

health connection

April 2009

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**BILL BELKNAP
KNOWS ABOUT
PHYSICAL
THERAPY AND
REHABILITATION.**



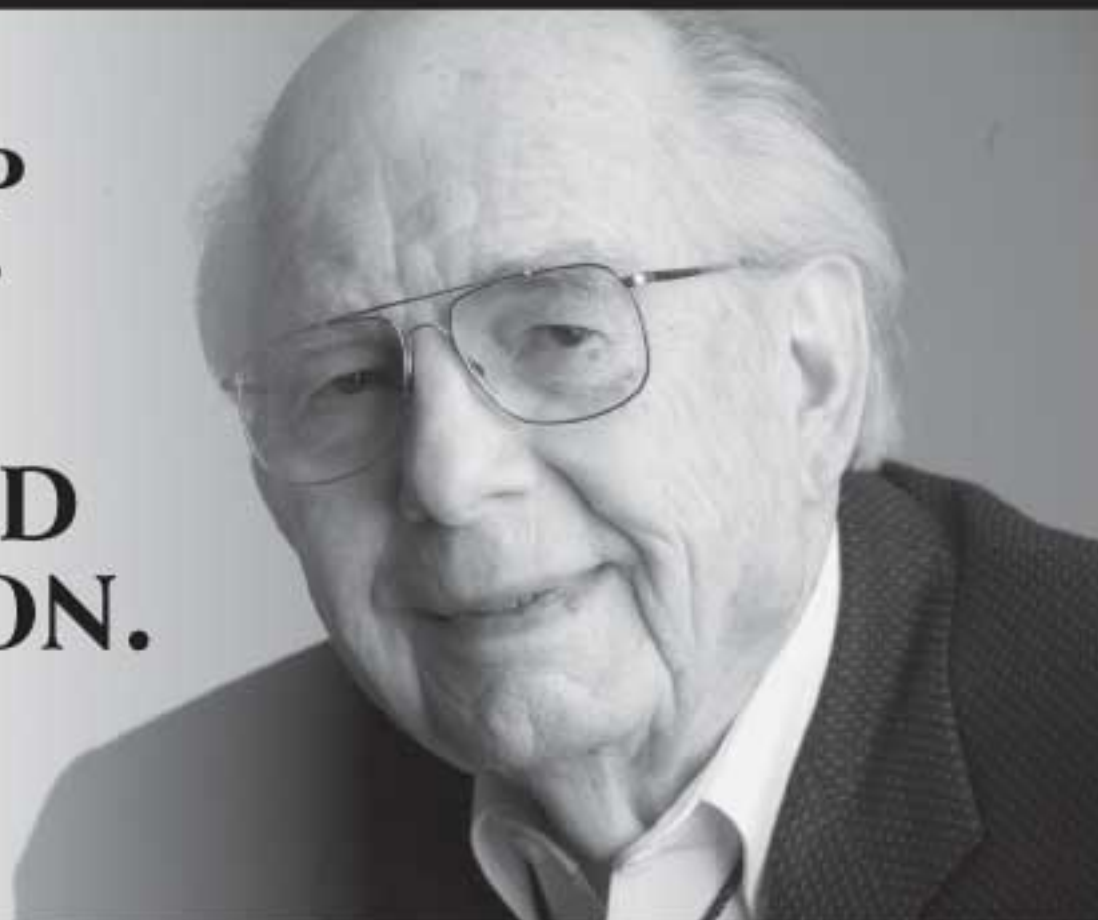
 **JANE PHILLIPS
MEDICAL CENTER**

Sponsored by St. John Health System

QUALITY CARE...CLOSE TO HOME

QUALITY CARE... CLOSE TO HOME

BILL BELKNAP KNOWS ABOUT PHYSICAL THERAPY AND REHABILITATION.



Belknap was very active and full of vigor before he suffered a stroke in May 2008. During his recovery at home, Belknap became progressively weaker and ended up in a wheelchair unable to walk. He also had lost the use of his left arm and left leg.

Determined to regain his health and strength, Belknap visited with his doctor who recommended physical and occupational (life skills) therapy. The doctor referred him to Jane Phillips Physical Medicine Center.

At Jane Phillips Physical Medical Center, Belknap underwent one month of intense occupational therapy three times a week. This resulted in Belknap regaining full use of his arm.

Additionally, Belknap received four months of physical therapy.

"My physical and occupational therapists got me out of the wheelchair and on to walking again," he said. "They did a terrific job and were very caring and pleasant. They

were great encouragers and would spur me on when I was having my therapy."

"I also couldn't have accomplished it without the constant help of my wife," said Belknap.

When he completed his therapy, the staff gave him exercises to do at home.

"I still do them," Belknap said. "I highly recommend Jane Phillips Physical Medicine for anyone who needs physical and/or occupational therapy. The staff treated me like family and they are very knowledgeable."

Belknap retired in 1986 after 35 years with Phillips Petroleum Company where he last served as Manager of Worldwide Drilling and Production.

A spry 81-years young, Belknap is now back to ballroom dancing and line dancing, all thanks to the staff at Jane Phillips Physical Medicine Center.

He has served as president of the 55-Plus Activity Center for the past four years where he calls bingo once a month. He also plays cards twice a month and serves as president of his Sunday school class at First Methodist Church.

He and his wife, Donna Kaye, are building a new house which he designed in collaboration with the builder.

"I am having a lot of fun with the construction project," chuckled Belknap.

Belknap is back to doing all of the things he enjoys. But should he need healthcare services again, Jane Phillips Medical Center will be there with quality care, close to home. **JP**

"My physical and occupational therapists got me out of the wheelchair and on to walking again," he said. "They did a terrific job and were very caring and pleasant. They were great encouragers and would spur me on when I was having my therapy."

Jane Phillips Regional Home Care *Offers* Psychiatric Nursing Visits

Jane Phillips Regional Home Care is now offering psychiatric nursing services. Linda Lee, RN, who recently joined Jane Phillips Regional Home Care's team is now performing Medicare psychiatric nursing visits to area patients.

Lee brings to JPMC extensive home health and psychiatric nursing experience. She has seven years psychiatric experience including working at Jane Phillips Medical Center's Psychiatric Acute Care Unit as Charge Nurse; Acute Adolescent Psychiatric Unit in California, the Adult Psychiatric Unit at Vinita State Hospital, and the Geri-Psychiatric Unit in Sedan.

In addition, Lee has 11 years experience in home health and hospice.

"We are excited to offer this new

service to our patients and feel this will complement the broad range of services we already available to our patients," said Jeanne Sexton, RN, Nurse Manager.

Jane Phillips Regional Home Care reaches out to those who need nursing care, rehabilitation and/or therapy—all provided in the comfort of familiar surroundings. Home health care is a skilled, personalized service provided to patients of all ages in their place of residence, including assisted living or group home settings.

Visits by the home health team

members serve the needs of patients recovering from illness, accident or surgery, and provide assistance to those coping with a disability or chronic condition. The role of home health is to assist patients in becoming as independent as possible.

With physician supervision, home health staff provide an array of services. They assist with health care needs, manage medications and monitor health status. They are also an important source for information on safety and self-care, and provide counseling and education to family members or friends who are acting as caregivers. Jane Phillips Regional Home Care also offers wound care, a maternal child program, and diabetic education.

Current patients are able to reach staff 24 hours a day, seven days a week with questions or concerns.

The Jane Phillips Regional Home Health Team:

- **Registered/Nurses** provide direct, skilled nursing care according to the plan of care developed with the patient's physician.
- **Home care aides** assist with personal care such as bathing, grooming, dental hygiene, and routine exercises.
- **Physical therapist** assists with the patient's improvement of mobility, fall prevention and safety, ultimately reducing pain and helping the patient regain his or her maximum use of physical skills while recovering from an illness, injury or disability. Establish home exercise program, proper use of equipment, and increase strength and endurance.
- **Speech therapist** assists patients in improving communication challenges such as difficulty understanding other people, re-developing the ability to speak clearly or at all and literacy-related issues. The speech therapist may




also help with difficulties in eating or swallowing.

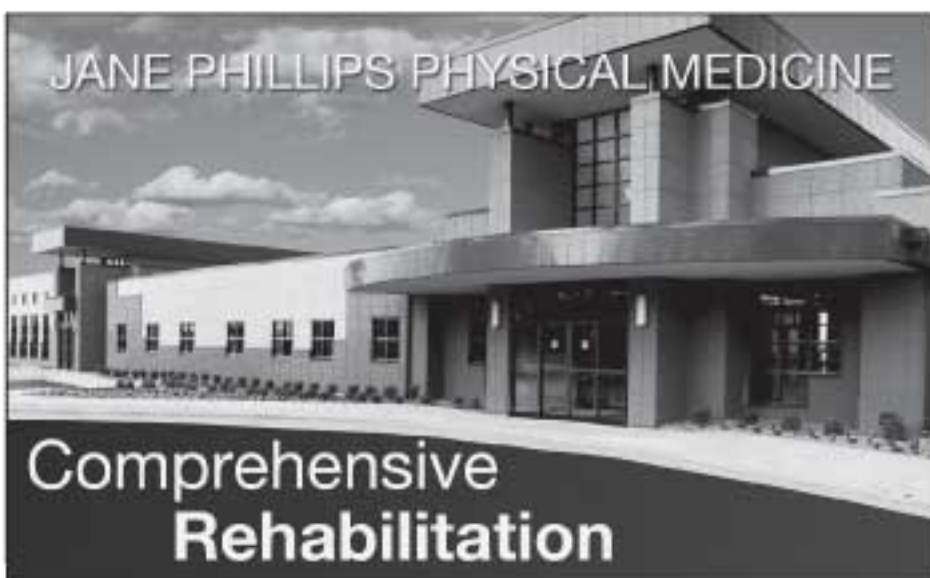
- **Social workers** assist with community resources, caregiver issues and financial concerns. They can also assist with connecting patients to an emergency response using a system that provides patient safety and security via phone technology.

Patients may be eligible for services when the following circumstances are present:

- Skilled nursing and/or therapy services are required.
- Patients are confined to a home environment.
- Patient care is ordered by a physician.
- The necessary care can be safely provided within a home environment.
- Patient needs at least one of the following services: skilled nursing, physical therapy, or speech therapy on an intermittent basis.


For more information about Jane Phillips Regional Home Care, please call the office at 918/331-2650. 

JANE PHILLIPS PHYSICAL MEDICINE



Comprehensive Rehabilitation

- Sports Medicine
- Orthopedic Rehabilitation
- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Work Performance
- Aquatic Therapy
- Neurological Rehabilitation
- Pediatric Services

 JANE PHILLIPS
PHYSICAL MEDICINE

Monday-Friday 7 a.m.-6 p.m.

918/331-1594
3550 S.E. Frank Phillips Blvd.
Bartlesville, OK 74006
www.jpmmc.org

Jane Phillips Medical Center Recognizes Its Volunteers During National Volunteer Week

Each year volunteers at Jane Phillips Medical Center provide thousands of hours of service to its patients and staff.

"By sharing their time, energy, and expertise, our volunteers bring compassion and caring to the lives of those in need," said David R. Stire President/CEO. "Our volunteers share that exceptional generosity, which shines through them each and every day. Their contributions of time

and caring help make Jane Phillips Medical Center a better place for our community."


Volunteers serve throughout the Hospital in virtually every department. They deliver flowers, do mailings, work on the computer, assist patients arriving at and departing from the hospital, work in the Gift Shop, and so much more. They're an invaluable member of the Hospital team.

"We have an active base of nearly

150 men and women who volunteer regularly," said Volunteer Services Coordinator Kathryn Reese. "We are always looking for friendly people who are interested in donating their time."

Since its inception the Auxiliary has raised and donated more than \$500,000 to Jane Phillips Medical Center. The Auxiliary has helped purchase state-of-the-art medical equipment and items for individual

projects like the linear accelerator, which provide radiation treatment for cancer patients, doppler ultrasound equipment, construction of the Emergency Room, wellness programs, and annual scholarships to area students.

For more information about volunteering at Jane Phillips Medical Center, contact Kathryn Reese at 918/331-1215. 

In honor of National Volunteer Week, Jane Phillips Medical Center salutes and thanks its volunteers:

Norma Adams
Mary Lou Alfred
Linda Allen
Millie Almeida
Mary Jo Arens
Mary Ella Bailey
Lelah Baker
Mary Ballard
Tug Baughn
Linda Befort
Velma Beisser
Betty Belcher
Sally Bishop
Eva Boatwright
Reuann Bounds
Dick Bresson
Cora Briggs
Jerry Brown
Barbara Bunge
Ellen Burton
Constance Buster
Mary Helen Buttman
Evelyn Clark
Laurena Clay
Joyce Colaw
Kaye Coleman
Linda Collins
Leroy Cook
Sherry Cook
Fern Cook
Jerry Covey
Jean Davidson
Karen Distefano
Teri Dray
Helen Ellison
Pam Elvington
Waneta Engleman
Joel Esslinger
Alice Fagan

Dwight Feese
Beverley Fetty
Dolores Fields
Julia First
Maggie Fitch
Linda Flaherty
Leila Fox
Shirley Frahm
Gertrude Fuller
Victoria Gammon
Bobbie Garrett
Bessie Grant
Stella Gray
Marlene Grogan
LuAnne Hamilton
Sue Harris
Jody Hart
Darlene Hastings
Vic Hayes
Elizabeth Heaton
Iris Hefty
Leo Heidorn
Kenneth Hill
Rosemary Hofferber
Oceal Hunt
Betty Hutchens
Patti Imler
Linda Isaacs
Joe Javine
Karan Javine
Sam Johnson
Letty Jones
Apryll Kannard
Marilyn Keefer
Erich Kendall
Phyllis King
Mary Lou Kirksey
Dorothy Kitchingham
Kurt Krominga

Oris Lansford
Lucy Leeton
Renee Lenertz
Cathy Linehan
Maxine Lockin
Beverly Loffer
Carol Lubensky
Sally Mackey
Barbara Maloney
Sandra Marshall
Isaac Mattox
Fran McCarthy
Carol McDowell
Diane McGregor
Beverly McIntosh
Nadine McMahan
Sara Margaret Messall
Flo Messall
Ida Miller
John Miller
Meghan Moore
Bill Moreland
Tony Murquia
Roy Neal
Janet Neal
Betty Nichols
Stephanie Nyhof
Edna Osborn
Shirley Paidl
Louise Parker
Joann Payne
HughAnn Payne
Judy Pecher
Roy Peck
Geraldine Peck
June Peters
Velma Peterson
Donna Pyles
JoAnn Radke

Anne Rawlins
Virgil Reese
Joan Reis
Marion Reis
Jim Reynolds
Lien Rhett
J. C. Rhoades
Cora Richardson
Carroll Ritchie
Katie Rogers-Wilson
Stevana Sanford
Paul Schaettle
Gwen Schellstede
Edna Simpson
Bill Small
Renetta Small
Thelma Smith
Cliff Sousa
Kathryn Stanley
Mary Stewart
Peggy Story
Nelson Stumpe
Bill Taylor
Josefina Taylor
Anne Thomas
Horace Thomas
Irene Trask
Verna Trepka
Bill Trepka
Kathy Vaughan
Paul Vitt
Van Vives
Wilma Watkins
Tom Wesson
Patsy Whitwell
Irene Wilip
Sue Willis
Leola Yelken
Cynthia Zornes

Extra Eyes Volunteer Program

Jane Phillips Medical Center is seeking volunteers for its "Extra Eyes" Volunteer Program.

These volunteers will assist the nursing service staff with patients who have an increased risk for falls.

"Many of our patients are considered a high fall risk and attempt to get out of bed without assistance," said Cheryl Hart, Clinical Nurse Specialist in Gerontology. "These volunteers will make rounds on the 5, 6, and 2 Tower Nursing Units, to ascertain whether patients are attempting to get out of bed without assistance."

"The nurses will work with the volunteers to determine which patients need to be checked on," said

Hart. "The volunteers will in turn visit the rooms to see whether or not a patient is attempting to get out of bed or out of the chair without nursing assistance."

If a patient is trying to get out of bed or out of the chair, the volunteer will ask the patient to please remain in place. The volunteer then will call for assistance while remaining with the patient until a nurse arrives.

"Our volunteers will also notify the staff if a patient requests a drink of water or needs to go to the bathroom," said Hart. "These volunteers will provide an extra set of eyes for our nursing staff and will provide another way to keep our patients safe."

All volunteers will undergo routine

background and reference checks, receive special training for their specific roles, and undergo training in privacy and confidentiality.

If you would like to serve as a volunteer for this new program, please contact Kathryn Reese, Volunteer Coordinator, at 918/331-1215 or email her at kreese@jpmc.org. 



Pulmonary Rehab Program Beneficial To Those Suffering From Lung Disease




Jane Phillips Medical Center offers a Pulmonary Rehab program at the Wellness Connection on the ninth floor of the hospital. Each class has a maximum of eight patients. Patients attend sessions for approximately 12-16 weeks for a total of 30 sessions. The program is covered by Medicare and most insurance plans. Physician referral is required.

Patients with any of the following will benefit from the program: COPD, chronic bronchitis, emphysema, kyphoscoliosis and scoliosis, chronic respiratory conditions due to fumes and vapors, coal workers pneumoconiosis, pulmonary fibrosis, bronchiectasis, cystic fibrosis, persistent asthma, lung transplantation, sarcoidosis, plus other respiratory diagnosis.

The patient should have symptoms that impair their level of functioning, i.e. FEV1; have quit smoking or be willing to participate in smoking cessation; be willing to cooperate and participate in the plan of care; and be physically able, motivated, and willing to participate in rehab.

JPMC has partnered with Oklahoma Rehab Services (ORS) to deliver individualized treatment for people with chronic lung disease. ORS provides a medical director to oversee the program and two staff members to conduct the program. All patients receive a thorough evaluation and an individualized treatment plan by Jane Phillips Physical Medicine Department's physical therapy staff.

For any questions about the program, please call the Jane Phillips Pulmonary Rehab Program at 918/331-1904. 



Benefit POKER RUN

Slated April 25

Bluestem Foundation and Jane Phillips Medical Center are hosting a benefit poker run to fight diabetes on Saturday, April 25, 2009. The ride begins and ends at Jane Phillips Medical Center's West Campus, 219 N. Virginia Avenue in Bartlesville. All makes and models of motorcycles and cars are welcome.

Registration begins at 11 a.m. with the first bike out at 11 a.m. and last bike out by 12 noon. The last bike must be in by 4 p.m. During the Poker Run, participants will be directed to five different checkpoints to claim a card for each of their poker hands.

Cash prizes will be awarded. Best hand wins \$200; 2nd place wins \$100; 3rd place wins \$75; and the worst hand wins a special prize.

Door prizes will be given away prior to announcing the winning hands and a 50/50 cash drawing will also be held.


Registration fee is \$20. Additional hands \$10 each and additional cards \$5 each—limit 1—available at last check point.

T-shirts are available for \$10 and a photo CD of the event will also be available for \$10.

For questions about the Poker Run, please call Jane Phillips Diabetes Education at 918/331-1143.

All proceeds will be used to defray expenses for qualified persons who wish to attend the Outpatient Diabetes Education program at Jane Phillips Medical Center.

In the event of severe rain/ weather, the rain date will be Saturday, May 2, 2009.

Bluestem Foundation supports the mission of Jane Phillips Medical Center. 

(above) Riders enjoyed beautiful weather and scenery last year during the Poker Run.

(top left) Each participant draws for a lucky card at one of the five checkpoints at the 2008 Poker Run.

(bottom left) Poker Run participants enjoyed a break during the 2008 fundraiser.



Gemini Medical Group and Jane Phillips Medical Center Welcome

James E. Hignight, MD
Internal Medicine/Pediatrics

Jane Phillips Caney Rural Health Clinic
218 West Fourth • Caney, Kansas
620/879-2182

- Doctor of Medicine from the University of Kansas School of Medicine
- Board Eligible—Internal Medicine and Pediatrics
- Internal Medicine/Pediatrics Residency at the University of Kansas
- Previously worked as an Emergency Room Physician at Mercy Hospital in Independence, Kansas and as a clinic physician for Mercy Physician Group.
- Bachelor of Science in Nursing from the University of Kansas School of Nursing, Kansas City, KS
- Member—Gemini Medical Group, Inc.
- Member—Southeast Kansas Medical Society
- Accepting Appointments Now
- Beginning Practice April 8, 2009



Drills Help Jane Phillips Medical Center Prepare for Emergencies

Jane Phillips Medical Center recently conducted a disaster drill as part of the medical center's ongoing preparation for emergencies.

A disaster at JPMC is defined as any incident that would disrupt normal day-to-day operations. This could be internal, such as the sprinkler system malfunctioning or flooding in a patient area. It could also be external,

in which more than eight patients enter the ER at one time. The code announced overhead to alert everyone to the situation is Code Yellow.

Incident Commander Scott Phillips and staff members were tasked with the scenario of a tornado hitting an elementary school with 20 children coming through the ER. Students and staff members from Tri County

Technology Center assisted with the drill.

"JPMC likes to participate with the various businesses and organizations with our drills drill because it helps us work with the community," said JPMC Safety Officer Sue Parnell. "In a disaster situation we rely on help from the community of Bartlesville, Washington County, and surrounding areas. Knowing how and where that help is going to come is a huge asset. Drills keep us informed and up-to-date on required information that we may need during a real disaster situation."

Staff from all parts of the hospital took part in the drill, including administrators, nurses, security guards, housekeepers, and maintenance personnel.

"Everyone did a great job keeping

things under control by working together, taking their assigned roles, and conducting their tasks to keep the patients, staff, and facility safe," said Parnell.

"We were very pleased with the outcome of the practice session. A larger-scale drill such as this allows us to see how the facility would react to an influx of patients from the outside while handling an internal disaster," said David Stire, JPMC President/CEO.

"We did learn a few things, which was the intent of the exercise, but in general all of us were very pleased with the way our staff performed," said Stire.

JPMC must be ready for any emergency that might happen. "The community can be assured that our staff is trained, equipped, and ready around the clock," said Stire. **JP**



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"The community can be assured that our staff is trained, equipped, and ready around the clock," said Stire.

Jane Phillips Medical Center's Gift Shop Offers Unique Gifts

Jane Phillips Medical Center's Gift Shop, located off the main lobby, is the place to shop for that special gift. A fundraising project of the Medical Center, the shop is open seven days a week and is staffed by volunteers and employees.

Among its treasures are attractive and well-priced gifts for all occasions, including decorative pillows; ceramic, glass or crystal figurines; picture frames, trays, trivets, angels, handbags, wallets, fashion jewelry, beautiful baby clothing, accessories and plush animals, inspirational gifts, greeting cards, sweets, and a variety of personal

items.

Because of the quality and variety of its merchandise and its attractive window displays, the shop has become a shopping destination for many who have no other business at JPMC than to explore what's new or on sale.

The Gift Shop is open Monday through Friday, 9 a.m. to 8 p.m.; and

Saturday, 10 a.m. to 5 p.m.; and Sunday, 1 p.m. to 5 p.m.

For information or to send a gift or flowers to a patient, please call the Gift Shop at 918/331-1540.

Proceeds from the Gift Shop go towards the linear accelerator capital campaign project for the Cancer Center. **JP**



Parking Garage Reserved for Staff/Visitors

All parking areas at Jane Phillips Medical Center are exclusively reserved for the use of patients' families and visitors as well as physicians, hospital staff and vendors. Hospital parking areas may not be used as a storm shelter or to park or store vehicles unrelated to business at JPMC.

During a recent outbreak of thunderstorms, persons seeking shelter blocked passageways in the hospital parking garage causing delays in hospital staff arriving for work and resulting in an inconvenience for people coming to visit family members in the hospital," said Greg Mackie, JPMC Maintenance/Engineering Director. "Our priority is patient care, first and foremost," he said.

JPMC parking facilities must remain open and accessible for patient families and visitors, as well as for the physicians and hospital staff who care for patients.

"Plus, the hospital garage was



not designed nor intended to be a storm shelter," Mackie said. While the covered spaces may offer some protection during a hailstorm, the garage could become very dangerous during a tornado or exceptional wind velocities. Debris from storm damage could be propelled into the garage, making it a risky place to seek refuge from a windstorm. Our hospital security staff is authorized to insure that only persons who have legitimate business at the hospital use the hospital parking facilities. **J**

Jane Phillips Medical Center Partners With March of Dimes To Give Premature Babies A Fighting Chance

Jane Phillips Medical Center's Family Services staff is making a stand against premature births by participating in the March of Dimes' March for Babies. March for Babies is the walk that saves babies.

As the March of Dimes' biggest fundraiser, March for Babies supports research and programs to help prevent or treat premature birth, birth defects and other threats to babies' health. Jane Phillips Medical Center annually helps with this major fundraiser. Make a stand against premature births by joining Jane Phillips Medical Center's Family Services staff and the March of Dimes' March for Babies.

March for Babies will take place

at Woolaroc on Saturday, May 2. Registration starts at 8 a.m. and the Walk at 9 a.m. with lunch to follow.

Walk for a special child in your life—a healthy baby, a premature baby, or a sick one. Walk for all babies.

The March of Dimes is dedicated to preventing prematurity, low birth weight, and birth defects. Nearly 500,000 babies are born prematurely in the United States each year.

"This is one of those rare

opportunities when we can make a significant difference in children's health and future even before they are born," said David R. Stire, JPMC President/CEO. **J**



JPMC to Conduct Sport Screening Exams for Athletes

Jane Phillips Medical Center again will conduct sport screenings for Bartlesville students participating in athletics, cheerleading, and pompom on all levels. Students must have a screening exam before participating in practice sessions per school requirements.

The exams will be performed by appointment only. Appointments can be made by contacting the JPMC Public Relations office at 918/331-1431. Cost is \$20.

The exams will be held at the Jane Phillips Physical Medicine Center located 3550 SE Frank Phillips Boulevard just east of the hospital's main entrance. Exams will be held 6:30 p.m. to 8:30 p.m. on May 5 and May 7. Students must bring their school physical history forms that have been completed and signed by a parent or guardian. Forms are available at any Bartlesville secondary school office. Exams will not be performed without completed and signed forms. Students should not drink diet or regular soft drinks for at least two hours prior to the exam. In addition, students should refrain from exercise or any athletic workout for at least two hours prior to exam in order to avoid causing high blood pressure readings that may delay or prevent testing.

The screening exams meet school requirements for participation, but should not be considered a complete physical examination. A complete examination may be obtained from the family's physician. **J**

