

Back — on — track

Diabetes education team helps patient manage diabetes

When he was diagnosed

with diabetes a few years ago, Ted Benefiel of Peculiar, Missouri, took steps to take care of himself. He attended diabetes self-management sessions with Cass Regional's certified diabetes educator, Liz Whelan, RN, MSN, CDE; watched his diet; and monitored his blood sugar daily. But after a while, he said, he "got off track."

"I came back in to see Liz a few months ago because my meter wasn't working," Benefiel said. "Liz tested me, and my blood sugar was very high. She immediately arranged for me to see my doctor the next day."

"Dr. [Richard] Price had to put Ted on insulin," Whelan said. "When a patient starts taking insulin, we have to monitor blood sugar readings and adjust the insulin dosage and frequency for up to six weeks in order to get the right dose and schedule for that particular patient."

'Like family'

Benefiel and Whelan talked every two to three days while they were getting his insulin adjusted.

"It is a little tedious for the patient, because there are a lot of phone calls back and forth during the first few



Ted Benefiel, center, got encouragement and support from dietitian nutritionist Maria Bueno, RDN, LD, at left, and diabetes educator Liz Whelan, RN, MSN, CDE.

weeks," Whelan explained. "Because we are in frequent contact, we develop a rapport with our patients, and they truly do become like family to us."

Whelan also helped Benefiel get his new testing supplies and insulin ordered through a local pharmacy.

"I can't say enough good things about Liz," Benefiel said. "She was most helpful and explained everything well. She understands that I'm human and gives me options for managing my diabetes and techniques for getting back on track if I get off."

A plan that works for you

Benefiel also worked with registered dietitian nutritionist Maria Bueno, RDN, LD, to develop an eating plan he could manage.

"We don't tell patients what to do," Whelan said. "We work with them—where they are—to develop goals and solve problems."

When a patient comes to Cass Regional for diabetes self-management education, the team tailors the education to the needs of the patient.

"Usually it's three classes over the course of the first month, and then we follow up by phone at three months and again at six months," Whelan explained. "But

sometimes a patient just might need to see Maria for nutrition education, so we adjust our approach accordingly." She also noted that Bueno is fluent in Spanish and has treated several Spanish-speaking patients.

"It's important to us that we offer that personal touch and support to our patients. I have had patients call me at home in the middle of the night, crying because they are struggling to get their blood sugar under control," Whelan said. "We spend a lot of time on the phone, problem solving and offering encouragement."

Making a difference

Research has shown that people who go through a diabetes self-management education program with a certified diabetes educator and a dietitian have better results, including weight loss and lower A1C levels (a test that indicates an average blood sugar level over the previous three months).

"We can make a difference in their lives," Whelan said.

It's a difference that Benefiel has experienced firsthand, and he encourages anyone who has recently been diagnosed with diabetes to see Whelan and Bueno.

"Don't wait—go today," Benefiel said. "You'll be glad you did."



SEARCHING FOR DR. RIGHT?
Try our physician directory at
cassregional.org.

Alzheimer's Support Group

Tuesdays, Aug. 8, Sept. 12, Oct. 10,
Nov. 14, 6 p.m.

Conference Room 1

Contact Jeanne Reeder at
jeanne.reeder@alz.org or call
800-272-3900.

COPD Support Group

Wednesday, Sept. 13, 11:30 a.m.

Conference Rooms 1, 2 and 3

Contact Gary Skiles, RRT, at
816-380-5888, ext. 4160, or
email gskiles@cassregional.org.

Community Blood Center Blood Drive

Friday, Sept. 15, 8 a.m. to 1 p.m.

Conference Rooms 1, 2 and 3

Appointments welcome but not
necessary. To schedule an appointment,
go to savealifenow.org.

Diabetes Support Group

Thursdays, Aug. 17, Oct. 19, Nov. 16,
6:30 p.m.

Conference Rooms 2 and 3

Contact Liz Whelan, RN, MSN, CDE,
at 816-380-5888, ext. 6010, or email
lwhelan@cassregional.org.

Free Community Health Screening

Fridays, 9 to 11:30 a.m.

Rotating locations around Cass County,
including Archie, Drexel, Garden City,
Harrisonville and Peculiar

Blood sugar, cholesterol and blood
pressure screening. Contact Kacey
Baldwin, MA, at 816-619-3000, or email
kbaldwin@cassregional.org.



Grin & Bear It 5K

Saturday, Sept. 30,
8 a.m.

Cass Regional Medical Center

A fundraiser
for the Patient

Assistance Fund. Contact Melissa Lattin
at 816-380-5888, ext. 4810, or email
mlattin@cassregional.org.

Plant Sale

Friday, Sept. 29, 8 a.m. to 1 p.m.

Saturday, Sept. 30, 8 a.m. to 1 p.m.

Cass Regional Medical Center

Benefiting the Cass Regional
Gardens. Contact Melissa Lattin at
816-380-5888, ext. 4810, or email
mlattin@cassregional.org.

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 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Provides free language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

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Cass Regional Medical Center

Brent Probasco, Corporate Compliance Officer
2800 E. Rock Haven Road
Harrisonville, MO 64701
816-380-3474, extension 6610

You can file a grievance in person or by mail, fax or email. If you need help filing a grievance, Corporate Compliance Officer Brent Probasco is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically through the Office for Civil Rights Complaint Portal, available at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue SW
Room 509F, HHH Building
Washington, DC 20201
1-800-368-1019, 1-800-537-7697 (TDD)
Complaint forms are available at
<http://www.hhs.gov/ocr/office/file/index.html>.

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Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-816-380-3474 번으로 전화해 주십시오.

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French: ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-816-380-3474.

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Pennsylvania Dutch: Wann du Deitsch schwetzsch, kannsch du mitaus Koschte ebber gricke, ass dihr helft mit die englisch Schprooch. Ruf selli Nummer uff: 1-816-380-3474.

Persian: سرفا نابز م رگا: هجوت ینابز تالیست، دی نک یم وگتفگ یم مهارف امش یارب ناگیار تروصب دیری گب ساجت 1-816-380-3474 اب. دشاب

Cushite (Oromo): XIYYEFFANNA: Afaan dubbattu Oromoiffa, tajaajjila gargaarsa afaanii, kanfaltiidhaan ala, ni argama. Bilbilaa 1-816-380-3474.

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Amharic: ማስታወሻ: የሚናገሩት ቋንቋ አማርኛ ከሆነ የትርጉም እርዳታ ድርጅቶች፣ በነጻ ሊያግኙዎት ተከጋጅተዋል። ወደ ሚከተለው ቁጥር ይደውሉ 1-816-380-3474.

wellness matters

Information in WELLNESS MATTERS comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider.

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STOP THE BLEED[®]

Teaching the public to save lives

Cass Regional's Trauma Committee is taking part in a national campaign, Stop the Bleed, to educate first responders, teachers and the public about bleeding control.

"Stop the Bleed was developed in response to recent mass casualty events in our country, particularly the Sandy Hook Elementary School tragedy in 2012," explained Paula McBride, RN, CEN, Cass Regional's trauma services coordinator.

The Joint Committee to Create a National Policy to Enhance Survivability from Intentional Mass Casualty and Active Shooter Events was convened by the American College of Surgeons (ACS) in collaboration with the medical community and representatives from governmental and nongovernmental emergency medical response organizations. The committee was formed under the guidance and leadership of trauma surgeon Lenworth M. Jacobs Jr., MD, MPH, FACS, vice president of academic affairs and chief academic officer at Hartford Hospital and professor of surgery at the University of Connecticut School of Medicine, to create a protocol for national policy to enhance survivability from active shooter and intentional mass casualty events. The committee's recommendations are called the Hartford Consensus, and one of the key recommendations is to increase public knowledge of bleeding control.

Learn what to do in an emergency

Similar to how the general public learns and performs CPR, the public must learn proper bleeding control techniques, including how to use their hands, dressings and tourniquets. Victims can quickly die from uncontrolled bleeding—within 5 to 10 minutes.

"When traumatic injuries occur, anyone can act as an immediate responder and save lives if they know what to do," McBride said. "We offer training to any group or organization that requests it."

McBride noted that farm accidents are a leading cause of traumatic injury in communities served by Cass Regional, and that she and Darlene Buckstead, RN, MSN, recently attended the Mid-America Farm Show in Kansas City to distribute educational information.

"The response was overwhelming," said McBride. "We had over 100 organizations interested in training, and we were able to refer them to their local trauma centers for assistance."

For more information on Stop the Bleed, or to request training for a group or organization, please contact Paula McBride, RN, CEN, at **816-380-5888, ext. 3841**, or via email at **pmcbride@cassregional.org**.

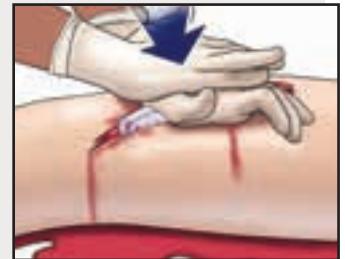
SAVE A LIFE

Bleedingcontrol.org

1 APPLY PRESSURE WITH HANDS



2 APPLY DRESSING AND PRESS



3 APPLY TOURNIQUET



WRAP



WIND



SECURE



TIME

Source: American College of Surgeons, The Committee on Trauma

Cass Regional is making an ImpACT on sports safety

Cass Regional teams up with area schools to offer concussion management program

The start of fall sports brings with it an increased risk of concussions in student-athletes. To help successfully manage concussions, Cass Regional Medical Center offers the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) program to all Cass County high schools.

For participating schools, Cass Regional funds the cost of the ImPACT software and provides support from a team of Cass Regional medical professionals. The Cass Regional Concussion Management Team includes Samuel Brewster, MD; John Hoffman, PT, physical therapist; and Nora Dahman, MS, CCC-SLP, speech-language pathologist.



Take steps to head off trouble

Help your child avoid a concussion

In the bleachers, you're your child's biggest fan and cheerleader. But before the season ever starts, you have another important sports-related role: safety monitor.

Sports injuries are a common safety concern for school-age athletes. And concussions, which affect tens of thousands of kids in the U.S. each year, are among the most serious. These brain injuries can be especially dangerous—even deadly—if

a second concussion occurs before the first has enough time to heal.

Safety first

Fortunately, you can take the lead in reducing the risk of concussions. The Centers for Disease Control and Prevention offers these four tips:

1 Verify that your child's school, league or district has a concussion policy. It's important to make sure

coaches know how to recognize and deal with these injuries, which includes working with a health care professional to determine when it's safe for athletes to return to play.

2 Emphasize to your child the importance of following the rules of the game and the coach's rules for safety.

3 Encourage your child to practice good sportsmanship.

4 Make sure your child wears appropriate protective equipment. Helmets are a must for riding activities, such as cycling or skateboarding, or collision sports, such as football or ice hockey. They help reduce the risk of a serious brain injury or skull fracture. Be aware, however, that helmets are not designed to prevent concussions. That's why your child needs to avoid hits to the head as much as possible.

Within 48 hours of the injury, the athlete retakes the computerized test, which is then compared to the baseline and evaluated by the trained physician.



Preseason preparedness

Implementation of the ImPACT program at the school level begins with education on concussions for athletes, parents, coaches, trainers and teachers. Prior to the start of the athletic season, student-athletes take a supervised, computerized test that serves as the baseline neurocognitive assessment for each athlete. The test, which is designed as a video game, measures attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving, and reaction time.

After an injury

Following a suspected concussion during play, the student-athlete is immediately removed from the activity. He or she is then referred by the athletic trainer or coach to a physician with training in evaluating concussions. At that time, the physician may order a brain imaging test if she or he feels more information is necessary. The physician may also consult with other medical professionals, which may include a referral to a neurologist, a neuropsychologist or to rehabilitation specialists, as required.

Within 48 hours of the injury, the athlete retakes the computerized test, which is then compared to the baseline and evaluated by the trained physician. The results of the re-test guide the physician on the next treatment steps, which may include further rehabilitation and/or a referral to a neuropsychologist. Once the athlete is symptom-free, both at rest and with cognitive exertion; has a post-injury ImPACT test that is within the normal range of baseline; and has obtained written clearance by the supervising physician, he or she may return to play with light, non-contact activity that gradually progresses to full activity. The final post-injury ImPACT test score will then become that athlete's new baseline.

Signs and symptoms

Athletes who sustain a concussion may not realize it or may insist they're fine. So it's important to watch for signs and symptoms that may mean a concussion.

Possible symptoms your child might report include:

- ▶ Headache.
- ▶ Nausea or vomiting.
- ▶ Balance or vision problems.
- ▶ Sensitivity to light or noise.

Signs you might recognize in your child include:

- ▶ Dazed appearance.
- ▶ Confusion or forgetfulness.
- ▶ Clumsy movement.
- ▶ Slow response when asked questions.
- ▶ Change in mood, behavior or personality.
- ▶ Loss of consciousness.

If you think your child may have a concussion, get medical help. Doctors can evaluate your child and determine what the next steps should be.



FOR MORE INFORMATION
on the ImPACT program,
contact Nora Dahman at
816-380-3474,
ext. 7733.



Jolie Chance, DO

New primary care doctor in Pleasant Hill, Kingsville

Cass Regional Medical Center is pleased to announce the appointment of family practice physician Jolie Chance, DO, to Pleasant Hill Medical Clinic and Kingsville Medical Clinic.

Dr. Chance is from Oak Grove, Missouri. She received her medical degree from Kansas City University of Medicine and Biosciences in 2007, completed the Research Family Medicine Residency program at Research Medical Center and is certified by the American Board of Family Medicine.



NEED AN APPOINTMENT?

To see Dr. Chance at Pleasant Hill Medical Clinic, call **816-540-2111**; at Kingsville Medical Clinic, call **816-597-3500**.



Hospitalists enhance inpatient care

In partnership with Harrisonville Family Medicine, Cass Regional Medical Center recently implemented a hospitalist program to best manage the health care of all patients admitted into the hospital.

Hospitalists are physicians who specialize in treating hospitalized patients. Cass Regional's hospitalists have offices on the Medical Surgical Unit, and they regularly make rounds to see patients. Their daily presence in the hospital enables them to quickly adjust patients' care plans if needed.

The hospitalist program benefits the community by creating additional office appointment capacities for primary care providers in the area who, in the past, have covered the inpatient units. This will not only improve the quality of life for those providers, but it will position the organization to attract additional primary care providers who are looking to provide inpatient or outpatient care rather than a mixture of both.

"As inpatient care has become more complicated and the acuity of patients admitted has continued to rise, the blending of inpatient and outpatient care has become more demanding and difficult," said Cass Regional CEO Chris Lang. "Providing a hospitalist service allows the primary care physicians to have a full-time outpatient practice."

The doctors are in

The partnering hospitalist group, P & C Healthcare, has a physician in the medical

center during each day of the week, and they assume on-call responsibilities throughout each night.

The physicians from P & C Healthcare are Nick Chitaia, MD, and Vijay Parthiban, MD, MBA.

Dr. Chitaia received his medical degree from Tbilisi State Medical University in Tbilisi, Republic of Georgia. He completed his residency in internal medicine at Emory University School of Medicine in Atlanta and a fellowship in endocrinology, diabetes and metabolism at the University of Florida. Dr. Chitaia is

board-certified in internal medicine, endocrinology, diabetes and metabolism.

Dr. Parthiban received his medical degree from and completed his internship at Stanley Medical College, University of Madras, in Madras, India. He received additional postgraduate training in internal medicine at Lincoln Medical and Mental Health Center in New York, New York. He also completed a fellowship in infectious diseases at the University of South Alabama. Dr. Parthiban is board-certified in internal medicine.

In addition to Dr. Chitaia and Dr. Parthiban, two nurse practitioners will also provide care for Cass Regional's inpatient population.

"The providers from P & C Healthcare each come with 10-plus years of hospitalist experience at larger facilities," Lang said. "As a result, these physicians allow Cass Regional to improve the quality, timeliness, delivery and satisfaction of care provided to our admitted patients."



Nick Chitaia, MD



Vijay Parthiban, MD, MBA

CHARITABLE GIFT ANNUITIES

The benefits of giving

Receive lifetime income while supporting excellence in health care

You can make a gift to support Cass Regional Medical Center and receive an income for life with a charitable gift annuity (CGA).

What is a CGA?

In exchange for your gift (\$5,000 minimum) to Cass Regional Medical Center Foundation, you will receive regular payments for life. After your lifetime, a portion of your gift will be made available to support the charitable program of your choice at Cass Regional. You must be at least 60 years of age to establish a CGA with Cass Regional Medical Center Foundation.

Sample gift annuity rates for a single life

YOUR AGE	ANNUAL INCOME RATE
60	4.4%
65	4.7%
70	5.1%
75	5.8%
80	6.8%
85	7.8%
90+	9.0%

The above rates are suggested by the American Council on Gift Annuities and are subject to change. Annuity payments are backed by the assets of Cass Regional Medical Center Foundation.

EXAMPLE OF A GIFT ANNUITY

Gift amount:	\$10,000
Donor's age:	80
Annuity rate:	6.8%
Annuity income*:	\$680

Estimated tax deduction: \$4,731
 *A portion of the income will be tax-free for a period of approximately 9 years.



What are the benefits?

- ▶ Annuity payments are paid for your lifetime and never decrease.
- ▶ In most cases, part of each annuity payment is income-tax free.
- ▶ You may qualify for a federal income tax deduction.
- ▶ You are promoting excellence in health care at Cass Regional Medical Center.



LEARN MORE

To receive a free, no-obligation personalized gift annuity illustration, contact Sonya McLelland, Foundation administrative director, at **816-380-5888, ext. 4650**, or email smcllelland@cassregional.org.

Nurse practitioners join clinics



Molly Urton, MSN, FNP-C



Laura Geoghegan, APRN, FNP-BC

Cass Regional Medical Center is pleased to welcome family nurse practitioners Molly Urton, MSN, FNP-C, and Laura Geoghegan, APRN, FNP-BC, to its clinical staff.

Urton received a Bachelor of Science degree in nursing from the University of Missouri-Kansas City and holds a Master of Science degree in nursing from the University of Central Missouri. Prior to receiving her board certification as a family nurse practitioner, Urton worked in Cass Regional's Intensive Care Unit as a registered nurse for four years.

Urton sees patients on Monday afternoons, all day Tuesday and on Thursday mornings at

Peculiar Medical Clinic, where she works with Alberto Suarez, MD; and on Monday mornings, all day Wednesday and Friday afternoons at The Wound Center at Rock Haven Specialty Clinic, where she works with Shaun Holden, MD.

Geoghegan holds a bachelor's degree in nursing from Graceland University in Independence, Missouri, and received a Master of Science degree in nursing from Georgetown University in Washington, D.C. Her clinical experience includes family practice, as well as critical and emergency care for patients of all ages.

Geoghegan sees patients Monday through Friday at Peculiar Medical Clinic and works in collaboration with Dr. Suarez.



MAKE AN APPOINTMENT WITH MOLLY URTON

For family practice services at Peculiar Medical Clinic, call **816-779-1100**. For wound care at The Wound Center at Rock Haven Specialty Clinic, call **816-887-0309**.



MAKE AN APPOINTMENT WITH LAURA GEOGHEGAN

Call Peculiar Medical Clinic at **816-779-1100**.



Join
US

for the 8th annual
Grin & Bear It 5K

Saturday, Sept. 30, 8 a.m.

Cass Regional campus

Proceeds will benefit the
Patient Assistance Fund.

Register online at runsignup.com
(search "Grin & Bear It Run").



Carmichael elected to Board of Trustees

Cass Regional Medical Center is pleased to welcome Danny Carmichael to its Board of Trustees. Carmichael, who resides in Raymore, Missouri, was elected to the board by the citizens of Cass County. He was sworn into office April 26 and will serve a five-year term on the board.

Carmichael fills the position vacated by Bryan Mallory, who served on the board for 10 years. Mallory chose not to run for a third term.

Carmichael previously served on the board from 2001 to 2006.



Roasted corn salsa

Makes 4 servings.

Ingredients

- 4 large ears yellow sweet corn on the cob, enough to yield at least 2½ cups cut, roasted corn
- ½ cup finely chopped red onion
- 1½ cups finely chopped ripe tomato
- 1½ jalapeño peppers (seeds removed), finely chopped
- ¼ cup finely chopped cilantro
- 1 tablespoon olive oil
- 1 tablespoon fresh lime juice
- ½ to 1 teaspoon ground cumin
- ¼ teaspoon salt
- Ground pepper, to taste

Directions

- ▶ Inspect corn on the cob and remove a few outer leaves and as much silk as possible without completely removing husk.
- ▶ Wash and place on baking sheet. Loosely cover corn with aluminum foil.
- ▶ Bake on the middle rack in a preheated 375-degree oven for 45 to 55 minutes.

- ▶ Once corn is roasted, remove from oven and allow corn to cool.
- ▶ Peel ears, removing all silk. If desired, place ears over an open flame (grill or gas stove). Turn often, until somewhat colored.
- ▶ Cool completely and cut kernels from ear. Corn should measure at least 2½ cups.
- ▶ Combine corn with chopped onion, tomato, jalapeño pepper and cilantro.
- ▶ Add olive oil and mix well.
- ▶ Add lime juice and cumin to taste; then stir in salt and ground pepper.
- ▶ Cover and chill, allowing flavor to blend for about 15 minutes or more.

This recipe may be made in advance but is best served the same day.

Nutrition information

Serving size: ¼ of recipe. Amount per serving: 204 calories, 6.6g total fat (1.5g saturated fat), 0mg cholesterol, 31g carbohydrates, 6g protein, 8g dietary fiber, 88mg sodium.

Source: Produce for Better Health Foundation