

WellnessViews

A Health Publication from King's Daughters Medical Center



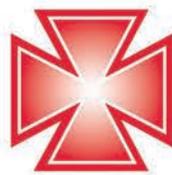
KDMC'S MISSION REACHES FAR AND WIDE

pg. 14



GROWING STRONGER TOGETHER

Every kid is super, boldly exploring the boundaries of 'watch this' and 'I can do it myself.' So for every bump, bruise, cough, rash, fever, sore throat, bellyache, and pain, we made the King's Daughters Pediatric and Adolescent Clinic super, too! We boosted to 20 child-friendly exam rooms with a caring staff dedicated to quality care for your super kid.



KING'S DAUGHTERS
PEDIATRIC AND
ADOLESCENT CLINIC

Message from the CEO

King's Daughters Medical Center is committed to providing quality health and wellness for our community.

This year, we've added the Centers for Medicare and Medicaid Services' four-star rating to our list of quality awards. Only nine hospitals in Mississippi received four stars, and we are excited to be one of them!

Earlier this year, we received a hospital safety score of A from the LeapFrog Group® and were named one of America's safest hospitals by The SafeCare Group®. These recognitions validate our commitment to quality care.

As part of our effort to help create a healthier community, we have placed touch-screen kiosks in several locations throughout our community. These kiosks are located at the Lincoln County Courthouse, Lincoln County Public Library, LaRue's Discount Drugs, Clint's Pharmacy and the KDMC outpatient lobby. They are loaded with easy-to-access information on where to find a provider in our community, our services at KDMC, and short educational videos developed here at KDMC with our staff and physicians.



The kiosks are just a small part of our efforts to address the needs identified by our Community Health Needs Assessment. This assessment and the list of our efforts to address our community's needs can also be found on the touch-screen kiosks or our website at KDMC.org.

Thank you for choosing KDMC as your health care provider.

Providing quality health and wellness in a Christian environment.

A handwritten signature in black ink that reads "Alvin Hoover". The signature is fluid and cursive, written in a professional style.

Alvin Hoover, FACHE, CEO
King's Daughters Medical Center



VISIT KDMC.ORG

FIND US ON

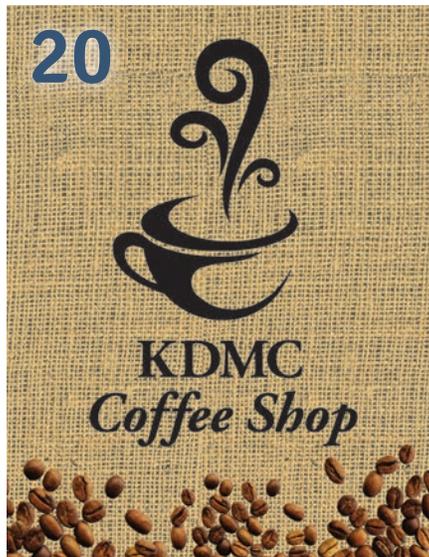
 facebook.com/KingsDaughtersMedicalCenter

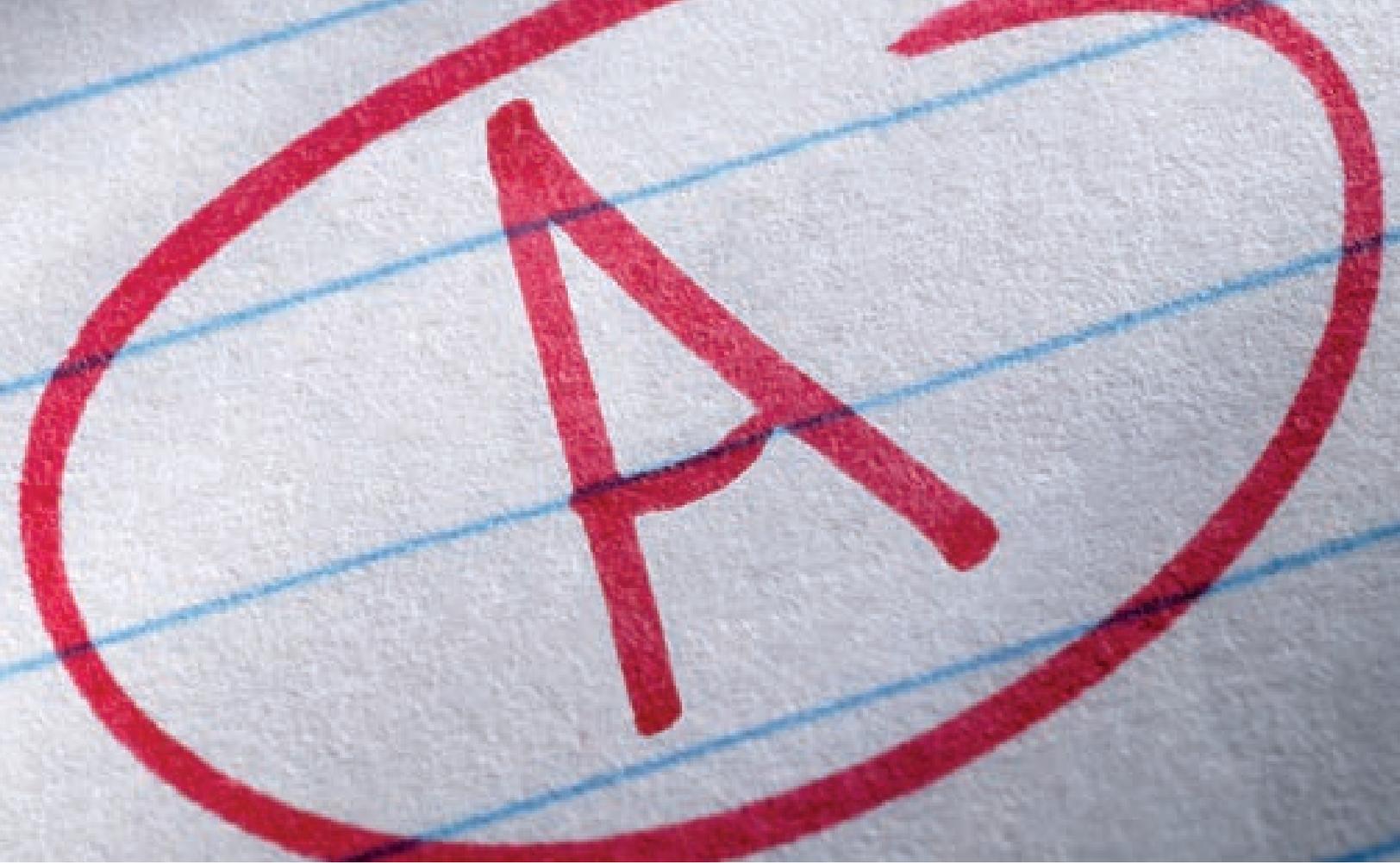
 [@KDMCBrookhaven](https://twitter.com/KDMCBrookhaven)

 youtube.com/KDMCBrookhaven

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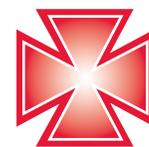
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OUR DEDICATION TO PATIENT SAFETY IS GRADE **A** WITH LEAPFROG!

At King's Daughters Medical Center, our drive for excellence in quality patient care has put us in rare company. We are proud to be one of only 798 hospitals nationwide to earn the Leapfrog Group's A ranking as the safest hospitals in the United States. That's an impressive achievement, and it means you can be assured of receiving some of the highest quality care in the nation right here in your community.



KING'S DAUGHTERS
MEDICAL CENTER

601.833.6011 | 427 Hwy. 51 North | Brookhaven, MS 39601

www.KDMC.org

Chief of Staff

A Message from Richard Rushing, MD,
KDMC Chief of Staff

Being chief of staff at King's Daughters Medical Center has been an honor and privilege. During my tenure, I have witnessed firsthand the dedication and devotion of our staff to serve this community.

KDMC has been recognized by many rating agencies for its quality patient care and experience. This year alone, we've added the Centers for Medicare and Medicaid Services' four-star rating to our list of quality awards, one of only nine hospitals in Mississippi to receive this distinction. We also received a hospital safety score of A from the LeapFrog Group®, and we were named one of America's safest hospitals by The SafeCare Group®.

From the opening of the Willing Hearts Circle Endoscopy Suites to the addition of our new general surgeon Asa Reynolds, MD, KDMC continues to move forward in ways that benefit you, our community.

In October, I will hand over the reins of chief of staff to Bill Sones, MD. I am confident that his



experience will be much like mine — very fulfilling and uplifting to help lead this forward-thinking organization as it continually looks for new and better ways to serve our community.

Thank you for choosing King's Daughters Medical Center. We are providing quality health and wellness services in a Christian environment. It is who we are, what we do, and what we are all about.

A handwritten signature in black ink, appearing to read "W. Richard Rushing".

W. Richard Rushing, MD, FACOG
Chief of Staff

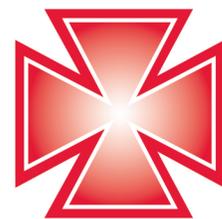


CONGRATULATIONS, 2016 MISS MISSISSIPPI LAURA LEE LEWIS!



We're Celebrating Your
Achievements With Our
Hometown Pride and Support.

On behalf of the professionals and staff at
King's Daughters Medical Center, we're
proud to have you represent the congeniality,
faith-based values, and dedication to
service that distinguishes our friendly,
supportive community.



KING'S DAUGHTERS
MEDICAL CENTER

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www.KDMC.org



Patient of the Century

**“God has been in
my life ALL my life.”**

— Allie Mae Moncrief

Allie Mae Moncrief amazes everyone, including her doctor, Ray Montalvo, MD, an internal medicine physician at the KDMC Specialty Clinic. She walks down her Brookhaven street to the mailbox and back every day. When she thinks of it, she picks up the garbage can along the way. She takes almost no medication, just a single daily blood-pressure pill, and she reads just fine without glasses.

If none of that seems particularly extraordinary, then consider this. As of September 29, Allie Mae Moncrief will be 105 years old. For most of those years, she has testified to all who will listen, “God has been in my life ALL my life.”

Moncrief was the third of seven children, five girls and two boys. On the day she was born, Irish shipyard workers were still building the Titanic.



Allie Mae Moncrief and Ray Montalvo, MD, Internal Medicine Physician

When her mother was in labor, her father left the mule he always rode to work and ran home. By the time he arrived, so had little Allie Mae.

When she got older, she took water to the field where her daddy was plowing. While he quenched his thirst, she'd get behind the mule and plow a few furrows herself. "He didn't ever stop me," she said.

Education was hit-and-miss back then in rural Mississippi, but Moncrief wanted to go to school. She eventually moved 15 miles east from her hometown of Caseyville to stay with another family in Brookhaven and attend classes there. She graduated from high school in 1939. That year, Germany invaded Poland to start World War II, and nylon stockings first appeared in stores.

She left Brookhaven for New Orleans, where her first marriage "didn't go so well." She then moved to Johnstown, Ohio, where she married the love of her life, a steelworker named John Moncrief. Her nephew, James Earl Diggs, Sr., remembers going back to Ohio with her for the summer after she had come home to attend his high school graduation. That was in 1966, the year that federal law standardized daylight saving time. When John Moncrief retired, he and Allie Mae moved to his hometown of Montgomery, Alabama. After he died of cancer in the mid-1980s, she

moved back to Brookhaven. She never had children, but she did have family still in Brookhaven, including an aunt and, just down the street, three sisters.

Over the years, Moncrief taught elementary school, sold insurance, and spoke regularly at church programs. "She had a heart for children, and she was a mother of the church," said Diggs. He and his wife, Fannie, are the closest family she has left, and they look after her. Moncrief always makes sure to compliment the caregiver who brings her food.

She had to give up her garden three years ago, and she can't make it to church anymore. But she still dresses up in a nice outfit each morning, complete with watch and rings.

Dr. Montalvo has cared for her for some 20 years. Dementia has eroded her independence, but otherwise she's in remarkable health.

The doctor declines to take credit for the longevity of his oldest patient. "That's just good genetics," he said. "She's been blessed. She's just amazing."



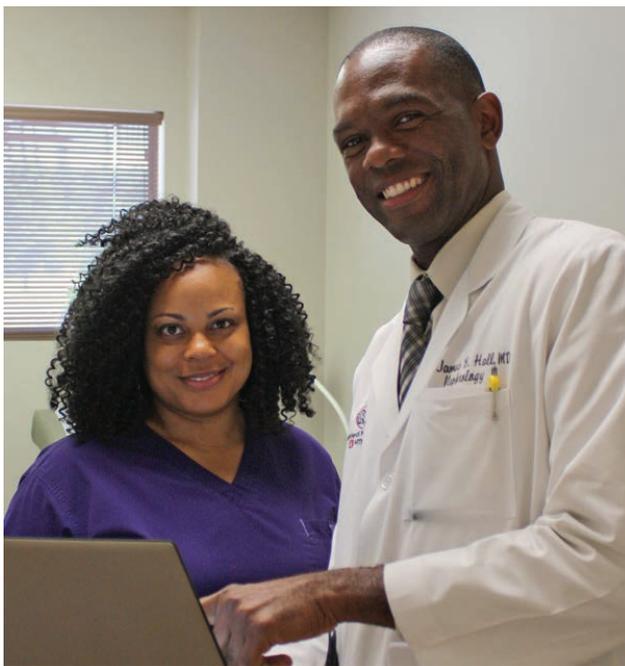
Kidney Disease *is Largely Preventable*



By the time many patients see the kidney specialists on the King's Daughters Medical Center staff, their kidney function is so compromised that dialysis is the only treatment.

Kidney disease develops imperceptibly over a long period of time. Fatigue, increased urine output and swelling in the legs can be symptoms. Patients often resist dialysis, saying they feel fine, says Paul Dykes, MD, of Southwest Mississippi Nephrology and the KDMC staff. "You finally start them on dialysis," Dr. Dykes said, "and they say, 'You are right. I was sick and didn't know it. I got so used to feeling the way I did that I accepted it. Now that I feel better, I wish I'd started sooner.'"

Diabetes and hypertension (high blood pressure) are the two main causes of kidney disease. The latest statistics showed that more than 276,000 adult Mississippians had type 2 diabetes and more than 700,000 had hypertension.



James B. Hall, MD, of Anointed Nephrology & HTN

Goal Is Prevention

"My overall goal is preventive nephrology," said James B. Hall, MD, a nephrologist on the KDMC staff who practices at Anointed Nephrology & HTN. "With diabetes being so prevalent now, the incidence of ESRD has gone up in the last five to 10 years. And it's projected to continue to rise because there is so much obesity, which feeds into diabetes, which feeds into ESRD." Dr. Hall praised KDMC as being "very proactive about the prevention side of things." He refers a lot of his patients to the KDMC TOPS Club Inc. weight-management program.

Braxter Irby, MD, of Southwest Mississippi Nephrology, said dialysis technology has improved greatly since he founded the practice in 1978: "The first dialyzer that I remember was the size of a table, and now you can put a dialyzer in your back pocket."

Or in your home. More than 70 of our nearly 300 dialysis patients get dialysis at home. Of the more than 100 dialysis patients Dr. Hall treats, about 20 get home dialysis. "That's kind of the way of the future," he said.

Even better is not getting to the point of needing dialysis at all. Screenings provided by doctors or the Mississippi Kidney Foundation's free events could provide the early warning needed to keep kidneys healthy for life.

Screening Can Be Crucial

"The most important thing to do is to see a primary care doctor on a regular basis to be screened for the diseases that lead to chronic kidney disease, such as hypertension and diabetes, especially if there is a family history," said Eric Miller, MD, of Southwest Mississippi Nephrology and KDMC. "If these are caught early and adequately treated, chronic kidney disease might be prevented."

Early kidney disease can often be managed by controlling diabetes or hypertension through medication and lifestyle changes, such as reducing weight, exercising, quitting smoking, controlling cholesterol and minimizing salt intake. "Diet and exercise is something we tell people to do, just like every other medical specialist, but it really can impact the rate of decline," Dr. Dykes said.

The goal, nephrologists say, is to prevent end-stage renal disease (ESRD), when kidney function drops below 15 percent of normal. At that point, the only treatment is dialysis.



Paul Dykes, MD; Braxter Irby, MD; and Eric Miller, MD, of Southwest Mississippi Nephrology

Rescue Efforts Make 4 KDMC Nurses **‘AMERICAN HEARTSAVERS’**

Eva Newson couldn't believe the horrible scene on the floor of the basketball court. Just minutes before, she had been talking and laughing in the stands with Carol "Cole" Carter, her sister. Now Carter lay motionless. Not breathing.



(Front row) Carol "Cole" Carter and husband
(Back row) Bridgett Cade, RN; Daphane Smith, RN;
Wyunta Williams, RN





Bridgett Cade, RN



Wyunta Williams, RN



Beth Smith, RN



Daphane Smith, RN

"When she was lying on that floor, my sister was dead," Newson said. "My sister had no life in her. Her skin had a grayish look, and she had no life in her."

Four King's Daughters Medical Center nurses among the spectators rushed to help. Their selfless efforts that day in November 2015 earned them recognition from the American Heart Association as American Heartsavers. The honor goes to those who make an effort to save the life of someone experiencing a cardiac emergency.

God's Calling

"You do what God has called you to do," said Bridgett Cade, RN, one of the KDMC Heartsavers along with Wyunta Williams, RN; Beth Smith, RN; and Daphane Smith, RN. "If He has called you into the nursing field, then you are a nurse whether you are at the hospital or out in public."

Newson, now 44, and Carter, now 46, had come to Bogue Chitto Attendance Center to watch Carter's 14-year-old grandson play basketball. Carter, a former player herself, had refereed three games earlier in the day. Now she was relaxing. With the home team losing badly, Newson decided to leave early. Almost immediately her cousin called. "She said, 'Cole fell, and you need to come see about her,'" Newson recalled.

Her sister's heart had stopped. When Newson returned, she and at least seven off-duty nurses, including the four from

KDMC, were taking turns administering cardiopulmonary resuscitation (CPR). After three shocks with the school's automated external defibrillator (AED), Carter began to have a faint pulse. The rescuers kept doing chest compressions and rescue breaths, keeping her clinging to life until an ambulance arrived.

As she worked, Cade got a shock of her own: "It became personal because I knew her. I was the manager on the ball team when she was playing basketball in high school."

Story of a Miracle

The rest of the story could fill a book. Carter spent 14 days on life support at a Jackson hospital. A doctor suggested shutting off life support. The family refused.

Another doctor tried weaning her off the ventilator instead. Miraculously, within a week she began trying to talk.

Newson quit her job as a social worker to care for her sister, still almost helpless because oxygen starvation had damaged her brain. "I knew that if it was me lying in that bed she'd do the same thing for me," Newson said. Carter fought to improve. She now walks (holding on to the back of her wheelchair), receives speech therapy at KDMC Therapy and can mostly care for herself. "I feel like God worked a miracle in her life," Newson said. "I know He did."

Newson said words can't express how thankful she is for the KDMC staff, doctors, ambulance drivers and nurses in the gym that night. "They jumped in and did their job. And when they see her out, they come over and hug and kiss her and laugh and talk with her. It's just amazing to have special people like that," she said.



Learn More

King's Daughters Medical Center offers first-time CPR certification classes at 6 p.m. the first Wednesday of every month for \$40. The price includes a CPR book. To register, call

Kim Bridge

 601.835.9406



KDMC Gets 'Gold Seal' **ISO 9001 Certification**

The accrediting organization for King's Daughters Medical Center has presented it with ISO 9001, an internationally recognized certification. "It's a big deal," said Merida Johnson, RN, the hospital's director of quality. "It's the gold seal for a quality program."

DNV GL, the accrediting organization, sends a team to the hospital each year. The accreditors will look into every corner of KDMC's operations, making sure the hospital meets the patient safety and performance improvement requirements of the Centers for Medicare & Medicaid Services. The team also performs an assessment of business operations based on the ISO 9001 Quality Management Standard, a set of best-practice requirements for process management within any business.

Customer Satisfaction

If you adhere to the ISO 9001 requirements, said Johnson, "you satisfy the customer more, you comply better with regulatory requirements and your staff works together more efficiently."

ISO 9001 emphasizes processes that focus on the entire organization, not just each employee's little part of it. If you notice a problem, for instance, you fix it. But you also look around for similar problems that need fixing, and so does everyone else who gets involved.

The certification is good for three years. Johnson views it as validation of all the hard work done by the KDMC family every day. "Our vision says we will be recognized by accrediting organizations, peers, our colleagues and our community as a provider of quality health and wellness," she said. "And that's what we've done."



Tim Slay, PT, Director of Therapy Services

OUR FULL-SERVICE THERAPY CLINIC CAN GET YOU MOVING – WITHOUT LEAVING BROOKHAVEN.

From pediatric services, sports rehabilitation and therapy for our senior adults, to state-of-the-art aquatic programs, King's Daughters Therapy Center provides one of the largest therapy clinics in the state. Our expert staff is dedicated to taking care of our community and helping patients regain strength and mobility with quality therapy services in a supportive, Christian environment.



KING'S DAUGHTERS
THERAPY CENTER



KDMC'S MISSION REACHES FAR AND WIDE

KDMC doctors and nurses serve others on a medical mission trip to Honduras

During the last week in May this year, a team of King's Daughters Medical Center doctors, nurses and other volunteers extended the KDMC mission of "providing quality health and wellness in a Christian environment" to Honduras. In one week, they performed 68 surgeries, bringing relief and healing to people who traveled up to three days and waited hours in oppressive heat to see them.

The KDMC mission team was part of a larger group organized through Baptist Medical & Dental Mission International (BMDMI). The team served at a hospital for the poor in Guaimaca, a two-hour bus ride northeast of Tegucigalpa, the Honduran capital. KDMC Radiology & Nuclear Medicine Technologist Lee Barry said only the four operating rooms were air-conditioned. "We worked from 5 a.m. to midnight straight through," he said. "The surgeries ranged from appendectomies, hysterectomies and a thyroidectomy to hernia repairs."





'Tough as Nails'

Keri Leggett, RN, surgical care coordinator at KDMC, marveled at her patients. "They sat and waited in a hot room for eight hours to have surgery," she said, "and then went to a hot room in post-op, and after a few hours they were ready to go home. They're tough as nails."

The patients touched the volunteers deeply with their gratitude. "All the people were super appreciative of what we did," Barry said. "For example, one lady sat with me in pre-op for about eight hours waiting on her surgery. She kept asking me if it was her turn. The next day, she came back and wanted to hug me and take a picture of us together before she left."

For KDMC Chief Nursing Officer Cheri Walker, RN, it was her first mission trip. "This experience has solidified my own personal commitment to helping people, and I want to go back and do the mission trip again," she said. She came away inspired to help others in her own community: "I don't know where it's leading me, but I know it's leading me."

“This experience has solidified my own personal commitment to helping people.”

— Cheri Walker, RN, Chief Nursing Officer





“ It gave me a deeper appreciation of how well we have it. ”

— Keri Leggett, RN, Surgical Care Coordinator

Teens Helped with Bible Study

As part of the mission work, teens in the group helped lead Bible school for local children. “The first day they held the Bible study there were 35 kids,” said Walker. “The last day there were 80. Apparently they were passing the word in the streets that this was a great thing to do.”

The mission team also assisted with a water ministry. Every afternoon, a truck with a large water tank drove into villages so locals could fill jugs and buckets with fresh water. Barry was touched by this experience. “These people don’t have running water,” he said. “One hundred or so people would come running up to the truck — from kids to elderly — toting five-gallon buckets of water back to their homes.”

The volunteers plan to return to Honduras next year. “It gave me a deeper appreciation of how well we have it,” Leggett said, “and how blessed we are to live in this country.”



KDMC Trip Participants

- Michael Peavey, MD, general surgeon, his wife, Anna Peavey, RN, and their children, Price and Rebecca
- Leigh Cher Gray, MD, OB/GYN, and twin daughters, Rivers and Gracie
- Robin Nations, MD, anesthesiologist and pain management specialist
- Cheri Walker, MSN, chief nursing officer
- Lee Barry, Radiology & Nuclear Medicine Technologist
- Keri Leggett, RN, surgical care coordinator
- Denise Lambert, RN, and Bobby Lambert, RN
- Deana Howington, RN
- Catherine Bonds, RN, and her daughter, Jewel
- Sam (Cindy) Finch, CRNA
- Katie Howell, medical student

Learn More

KDMC is raising funds to support the next mission trip in May 2017. To purchase a T-shirt to support the cause or learn more about the next mission trip, contact:

Cheri Walker

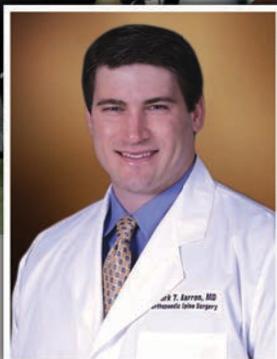
✉ cwalker@kdmc.org

Keri Leggett

✉ kleggett@kdmc.org



John E. Turba, MD



Mark T. Barron, MD



Bradley Jay Martin,
Physician Assistant



James Darnell McIntyre,
Nurse Practitioner



Michael Collins Nelms,
Nurse Practitioner

OUR TEAM SERVING YOUR TEAM

Pain and injuries can slow you down and keep you from playing at your highest level. At KDMC Sports Medicine, Orthopaedic and Spine Clinic, Dr. John Turba and Dr. Mark Barron and their highly trained specialists can get you “Back in the Game” – fast.



KDMC
SPORTS MEDICINE,
ORTHOPAEDIC & SPINE CLINIC

John E. Turba, M.D. Mark Barron, M.D.

1014 Big Lane Dr. | Brookhaven, MS 39601 | 601.823.5275

www.kdmc.org

KDMC TRAINERS MAKE SCHOOL SPORTS SAFER

King's Daughters Medical Center athletic trainers will once again stand ready along the sidelines of school sports games — and even many practice sessions — throughout the Brookhaven area this year, thanks to a sports medicine program created more than five years ago by KDMC.

"The strength of any community is its school system, and KDMC does a great job of supporting athletics," said Tommy Clopton, athletic director and head football coach at Brookhaven High School. "They help our kids have opportunities to enjoy their high school athletic career in a safe environment with people who truly care about their well-being."



9 Schools Covered

KDMC provides certified athletic trainers for all sports at nine schools, including one community college:

- *Copiah-Lincoln Community College*
- *Bogue Chitto Attendance Center*
- *Brookhaven Academy*
- *Brookhaven High School*
- *Enterprise Attendance Center*
- *Lawrence County High School*
- *Loyd Star Attendance Center*
- *Wesson Attendance Center*
- *West Lincoln Attendance Center*



Coaches embrace the program and appreciate the trainers' expertise. Early in his career, Billy Vaughn, athletic director at Loyd Star, said "One of my players, a young girl, came to the sidelines during a basketball game and said, 'Coach, my kneecap came over to the side.' I didn't know what to do except put ice on it." Now, he says, a trainer sees an injury occur and is already preparing treatment by the time the player limps to the sideline.



The trainers exemplify a shift in the way schools view athletics and athletes. "We look at injuries in a different way now," Vaughn said. "Years ago, it was a sign of weakness. We'd say, 'Get out there. You'll be OK.' But we understand now there are lifelong consequences, especially with concussions."

Gwyn Young, athletic director at Copiah-Lincoln Community College, said that before KDMC began supplying trainers, he or someone on his staff sometimes had to drive injured players all the way to Jackson. Now KDMC has at least two trainers at every game. The trainers can either handle injuries on the sideline or take players on the much shorter trip to KDMC. Orthopaedic surgeon John E. Turba, MD, leads a free Friday Night Clinic at the KDMC Sports Medicine, Orthopaedic & Spine Clinic every week during high school football season to treat injured athletes.

Prevention as well as Treatment

Between games, trainers try to head off injuries. They teach players about such preventive measures as staying hydrated and proper exercise techniques.

KDMC also puts on coaches' clinics every summer. "They have various speakers about different issues," Clopton said. "It's very much professional development. And throughout the year, if there is a hot topic the athletic trainers are bringing that to us as coaches. They help us to provide CPR, first aid and AED (automated external defibrillator) training for the coaches."

Coaches are, at heart, teachers. "Really and truly, we're preparing kids for the future away from athletics," Vaughn said. "There is so much you learn through sports and athletic activities about commitment and sticking with it and making it through hard times you're going to face later on."



NEW GOURMET COFFEE SHOP

Walk into the lobby of King's Daughters Medical Center (KDMC) and you'll notice something different in the air, the aroma of freshly brewed gourmet coffees emanating from the newly designed coffee shop. The warm, soothing colors and updated decor create an eclectic, welcoming spot that serves up friendly smiles and a daily selection of sweet comforts as the barista prepares your hot espresso or iced drink to order.

"This is something we wanted to do not only for our visitors, patients and staff, but for the community as a whole," says Doris Moreton, the hospital's Food Service Manager. "It's a way for us to minister to others, offering a smile and encouragement when somebody may be experiencing a hectic or stressful day. The bonus is they get a wonderful cup of coffee or flavored drink, or one of the beautiful pastries from Janie's."

There is a full menu of hot espresso drinks to choose from, including lattes, cappuccinos and mochas made with Ghirardelli chocolate and Americano blends. There are also specialty lattes like Cinnamon Praline; The Klondike, a blend of Ghirardelli



chocolate and frosted mint; and Caramel Macchiato with Ghirardelli caramel and vanilla, as well as hot Ghirardelli cocoa and premium teas.

For a pick-me-up with a refreshing chill, there are frozen blended espresso-based frappes; freezes made with real fruit purees; and traditional iced latte, mocha, caramel macchiato, coffee blends and chai tea.

In addition to pastries and desserts from Janie's Pastry Shop and Bakery, other sweet comforts include giant Heath Crunch, Chocolate Chunk and White Chocolate Macadamia Nut cookies; cheesecakes and layer cakes; and soft-serve ice cream.

"We went about finding the best sources we could to help us plan and develop the KDMC Coffee Shop," added Moreton.

During the search, Alvin Hoover, CEO of KDMC, remembered a visit to O'Henry's Coffees in Birmingham, Alabama. Randy Adamy, roastmaster and owner of O'Henry's, became the consultant on the project, helping with everything from workflow design of the space to recommending equipment including the La Marzocco espresso machine imported from Italy to train the KDMC baristas.

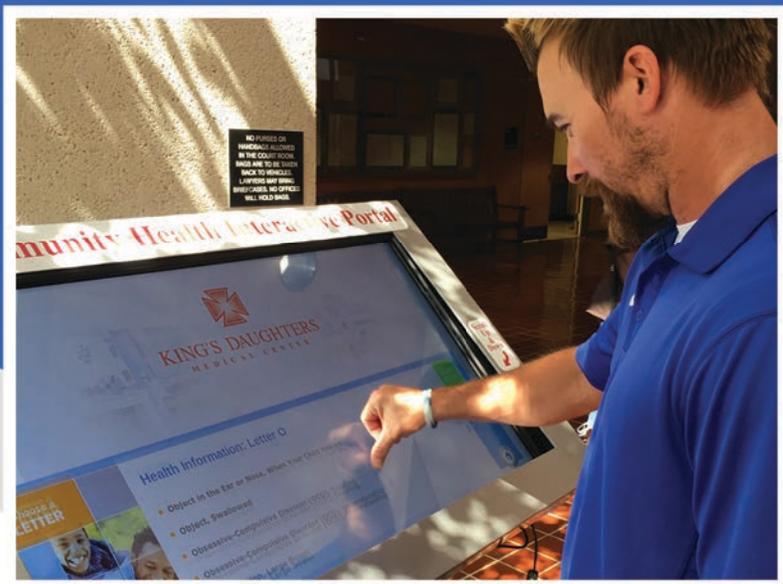
O'Henry's Roasting Company is also the supplier for KDMC's selection of whole bean coffees from around the world that are available for sale in 12-ounce and sample-size bags. The barista will even grind the beans for you.

The coffee shop is open 6:30 a.m. to 7 p.m. Monday through Friday, and 8 a.m. to noon on Saturday. It is closed on Sunday. The public is welcome to stop in for a cup of coffee or pastry on the go.

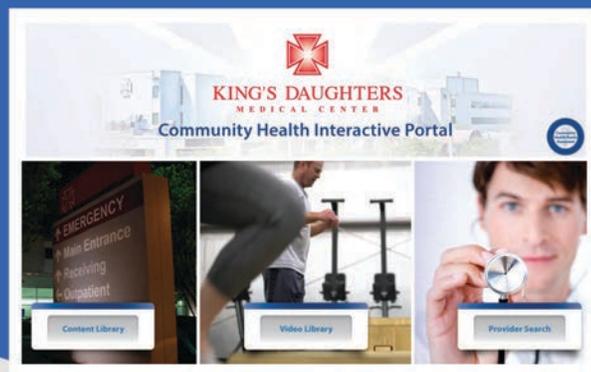


Back row - Doris Moreton, KDMC Food Service Manager
Front row - Jesse Freeman, Marlee Hughes and Nicole Barnett,
baristas all from Brookhaven area

Health Questions? Check the CHIP



New KDMC interactive portals address community health information needs.



Five new touch-screen kiosks in Brookhaven are bringing health information to the public. King's Daughters Medical Center installed the kiosks, known as Community Health Interactive Portals (CHIPs), in response to research that identified a number of community health needs and traced them back to a lack of knowledge.

The CHIPs operate at the Lincoln County Courthouse, Lincoln County Public Library, LaRue's Discount Drugs, Clint's Pharmacy and the KDMC outpatient lobby. Each CHIP amounts to a free health library loaded with thousands of tips, facts, quizzes and informative articles, all available in English and Spanish.

A KDMC Community Health Needs Assessment last year found a lack of public knowledge regarding 15 important health topics (see accompanying list). KDMC providers recorded one- to two-minute videos addressing those topics. Videos also provide information about KDMC support groups and health and wellness classes that are open to the community.

CHIP users can even view the KDMC physician directory, including contact information. They can pull out their phones and make an appointment immediately.

Brianna Standberry, KDMC's quality data analyst, said the CHIPs are designed to get members of the public thinking and talking to their families about health. "I believe the interactive portals will open up a wealth of health information that can be used to initiate further understanding and dialogue with their neighbors, family members and health care professionals," she said.

The CHIPs exemplify KDMC's commitment to the community it serves. "I strongly hope the community takes the opportunity to interact with one of the portals and feels empowered to ask those questions that may not have been asked before," Standberry said. "As always, KDMC is here to assist in answering any questions that may arise."

CHIP Health Topics

- Back pain
- Breast cancer
- CPR
- Dementia
- Diabetes (adult and juvenile)
- Hypertension
- Obesity (adult and juvenile)
- Prenatal care, newborn care and breast-feeding
- Smoking cessation
- Sodium intake
- Vaccines

'MOST WIRED'

*Award Shows KDMC
on Cutting Edge*



Health Forum, an American Hospital Association company, named KDMC one of the nation's Most Wired hospitals for 2016. Only 24 other hospitals nationwide in the "small and rural" category made the list.

Streamlining Processes

Technology automates a lot of formerly laborious processes. That reduces opportunities for mistakes and frees health care providers to focus on their patients.

"The process of the patient coming in and being treated, from admission to discharge, is streamlined," said KDMC Chief Information Officer Carl Smith.

"The patient may not even notice what is happening behind the scenes, but the workflow is improved."

To win the award, KDMC had to demonstrate leadership in many different aspects of technology, including cybersecurity. The hospital had come close to winning for several years previously. "We didn't want to settle for just being good," Smith said. "We had to ask ourselves, 'What can we do to improve? What can we do to keep getting better?'"

Enhancing Patient Experience

The assessment process involves about 100 questions. For example, it asks how many orders physicians enter electronically, as opposed to orally or on paper. "This is a major patient safety issue across the country," Smith said. A doctor might not know of a patient's drug allergy — but an electronic health records (EHR) system would.

KDMC uses social media to connect to its community, promoting healthy lifestyle tips and spreading the word about KDMC services and events.

"We've invested heavily in technology and systems the past few years to get to this point," but not just to win awards, Smith said. "It's all about enhancing the patient experience."



2016 Health Forum and AHA Leadership Summit, Carl Smith, CIO and Alvin Hoover, CEO

New Electronic Health Records System Benefits Everyone



Good for patients, good for doctors, good for the hospital, even good for health care overall: That's the new electronic health records (EHR) system that King's Daughters Medical Center adopted on August 1.

"We decided to go with a brand-new platform that is user friendly, patient focused and designed by clinicians to enhance clinical work flow," said KDMC Chief Information Officer Carl Smith. "It's all designed with the patient in mind."

KDMC was actually an EHR pioneer. In 1996, it installed a MEDITECH system, becoming one of the first U.S.

hospitals to adopt electronic records. The brand-new MEDITECH 6.1 obviously represents a tremendous upgrade. The software company incorporated standards and best practices derived from EHR experiences across the industry.

KDMC has updated its servers and main computer systems and even its disaster recovery and security plans. The hospital established a physician advisory committee to help with the transition.

Physicians can now call up full records immediately at the patient's bedside, using laptops, tablets or even smartphones. "Everything is

easy: point and click, Windows-based," Smith said. "It's built to work better with mobile technology so you can access patient information more quickly."

KDMC's continuing commitment to using the best technology improves efficiencies, ultimately helping the patient. The new system also makes it much easier to satisfy ever-increasing demands for data by Medicare and other agencies as the government tries to determine which drugs and treatments lead to the best patient outcomes.

Smith said KDMC's physicians, nurses and other providers have reacted positively. "Any kind of change is hard," he said, "but you can't just sit back and be stagnant in health care — especially in information technology."

When Doctors Become Patients, *They Trust KDMC*

King's Daughters Medical Center provides top-notch specialized health care. Just ask physicians-turned-patients Kim Sessums, MD, and Ray Montalvo, MD.

Dr. Sessums is an obstetrician and gynecologist at Brookhaven OB-GYN and Associates and on the medical staff at KDMC. Dr. Montalvo is an internal medicine physician at KDMC Specialty Clinic. They had successful back surgeries within a few days of each other in February 2016. They didn't travel to a prestigious medical facility like Mayo Clinic. They trusted their colleague Mark Barron, MD, an orthopedic and spine surgeon on staff at KDMC.

"I knew the people in the operating room," Dr. Sessums said. "I work with them every day. I knew the people on

the floor and in the anesthesia department. I told my wife it makes no sense for me to go anywhere else."

Herniated Spinal Disc

After taking up running, Dr. Montalvo dropped from 230 to 165 pounds in a year. But a few weeks before the surgery, he began suffering agony and muscle spasms in his right leg. Between appointments with patients, "I had to go to my office and lie down on the floor for a few minutes to relieve the pain," he said. Dr. Barron diagnosed a herniated spinal disc. The jellylike



“When I woke up from surgery, the pain was gone.”

— Ray Montalvo, MD

material inside the disc had been squeezed out and was pressing on spinal nerves. After exhausting other treatment options, the doctors chose an operation.

Immediate Relief

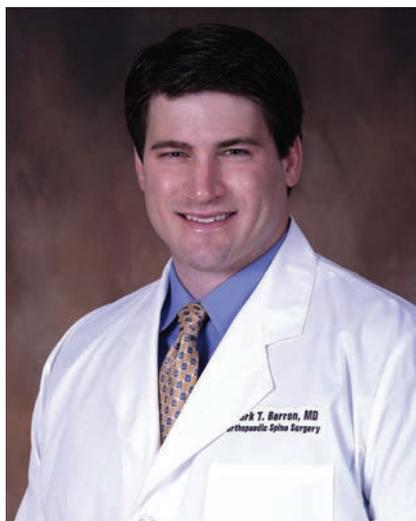
"When I woke up from surgery, the pain was gone," Dr. Montalvo said. He spent the night in the hospital, then went home the next morning. "In two minutes, I was home and in my bed."

Now he's playing golf again, riding an exercise bicycle instead of jogging and caring for his patients without any problems. "I had a great result," Dr. Montalvo said. "I followed exactly what Dr. Barron told me to do and didn't try to rush it, and I couldn't be happier. He did a great job."

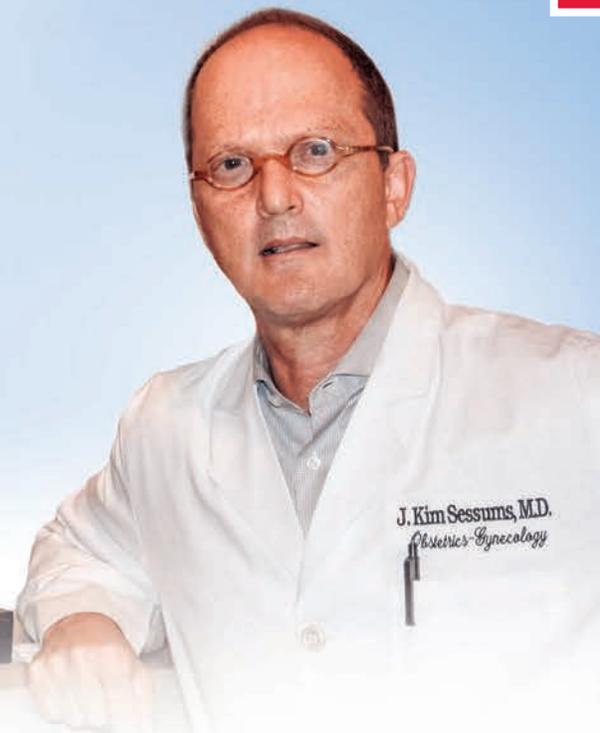
Dr. Barron stressed that he never turns to surgery before exhausting all other possible remedies. He shows his patients images of their spines, explains exactly what the problem is and discusses treatment options. "We always try conservative therapies first," he said. "Surgery is the last thing we like to do."

Degenerative Disc Disease

Longtime lower back pain had made it harder and harder for Dr. Sessums to do his work and his art. (He's a nationally



Mark Barron, MD, Orthopedic Spine Surgeon



renowned sculptor.) "He had pretty significant degenerative disc disease," said Dr. Barron. Steroid injections, pain medication and physical therapy helped, but only for a while. Finally, when Dr. Sessums simply couldn't function any longer, he turned to surgery. Dr. Barron did a spinal fusion to stop the pain-causing motion in the problem segment of the back. He said the operation involves immobilizing the segment with screws and rods and packing in bone graft to encourage the vertebrae to heal together. "The theory behind this operation is that allowing the two bones to fuse together will help take away the pain, because the motion is where the pain comes from," he said.

Dr. Sessums has nothing but praise for Dr. Barron. "From our initial visit, he explained the process: the surgery, recovery—the whole nine yards. Dr. Barron even explained that surgery may not totally negate the pain, but it will make it tolerable he said. No longer having to stand stooped over, Dr. Sessums is once again living a productive life. "I'm working now, seeing patients and enjoying my art," he said.

When it did come time for surgery, both physician-patients didn't hesitate to have it at KDMC. "I don't think there's any greater testimony of my trust in the facility," said Dr. Sessums.

Schedule an appointment if you are experiencing the following symptoms:

- Back and neck pain
- Shooting pain in arms or legs
- Difficulty holding on to things or dropping things
- Difficulty with buttons and zippers
- Numbness in hands or feet
- Weakness or giving out in legs
- Unsteadiness with walking
- Burning leg pain
- Hip and knee pain

Learn More

To schedule an appointment with Dr. Barron, call

 601.823.5275

or visit

 KDMC.org/Barron



KDMC CEO Alvin Hoover and KDMC Chairwoman of the Board Mary W. Redd celebrate Mary Robinson



Mary Robinson Celebrates 50 Years of Service at KDMC

When Mary Robinson began working at King's Daughters Medical Center in 1966, Lyndon B. Johnson was president and a gallon of gas cost 32 cents. On Monday, April 11, 2016, Robinson celebrated her 50-year work anniversary with the appreciation of KDMC leadership and staff for her dedication and behind-the-scenes contribution to hospital performance and patient safety.

"The years just passed so fast, but I've enjoyed being here. I want to thank everyone for treating me so nice," says Robinson.

The Franklin County native moved to Brookhaven in 1964 at age 18. Two years later she was looking for work to support her family. Her uncle, a KDMC employee, told her about an opening at the hospital. Robinson applied and started working in Central Sterile under the guidance of a friend who also worked at KDMC.

"It was very interesting. When I first started, we had to do a lot of different things. We had to make all the packs that come sterile now. We had to sterilize the water and the saline," remembers Robinson.

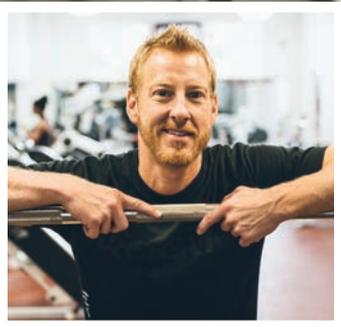
In her time at KDMC, she has also worked as a Surgery scrub tech and in the LDRP department before being asked to run the Central Sterile department where she continues to work.

"I'm not ready to retire. I just enjoy what I'm doing," says Robinson. "I love the people. Everybody seems happy to be here. Everybody tries to work together. We know exactly what we are supposed to do and we try to get it done."

“The years just passed so fast, but I've enjoyed being here.”

— Mary Robinson

KDMC is proud to recognize Mary Robinson for her outstanding attitude and commitment to service that have helped KDMC earn recognition as The SafeCare Group® 100 SafeCare Hospitals® for superior hospital performance, as well as *Modern Healthcare* Best Places to Work in Healthcare.



Healthy Lifestyle

King's Daughters Medical Center Performance Center Supervisor and Certified Personal Trainer Chris Huffman says we need to establish goals based on self-assessment in order to set yourself up to succeed in your dream of getting in shape.



Five ways to motivate yourself to work out:

1. Know your schedule. Make your workout a habit by hitting the gym at the same time every day. Early morning works best for many people. Add your workouts to your calendar. If your workouts are not on your schedule, they do not exist.
2. Encourage yourself. Delete the phrase "I can't" from your vocabulary. Say instead "I am not yet able." I love the saying by Confucius: "He who says he can and he who says he can't are both usually right." The mind will quit way before the body ever will. Be patient with the process.
3. Name it and claim it. Write down your goal and put it where you'll see it every day — maybe on your bathroom mirror, next to your bed or inside your locker. Blow it up to poster size if you'd like; just make sure you see your goal and think about it every single day.
4. Find a workout partner. Help a friend get into shape by making him or her your workout partner. Begin a group exercise class at the gym: boot camp, body pump, spin, yoga. When you feel like quitting, your workout partner will be there to push you, and you'll do the same for your partner.
5. Understand fitness. Hire a fitness professional, such as a personal trainer or performance coach. Research everything you can about nutrition and fitness. Once you understand what it takes to get into shape, you'll be able to train smarter and get results faster.

What to Ask Yourself

- Why do I want to get in shape?
- What is my definition of health?
- What is my definition of fitness?
- What are my short-term and long-term goals?

Learn More

To learn more about the health and wellness services offered at KDMC, visit the following:

Food & Nutrition

➤ KDMC.org/FoodandNutrition

Weight-Loss Class

➤ KDMC.org/Tops

Fitness Center

➤ KDMC.org/FitnessCenter

Athletic Performance Center

➤ KDMC.org/PerformanceCenter

or call

☎ 601.823.5271

COMING UP

Diabetes Education Classes

When: Tuesdays, call for class availability
Fee: No fee
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call 601.835.9118.



Smoking-Cessation Classes

ACT Center for Tobacco Treatment, Education and Research smoking-cessation classes start every six weeks. This is an educational support group that will supply free nicotine replacement items with a doctor's prescription and class attendance.

When: Tuesdays, 5 p.m.
Fee: No fee
Venue: King's Daughters Medical Center, Community Services Building
Address: 418 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.

CPR Certification Classes

These classes are for those who are being certified in CPR for the first time.

When: First Wednesday of every month, 6 p.m.
Fee: \$40, which includes CPR book
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.



CPR Recertification Classes

These classes are for those whose CPR certification has expired or is about to expire.

When: Third Wednesday of every month, 9 a.m. and 1 p.m.
Fee: \$40, which includes CPR book
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Kim Bridge, 601.835.9406.



**TAKE OFF POUNDS
SENSIBLY**

TOPS Club Inc. (Take Off Pounds Sensibly)

TOPS promotes successful, affordable weight management with "a hands-on pounds-off approach to weight loss®."

When: Tuesday, call for class availability
Fee: \$28 annually with a discounted rate of \$14 for spouses and children between ages 7 and 17
Venue: King's Daughters Medical Center, Education Annex
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call Amy Case, RN, 601.835.9118.

Mommy University

Mommy University is designed to help guide moms-to-be and their partners through the birthing process step by step with a one-on-one education class and tour of the labor and delivery unit.

When: At your convenience
Fee: No fee
Venue: King's Daughters Medical Center, Labor & Delivery Unit
Address: 427 Highway 51 N
Brookhaven, MS 39601
To register: Call 601.835.9174 and tell a labor & delivery nurse you are scheduling your Mommy University appointment.



KDMC Performance Center

Call for available classes and times
601.823.5155 or visit
KDMC.org/PerformanceCenter

Boot Camps • Camps • Speed/Agility Training •
Strength & Conditioning • Flexibility & Mobility
• Team Training • Indoor Soccer



KDMC Fitness Center

Call for available classes and times
601.823.5271 or visit KDMC.org/FitnessCenter

Spin Classes • Sit Fit • Yoga and Pilates •
Abs Class • Body Sculpt • Zumba® • Aqua Aerobics



Take a Shot at the Flu

Protect yourself and your family from the flu virus this year with a little help from our medical staff. KDMC will offer flu vaccines at the following clinics:

KDMC Specialty Clinic

601-823-5000

Friday, October 14
1 p.m. to 4 p.m.

- Established patients only
- Shots only

KDMC Pediatric and Adolescent Clinic

601-823-5204

Friday, October 21
1 p.m. to 5 p.m.

- Established patients only
- 6 months and up
- Shots only

KDMC Medical Clinic

601-833-7973

Available during normal
business hours.

Monday-Friday 8 a.m.-5 p.m.

- Established patients only
- 6 months and up
- Shots only
- Some insurance not applicable. Call for details.



KING'S DAUGHTERS
PHYSICIAN CLINICS

KDMC.org  facebook.com/KingsDaughtersMedicalCenter

INDOOR SOCCER LEAGUE

CHRISTMAS SOCCER CLASSIC TOURNAMENT

Burn off the extra holiday calories while having some fun at the round-robin adult indoor soccer tournament the week between Christmas and New Year's. Players will be allowed to choose their team or be placed on a team. Each team is guaranteed at least two games during bracket play.

Registration: Begins November 28

Fees: \$30 per person

KIDS WINTER SOCCER LEAGUE

Keep your kids active in the winter months with indoor soccer during January and February.

Ages: 6 to 12 years old

Registration: Begins November 28

Fees: \$60 per child



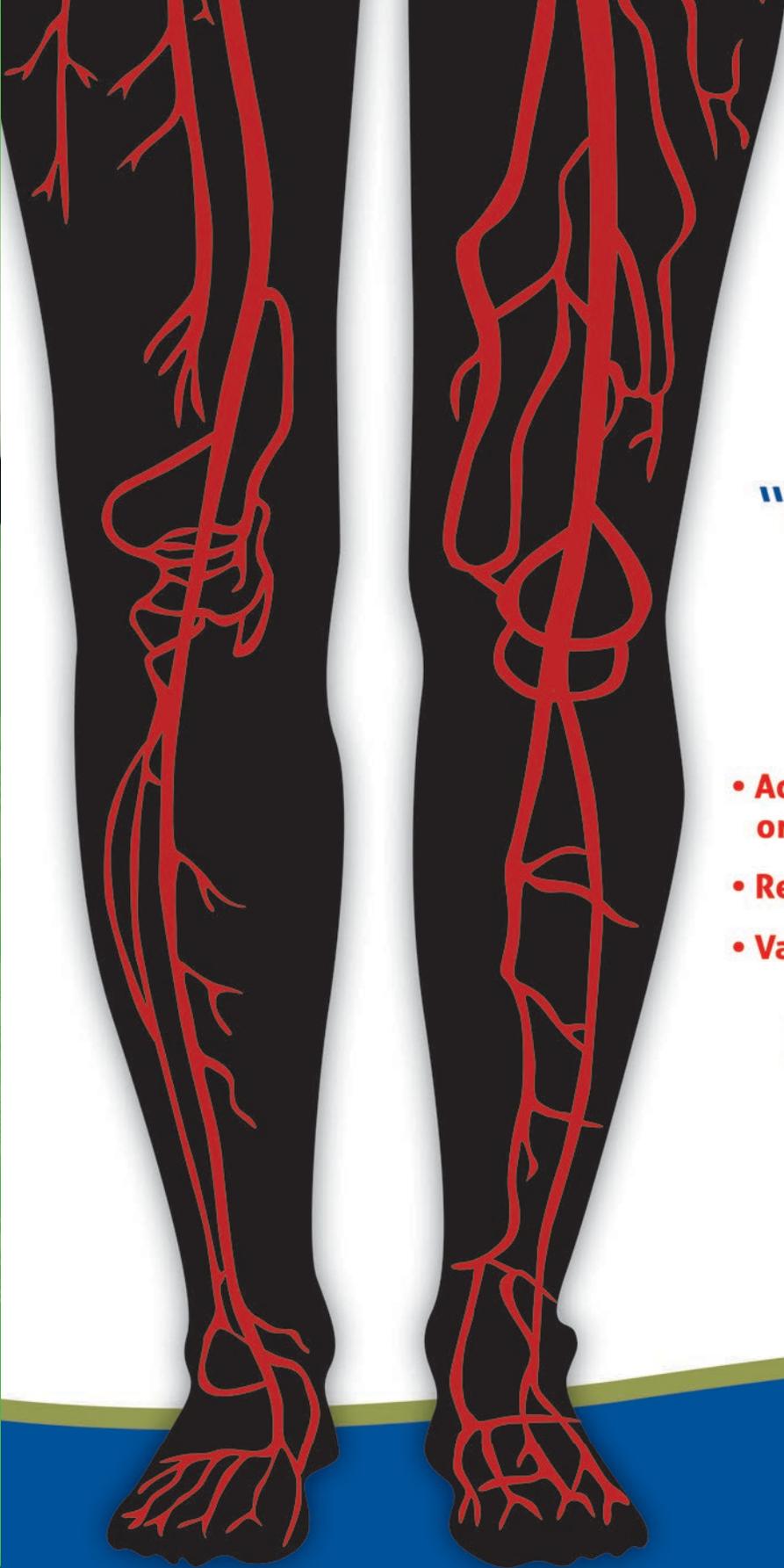
KING'S DAUGHTERS
PERFORMANCE CENTER

REGISTRATION FORMS AT WWW.KDMC.ORG/SOCCER

KDMC Performance Center | 408 Drury Lane, Brookhaven, MS | 601.823.5155

KDMC Fitness Center | 300 Highway 51 North, Brookhaven, MS | 601.823.5271

KDMC.org



“My legs are
hurting”

“I **can't walk**
up stairs”

“Even shopping at
the grocery store
is **painful**”

- **Aching, cramping or burning pain**
- **Restless legs**
- **Varicose veins**
- **Skin changes or discoloration**
- **Numbness or tingling in legs**

King's Daughters Vein Center
wants to help.

Free Vein Screening

Call to register today.
601-823-5342

THE
VEIN CENTER
at

 King's Daughters

For many people, even a short walk can be quite painful. Problems with veins can cause aching or cramping pain, tiredness, restlessness, burning, throbbing, tingling, or heaviness in the legs. If you are suffering from leg discomfort, join us for a free vein screening.

For more information, visit our Web site at:
www.kdmcveincenter.org

1020 Biglane Drive • Brookhaven, MS 39601

COMMUNITY

King's Daughters Foundation's Annual 4 Man Scramble Golf Tournament took place on June 24, 2016. The golf tournament helps fund community events such as Think Pink, a breast cancer awareness luncheon held in October each year.



First Place - Co-Lin

Ronnie Ross, Ross Bell, Jacob Ross, Cole Arseneault



Second Place - Mike Whatley Honda

Chuck Holloway, Mike Wooten, Brock Campbell, Chris Terrell



Third Place - First South Farm Credit

Jeremy Winborne, Stephen Bozeman, Harley Mathews, Jay Greer



Robert Byrd, Jeff Henning, Pat Lowery, Sha Walker



Eric Hosick, Scott Morrison, Johnny Banks, Leon Bennett

KDMC hosted a "Back to School" health fair for all of the Brookhaven School District employees on August 1. ►

KDMC Performance Center kicked off an indoor soccer league for kids and adults this summer. ▼





THE ONLY THING THAT HURTS WORSE THAN YOUR KNEE...

is knowing you are missing out on the things in life that matter most.

Ready to stop living with pain? Dr. Mark Barron and his highly trained staff offer a comprehensive joint replacement program. Our personalized care begins with your first appointment, and continues through your recovery. Let today be the start of a new **YOU**.



KDMC
SPORTS MEDICINE,
ORTHOPAEDIC & SPINE CLINIC