

November 2017

Newsletter



Jose Renteria, ACNP

Jose Renteria, ACNP (Acute Care Nurse Practitioner) will be working in the clinic throughout December. Jose was born in California, grew up in Durango, Mexico and currently resides in Great Bend, Kansas with his wife, 5-month-old daughter and two dogs. He is a graduate of Wichita State University and has been an ACNP for three years.

Employed by Rural Emergency Medical Providers (REMP), Jose will be joined by Kai Englert, PA-C, and owner of REMP, to cover the clinic and ER call in the upcoming months.

Chaplain Tim McCall

Chaplain Tim McCall is available at Rawlins County Health Center to any community or staff member. Spiritual care is often a necessity during the healing process, though many patients and community members know how to approach this type of care and healing, the Chaplain's availability will be beneficial in furthering the healing process. If you or a loved-one is in the hospital, visiting the clinic or would like to stop by for a chat, Chaplain McCall will be available in the Chapel. At this point, he won't have a set schedule, but he will be in at least once a week. When he is in, the Chapel door will be open.

Chaplain McCall can be reached at (785) 626-3178 or (785) 513-0081 if you have questions, concerns, emergencies or prayer requests. RCHC is excited Chaplain Tim McCall is volunteering to be here for everyone!

RCHC Specialty Clinic

Cardiologists

Dr. Denney: Dec. 7 & 20

Dr. Markiewicz: Dec. 18

Dr. Freund: Call to schedule

Urologist

Dr. Catanese: Call to schedule

Orthopedist

Dr. Sears: Dec. 13

Surgeon

Dr. Kopriva: Dec. 6 & 20

Audiologist

Precision Hearing • Ken Drag: Dec. 21

Mental Health

High Plains Mental Health: Dec. 14 & 28

Wound Care Center

Allie Keller, PA-C: Dec. 5, 12, 19, 26

Points to Ponder...

Medication Safety

Take Medications as Prescribed. Take medications regularly and according to your healthcare provider's instructions. Never skip doses, take medications not prescribed to you or stop taking the drug, even if you're feeling better or think the medication isn't working.

Keep a Medication List. Write down all medications you are taking, with dose and frequency, including vitamins and supplements and their purpose. Keep a current list with you. When traveling or in an emergency, this can be lifesaving. Make sure ALL your doctors know every medication you take.

Be Aware of Potential Drug Interactions & Side Effects.

Interactions may occur when:

- One drug affects how another drug works
- A medical condition you have makes a drug potentially harmful
- An herbal preparation or supplement affects the action of a drug
- A food, non-alcoholic or alcoholic beverage reacts with a drug

Read inserts/labels of medications and ask your provider or pharmacist questions when prescribed a new drug or when taking a supplement or vitamin.

Review Medications with Your Healthcare Provider. Reviewing your medications with your provider may help avoid drug interactions, reduce the risk of side effects and lessen costs. A review may also confirm if the drugs are still necessary or if supplements are appropriate.

Source: <https://www.fda.gov/ForConsumers/ConsumerUpdates/ucm399834.htm>

LUCAS CPR

Rawlins County Health Center has recently purchased a Lucas 3 Mechanical CPR machine and Stryker Gurney. This equipment will help nurses and providers perform life-saving CPR techniques at a standardized, more efficient pace while lessening the physical exhaustion they experience during emergency situations. With the Lucas 3, nurses and providers will also have more hands-free time to focus on other tasks and procedures to aid the patient. This purchase was made possible by the Atwood Second Century, Dane G. Hansen Foundation, Colby and Goodland Walmarts and a generous donation from Roger and Maralyn Philpott.



Above: LUCAS 3 Mechanical CPR machine



RCH Foundation

The Rawlins County Hospital Foundation would like to thank everyone for their Santa Hat-Filling Donations on Giving Tuesday, November 28! The Foundation often helps fund modernization and improvement projects within the health center; per the Foundation's mission statement, funds gathered will not be used elsewhere. If you did not get the chance to help Fill Santa's Hat on Giving Tuesday, you may do so by contacting Suzanna Koel at (785) 626-3211 extension 220.



785-626-3211 ♦ www.rchc.us ♦ Like us on Facebook
Rawlins Clinic: Open M-F 8 am-5 pm and Saturday 9 am-12 pm
Emergency Room: Open 24/7 365 days a year

**Setting the Standard for
Patient-Centered Quality Healthcare**

Rawlins County Health Center is an equal opportunity provider and employer.