wear long-sleeved shirts and long pants. Tightly woven fabrics and dark colors, such as deep blue and black, or bright colors, such as orange and red, offer more protection. If you can see light through a fabric, UV rays can get through too. Water makes fabrics more translucent, so do not rely on a wet T-shirt.
- A broad-brimmed hat goes a long way toward preventing skin cancer in often-exposed areas like the neck, ears, scalp, and face. Opt for a 3-4 inch brim that extends all around the hat. Baseball caps and visors shade the face but leave neck, lower face, and ears exposed.
- UV-blocking sunglasses with wraparound or large frames protect your eyelids and the sensitive skin around your eyes, common sites for skin cancer and sun-induced aging. Sunglasses also help reduce the risk of cataracts later in life.

**Seek the shade.**

- Be aware, however, that sunlight bouncing off reflective surfaces can reach you even beneath an umbrella or a tree.

**Never seek a tan.**

- There is no such thing as a healthy tan. A tan is the skin's response to the sun's damaging rays.

**Stay away from tanning parlors and artificial tanning devices.**

- The UV radiation emitted by indoor tanning lamps is many times more intense than natural sunlight. Dangers include burns, premature aging of the skin, and the increased risk of skin cancer.

**Protect your children and teach them sun safety at an early age.**

Healthy habits are best learned young. Because skin damage occurs with each unprotected exposure and accumulates over the course of a lifetime, sun safety for children should be a priority. **JP**

# 10 Symptoms NOT To Ignore



Take note of these warning signs and know when you need to seek medical care.

You already know that obvious symptoms, such as chest pain and severe abdominal pain, require immediate medical attention. But the not-so-obvious symptoms may leave you wondering whether you need to seek care. Here's a list of symptoms that merit at least a call to your doctor. While some of them are more urgent than others, none should be ignored.

**1. Unexplained weight loss.** Losing weight when you're not trying to may sound good, but in reality it can signal a health problem. If you've lost up to 10 percent of your weight during the past six months—for instance, 15 pounds if you weigh 150 pounds—see your doctor.

An unexplained drop in weight could be caused by a number of conditions, such as an overactive thyroid (hyperthyroidism), depression, liver disease, cancer or other noncancerous disorders, or disorders that interfere with how your body absorbs nutrients (malabsorption disorders).

**2. Persistent or high fever.** Fever isn't an illness, but it is often a sign of one. Most of the time, a fever means your body is fighting a common viral or bacterial infection. However, a persistent low-grade fever—over 102 F—that lasts for three days or more should be checked by your doctor. Similarly, if you have a high fever—greater than 104 F—or if you're otherwise severely ill, see your doctor as soon as possible.

If you have an immune system problem or take drugs that suppress your immune system, fever may not be a reliable warning sign. Ask your primary doctor or oncologist what would signal a need for an

evaluation.

Persistent fever can signal hidden infections, which could be anything from a urinary tract infection to tuberculosis. At other times, malignant conditions—such as lymphomas—cause prolonged or persistent fevers, as can some medications.

**3. Shortness of breath.** Feeling short of breath—more than that caused by a stuffy nose or exercise—could signal an underlying health problem. If you're unable to get your breath or you're gasping for air or wheezing, seek emergency medical care.

Feeling breathless when lying down, with or without exertion, also is a symptom that needs to be medically evaluated without delay.

Causes for breathlessness may include chronic obstructive pulmonary disease, chronic bronchitis, asthma, pneumonia, a blood clot in the lung (pulmonary embolism), as well as other heart and lung problems. Difficulty breathing can also occur with panic attacks, which are episodes of intense anxiety that cause physical symptoms.

**4. Unexplained changes in bowel habits.** People often wonder what "normal" means in terms of bowel movements. It varies widely, but anywhere from three times a day to three times a week is considered normal. Know what is typical for you. Call your doctor if you notice unusual or unexplained changes such as:

- Bloody stools,
  - Diarrhea lasting a week,
  - Constipation that lasts for more than three weeks,
  - Unexplained urges to have a bowel movement,
  - Black or tarry-colored stools.
- Changes in bowel habits may

signal a bacterial infection—such as campylobacter or salmonella—or a viral infection or parasitic infestation. Among other possible causes are inflammatory bowel disease and colon cancer.

**5. Delirium.** Delirium is sudden severe confusion and rapid change in mental state, such as from lethargy to agitation. Close friends or family members may be the ones who notice this symptom. Immediate medical evaluation is warranted if you have any of the following:

- Sudden confused thinking,
- Disorientation—confusion about time or place,
- Sudden personality or behavior changes, such as becoming aggressive,
- Sudden problems with concentration or memory.

Changes in behavior or thinking may be due to many problems, including infection, anemia, low blood sugar, or psychiatric conditions or medications, especially ones you've recently started taking.

**6. Sudden severe headache.** Headaches are common and generally not a cause for concern. However, a sudden severe headache could signal a serious problem. Seek prompt medical attention if you experience:

- Sudden severe headache like a clap of thunder,
- Headache accompanied by a fever, stiff neck, rash, confusion or seizures,
- New pattern of headaches after age 55.

The last item may indicate that you have temporal arteritis— inflammation of the arteries in the scalp, brain and eyes—a rare, but treatable condition that usually begins in middle age. Other possible

causes of severe headache may include a brain tumor or aneurysm.

**7. Sudden weakness, loss of vision or speech.** If you have these signs or symptoms, minutes count. They're warning signs of a stroke or a transient ischemic attack (TIA), sometimes called a ministroke. Seek immediate emergency medical care if you have:

- Sudden weakness or numbness on one side of your body,
- Sudden dimness, blurring or loss of vision,
- Loss of speech or trouble understanding others,
- Unexplained dizziness or unsteadiness, or a sudden fall,
- Sudden severe headache, like a "bolt out of the blue."

**8. Flashes of light.** The sudden sensation of seeing flashing lights may signal retinal detachment. Immediate medical care may prevent permanent vision loss.

**9. Feeling full after eating very little.** Early satiety—feeling full sooner than normal or after eating less than usual—that lasts for more than a week should be checked by your doctor. It may be accompanied by other signs and symptoms such as nausea, vomiting, bloating, fever, and weight loss or gain. If so, tell your doctor about these signs or symptoms too.

Possible causes of early satiety include heartburn and irritable bowel syndrome, as well as more-serious problems such as gastric outlet obstruction or esophageal cancer or stomach problems.

**10. Hot, red or swollen joint.** If one of your joints is swollen or inflamed, it may signal a joint infection, which requires emergency care. Other causes may include gout or some types of arthritis.

(Source: Mayo Clinic)



# Matching Grant Program Helps Hospital Foundation

Effective January 1 of this year, the ConocoPhillips employee giving program was expanded to provide a greater impact on communities and citizens. The program includes two avenues for employees and retirees to enhance the contribution of their charitable donations to qualifying 501(c)(3) organizations such as the Bluestem Regional Medical Development Foundation. The Foundation supports the mission of Jane Phillips Medical Center.

The first avenue focuses on monetary donations. For donations of \$50 or more, ConocoPhillips will annually match employee gifts dollar-for-dollar up to \$15,000 and retiree gifts up to \$7,500.

The second avenue focuses on donations of time. Eligible employees and retirees may apply for two (2) \$500 individual grants per calendar year. Each grant requires 20 hours of volunteer service. Additionally, a team of four or more eligible employees and/or retirees, volunteering on a specific project, may apply for a team grant of \$1,000. Each team requires a combined minimum of 40 hours of volunteer service at the same location at the same time. The Bluestem Regional Medical Development Foundation is eligible to receive a maximum of \$6,000 per year under the Volunteer Grant Program.

"Through the years, ConocoPhillips has been tremendously faithful in its generosity," said Bluestem Foundation Executive Director Mike Wilt. "With

this amazing new program, together we have an opportunity to substantially and tangibly impact the lives of those who come to JPMC for care."

Current employees can request matching gifts and volunteer grants through the Contributions and Community site on the ConocoPhillips eStream home page.

Retirees who are handy with a computer can request matching gifts and volunteer grants by logging on to [www.cybergrants.com/conocophillips/donor](http://www.cybergrants.com/conocophillips/donor).

Retirees will need to know their employee ID number in order to create a password before accessing the application form and completing the matching gift or volunteer grant request. The process is easy and should take about ten minutes.

Those who would like assistance can contact the Bluestem Foundation at 918/331-1431 weekdays between 8:30 a.m. and 5 p.m.

"Employees and retirees have been most gracious to the Foundation through their charitable giving," Wilt said. "And it is an honor and a privilege to count many retirees as stalwart volunteers with our hospital Auxiliary. We are extremely grateful to ConocoPhillips for this wonderful program, which will further our cause in delivering quality care close to home." **JP**



## Looking for a Physician?

Call Our Physician Information Line  
918/331-1297

Monday-Friday  
8:30 a.m. - 4:30 p.m.

**J** JANE PHILLIPS  
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# JPMC Named Approved Provider of Continuing Nursing Education

Jane Phillips Medical Center has been recently awarded the status of "Approved Provider of Continuing Nursing Education" by The Colorado Nurses Association, accredited approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

"Ongoing professional development enables our nurses to gain new knowledge and skills that are vital to providing safe and expert nursing care," said Susan Herron, RN, MBA, JPMC Vice President Nursing Services.

"Continuing education fosters professional development and clinical expertise," said Herron. "It is a vital component to the success of nursing. Our staff will be able to conveniently maintain their requirements for continued competency. This approval status opens doors for nurses and our hospital. Not only do they work as colleagues with faculty distinguished in their fields, they now are given the opportunity to take accredited courses at their place of employment. I am proud to

say that this is another benefit of our facility."

The Nursing Education Department at Jane Phillips Medical Center plays a pivotal role in providing necessary orientation and continuing education to ensure clinical competencies, while encouraging nurses to engage in critical thinking and the implementation of evidence-based clinical nursing practice.

"There are many advantages to providing the courses onsite," said Barbara Hannah, Ed.D, MS, BS, RN, JPMC Education Manager. "It allows us to give our nursing staff the tools needed to fulfill educational requirements while saving money. It also allows us to tailor the educational criteria to our Hospital's specific needs and areas of improvement."

JPMC will be able to better serve our community by providing highly qualified and well-trained staff. The hospital will offer the courses and programs to not only hospital staff, but also to area hospitals in the surrounding communities as well as nearby facilities. "This furthers our vision by incorporating continuing education to our physicians, staff and volunteers enabling us to provide the highest quality of care," said Hannah. 



## JPMC Super Sitters Baby-sitting Seminar Offered

**July 16 and August 6, 2010  
9 a.m.–2:30 p.m.**

This one-day class offers both baby-sitting and first aid skills for your 11–15 year old. They will learn basic child care principles and how to handle emergencies and simple first aid-techniques. The cost for the class is \$25 per participant. Upon completion of the course, participants will receive a participation certificate.

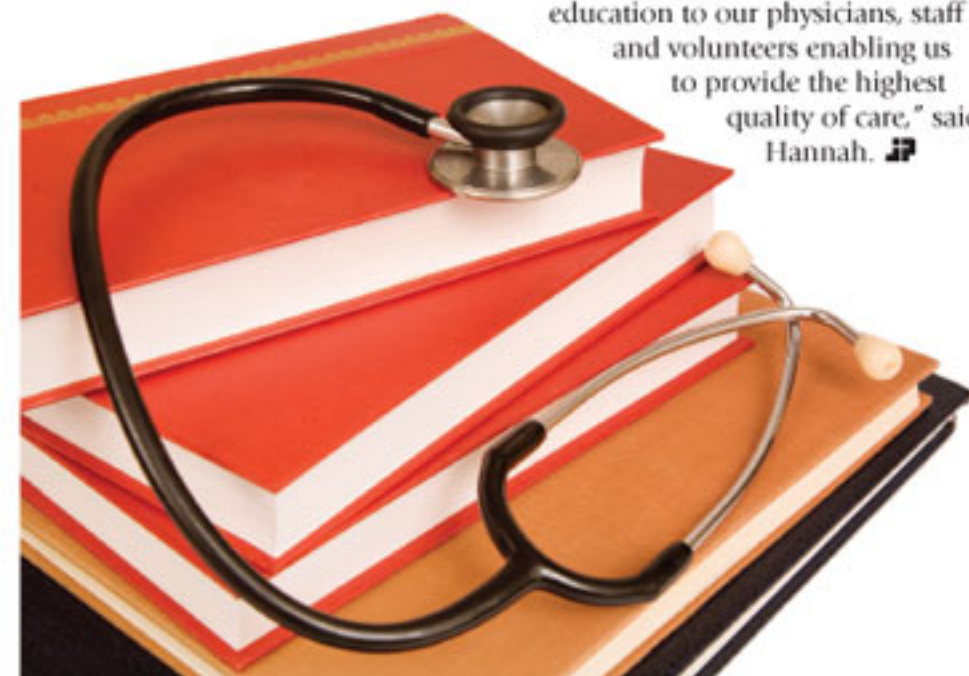
Please call 918/331-1425 to enroll for the seminar. Enrollment is limited. Registration deadline is one week prior to the class. The class will be held at Jane Phillips Medical Center in the first floor education classrooms.

### The following items will be covered during this class:

- Instructions on minor first aid, poison prevention, and managing a choking child.
- Disciplining a child, child development, planning activities for each age group of children.
- Accident management, recognizing emergencies, and calling for emergency help.
- Safety precautions, car seats, fire, and security.
- Interviewing the parents to receive the necessary information needed for the baby-sitter.
- Infant care (bottling, diapering, feeding).

Participants will receive a resource packet to take home.

**Women's Health Education**  
Jane Phillips Medical Center  
3500 E Frank Phillips Blvd  
Bartlesville, OK 74006  
918/331-1425 or 331-1426  
[www.jpmmc.org](http://www.jpmmc.org)



## School/YMCA Sports Screenings

**Tuesday, May 4 and Thursday, May 6  
6:30 p.m. to 9 p.m.**

The examinations will be at the hospital's Physical Medical Center, 3550 SE Frank Phillips Boulevard. Enter off Frank Phillips Boulevard just east of the hospital main entrance across from Taco Mayo.

The examinations will be done by appointment only. For an appointment, please call Jane Phillips Medical Center's Public Relations office at 918/331-1431, Monday through Friday, 9 a.m. to 4:30 p.m. Cost for the screening physicals is \$20. Please make checks payable to Jane Phillips Medical Center (JPMC). Itemized statements and filing of insurance will not be available. Receipts will be provided if requested at the time of the screening.

(Note: All enrollments will be on a first come first served basis. All enrollees will be encouraged to take the next available early date or may be subject to cancellation or rescheduled if there isn't sufficient enrollment to maintain staffing between appointment gaps.)

Students must bring their physical and medical history forms that have been completed and signed by a parent or guardian. Forms are available at any Bartlesville secondary school office, Copan Schools, Wesleyan Christian School, St. John Catholic School, American Christian School, and the YMCA. Bartlesville school forms are available online at [www.bartlesville.k12.ok.us/athletics](http://www.bartlesville.k12.ok.us/athletics) (be sure to print all pages of the physical form). Examinations will not be performed without this item.

Please do not drink diet or regular soft drinks for at least two hours prior to the exam. Also, do not exercise or participate in athletic workouts for at least two hours prior to the exam.

All of these may cause a high blood pressure reading which may delay or prevent the testing. Students with known pre-existing health risks should schedule their physical exams directly with their personal physicians.

**Cost for the exam is \$20 • Please make checks payable to JPMC.**

*Note: The screening exam meets school requirements for participation, but should not be considered a "complete" physical examination. A complete examination may be obtained from your child's physician.*

**Public Relations: 918/331-1431**  
3500 S.E. Frank Phillips Blvd.  
Bartlesville, OK  
[www.jpmmc.org](http://www.jpmmc.org)

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# The ABCs of Heart Attack Prevention

**H**ere's an easy-to-remember checklist of steps you can take to prevent a first heart attack.

**Aspirin...**A low-dose aspirin, 81 mg a day, is advised for men ages 45 to 79 if their risk of a heart attack exceeds their risk of gastrointestinal bleeding. In general, a daily aspirin is not recommended solely to prevent first heart attacks in women. Be sure to consult with your doctor before starting aspirin therapy.

**Blood Pressure...**Keep your blood pressure below 140/90 mm Hg, ideally less than 120/80 mm Hg. If you have diabetes or kidney disease, make sure your blood pressure is less than 130/80 mm Hg. If you're unable to reach these goals after three months of lifestyle changes, your personal physician may prescribe a blood pressure-lowering medication.

**Cholesterol...**Total Cholesterol should be less than 200 mg/dL. Keep LDL cholesterol below 130 mg/dL if you're at low risk for heart attack, below 100 mg/dL if you are at intermediate risk for a heart attack and ideally lower than 70 mg/dL if you are at high risk or very high risk, for example, because of a recent heart attack or stroke. HDL, "good," cholesterol should be 40 mg/dL or greater if you are a man and 50 mg/dL or more if you are a woman and preferably 60 mg/dL or higher. Triglyceride levels should be less than 150 mg/dL. If you are unable to reach your LDL goal after three months of lifestyle changes, your personal physician may prescribe medication. Exercise, dietary modifications and medication, if necessary, can help you meet your HDL goal. Losing weight, exercising regularly and medication,

if necessary, can help reduce your triglyceride levels.

**Diet and Weight Control...**Consume a variety of fruits, vegetables, whole grains, low-fat dairy products, fish, beans, poultry and lean meats. Saturated fats should make up less than 7% of total calories; trans fats, less than 1%. If you're overweight, reduce your calorie intake and increase your physical activity to achieve and maintain a desirable body weight, and a BMI below 25. If you drink, limit your alcohol intake, to no more than two drinks a day for men and one drink a day for women.

**Exercise...**Perform at least 30 minutes of moderate-intensity physical activity, such as brisk walking, on five days each week. Exercising for longer periods, 60 to 90 minutes a day, or more vigorously can provide additional benefits, including weight loss and weight maintenance.

**Additional Goals...**If you smoke, you should stop completely. If you have diabetes, strive for the best possible control of your blood glucose levels, an A1c level of less than 5.5%. If diet and exercise do not adequately lower blood glucose, your physician will recommend medication. Other risk factors for a heart attack, such as elevated LDL cholesterol levels and high blood pressure, must be treated aggressively in people with diabetes. If you have pre-diabetes, keep your fasting blood glucose levels below 100 mg/dL. You can achieve this by reaching a healthy weight and engaging in regular physical activity.

*(Please note this article is designed to support your personal physician's treatment or advice, not replace it.)* JP