



## No Place Like Home!

# Outpatient Oncology Clinic Helps Cancer Patients Stay Close to Home for Treatment

*Looking back, Brandi Daniel can see now that she was likely sick for several weeks before she was diagnosed with Hodgkins lymphoma, a type of cancer that originates from the white blood cells called lymphocytes.*



“I had had an awful rash for several weeks prior to my diagnosis, as well as night sweats, and I just felt off,” Brandi says. But the 40-year-old Butler resident didn’t become alarmed until her throat became sore and the lymph nodes in her neck became swollen.

“I thought I had strep throat,” Brandi says. “But one of my lymph nodes looked like I had half of a football on the side of my neck.”

Immediately, she called her primary care provider, Curtis Long, M.D., a general practice physician on staff at Bates County Memorial Hospital (BCMh). “I knew something was wrong, something much worse than strep,” Brandi says. “I could just tell.”

Dr. Long agreed and referred Brandi to the hospital’s oncologist for diagnosis and treatment.

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◀ Brandi Daniel, center, was supported by BCMH oncology nurses Ann Donnohue, Karen Landers, Stephanie Boin and Kim Dains during her treatment.

## Oncologist Dedicated to Caring for BCMH Patients

*For Rolondo Breier, MD, the board-certified hematologist/oncologist dedicated to caring for cancer patients at Bates County Memorial Hospital (BCMh), medicine is a family affair.*

“There are 30 physicians in my family,” he says. “I have known since I was 8 years old that I wanted to be a doctor.”

While in medical school, he decided he wanted to specialize in oncology, like his father. “Oncology is an exciting and rewarding field,” Dr. Breier says. “Today, there are very effective treatments for cancers that 20 years ago were incurable. The care we provide is saving lives for these patients.”

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## Oncologist Dedicated to Caring

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That includes patients at the BCMH Hematology/Oncology Outpatient Clinic. As part of the hospital's agreement with the Saint Luke's Cancer Center, Dr. Breier is seeing patients every Monday in Butler. The remainder of the week, he is based at the main Saint Luke's campus on the Plaza.

"It is very important to me to provide our patients with the continuity of care they need when facing a cancer diagnosis," Dr. Breier explains. "Ninety percent of the patients who come to the clinic can be treated right here in Butler."

In fact, in most cases BCMH has everything a cancer patient needs. "The hospital can offer the same quality, outcomes and standard of care patients would receive at Saint Luke's, without driving to the city," he adds. "BCMh has the specialists, support services, such as the lab, radiology, surgery, and chemotherapy needed to provide comprehensive cancer care."

Dr. Breier refers more complex cases to Saint Luke's where he can continue to follow their care. Patients requiring radiation therapy also are referred to Saint Luke's.

A native of Argentina, Dr. Breier speaks fluent Spanish, earning his medical degree from the University of Buenos Aires School of Medicine, Argentina. He performed an internal medicine residency at New York Medical College, Metropolitan Hospital Center, and completed a fellowship in pain and palliative care at the renowned Memorial Sloan Kettering Cancer Center.

Dr. Brier completed a residency in hematology and medical oncology at the University of Missouri-Columbia, and most recently has been practicing in Jefferson City, Mo. He and his wife reside in the Kansas City area with their two sons. They enjoy fishing, biking, outdoor activities and Argentinian barbeque.

"I am very focused on taking care of all my patients' needs at BCMH," Dr. Breier adds. "My patients are so much more than a cancer diagnosis. They are people and I will do anything I can to help them through treatment."

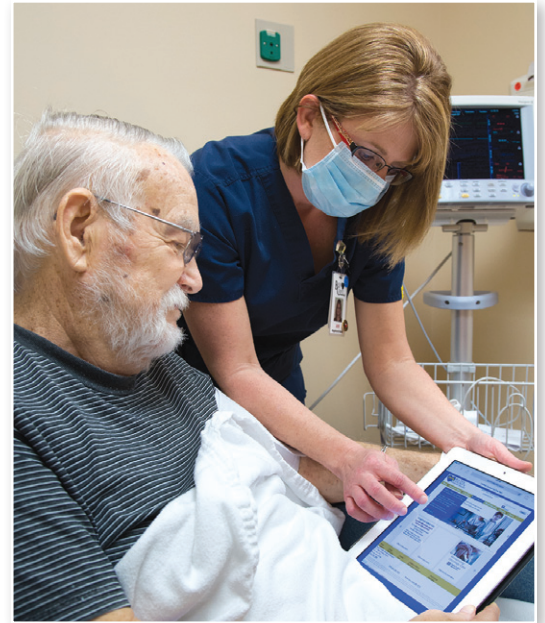
## BCMh Oncology Clinic Receives iPad Donation

*Bates County Memorial Hospital's (BCMh) Outpatient Oncology Clinic recently received three iPads, donated by the Andrew J. Somora (AJS) Foundation.*

The hospital was selected to receive the iPads thanks to Adam and Teresa Zink. Adam is a former resident of Appleton City, Mo. He and Teresa are members of the AJS Foundation board. The iPads are available for use while patients are in the clinic having treatment.

"We're very grateful to the AJS Foundation for this contribution," says Kelly Phillips, BCMh Director of Emergency/Outpatient Services.

"Many of our patients spend several hours here while undergoing their chemotherapy treatments. With the iPads, they can research their diagnosis, connect with others via social networking, and stay up on the latest news."



Ann Donnohue, oncology nurse, assists Frank McClelland with using one of the iPads.

**The AJS Foundation's goal is to help families as they fight cancer. For more information, please visit [www.andrewjsomorafoundation.org](http://www.andrewjsomorafoundation.org).**

## Ornament Sales Benefit Foundation

*Bates County Community Health Foundation ornament sales topped 100 for 2014.*



The special memory ornaments were customized in remembrance of a friend or loved one, and hung on the Memory Tree in the hospital's front lobby. The ornaments were returned to the purchaser after the holidays.

This year's ornament was designed by Jenny Westbrook, an employee of Mystical Custom Creations, owned by Brad Brooks.

Proceeds from the ornament sales go to support the Foundation's IMPACT Concussion Screening Program and the scholarship fund.

# BCMh Selects Employee of the Year

*Congratulations to Janice Schapeler, Housekeeping, who was recently selected by her colleagues as the 2014 Bates County Memorial Hospital (BCMh) Employee of the Year.*

Janice is a long-term member of the BCMh family, with a total of 37 years of service, 29 of them in Housekeeping. Her interest in working for the hospital began when she volunteered as a candy striper. Janice also was selected Employee of the Year in 2001.

“I love working here,” Janice says. “I have the chance to meet and talk with many of the employees at the hospital and I am very appreciative of their support.”



## Outpatient Oncology Clinic continued from page 1

A few days after a biopsy, the specialist confirmed their suspicions and scheduled Brandi to begin chemotherapy treatments at BCMh.

“I had to go to the city for a couple of procedures before I started treatment,” Brandi says, “and I just didn’t want to go back if I didn’t have to. I wanted to have my treatments here.”

Luckily, Brandi was able to do just that thanks to the hospital’s commitment to provide state-of-the-art medical oncology, hematology and infusion services. Patients who need radiation therapy are referred to Saint Luke’s East Hospital, Lee’s Summit, Mo.

“I only live a few blocks from the hospital, so I was actually able to drive myself to my chemotherapy treatments,” Brandi says. “I don’t know what I would have done if I had had to go to the city. I would get sick about 45 minutes to an hour after my treatment was finished. If I had been in a car, that would have made me even sicker.”

So every other Monday for 11 weeks, Brandi spent eight to nine hours at the clinic. “The outpatient staff was wonderful,” Brandi says. “I was thrilled to be able to have my treatments here. Stephanie, Ann, Karen and Kim all knew me and took great care of me.”

Karen Landers, R.N., leads the nursing staff who provide oncology care for BCMh patients. She is certified by the Oncology Nurses Society and has 25 years of nursing experience. “Four of us are certified to administer chemotherapy treatments for our patients,” Karen says. The other three certified registered nurses are Stephanie Boin, Ann Donnohue and Kim Dains.

While undergoing treatment, Brandi visited with the staff about her nieces and nephews and learned all about their families. “They were very personable,” she says. “They made me feel comfortable and were very compassionate. They really cared about me as a person.”

As she neared the end of her treatments, Brandi developed a rare toxicity to one of the chemotherapy drugs she was taking. “I was almost finished with my treatments, but had to stop because of the toxicity.”

The drug damaged one of Brandi’s lungs, and meant she also needed to see a lung specialist. “Because the hospital brings all of these specialists to our community, I didn’t have to go to the city for treatment. They came to me.”

“There are a lot of advantages to receiving treatment close to home,” Karen adds. “Many of our patients, like Brandi, don’t want to drive to the city for their care, sometimes several times a week. And when you have a devastating diagnosis like this, it’s also important to have familiar faces around you, from the staff here, to friends and family who can accompany patients to their treatments.”

Now, nearly 18 months after her diagnosis, Brandi is in remission. “I still see the pulmonologist and the oncologist at BCMh for regular check-ups. I’m glad they’re here.”

But she’s most grateful for the nurses in the oncology clinic. “They were always fun to be with, in spite of the reason I was there. They were great to me and still are. They are good people and deserve a special thank you for all they do!”





## BCMh Board of Directors Leads the Way to Better Health for Community

*Keeping health care local and serving the people of Bates County is the primary goal for the Board of Directors of Bates County Memorial Hospital (BCMh).*

Five local community members who are elected to their positions by the citizens of Bates County serve on the board. Each board member serves a five-year term and can be re-elected for additional terms. Board members currently serving include former Missouri Senator Harold Caskey, Linda Jennings, Jerry Jones, Rick King and Jim Shade.

“Our board members recognize and accept that when they are elected by the people of Bates County, they become legally accountable to the community for the oversight of the quality and safety of patient care, the hospital finances, the assessment of hospital services and the credentialing of the medical staff,” explains Ed Hannon, BCMh Chief Executive Officer.

The board’s role is to focus on long-term goals, strategic decisions, financial oversight, legal issues, corporate compliance and oversight of the chief executive officer’s performance. They delegate the responsibilities for the hospital’s day-to-day operations and decision making to the chief executive officer and the hospital’s management team.

“To be an effective hospital board member takes a significant commitment of time,” Ed says. In addition to monthly meetings, board members serve on committees that usually meet at other times. Members also are expected to attend educational programs that provide them guidance on governance responsibilities and keep them up to date

on issues facing hospitals throughout the country.

Members become aware of the continually changing requirements from regulatory agencies and the impact they have on our local hospital. The issues before board members are extremely complex. Board members must act in the best interest of both the hospital and the community.

“Bates County Memorial Hospital has a very dedicated group serving as our board,” Ed adds. “These five individuals have an excellent grasp of what is happening in health care around the region and in our community. They have helped to grow this hospital continuously since 1960. The continuity and longevity of several of our board members is not only commendable, but has added greatly to the strength of the hospital services we provide the community.”



BCMh board members are, seated, Rick King, Linda Jennings and Harold Caskey; and standing, Jerry Jones and Jim Shade.

## BOARD MEMBERS SHARE THEIR THOUGHTS ON BCMH AND THEIR SERVICE.

**Former Missouri Senator Harold Caskey:** I feel it is important to serve on this board for the physicians and citizens of this area because I believe I can utilize my years of experience in political and public service and as a practicing attorney for the hospital's benefit. The most rewarding aspect of serving on the board is the fact that I am able to play a role in keeping affordable medical care local for all area residents. We can be proud that we have been able to keep our hospital here. We have great local doctors and continue to grow.

**Linda Jennings:** After working more than 25 years as a medical/surgical nurse, I retired from BCMH in 2011. Shortly after that, I was appointed to fill a vacancy on the board, then ran for the position in 2014. As a former employee, I believe I bring a unique perspective to the board. The decisions we make affect everyone—residents, employees and physicians. BCMH is a vital part of our community because we provide services to our residents so they don't need to travel to the city for their care or tests. That keeps revenues local and helps the hospital continue to serve as one of the largest employers in the area.

**Jerry Jones:** Having worked in health care my entire career, I thought I could bring knowledge to the table. Instead, I discovered I was just starting my education. While it is a challenge to keep health care local today, it has been my honor to work alongside past and present board members who share the dedication and desire to bring BCMH to where it is today. We have high-quality doctors, employees and medical services that are unmatched by many larger communities. BCMH is part of what makes Bates County such a great place to live!

**Rick King:** I am a life-long resident of Butler and joined the board to serve the people of Bates County. I want to keep health care local, independent, professional, as affordable as possible, and to maintain a great employer in Bates County. Though it is a challenge to comply with government regulations and the impact those regulations have on our income, access to quality health care is important for the health of our residents and the growth of the area. The hospital provides added services through support groups and education.

**Jim Shade:** I felt serving on the board of BCMH was an opportunity to help ensure that the residents of Bates County will have a hospital that provides quality health care, now and in the future. During my tenure, it's been rewarding to see the hospital make a renewed commitment to the Adrian Clinic. The community has been very appreciative. Beyond that, the hospital is one of the area's largest employers, and its economic impact is significant. All this and more makes BCMH a cornerstone to the residents of Bates County.

## BCMh 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

### 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

### Nephrology

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

### Neurology

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

### Oncology

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

### Ophthalmology

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

### 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

### Podiatry

Robert Shemwell, D.P.M. .... 660-200-7006

### Psychology/Counseling

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

### 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

**For more information visit [www.bcmhospital.com](http://www.bcmhospital.com).**





David Hopkins and Wayne Rives work out at BCMH Cardiac Rehab.

## Heartfelt Thanks BCMh Cardiac Rehab Integral to Patients' Recovery

*Even though Butler residents Wayne Rives and David Hopkins don't know one another, they have a lot in common. Both have a history of heart disease, both have participated in the Bates County Memorial Hospital (BCMh) Cardiac Rehabilitation Program, and both are now healthy and enjoying life.*

At 66 years old, Wayne is active and likes to ride his bicycle. But when he began experiencing chest pain with exercise, he underwent cardiac catheterization and stent placement at a Kansas City area hospital. The former director of Respiratory Therapy at BCMh knew cardiac rehabilitation was an important next step in his recovery.

"My doctor prescribed cardiac rehab for me," Wayne says. "I knew BCMh was where I wanted to go. It's close and convenient, and the staff is wonderful!"

Wayne exercised for 90 minutes every Monday, Wednesday and Friday. During the 36 sessions his cardiologist recommended, Wayne worked with Candy Williams, R.N.,

Health Fitness Specialist, and Wanda Barley, Exercise Physiologist, to build his endurance and strength following his procedure.

"Candy and Wanda are very interested in their patients and really want them to do well," Wayne says. "They work hard to help you stay motivated."

Sixty-nine year-old David Hopkins found the hospital's Cardiac Rehab program important to his recovery after he had triple bypass surgery at a Kansas City area hospital.

"I consider myself pretty active," says the retired supervisor from Kansas City Power and Light, "but I have a family history of heart disease that I guess I couldn't avoid."

One of the program features David found most comforting was the continuous monitoring that Candy provides during sessions.

"The monitoring was very important to me," David says. "They did a good job of making sure everything was going well, and if Candy had any concerns, she checked them out." Because David has diabetes, he also knew the importance of taking part in the nutrition classes led by Virginia

Kovack, R.D., the hospital's registered dietitian. The nutrition class is an important aspect of the program for all participants.

"I felt it was really important to participate in rehab because it helped me to regain my strength and energy. It's an important part of the recovery process."

Both men agree having such a high-quality cardiac rehabilitation program so close to home is an added bonus. "I live a few blocks from the hospital," David says. "It was very convenient for me."

Wayne lives about a mile from the hospital, and says participating in a rehab program near his home made it easier to keep going when the weather was bad. "I really didn't want to drive to the city three times a week," he says. "I wanted to do my rehab locally."

Today, both men are staying fit and feel secure in the knowledge that they have successfully completed the BCMh Cardiac Rehabilitation Program.

"BCMh is a great hospital," Wayne adds. "We are very lucky to have such a wonderful facility and terrific staff where we can go for cardiac rehabilitation in Bates County."

# BCMh Cardiac Rehabilitation Offers Medically Monitored Program

*The BCMh Cardiac Rehabilitation Program is designed for individuals who have been discharged from a Phase I cardiac inpatient rehabilitation program. The outpatient program offers phases II and III exercise with continuous heart monitoring, as well as maintenance exercise with basic vital sign monitoring. The program combines education and exercise to meet the needs of each patient.*

**Candy Williams, R.N.**, manages the BCMh program with assistance from **Wanda Barley**, Exercise Physiologist. A resident of Hume, Candy is a health fitness specialist certified through the American College of Sports Medicine, and Wanda earned a master's degree in exercise physiology from the University of Missouri-Columbia. John Bustle, M.D., is currently the program's medical director and oversees program administration.

They work with patients on Mondays, Wednesdays and Fridays. Most Phase II patients participate in 36 cardiac rehab sessions. The maintenance program is available for patients who would like to continue their recovery at the hospital and are no longer in need of continuous heart monitoring.

"We work with our patients on everything from developing an individualized exercise program, to risk factor modification such as smoking cessation, diet and stress management," Candy explains. Cardiac rehab is a safe and effective way for patients with heart disease to:

- Get stronger.
- Feel better faster.
- Return to former activities.
- Reduce the risk of future heart problems.

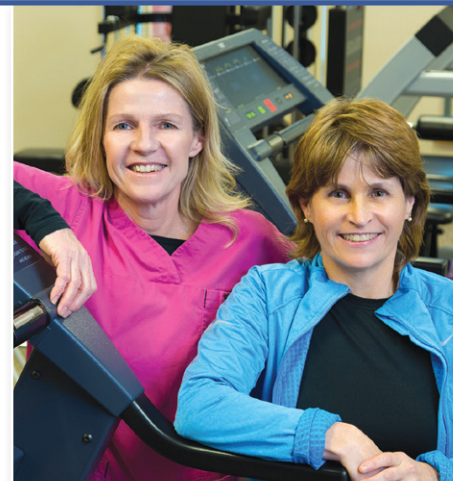
- Live a healthier and longer life.

Candy, who is a former cross country runner and loves exercise, considers herself a coach. Her goal is to inspire patients to exercise for life. "Cardiac rehabilitation is based on science," Candy says. "Studies have shown that people who participate in cardiac rehab enjoy a better quality of life."

Like Wayne and David, many patients also feel a great sense of security exercising while being monitored by the hospital's highly trained staff. "Along with heart monitoring, we check each Phase II patient's vital signs during rehab, as well as their blood sugar levels if they have diabetes," Candy says.

"If we see something that concerns us, we contact their physician or the medical director if needed. If there is a life-threatening problem, the hospital's emergency room is just around the corner."

But one of the most important benefits to the hospital's cardiac rehabilitation program is the camaraderie and support that develops among participants during their workouts. "We offer a very family-oriented, supportive environment here," Candy adds. "I know if I ever need cardiac rehab, this is where I am going to come."



Wanda Barley and Candy Williams coordinate BCMh Cardiac Rehab.

**A physician referral is required for participation in Phase II cardiac rehabilitation. Call 660-200-7000, ext. 7192 for more information on the program.**

## New Year, New You!

Was one of your New Year's resolutions to start exercising? Bates County Memorial Hospital (BCMh) can help you keep it! New for 2015, BCMh now offers a Community Gym Membership. For only \$57 a month, you can exercise with the hospital's cardiac rehabilitation experts.

"Before you can work out, we do a brief readiness questionnaire to be sure you are healthy enough to begin exercising," Candy says. She also checks each member's vital signs and provides some basic counseling and guidance on beginning an aerobic and strength training exercise routine. "This is a great way for beginners to get in shape and develop a sustainable routine."

No physician referral is required, unless your readiness score demonstrates the need for clearance from a qualified health care provider. For participation in vigorous exercise, it is recommended that men older than 45 and women older than 50 seek physician clearance. The gym membership, however, is based on the healthy adult guidelines for a moderate level of exercise intensity.

**For more information, call 660-200-7000, ext. 7192.**

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# VitalSigns

## BCMh Adds Inpatient Portal

*Bates County Memorial Hospital (BCMh) has added a patient portal especially for inpatients, which provides access to a continuity of care document, including a summary of the patient’s hospital visit, allergies, medications and test results.*

“If you are admitted to the hospital, we will help you sign up for and access the inpatient portal,” explains Marcia Cook, the hospital’s Chief Information Officer. “This portal also is secure and easy to use, but you only have access to information related to your hospital stay.”

### Provider Portal

If you are a patient in one of the hospital’s primary care clinics (Nursery St. Family Care, High St. Family Care, Adrian Family Care), there is a second patient portal that you also should sign up for. 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 an individual is an inpatient and sees one of the primary care providers



with BCMh, they 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](http://www.bcmhospital.com). Again, hospital staff can enroll individuals in the inpatient portal.**