



A Good Night's Rest Eludes Millions

Approximately 80 million Americans suffer from some form of sleep disorder. Of that 80 million, approximately 30 percent, or 28 million suffer from sleep apnea.

Many of these individuals have been struggling with problems sleeping for years before they seek professional help. The symptoms of sleep apnea include:

- > Excessive daytime sleepiness. Generally, these individuals have a "tired feeling" all the time or at inappropriate times.
- > Morning headaches.
- > Awakening with a dry mouth or sore throat.
- > Not all individuals who snore have sleep apnea, but many do. Often, loud snoring with periods of silence, are followed by "gasps for air."
- > Dozing while driving.
- > Recurrent awakening or insomnia.
- > Restless sleep.
- > Memory or judgment problems.
- > Irritability.

If you have any of these symptoms, talk with your health care provider about whether you may benefit from a sleep study at the Bates County Memorial Hospital Sleep Laboratory.

BCMNH Sleep Laboratory Pinpoints Problem for Passaic Woman

The first time Angelia Cumpton lost consciousness was in May 2014. "I was at the cemetery decorating graves with my family when I started to feel dizzy," Angelia says. "The next thing I knew, I was lying on the ground."

Though Angelia's family encouraged her to go to the Bates County Memorial Hospital (BCMNH) Emergency Services Department, she insisted she would be okay. Then she passed out four more times the same day, and she finally gave in.

"They couldn't find anything wrong with me," Angelia says. But over the next several months, Angelia continued to pass out day after day, sometimes four or five times a day. Though she was admitted to the hospital and saw several specialists, the problem remained a mystery for the 42-year-old Passaic woman.

"I had MRIs, EKGs and CTs. All of the tests came back normal. I couldn't drive or go anywhere by myself. I would pass out in Wal-Mart, at church, and at home," Angelia says. "Somehow, I was never seriously injured, but it was very scary."

By November, the problem continued, so Angelia's primary care provider, Laura Thiem, MSN, APRN, FNP-C, family nurse practitioner at Adrian Family Care, ordered a sleep study for her at the BCMNH Sleep Laboratory.

"Living in Passaic, it was convenient to have the study done at BCMNH," Angelia says. "The staff was very professional and they worked around my schedule."

But as Angelia reported for the study, she was doubtful it would reveal the problem. She couldn't have been more wrong.

"A couple of hours into the test, the sleep technician woke me up

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Angelia Cumpton ▶



BCMh Enhances Sleep Laboratory

Bates County Memorial Hospital's Sleep Laboratory provides state-of-the-art testing for sleep disorders in two recently renovated rooms.

“We have updated the décor in both rooms with new flat-screen televisions, bedding, paint and flooring,” says Mike Behringer, director of the Respiratory Care Department at BCMH, and the Sleep Laboratory. “The new rooms are more inviting and homelike, making this a much more restful environment.”

One testing room is equipped with a full-size bed, and the other with an air hospital bed. The hospital bed also has the ability to convert into a reclining chair for patients who have problems sleeping in a bed.

Sleep studies are performed at the hospital and usually are ordered by the patient’s primary care provider, then are interpreted by board-certified pulmonologists.

Each patient’s polysomnogram, or sleep test, is monitored by trained technicians from Metropolitan Sleep Services, Inc. of Overland Park, Kan.

“A polysomnogram is necessary to establish the presence of a sleep disorder, including all forms of sleep apnea, leg movements, narcolepsy and insomnia,” Mike adds. The polysomnogram is painless, using discs called electrodes to monitor various sleep stages, eye activity, heart rate, airflow from the mouth and nose, chest and abdomen movement, oxygen levels in the blood, body position and muscle movements.

Most patients report to the lab for testing at 8 p.m. the night of the test, then can return home by 5 a.m. the following morning. “We try to make the testing as convenient as possible so patients can go to work the next



Mike Behringer and Melissa Cooper, BCMH Respiratory Care, show off the recently renovated sleep testing rooms.

morning or return to their regular routines,” Mike says.

Because so many patients are diagnosed with the most common sleep disorder, obstructive sleep

“We have an excellent sleep laboratory at BCMH. We can provide the same professional testing here that is available in the city, in a pleasing environment that’s close to home.”

— Mike Behringer

apnea, during the study the technician may begin treatment with a continuous positive airway pressure machine, better known as CPAP.

CPAP delivers air to the patient through a mask placed over the mouth and nose, or only over the

nose. The air that flows into the lungs under slight pressure prevents the airways from narrowing or closing, allowing the patient to breathe normally and sleep well. By beginning treatment during the study, the technician can adjust the pressure delivered by the machine.

The patient’s primary care provider receives the final results of the sleep test (read by a pulmonologist), and discusses the results or any additional testing/treatment necessary with the patient.

“We have an excellent sleep laboratory at BCMH,” Mike adds. “We can provide the same professional testing here that is available in the city, in a pleasing environment that’s close to home.”

Medicare, Medicaid and most insurance plans cover the cost of sleep testing, as well as treatment. However, a referral from your health care provider is necessary to schedule a sleep study.

Call 660-200-7006 for more information.

Auxiliary Provides Funding for Nursing Course

Recently, the Bates County Memorial Hospital Auxiliary provided \$8,500 to fund an advanced educational course for 27 of the hospital's bedside medical/surgical and critical care unit nurses.

Called Essentials of Critical Care Orientation (ECCO), Jennifer Klinksick, R.N., CCU nurse manager, is coordinating the course on behalf of the staff, and says it provides the in-depth knowledge necessary to keep nursing skills current with advances in medicine and technology.

"We're very excited about the course," Jennifer says. "With the new hospitalist program, we are caring for more critically ill patients here. This course will ensure our staff is up-to-date with the best practices in nursing."

The 69-hour online ECCO course is used at 700 hospitals nationwide, and is approved by the American



2015 Bates County Memorial Hospital Volunteers.

Nurses Credentialing Center. Topics include hospital-associated infections, hemodynamic monitoring concepts, anatomy and physiology of distinct body systems, relevant diagnostic information and the clinical presentation and management of common disorders for each of the body systems.

"We really appreciate the support of the auxiliary and this important gift to the nursing staff," adds Becky

Tarver, R.N., Chief Nursing Officer. "The volunteers have made it possible to bring this advanced educational opportunity to our nursing staff at BCMH."

The Bates County Memorial Hospital Auxiliary raised the funds for the ECCO course from events such as bazaars, pancake breakfasts and jewelry, quilt, book and bake sales. Sales from the BCMH Gift Shop also contributed to the course.

For more information about joining the BCMH Auxiliary, pick up an application at the Information Desk in the hospital's front lobby, or call 660-200-7044 and request a volunteer application.

BCM Sleep Laboratory Pinpoints Problem continued from page 1

to tell me my sleep apnea was so bad, I was scaring him," Angelia says.

According to the National Heart, Lung and Blood Institute, sleep apnea causes pauses between breaths typically lasting a few seconds to minutes, occurring between five and 30 times each hour, sometimes more often. Angelia was experiencing these episodes 120 times in just one hour.

"They went ahead and had me try the CPAP machine during the test, and I have been using it ever since," Angelia adds.

Though she wasn't surprised to be diagnosed with sleep apnea, Angelia was shocked by how severe the problem actually was, and that it could be causing such severe symptoms.

"I have always snored loudly," Angelia says. "In fact, I don't remember not snoring. My dad used to say he could hear me snoring through the floor. Sometimes it was so loud I would wake him up."

In addition to being overweight with high blood pressure and diabetes, Angelia had other sleep apnea symptoms. "I was grumpy and tired all the time, but I didn't realize sleep apnea could be causing the loss of consciousness," she adds.

About a month after Angelia was diagnosed with sleep apnea and started using the CPAP machine, her dizziness and fainting spells stopped.

"Now I use the CPAP machine every night. My mood is better, I'm not fainting, and I can drive myself wherever I want. My quality of life has improved immensely," Angelia says. "I am more productive at work, my concentration is great, and I have more energy than ever.

"I was doubtful this would solve my problem," Angelia says, "but I have been surprised by the difference being diagnosed with sleep apnea and wearing the CPAP has made in my life."



First BCMH Hospitalist Patient Benefits from Telemedicine Consult

When Jean Stark woke up Sunday, March 1, she was weak and short of breath. “I couldn’t even stand on my own,” she says. So her daughter drove her to the Bates County Memorial Hospital (BCMh) Emergency Services Department. There, the staff closely checked the 83-year-old Adrian resident’s vital signs and monitored her health.

Jean Stark with Dr. Mark Galant ▶



“I hadn’t been eating or drinking and my hemoglobin was very low. They had to admit me to the hospital,” Jean says. It was after hours when Tony Fangman, M.D., the BCMH hospitalist on duty, saw Jean. And though Dr. Fangman was at her bedside, thanks to an innovative telemedicine program, he wasn’t physically in her room.

Instead, live video and sound from Jean were transmitted to

Dr. Fangman, along with her test results and the assessment performed in the Emergency Services Department. “I could see Dr. Fangman, and he could see me,” Jean says. “He asked me questions and the next day he talked with my other doctors about my care.”

While in the hospital, Jean saw the hospitalist in person every day during the hours of 7 a.m. to 5 p.m., sometimes several times a day. “I felt very comfortable that the hospitalist was taking good care of me,” Jean says. “He answered all my questions and my family’s questions. He took his time with me and listened. I didn’t feel rushed at all.”

After four days of close monitoring and treatment, Jean’s vital signs stabilized and she returned home, but she was thankful the hospitalist program was available. “This meant I didn’t have to be transferred to a hospital in the city,” she says. “It was much easier on me and my family. I really appreciate my hometown hospital and this program. It’s just the best.”

Jean was actually the first patient admitted under the new BCMH Hospitalist Program, a collaboration with Saint Luke’s Health System and Saint Luke’s Physician

Specialists that is bringing a more advanced level of inpatient care to the community. In addition to Dr. Fangman, the BCMH hospitalist team includes Mark Galant, M.D., lead hospitalist, Tamara Crouse, D.O., Preeti Sood, M.D., and Berhane Solomon, M.D.

“We’re very grateful for the BCMH board’s support in bringing the hospitalist program here,” says John Bustle, M.D., Nursery Street and Adrian Family Care Clinics. “The program is off to a great start. The transition in care has been going very smoothly and has been well-received by our patients.”

“The hospitalist program is bringing more directed care to our patients,” says James Miller, D.O., Nursery Street Family Care Clinic. “The transition in care has been seamless and the communication between the hospitalists and the primary care physicians using the program has been excellent.”

In the past, many patients like Jean were transferred to a hospital in the city for more specialized care. But thanks to the hospitalist program, the care they need is now only 60 feet away from their primary care provider’s office, instead of 60 miles away.



For more information about BCMH or the hospitalists, visit www.bcmhospital.com.

New Family Medicine Physician Joins BCMH

James Patterson, D.O., is the newest physician with the Bates County Family Care Clinics. He is practicing in the Nursery Street Family Care Clinic, 617 W. Nursery St., with James Miller, D.O., John Bustle, M.D., Glenn Gardner, MS, PA-C, and Lynnsey Shade, MSN, APRN, FNP-C.

Experienced in family medicine, Dr. Patterson is excited to be joining Bates County Memorial Hospital. “I have been very impressed with the range of services and specialists the hospital provides to the community,” Dr. Patterson says. “The administration, board of directors and physicians have all been very welcoming.”



Dr. Patterson says he enjoys caring for patients of all ages, from infants to older adults, and felt an immediate connection to the Butler community. “I just feel at home here,” he adds. “The people are genuine and down to earth.”

Dr. Patterson and his family are relocating to Butler. He and his wife have two teenage daughters who will be enrolled in the Butler school system.

Most recently, Dr. Patterson practiced family medicine in Ft. Smith, Ark. He also has practiced in small communities in Missouri, Colorado and Montana over the course of his career.

Originally from Excelsior Springs, Mo., he earned a bachelor’s degree in business from Missouri State University and worked in the sales division of Chrysler. “Medicine is a second career for me,” Dr. Patterson says. “After working in business, I decided I wanted to pursue a career in a helping profession. I chose family medicine so that I could help a wider range of people.”

Dr. Patterson earned his degree in osteopathic medicine from the Kansas City University of Medicine and Biosciences, and he performed a residency in family medicine at Via Christi Riverside Family Practice, Wichita, Kan.

He is a member of the American College of Osteopathic Family Physicians and the American College of Family Physicians. He served in both the United States Army and Navy.

Dr. Patterson and his family enjoy outdoor activities, including hunting, hiking and climbing.

To schedule an appointment with him, call 660-200-3627.

BCMHS Specialty Clinics

Bates County Memorial Hospital makes quality health care convenient for area residents by bringing medical specialists to our community on a regular basis. To schedule an appointment with one of the specialists, contact the number below.

Cardiology

Ed MacInerney, M.D.	913-956-2250
Gerald Mancuso, M.D.	913-956-2250
Craig Lundgren, M.D.	913-956-2250
Robert Tung, M.D.	913-956-2250

Gastroenterology

Donald Clement, M.D.	660-200-7006
Todd Kilgore, M.D.	660-200-7006

General Surgery

William Joyce, D.O.	660-200-7134
Robert Wetzel, M.D.	660-885-8141

Gynecology

Scott Beard, M.D.	417-667-6800
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Nephrology

Ryan Lustig, M.D.	660-200-7006
Barry Wood, M.D.	660-200-7006

Neurology

Roxane Bremen, D.O.	660-200-7006
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Oncology

Rolando B. Breier, M.D.	660-200-7006
Timothy Pluard, M.D.	660-200-7006

Ophthalmology

Joseph Parelman, M.D.	800-628-4258
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Orthopedics

Danny Carroll, M.D.	816-322-0688
James Whitaker, M.D.	660-200-7006

Pain Management

Matthew Nadler, M.D.	800-858-8131
Dennison Hamilton, M.D.	660-200-7006

Physiatry

Robert Trout, M.D.	800-858-8131
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Podiatry

Robert Shemwell, D.P.M.	660-200-7006
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Psychology/Counseling

Jerry Morris, Psy.D., MBA, MSPHarm, ABPP, ABMP, NBCC, NCSP, CCM	660-200-7528
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Pulmonary

Cosmo Caruso, M.D.	660-200-7006
Patrick Perkins, M.D.	660-200-7006
Timothy Smith, M.D.	660-200-7006

Urology

Keith Abercrombie, M.D.	660-200-7006
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For more information visit www.bcmhospital.com.



BCMh Implements Latest Digital X-ray Technology



Nikki West, RT, R, CT, left, and Steven Platt, RT, R, CT, MR, right, radiologic technologists, demonstrate the new digital X-ray technology installed at BCMH.

Each year, the radiologic technologists at Bates County Memorial Hospital (BCMh) take approximately 18,000 X-rays of everything from lungs to legs. Now, the staff is performing these tests using the latest digital radiographic technology.

“We are the first hospital in the Midwest to install the new Samsung XGEO GC80 general radiology room,” explains Christi Pope, Director of Imaging Services. This equipment performs all of the hospital’s general X-ray procedures using a fully automated remote control system, allowing for high productivity and patient comfort. The system also features smart-dose management,

which automatically records and documents each patient’s radiation exposure.

The new system delivers high image quality, fast results, and provides consistency in patient imaging across other types of imaging equipment installed at BCMH.

BCMh also is the first imaging department in the nation to begin using the newest portable digital X-ray technology from Samsung as well. Portable X-ray technology often is used in the Emergency Services Department and on the nursing units.

“All of our imaging technology at BCMh is now digital, which has been a 15-year goal,” Christi says. “Our board has been very supportive of providing the community with

a high level of diagnostic imaging, which gives our physicians the information they need to make an accurate diagnosis and can guide treatment.

“BCMh has been very progressive and began converting to digital in 2001,” Christi adds. “We now have equipment in every modality comparable to academic hospitals in the Kansas City area.” Other digital imaging technology includes mammography, a 64-slice CT scanner, MRI and a modified special procedures room.

Board-certified radiologists, who are medical specialists trained to interpret diagnostic imaging studies performed at BCMh, interpret all studies.

For more information on the hospital’s imaging services, visit www.bcmhospital.com.

Use Your Head!

Take Precautions When Riding an ATV

Each year the Emergency Services Department at Bates County Memorial Hospital (BCMh) cares for more than 8,000 patients. The department is staffed with qualified ambulance personnel, nurses and physicians 24 hours a day, seven days a week. This team is trained to provide a full range of medical care for patients of all ages with all types of medical problems, but some of the most seriously injured patients they see have been involved in ATV accidents.

“Unfortunately, many of the ATV accidents we work are life-altering or fatalities,” says Kelly Phillips, BCMH Emergency Services director. “As a group, many of these patients have severe head injuries that could have been prevented if the individual had been wearing a helmet and safely riding their ATV,” he adds.

In fact, in the state of Missouri, 343 deaths from ATV accidents were reported from 1982 through 2011, a number that continues to climb.

To stay safe, follow these safety tips:

- > Always wear a Department of Transportation (DOT) approved helmet. Goggles, long sleeves, long pants, over-the-ankle boots and gloves provide additional protection.
- > Never ride on paved roads. ATVs are designed to be operated off-road and are difficult to control on paved roads.
- > Never ride under the influence of alcohol or drugs.
- > Never carry a passenger on a single-rider ATV, and no more than one passenger on an ATV specifically designed for two people.
- > Supervise riders younger than 16. Children are involved in about one-third of all ATV-related deaths and hospital emergency room injuries.
- > Ride only on designated trails and at safe speeds.
- > Take a hands-on ATV safety course or a free online e-course. Drivers with formal, hands-on ATV training have a lower risk of injuries than those without training.

For more information on safety courses, visit www.atvsafety.gov.



Portals Give Patients Access to Medical Information



Bates County Memorial Hospital (BCMh) has a patient portal especially for inpatients, and a provider portal for patients of the hospital's primary care clinics. The inpatient portal provides access to a continuity of care document. If you are admitted to BCMh, hospital staff can enroll you in the inpatient portal.

The provider portal is for patients of the hospital's Nursery St. Family Care, High St. Family Care, and Adrian Family Care clinics. This portal gives you 24-hour access to your medical records on file with the provider.

To sign up to use the provider portal, give your BCMh health care provider your name and email address. In turn, your provider will give you an instruction sheet that includes an activation code. This allows you to log in to the system and create your private username and password. Parents and legal guardians also can sign up for the portal. Just tell the provider who you would like to enroll and they will help you connect.

If you are an inpatient and see one of the primary care providers with BCMh, you can sign up for both portals. Then, the two portals can be connected via a link so that only one log in is necessary to access all health information.

Both portals comply with the Centers for Medicare and Medicaid Services (CMS) meaningful use requirements for electronic health records.

The link to the primary care provider portal is available from the hospital's web site: www.bcmhospital.com.

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Edward J. Hannon, Chief Executive Officer

Please direct any comments or suggestions to our editor:

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VitalSigns

Tee Time for BCCHF!

The Bates County Community Health Foundation Golf Tournament is the organization's largest fundraising activity. Proceeds go to provide scholarships for students from Bates County who are pursuing careers in the health care field, and fund the IMPACT Concussion Program for area high schools.

- **Three Flights, Three Places** – First Place, \$250; Second Place, \$200; Third Place, \$150
- **\$10,000 Hole-in-One Contest** – Closest to the Pin – Longest Drive – Raffle – Skins
- **Entry Fee** – \$75 Per Person *(includes lunch)*
- **Rental Carts Available** *(must have cart)*
- **Entries Must be Received by June 26, 2015**

For more information or to register your team, contact:

Shannon Bjerke, Administration
Bates County Memorial Hospital, P.O. Box 370, Butler, Mo. 64730
660-200-7072 or
Shawn McVey, BCCHF Foundation President,
816-914-0901

What: 11th Annual Two-Person,
27-Hole Golf Tournament
9 Holes Best Ball
9 Holes Alternate Shot
9 Holes Scramble
When: Sunday, June 28, 2015
Where: Butler Country Club
Time: 8 a.m., Check-in
8:30 a.m., Shotgun Start



Entry forms also are available on the BCMH website at www.bcmhospital.com.