

health connection

December 2011

a publication of Jane Phillips Medical Center

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Home is Where
the Heart Care Is

 JANE PHILLIPS
MEDICAL CENTER

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JPMC, BlueStem Cardiology New Heart Procedure

Jane Phillips Medical Center has long been a leader in the use of modern technology and procedures in its delivery of patient care.

JPMC was a national leader in using bar code scanning technology for bedside medication safety. It was the first hospital in Oklahoma and one of only 15 across the United States to use a system that allows hospital-based pharmacists to cross reference patients' health information with their medication to ensure optimal care.

And now, JPMC is able to repair heart defects without surgery.

Atrial Septal Defect (ASD) is a form of congenital heart defect that allows blood flow between the left and right atria—two of four chambers in the heart. Septum is the tissue that divides the left and right chambers. Without this tissue, or if there is a defect in this

septum, it is possible for oxygen-rich blood to mix together with oxygen-deficient blood.

Now at JPMC, ASD patients are being treated through the use of a catheter device that is inserted through a vein in the thigh. For years, catheters have been used for so-called balloon surgeries to open clog arteries in the heart.

"Medical advancements now allow us to close holes in the heart—like ASDs—with a new device delivered through a catheter," said BlueStem Cardiologist, Dr. Anderson Mehrle who is credentialed to perform the procedure. "This has traditionally required open heart surgery to correct. Now at JPMC, we can offer patients a

simple, effective, non-surgical repair option."

Instead of inserting a stent or balloon, Mehrle goes into the middle of the heart and patches a hole. An ASD closure device is moved through the catheter to the heart and specifically to the location of the heart wall defect. Once in the correct location, the ASD closure device is allowed to expand its shape to straddle each side of the hole. The device will remain in the heart permanently to stop the abnormal flow of blood between the two atria chambers of the heart. The catheter is then removed and the procedure is complete. The materials used have a proven long-term safety history and have been widely used in heart surgery procedures. Within a few days, the body's own tissue will begin

to grow over the device. By three to six months, the device is completely covered by heart tissue and at that point becomes a part of the wall of the patient's heart.

JPMC and BlueStem Cardiology have consistently been honored for outstanding heart care. In September, they were recognized by the American College of Cardiology and included in *U.S. News & World Report's* Best Hospitals edition. JPMC was one of only 167 hospitals nationwide to earn the ACC's Get With The Guidelines (GWTG) Gold Performance Award. The honor recognized JPMC's commitment to and success in meeting the ACC's "Best Practices" standards for the treatment of coronary heart disease (CAD), heart failure (HF), and stroke. **JP**

Study: Smaller Hospitals Safe as Larger Ones

A well-publicized study indicates that when it comes to elective angioplasty, smaller hospitals are just as safe as larger ones.

According to findings announced recently during the annual meeting of the American Heart Association's annual meeting in Orlando, Florida,

patients who underwent the procedure that opens up clogged arteries with a balloon or a mesh-like stent had the same outcomes in community hospitals as they did in larger, metropolitan hospitals.

Hospitals in the study were those that had spent time developing

solid programs with at least 200 procedures a year. JPMC and BlueStem Cardiology have a well-established, award-winning cardiac care program in which close to 1,000 procedures are done annually. **JP**



PLANNING *your* Year-end Giving

It is the mission of Jane Phillips Medical Center to provide healthcare and related ministries for the people we serve, especially the sick, the poor, and the powerless.

We are guided by our core values as we provide compassionate care to all of our patients. We ask God to provide us wisdom so that we exercise responsible stewardship in the use of our resources.

An additional component of our mission calls for us to successfully address unmet needs in our community and to anticipate future demands for healthcare.

You will see that we are in the midst of a capital campaign due to our need to acquire a scanner that is so crucial to meet the ever-increasing demands for care, especially by those who have been touched by cancer.

As you contemplate your charitable giving plans for the remainder of 2011, I would ask that you consider the value in supporting your local hospital. In doing so, your spirit of generosity and compassion will be multiplied many times as you help us provide medical care and services to each person who enters our doors.

God's Blessings.

David R. Stire, President/CEO

Where Your Help Is Needed

PET Scanner For the first time in several years, The Bluestem Medical Foundation is conducting a capital

campaign.

Jane Phillips Medical Center needs to acquire a \$1.6 million Positron Emission Tomography (PET) scanner. This vital imaging device produces

three-dimensional pictures to detect conditions—including many cancers—that cannot be seen by conventional x-rays or nuclear medicine scans.

Currently, a tractor-trailer containing a PET scanner visits Bartlesville twice a week, which is most inconvenient for both patients and medical staff. By having a permanent PET scanner on-site, patients would enjoy better access and availability while JPMC would experience dramatic cost savings and productivity of staff.

The Foundation is committed to raising \$750,000 of the cost and has already generated nearly \$400,000 toward that goal.

We appreciate your thoughtful consideration of a one-time gift or gifts spread over a three-year commitment.

Other Needs The Foundation also supports many other areas of the hospital including cardiac rehabilitation, indigent care, and diabetes education just to name a few. You may make a gift restricted to any area of your choice or simply make an unrestricted donation so the gift can be used where it is needed most.

How to Help

Simply Write a Check. There's no easier way to gain a charitable deduction and to support JPMC at the same time. In addition, if you are an employee or a retiree of a company that matches qualified charitable gifts, you may be able to double your gift by completing the necessary paperwork and submitting it to the company.

Gifts of Stock. You can receive a charitable tax deduction for the full fair market value of the stock on the date of the gift. Plus, you avoid paying

capital gains tax on any increase in the value of the stock that may have occurred during its ownership.


Gifts of Real Estate. Sales of some private properties, commercial properties or farms may result in a capital gains tax, assuming the value has increased during ownership. A property gift to Bluestem Foundation could help you avoid capital gains taxes and to receive a charitable deduction for the full market value of the property.

Gifts Producing Life Income. You transfer the assets now in an irrevocable arrangement. Yet, you continue to receive income from the gift. Such a gift may allow you to receive a significant deduction for a charitable contribution. It may also allow you to increase your income stream from the asset; and, in the case of stock or property, you may eliminate or defer capital gains tax on the appreciated value.

All gifts may be subject to limits and restrictions.

Each individual's situation is unique, so consultation with your professional advisor is essential.

You may mail your donation to the Bluestem Foundation, 3500 S.E. Frank Phillips Blvd., Bartlesville, OK 74006 or call 918/331-1431 for more information.

(This information is presented with the intent of providing accurate and authoritative material of general character only. Neither Jane Phillips Medical Center nor Bluestem Regional Medical Development Foundation is engaged in offering legal or tax advice.) 



Diabetes Etiquette

Here are some tips for people who do not have diabetes to use when interacting with friends, family members or patients who do have diabetes. Sometimes we don't know what to say or do. Hopefully these Do's and Don'ts will help.

1. **DON'T** offer unsolicited advice about my eating or other aspects of diabetes.

Giving advice about someone's personal habits, especially when it is not requested, isn't very nice. Besides, many of the popularly held beliefs about diabetes ("you should just stop eating sugar") are out of date or just plain wrong.

2. **DO** realize and appreciate that diabetes is hard work.

Diabetes management is a full-time job that I didn't apply for, didn't want and can't quit. It involves thinking about what, when, and how much I eat, while also factoring in exercise, medication, stress, blood sugar monitoring, and so much more—each and every day.

3. **DON'T** tell me horror stories about your grandmother or other people with diabetes you have heard about.

Diabetes is scary enough, and stories like these are not reassuring! Besides, we now know that with good management, odds are good you can live a long, healthy, and happy life with diabetes.

4. **DO** offer to join me in making healthy lifestyle changes.

Not having to be alone with efforts to change, like starting an exercise program, is one of the most powerful ways to be helpful. After all, healthy lifestyle changes can benefit everyone!

5. **DON'T** look so horrified when I check my blood sugars or give myself an injection.

It is not a lot of fun for me either. Checking blood sugars and taking medications are things I must do to manage diabetes well. If I have to hide while I do so, it makes it much harder for me.

6. **DO** ask how you might be helpful.

To be supportive, there may be lots of little things I would probably appreciate your help with. However, what I really need may be very different than what others think I need, so please ask first.

7. **DON'T** offer thoughtless reassurances.

Many may want to reassure me by saying things like, "Hey it could be worse, you could have cancer!" This won't make me feel better. And the implicit message seems to be that diabetes is no big deal. However, diabetes (like cancer) IS a big deal.

8. **DO** be supportive of my efforts for self care.

Help me set up an environment for success by supporting healthy food choices. Please honor my decision to decline a particular food, even when you really want me to try it. It is most helpful when there is not a source of unnecessary temptation.

9. **DON'T** peek at or comment on my blood glucose numbers without asking me first.

These numbers are private unless I choose to share them. It is normal to have numbers that are sometimes too low or too high. Unsolicited comments about these numbers can add to the disappointment, frustration and anger I already feel.

10. **DO** offer your love and encouragement.

As I work hard to manage diabetes successfully, sometimes just knowing that you care can be very helpful and motivating.

Source: Behavioral Diabetes Institute 

JPMC Offers 2012 Childbirth Education Series

The 2012 series are on four consecutive Tuesdays and beginning dates are:

January 17 • February 21 • March 27 • May 1 • June 5 • July 10 • August 14 • September 18 • October 23

Tuesday classes are held in the lower level classroom at JPMC from 6–8:30 p.m.

Saturday classes: January 28 • March 10 • May 19 • July 21 • September 22 • November 3

Saturday classes are held from 9 a.m.–4 p.m. in the lower level classroom at JPMC. All content is taught in one day.

The classes are titled:

1st—"The Amazing Journey" – *Here Comes Labor/ Tour of Unit*

2nd—"Survivor" – *Techniques to Survive Labor and Delivery*

3rd—"Dancing with the Star" – *All About Baby Care*

4th—"Got Milk" – *Breastfeeding Night*

\$50 per couple (payment plan is available). It is recommended to attend class around the fifth month of pregnancy or beyond.

To enroll, call 918/331-1425.

Wash your hands often

Keeping hands clean is one of the most important steps you can take to avoid getting sick and spreading germs to others. Wash your hands with soap and clean running water for at least 20 seconds. If soap and clean water are not available, use an alcohol-based product.

Type 1 Diabetes Support Group

Jane Phillips Medical Center

3500 SE Frank Phillips Blvd. • Bartlesville, OK 74006

Lower Level Classrooms

For information, call Jane Phillips

Diabetes Services at 918/331-1143

January 10, 2012

July 10, 2012

April 10, 2012

October 9, 2012

All sessions meet from 6:30 p.m. to 8:30 p.m.



What used to be office and exam room space on the east side of the Heart & Lung Center has been torn down to pave the way for an expanded holding area for Cath Lab patients.

Cath Lab Remodel Progressing

The eighth floor of the patient tower at Jane Phillips Medical Center is getting a complete makeover. Thanks to a generous personal contribution to the Bluestem Medical Foundation, the Heart & Lung Center is being remodeled for an expanded and enhanced holding area for Cath Lab patients.

The current holding area is located on the west side of the eighth floor, but following the demolition of walls and offices, a new facility will be constructed on the east side of the tower. Capacity will increase from six to ten and patients will enjoy more privacy. The remodeled area will also encompass a centralized nurses' station and will provide caregivers with an improved work environment.

After the new patient holding area is completed, construction of new office space will commence in the vacated area on the floor's west side.

The project is expected to take several months to complete. **JP**



Cory Pullins of the JPMC Maintenance crew removes floor tile during the remodeling of the Heart & Lung Center on the eighth floor of the Patient Tower.

Gemini Medical Group and You...

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Breast Cancer Awareness Promotion **SUCCESSFUL**

In honor of Breast Cancer Awareness Month, Cherokee Casino Ramona officials contributed \$20,000 to the Bluestem Medical Foundation. On November 11, the Foundation was presented a check to fund breast cancer awareness programs Jane Phillips Medical Center.

"The funds that were received from last year's promotion were used for education of associates and patients in breast cancer detection and we trained an average of 300 patients a month in breast self exams," said Bob Walker, JPMC Imaging Services Department Manager. "We also provided education to the staff at the Family Healthcare Clinic to teach patients BSE. This year, we plan to use the funds to purchase equipment that adds in detecting breast cancer."

Throughout October, every point earned on a Star Rewards card was matched by Cherokee Casino in the form of a financial contribution. When a guest won a jackpot of \$1,200 or more, the casino added \$25 to the contribution.

For the Foundation, the contribution helps the organization support the mission of JPMC.

"We knew this partnership would greatly impact women's health throughout the region and it has," said Mike Wilt, Bluestem Medical Foundation Executive Director.

"We are pleased that we have reached our goal and can support Bluestem Foundation for the second consecutive year," said Rusty Stamps, Casino Operations Manager for Cherokee Casino Ramona. "It's important that we continue to work together to help raise funds and bring awareness to the fight against cancer." **JP**



(Left) Mike Wilt, Bluestem Medical Foundation Executive Director, and Bob Walker, JPMC Imaging Services Manager, accept a generous donation for breast cancer awareness programs from Rusty Stamps of Cherokee Casino Ramona (right) and staff.



A work station just off the main lobby in the new cardiology building begins to take shape.

Cardiology Building Progressing

Construction work continues on a new \$4 million cardiology building at Jane Phillips Medical Center. While there have been very few noticeable changes to the building's exterior, there have been many noticeable changes to the building's interior.

Elevators, plumbing, and cabinetry are currently being installed. Contractors are also busy painting walls and trim along with preparing concrete floors for the laying of tile.

During the preceding weeks, crews completed initial electrical and plumbing work on along with the installation of cut-faced blocks, windows, and doors.

As with any construction project there have been a few delays in

progress. The 16-thousand square foot facility is now scheduled to be completed in January 2012.

The new building will be the home of BlueStem Cardiology which is currently housed in 9,700 square feet of space in Medical Park Center.

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

Installation of doors has been completed on the northwest corner of the new \$4 million cardiology building. Shown here is the main entrance to the facility.



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

2011 TSA ANGEL TREE



Jane Phillips Medical Center proudly hosted The Salvation Army's (TSA) annual Angel Tree and Kettle Kick-off ceremony on Friday, November 11. Held in the hospital's main lobby, the event marked the beginning of TSA's yearly effort to make Christmas a special time for those in need.

Chris Rush, Editor and Publisher of the *Bartlesville Examiner-Enterprise*, served as the keynote speaker and selected from a Christmas tree the very first angel which represented a needy child.

"Compared to the rest of the country, Bartlesville and Oklahoma are doing quite well. But at the same

time, there are many right here amongst us—right here in our own community—who are hurting and who are in need," Rush said. "So, the next time you see that iconic red kettle and someone ringing a bell in the cold weather, take the opportunity to invest in our community."

This year marked the fifth


consecutive time the hospital has hosted the event. JPMC President/CEO, David R. Stire, said the hospital and The Salvation Army share very similar missions and ministries.

"Both of our organizations were founded on the premise of action," said Stire. "There is a difference between believing and acting. Both JPMC and the Army are called to act, to support those in need. Those of us who can act must act," Stire said.

Ed Laugesen, TSA Advisory Board Chairman, and Majors Alan and Cheryl Phillips all touched on "doing

the most good," and how this year "the need is great."

The ceremony also featured special music performed by the Bartlesville High School Brass Quintet. Under the direction of Alex Claussen, the group included Josiah Purdum (Sr.) on trumpet, Nathan Lea (Sr.) on trumpet, Hayden Powell (Sr.) on French horn, and Ryan Martin (Jr.) on trombone.

For more information about The Salvation Army's Angel Tree and Christmas Kettle programs or to volunteer, call 918/336-6454. 

7 Holiday Health Tips

1. Move every day! Our busy holiday schedules can bump us off of our regular exercise routines. Physical activity can help relieve stress, regulate appetite, and burn up extra calories. Participate in local Turkey Trots, Jingle Bell or other 5K Runs, or try winter sport activities such as hiking, snow shoeing, skiing, etc.

2. Enjoy a pre-party snack. Arriving hungry to a party makes us more likely to overeat. Plan and prepare to combat this by eating before a party.

3. Set the one plate rule. At parties and holiday dinners we tend to eat beyond our body's physical hunger simply because food is there and eating is a "social thing." To avoid recreational eating, consciously make one plate of the foods you really want. Eat it slowly—enjoying and savoring every tasty bite.

4. Give yourself options. If you're staying where there is no gym, bring an exercise band or DVD so you can get your physical activity in. If you're invited to a holiday function,

bring a contribution of low-calorie foods, such as fruits and vegetable trays so there are healthy options available.

5. Modify your recipes. Holiday cooks can reduce the sugar and fat content of food in most holiday recipes without a noticeable difference in taste. Aim to use half the amounts of high-calorie baking products such as butter, shortening, and sugar or use a low-calorie substitute. Cooking with skim milk can save up to 70 calories when compared to whole or 2% milk.

6. Be brainy about beverages. Alcohol is high in calories and some mixed drinks contain up to 450 calories per glass. By contrast, water and diet sodas are calorie-free. Watch out for hidden calories in soda, fruit punch, and eggnog.

7. Enjoy friends and family. Although food can be a big part of the season, it doesn't have to be the focus. Holidays are a time to reunite with good friends and family, to share laughter and cheer, to celebrate, and to give thanks. 



JPMC Volunteers Honored During Service Awards Banquet

Volunteers were treated to a special evening of music, singing and food during the recent JPMC annual services awards banquet. Thirty-four volunteers received service hour pins—100 hours to 36,000 hours of service.

Those receiving service awards were:

2010-2011 JPMC Auxiliary:

100 Hours

Janelle Dayhoff
Andrea Fetsch
Jeanette Goebel
Kenny King
Katie Seever

500 Hours

Thelma Smith

800 Hours

Mary Helen Buttman
Beth Marable
Jim Reynolds
Edna Simpson

1000 Hours

Linda Allen
Patti Imler
Erich Kendall
Phyllis King
Roger Wronowski

1500 Hours

Barbara Maloney

2000 Hours

Kenneth Hill
Louise Parker

2500 Hours

Tom Wesson

3500 Hours

John Miller
Renetta Small

Service Hour Awards:

4000 Hours

Leroy Cook

4500 Hours

Julia First

5000 Hours

Joe Javine
Gerry Peck

5500 Hours

Lelah Baker

6000 Hours

Carroll Ritchie

6500 Hours

Jerry Covey

7000 Hours

Cynthia Zomes

7500 Hours

William Trepka

10,000 Hours

Mary Jo Arens

16,000 Hours

Dorothy Kitchingham


26,000 Hours

Evelyn Clark

36,000 Hours

Maxine Lockin


JPMC Auxiliary Officers:

- John Miller—President
- Cindy Zomes—1st Vice President
- Tom Wesson—2nd Vice President
- Leroy Cook—Treasurer
- Beth Marable—Secretary 

Bluestem Foundation To Host Electronics Sale Fundraiser

Bluestem Foundation, which supports the mission of Jane Phillips Medical Center, is hosting an electronics fundraiser sale on December 8-9 from 7 a.m. to 6 p.m. The sale will be held at Jane Phillips Medical Center in the first floor classroom. All proceeds will benefit Jane Phillips Medical Center and Bluestem Medical Foundation.

The public is invited to come by and do some Christmas shopping.

There will be many name brand electronics to choose from. Pay by cash, check, or major credit cards. 



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