

health connection

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JPMC, Heart Docs Excel at Care

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JANE PHILLIPS
MEDICAL CENTER



JPMC, Heart Docs Excel at Care

Jane Phillips Medical Center continues to exceed both state and national averages for treating heart attack patients who come through the Emergency Room. Since October of 2010, 32 heart attack patients who came to JPMC had a “door-to-balloon” time well below the national 90-minute target. The average door-to-balloon time was 67 minutes. In that nine-month period, only one patient’s door-to-balloon time exceeded 90 minutes.

According to national guidelines developed by the American College of Cardiology and the American Heart Association, hospitals should complete emergency “balloon” procedures in 90 minutes or less from the time heart attack patients arrive at the facility. The 90-minute span is known as “door-to-balloon time” or “D2B.”

“Our ability to exceed the national average is due to our dedicated associates,” said Anderson Mehrle, MD, BlueStem Cardiology. “We also could not achieve this without the support of our local and regional EMS, the medical staff, and our entire emergency department. It is a true team effort in caring for our patients.”

Dr. Mehrle said they continually

strive to improve door-to-balloon times through quality management, technology, and a commitment to the hospital’s mission, vision, and values.

The first few minutes of care for an acute heart attack are the most important. A heart attack is caused by one of the coronary arteries that supply the heart becoming occluded or blocked. If the artery can be opened quickly enough, damage is minimized. The best way to achieve this result is to take a patient with an acute heart attack to the Cath Lab as soon as possible and open the artery with a balloon and stent.

BlueStem Cardiology and JPMC enrolled in the D2B program when it was launched in 2008 and for the past 11 years have been part of the National

Cath Lab Registry Data. The results have been excellent.

A somewhat surprising result has been noted in national studies—smaller hospitals actually have as good or better outcomes as larger hospitals. Dr. Mehrle said that is due, primarily, to smaller, well-run hospitals like JPMC taking less time to get patients through the emergency room and into the Cath Lab.

“Because JPMC is close to home we are able to activate the team and be on site when and where patients most desperately need us,” said Judy Green, Manager of JPMC’s Cardiac Cath Lab.

Green said the obvious goal is to achieve a door-to-balloon time average of 100%, but doing so can be quite difficult.

“The heart is a very intricate organ and sometimes it just takes a little longer to actually get to the blockage.”

JPMC has assembled a quality assurance team to monitor the D2B initiative’s success. The team consists of cardiologists, other physicians and clinicians and administrators. It provides constant feedback on

achievement of goals all in an effort to ensure better patient outcomes.

Improving the quality of care for acute heart attacks is an ongoing process at JPMC and involves ambulance crews, emergency room physicians, emergency nurses, Cath Lab personnel and BlueStem Cardiologists.

“We are committed to producing excellent results and improving wherever possible,” Dr. Mehrle said. “The next step in this process is to improve the time that it takes for the patients to get from home to the Cath Lab.”

That project is a joint effort between the American College of Cardiology and American Heart Association entitled Mission Lifeline.

“The number of acute heart attack patients eligible for treatment is expected to grow over the next decade due to increasing incidents of heart disease and a large aging population,” said David R. Stire, President/CEO. “We remain dedicated to delivering quality heart care close to home.” **JP**



Jane Phillips Medical Center Earns ACR Accreditation

Jane Phillips Medical Center has been awarded another three-year term of accreditation in nuclear medicine as the result of a recent review by the American College of Radiology (ACR). Nuclear medicine is a branch of medical imaging that uses small amounts of radioactive material in patients to diagnose and treat a variety of disease, including many types of cancers and heart disease.

"The ACR gold seal of accreditation represents the highest level of image quality and patient safety," said Bob Walker, JPMC Imaging Services Department Manager. "We are very proud of this accomplishment."

To earn this distinction, JPMC underwent a peer-review evaluation by board-certified physicians


and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs were assessed. The findings were then reported to the ACR Committee on Accreditation, which subsequently provides the practice

with a comprehensive report they can use for continuous practice improvement. The accreditation is awarded only to facilities meeting ACR's Practice Guidelines and Technical Standards.

"Accreditation means that we at JPMC voluntarily subjected ourselves to a rigorous review process to ensure that we meet nationally-accepted standards of care," Walker said. "And in the end, we confirmed that our personnel are well-qualified, through education and certification, to perform medical imaging, interpret patient images, and administer radiation

therapy treatments."

Walker said the hospital's equipment is appropriate for testing and treatments and the facility meets or exceeds quality assurance and safety guidelines.

The ACR is a national professional organization serving more than 34,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services. 

TOP 10 Ways to Get Kids Involved in Healthy Cooking & Shopping HOW CAN KIDS HELP?

- 1. Mean Green Cleaning Machine.** Let them wash fruits and vegetables when preparing for cooking or eating.
- 2. Pick A Peck!** When shopping, let them select a new fruit or vegetable to try or several!
- 3. Make It Snappy!** Let them snap the green beans, snap peas, or break the flowerets from the broccoli or cauliflower.
- 4. I Spy.** Play "I Spy" in the produce section when grocery shopping.
- 5. Tear It Up!** Let them tear the lettuce for salads and sandwiches.
- 6. Measure Up!** Let them measure the frozen vegetables before cooking them.
- 7. Peel & Slice.** Older children can peel and slice carrots, cucumbers, potatoes...the list goes on!
- 8. Stir & Spice.** Make applesauce from fresh apples. Let them help stir and add the cinnamon.
- 9. A Sprinkle A Day...** Let them sprinkle herbs or other seasonings onto vegetables.
- 10. Monster Mash!** Pull out the potato masher!



Mount Provides Sports Medicine To Area Schools

Alan Mount is a fixture on the sideline of Bartlesville High School (BHS) sporting events, and that's where he likes to stay.

As the Bruins' head athletic trainer, if he is able to stay on the sidelines, then BHS student athletes have likely suffered no serious injuries. But when need does arise, then Mount is the often the first one to tend to them.

"If I see it happen, I can usually determine the severity of an injury quickly. Conversely, when I see an athlete in the training room, a detailed history is critical," says Mount, who has served in his role with the Bruins since 1999. "Also, if I'm there, I can quickly provide treatment and/or make decisions regarding the athlete's ability return to play."

BHS is actually in a very good situation when it comes to Mount and the service that he provides for Bruin athletes. Though many would assume that Mount is an employee of BHS—or perhaps the Bartlesville Public School District—that is not the case. He is actually the regional sports medicine coordinator with the Jane Phillips Medical Center. He has coordinated medical services for events such as the Lone Star Basketball Tournament and the American Legion World Series, among others. However, through

the generosity of the JPMC and its commitment to the community, his primary focus of responsibility is to provide front-line medical care to Bruin athletes.

Mount typically works around three hours per morning assisting area coaches with consultation and assessment of injuries to their athletes and doing compliance work at the JPMC's Physical Medicine Center. The rest of his time is primarily spent tending to the needs of Bruin athletes.

"We are very blessed to have Alan Mount caring for our athletes," said BPSD superintendent Dr. Gary W. Quinn. "He does an excellent job."

"Jane Phillips Medical Center has made a commitment to the Bruin family by allowing Alan to assist our students, and we are very grateful."

With the conclusion of the 2010-11 academic year in May, Mount completed his 12th year of serving Bruin athletes. Though a native of Oklahoma, Mount was raised in Hominy, he was working in Hot Springs, Ark., before he joined the JPMC in Bartlesville. Around that time, the BPSD was searching for an

athletic trainer. JPMC officials offered the services of Mount as community outreach.

"I enjoy my role," said Mount, who earned his undergraduate degree from Oklahoma State University and a graduate degree from the University of Florida. "I enjoy the kids. The kids help keep you young and on your toes."

"I've seen a lot of the same things before. That is the beauty of being in one place for a long time. You learn the nuances of a school and a community. I've been here long enough to understand Bartlesville."

Before the 2010-11 academic year concluded, preparations had already begun for 2011-12. Mount, along with Mike Bass of JPMC's Wellness Connection organized physicals for athletes who wish to compete next year. This summer Mount assisted with sports camps and took continuing education courses as well. In July, he attended coaches meetings in anticipation of the football season.

Now that the school year has begun, football becomes Mount's primary focus as the regular season commences in early September and injuries often arise. Mount is typically on the sidelines for every Bruin varsity game—both home and away—

and assists with the junior varsity, freshman and eighth grade squads as well.

Although he is always available to all area schools' athletes, Mount typically focuses on the sports which have the most potential for injury, and therefore the biggest need for his services. After football concludes, he turns his attention to the winter sports of basketball and wrestling. In the spring, he usually concentrates on baseball, soccer and track.

When athletes are hurt, Mount assesses the injuries with the athletes, parents and coaches.

"My relationship with the coaches is very good," noted Mount. "They value my opinion, and all of them have the athletes' best interests in mind."

"They understand that quality of life beyond high school athletics is important."

The BHS Fieldhouse debuted in December of 2006, and when it did, it came complete with a first-rate training room. The training room was designed by Mount, and thus has everything he needs to best meet the needs of rehabilitating athletes. The training room features therapeutic exercise equipment, a whirlpool, an exercise bike, ultrasound and electrical



JANE PHILLIPS MEDICAL CENTER SPORTS INJURY CLINIC

Open Saturdays

September 10–November 5, 2011
9 a.m.–11 a.m.

- Student athletes* should report to Jane Phillips Medical Center's Emergency Room entrance, off of State Street.
- Care of injured athlete is directed by a team of sports medicine professionals. Your medical team includes an orthopedic surgeon, licensed physical therapists, and a certified/licensed athletic trainer.
- Normal charges will apply for all services. Please bring appropriate insurance information.

**Students under 18 must be accompanied by a parent or guardian.*

Attention Coaches!

JPMC Sports Medicine Coordinator
Alan Mount, MS, ATC

Certified/Licensed Athletic Trainer
Free consultations to area sports teams to assess,
evaluate, and treat sports related injuries.

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athletes," says Mount. "That commitment has not changed.

"It says a lot about JPMC that they are willing to make this kind of investment to the community and our local athletes. They have held that commitment long-term and continue to do so." **JP**

This article was written by Dave Austin, Community Relations Coordinator for Bartlesville Public Schools, and appeared in the July 14 edition of The Bruin Newsletter.

stimulation, among other items. Mount oversees the rehabilitation of the Bruin athletes under the supervision of a physician.

More than a decade ago, JPMC officials saw a need within the Bartlesville Public School District and no doubt sent the right man to fill it. The Bruins have been blessed by the services of Alan Mount ever since.

"The primary focus of my responsibility has been to provide front-line medical care to Bruin

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New Cardiology Building Progressing

Construction of a new \$4 million cardiology building is progressing at Jane Phillips Medical Center.

Cut-faced block work continues on the building's exterior while sheetrocking and priming work continues on the interior. Brick concrete paneling soon will be applied to the outside of the cardiology building. Most of the initial plumbing and electrical work has been completed until the installation of fixtures is required.

Construction is expected to be completed in November and the building is expected to be open to patients in December.

The 16,000 square foot facility will house medical offices and cardiology services with the majority of space being rented to BlueStem Cardiology.

"We are very excited about this new addition to our campus," said

President/CEO David R. Stire. "The building will provide much-needed space for the cardiologists and the patients they serve."

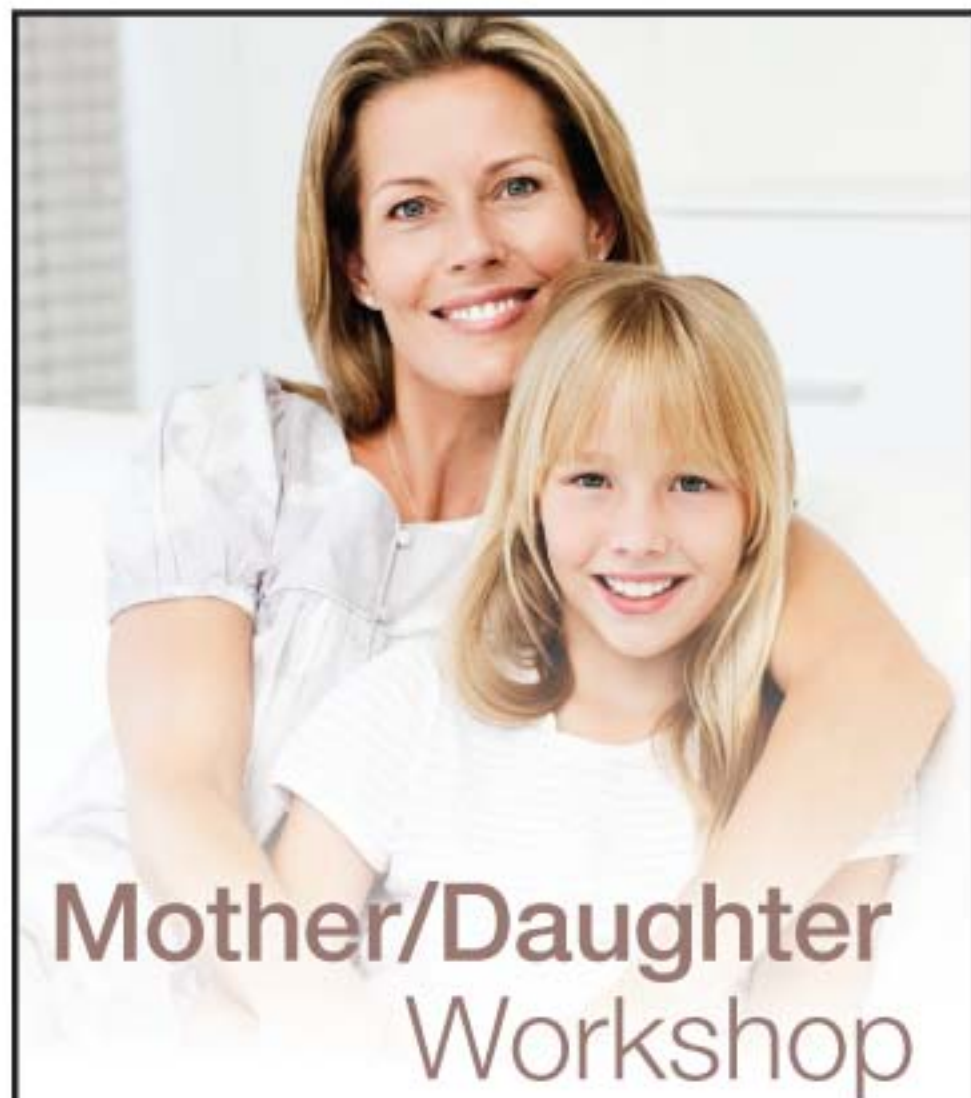
BlueStem Cardiology physicians and staff are on the fifth floor of Medical Park Center as well as half the sixth floor. Current office space totals 9,700 square feet.

The new facility is designed for future cardiology services growth. Four additional exam rooms and office space for a fifth cardiologist can be added later to support the increase of patients.

BlueStem Cardiology is comprised of Dr. Stan DeFehr, Dr. Pat Tinker, Dr. Gary Dykstra, and Dr. Anderson Mehrle.

JPMC and BlueStem Cardiology have consistently been recognized and honored by the American College of Cardiology and the American Heart Association for excellence in treating heart patients. 

Check us out at
www.jpmmc.org
 for all of the latest news
 and information.



Mother/Daughter Workshop

October 8, 2011 • 8:00 a.m.–11:00 a.m.
First Floor Classroom

Jane Phillips Medical Center's Women's Health Education is offering the Mother/Daughter Workshop: "Growing Up" on Saturday, October 8, from 8 a.m. to 11 a.m. at Jane Phillips Medical in the first floor classroom.

The class is offered to girls ages 9–13 and their mothers. The program will address menstruation and puberty. Mothers and daughters are given the opportunity to explore the physical and emotional changes that come about during puberty. They are encouraged to consider the positive aspects of puberty and the transition to womanhood. This class is offered in a supportive atmosphere.

Reservations are requested. Please call 918/331-1425 to enroll. Pre-enrollment is requested one week in advance. Cost is \$25 per mother/daughter couple.

Please note: four couples are required per class.

Women's Health Education
 Jane Phillips Medical Center
 3500 S.E. Frank Phillips Blvd.
 Bartlesville, OK 74006
 918/331-1425 or
 918/331-1426
www.jpmmc.org



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JPMC Launches Computer Program

Jane Phillips Medical Center recently launched a new and exciting program for computerized entry of medical orders. On July 12, JPMC began Computerized Provider Order Entry (CPOE), which allows patient caregivers to enter into a computer orders for diagnostic tests and treatments.

"Much of CPOE's focus is to further enhance the accuracy and quality of patient care," said Susan Herron, RN, JPMC Vice President of Nursing. "This includes ensuring patients undergo the proper tests and receive the correct medication, among many other aspects of their care."

JPMC has elected a more advanced system of CPOE to ensure continued patient safety. In addition to allowing

orders to be electronically entered into a computer system, the CPOE program at the hospital has multiple functions that alert caregivers to possible medication interaction and patient allergies.

"This means that when a physician enters an order for a new medication the system checks that medication against already ordered medications," Herron said. "CPOE will alert the

physician to any possible adverse interactions. It will also signal if the patient is allergic to the medication or even a distant relative of the medication."

CPOE has been designed to not only improve patient safety but also to make the work day of the physicians and staff more efficient.

"All of the physicians who practice at JPMC have the capability to access the CPOE system from their private offices," said Rob Poole, JPMC Chief Information Officer. "This allows the physician to review the entire electronic medical record of the patient and get a much better idea of

the patient's condition before placing any orders on the chart."

Poole said by providing physicians with access to the entire medical record critical data will be readily available.

"This will allow for prompt and well-organized treatment plans that will decrease the length of stay and, ultimately, the cost to the patient," he said.

Both Herron and Poole said that implementing the more advanced system of CPOE is just another component in JPMC's continued commitment to patient safety and quality care, close to home. **JP**

Backpack Strategies for Parents and Students

National School Backpack Awareness Day is an annual event held on the third Wednesday of every September. Across the country, backpack events educate parents, students, educators and school administrators, and communities about the serious health effects that backpacks that are too heavy or worn improperly have on children. Backpack Day is also a time to promote the full range of occupational therapy benefits and services.

- More than 79 million students in the United States carry school backpacks.
- More than 23,000 backpack-related injuries were treated at hospital emergency rooms, doctor's offices, and clinics in 2007.
- It is recommended that a loaded backpack should never weigh more than 15% of the student's total body weight (for a student weighing 100 pounds, this means that the backpack should weigh no more than 15 pounds).
- About 55% of students carry a backpack that is heavier than the recommended guideline of 15% of the student's total body weight.
- In one study with American students, ages 11 to 15 years, 64% reported back pain related to heavy backpacks. Twenty one percent reported the pain lasting more than 6 months.
- In a study on the effect of backpack education on student behavior and health, nearly 8 out of 10 middle

school students who changed how they loaded and wore their backpacks reported less pain and strain in their backs, necks, and shoulders.

- According to a study by Boston University, approximately 85% of university students self-report a discomfort and pain associated with backpack usage.
- The way backpacks are worn affects your health. The height of the backpack should extend from approximately 2 inches below the shoulder blades to waist level or slightly above the waist. It is recommended that individuals always wear the backpack on both shoulders so the weight is evenly distributed.

Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and

strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

Loading a Pack

- A child's backpack should weigh no more than about 15% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 15 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing a Pack

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or



- discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items. **JP**

Father Thottathil Provides Catholic Services For JPMC

Father Jose Thottathil was recently assigned by the Catholic Bishop of Tulsa to JPMC. Father Jose (Jōz) is a professional chaplain and provides prayer, sacraments and visitation to Roman Catholic patients at JPMC. He also makes rounds to visit every new patient at JPMC.

In addition, he celebrates mass Monday through Friday at 11:30 a.m. in the Holy Cross Chapel at JPMC.

Father Jose most recently served as the Chaplain of Franciscan Villa in Broken Arrow. Prior to that, he was the Associate Pastor of St. Bernard Catholic Church in Tulsa.

He was ordained in 1983 and taught chemistry for 22 years at Sacred Heart College in India. **JP**



Book Fair Scheduled

The Bluestem Foundation will be hosting a Book Fair on Wednesday, October 26 from 7 a.m. to 6 p.m. and Thursday, October 27 from 7 a.m. to 3 p.m. The fair will be held in Dining Room #1 (Cafeteria) at Jane Phillips Medical Center, 3500 E. Frank Phillips Blvd., in Bartlesville. Proceeds will benefit Jane Phillips Medical Center and Bluestem Medical Foundation.



There will be lots of books to choose from, including books for children and about cooking, history, sports, medicine, crafts and decorating.

There will also be an assortment of stationery, clocks and much more. Participants may pay by cash or personal checks. **JP**

St. Francis of Assisi Statue at JPMC

A statue of St. Francis of Assisi was recently installed by the Emergency Services entrance at Jane Phillips Medical Center.

Francis was born in 1182 to a merchant couple who imported luxurious fabrics and sold them in Italy. His parents thought Francis would also become a successful fabric merchant. Instead, he decided to join the second crusade and had a fancy suit of armor made for himself. But on his first night out, he had a vision:

the Lord was sending him back. He then faced the jeers of his neighbors, who thought him a coward. Francis, undeterred, turned away from war to peace and vowed he would await a further sign from God.

Francis preached about humility, poverty, simplicity and prayer to everyone, even the birds, whom he

thought of as God's special creations. While others took up arms in the later crusades, Francis went to the Muslim leader with a message of peace. He attempted to express God's brotherhood by truly living by the Gospel. But his life of poverty and wandering, while good for his soul, was hard on his body. Although he died in 1226, the Order he founded, the Franciscan Friars, carries on his humble teachings in every corner of

the globe.

Francis's brotherhood included all of God's creation, from the tiniest insect to the tallest tree.

His hand calmed a ferocious wolf that frightened an entire township. Francis, "preached by the roadside" to birds. In his poems and his prayers, much like the authors of the Psalms, he captured the absolute beauty and power of the love of God poured out for all. **JP**



(left) The maintenance staff transformed the Emergency Services entrance area into a peaceful garden setting for our patients and staff.

(right) Members of the JPMC trustees, leadership team and maintenance department joined Father Jose Thottathil for the dedication of the St. Francis of Assisi statue that was recently installed by the Emergency Services entrance.

