

EPHRAIM McDOWELL HEALTH

SOURCE

SUMMER 2015

Magazine

**Cardiac care
close to home**

**10 Tips
for a
Healthy
Spine**

**Migraines
a disabling
headache**





Message from the President & CEO

It's no surprise that the face of health care is constantly changing. The Affordable Care Act brought significant changes in health care, one of which was providing all individuals with the opportunity to be covered by health insurance. On top of that,

health care providers have faced Medicaid and Medicare funding reductions and shortfalls. Additionally, some hospitals have been forced to reduce their workforce to stay strong financially and a few have even closed their doors.

I am very pleased to share that Ephraim McDowell Health is a financially strong organization, and I will continue working with our Administrative Team and our Board of Directors to maintain that standing.

One of the reasons that our health care system is continuing to thrive while some hospitals are struggling is that we are a system of two hospitals and multiple other service lines in not one but six communities. As a health care system, we are able to provide efficient and effective care because the size of our organization allows us to purchase materials in volume and also share technology.

It may be interesting to note that Ephraim McDowell Health consisted of 22 locations when I assumed the role as President and CEO in January 2010. Currently, our health care system provides 43 services in multiple locations in a six-county area, and we continue to investigate additional service lines for the betterment of the patients who need care. In an arena where change is constant, that is very important in order for us to continue serving the communities that depend on us for their medical care.

Sincerely,

Vicki A. Darnell
President & CEO



In Memory of Mike Jackson

Ephraim McDowell Health
Vice President
December 7, 1962 – May 30, 2015

Recognitions

Ephraim McDowell Regional Medical Center earned accreditation as a **Chest Pain Center with PCI** through the Society of Cardiovascular Patient Care.

Vicki A. Darnell, president and CEO of Ephraim McDowell Health, received the American Hospital Association **Grassroots Champion Award**.

Ephraim McDowell Health's Community Service Department's **Healthy People Healthy Communities** initiative was selected as a national model for other communities to replicate.

Ephraim McDowell Regional Medical Center's main laboratory, point-of-care laboratory and pathology departments were awarded accreditation by the **Accreditation Committee of the College of American Pathologists**.

Ephraim McDowell Fort Logan Hospital's laboratory at Ephraim McDowell Fort Logan Hospital was awarded accreditation by the **Accreditation Committee of the College of American Pathologists**.

Ephraim McDowell MedSource received the **Quality Respiratory Care Recognition** by the American Association for Respiratory Care under a new program aimed at making sure residents cared for by home care organizations have access to respiratory care services provided by qualified respiratory therapists.

Ephraim McDowell Regional Medical Center was recognized by the **American Health Care Association** and **National Center for Assisted Living** for reducing hospital readmissions on the skilled nursing unit by more than 15 percent.

The Ephraim McDowell Health Marketing Department was recognized with four awards from the **Kentucky Society of Healthcare Public Relations and Marketing**. Two of the awards were the prestigious Thoroughbred Award, which is the highest health care marketing award in the state.

Be Kind to Your Spine

As a general rule, individuals are not kind to their spine. Whether it's slouching in a chair, bending from the waist to pick up something or performing repetitive tasks without a break ... the human spine takes a lot of abuse. It's no wonder, then, that low back pain is one of the top 10 diseases and injuries, according to the World Health Organization.

The toll of low back pain extends beyond an individual's pain and suffering.

The World Health Organization notes that low back pain is the leading cause of activity limitation and work absence throughout much of the world. In the United States, low back pain results in an estimated 149 million lost

work days each year – equal to between \$100 billion and \$200 billion, mainly in

lost wages and lower productivity.

“About 90 percent of people have back pain at some point in their lives,” said Dr. Erik Drake, PT, DPT, a physical therapist at Ephraim McDowell Spine Physical Therapy in Danville.

Drake admits that wear and tear on the spine is a normal component of the aging process, yet patients carry some of the blame for their low back pain because of poor posture and body mechanics, inadequate nutrition, repetitive motions and decreased flexibility and muscle strength.

“A lot of patients are referred to us by spine specialists and family practice physicians,” Drake said. “Many of those patients are experiencing disc herniation, mechanical joint dysfunction or degenerative arthritis, but we also provide care to patients following spinal surgery.”

When an individual is referred to Spine Physical Therapy, the therapists develop a treatment plan to enable the patient to control the pain they are experiencing and then work toward returning to a pain-free lifestyle. The therapist determines which treatment approach to use based on the patient, the medical diagnosis and the therapist's examination of the patient.



Proper techniques for lifting

- Kneel down behind the object to lift.
- Keep your front foot flat on the floor and your hip and knee at 90 degrees.
- Grasp the object with both hands, placing it on your thigh close to your body.
- Come upright by pushing through your legs while maintaining the natural curve in your lower back.
- Do not twist your body when lifting objects.





“We focus on the patient being independent and we teach them management strategies,” Drake said. “We want to ensure that patients leave therapy with an understanding of their condition and the strategies they can use to prevent their pain from returning.”

According to Drake, a patient experiencing mechanical joint problems typically requires only two to three visits with a therapist while patients experiencing degenerative changes to their spine may need to be under the care of a therapist for up to four weeks. Post-surgery patients may need physical therapy for four to six weeks, he said.

Drake noted that 90 percent of the patients treated at Spine Physical Therapy complete therapy with “very significant improvement” to their condition while 75 percent of patients, after their therapy ends, “are pain-free or so close that they can manage it from there.”

Physical therapists have a number of treatment approaches to help patients suffering from back pain. Those include manual therapy, therapeutic modalities (electrical stimulation, ultrasound, heat, ice and iontophoresis), traction and therapeutic exercises.

Drake noted that the therapeutic exercises focus on core stabilization (strengthening the muscles in the legs, low back and abdominals). Therapeutic exercises also include stretching and endurance training to improve alignment and decrease muscle tension.

Aquatic therapy is also available for patients, who have therapy sessions with a

physical therapist at McDowell Wellness Center. Drake noted that aquatic therapy takes two-thirds the load of an activity off the spine and thus is easier on the spine and joints.

One patient who recently found relief for her back pain at Spine Physical Therapy is Kendra Wilkinson of Danville. She injured her back at work when her chair went out from under her as she leaned over to pick up some papers that had dropped to the floor. An orthopedic surgeon referred her to Spine Physical Therapy for the pain she was experiencing.

“They’ve done a wonderful job getting me back to where I was,” Ms. Wilkinson said of the therapists at Spine Physical Therapy. Her therapy, provided by Dr. Bo Eppinghoff, PT, DPT, included traction as well as strengthening exercises. “They modified some of the exercises for me, but the traction really made a difference.”

That kind of success story is just what Drake and other therapists want to hear.

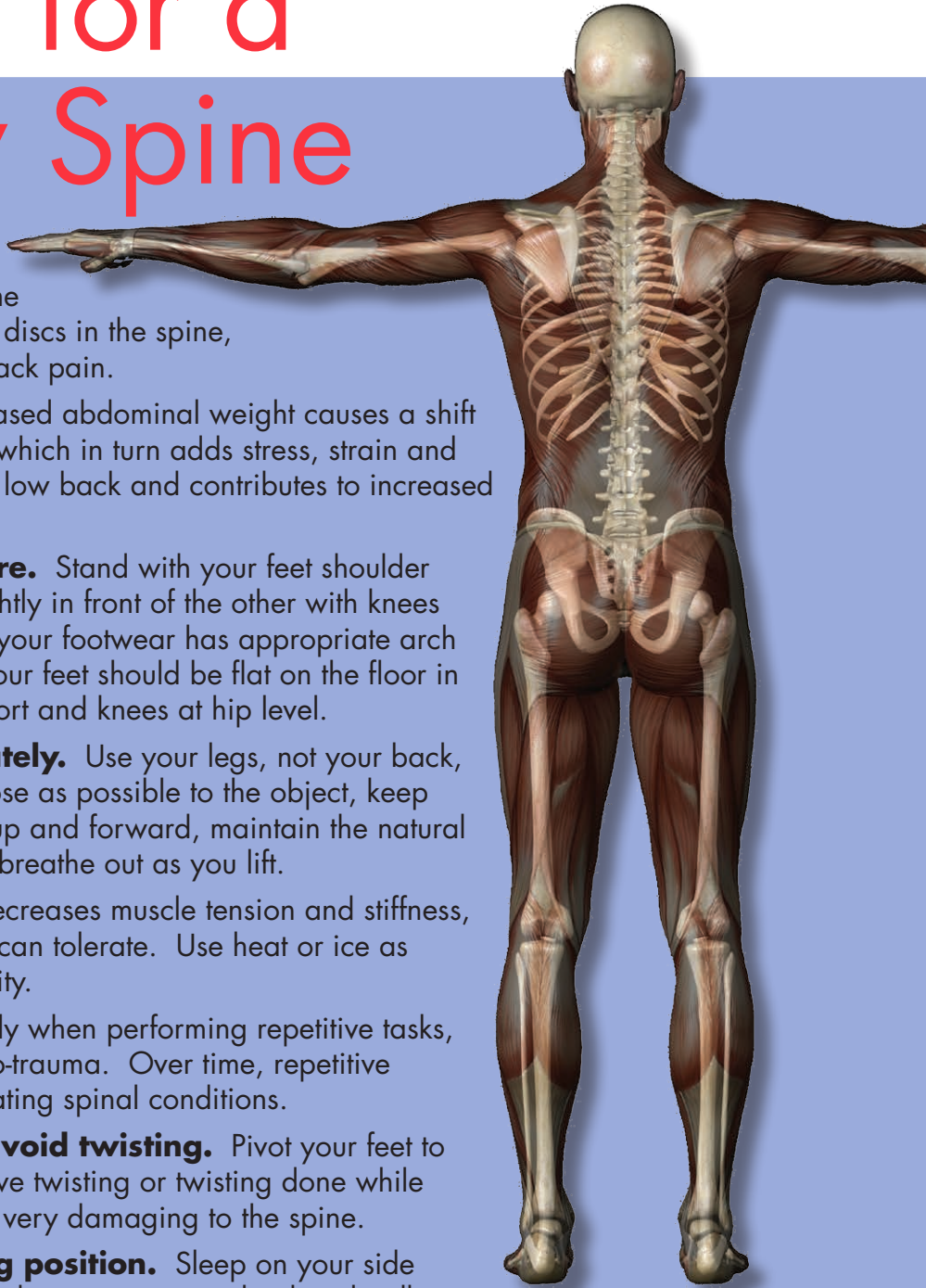
“Our goal is to restore an individual’s movement and function while also relieving pain and preventing future injury,” Drake said.

Ephraim McDowell Spine Physical Therapy is located at 236 West Main Street in Danville on the second floor of the Hub Building. Other members of the staff there are Melissa Sams, PTA and Amanda Zulager, PTA. Ephraim McDowell Health also offers rehabilitation services inside McDowell Wellness Center in Danville and Ephraim McDowell Fort Logan Hospital in Stanford as well as in Liberty.



10 Tips for a Healthy Spine

1. **Quit smoking.** Nicotine restricts blood flow to the discs in the spine, increasing your risk for back pain.
2. **Control weight.** Increased abdominal weight causes a shift in your center of gravity, which in turn adds stress, strain and compressive forces to the low back and contributes to increased pain.
3. **Maintain good posture.** Stand with your feet shoulder width apart, one foot slightly in front of the other with knees slightly bent. Make sure your footwear has appropriate arch support. When sitting, your feet should be flat on the floor in a chair with lumbar support and knees at hip level.
4. **Lift objects appropriately.** Use your legs, not your back, to lift. Squat down as close as possible to the object, keep your back straight, eyes up and forward, maintain the natural curves in your spine and breathe out as you lift.
5. **Stay active.** Activity decreases muscle tension and stiffness, so move as much as you can tolerate. Use heat or ice as necessary following activity.
6. **Take breaks.** Especially when performing repetitive tasks, short breaks reduce micro-trauma. Over time, repetitive activity can cause debilitating spinal conditions.
7. **Pivot your feet and avoid twisting.** Pivot your feet to avoid twisting, as repetitive twisting or twisting done while managing a load can be very damaging to the spine.
8. **Use a proper sleeping position.** Sleep on your side with pillows between your knees or on your back with pillows under your knees.
9. **Push rather than pull.** Pushing a load is much safer than pulling or carrying for long distances. While pushing, maintain the natural curves in your spine and use your legs for power.
10. **Exercise.** Maintaining a strong core (abdominals, hips, thighs, gluteals), good flexibility and aerobic training assist in decreasing pain while also aiding to prevent it.



Cardiac care close to home

It's a fact ... heart disease is the leading cause of death for both men and women in the United States, according to the Centers for Disease Control and Prevention. The American Heart Association (AHA) identifies Kentucky as having the ninth highest death rate from cardiovascular disease in the country.

Ephraim McDowell Health recognizes that heart disease is prevalent in Kentucky, and especially in the six-county area served by the health care system. Because of that, the organization created the Ephraim McDowell Heart & Vascular Institute in 2013 as it expanded its cardiac care services.

The Ephraim McDowell Heart & Vascular Institute offers a team of five cardiac and vascular specialists who provide patient-centered care with advanced medical technology. The board-

certified interventional cardiologists have access to one of the most advanced cardiac catheterization facilities in Kentucky, at Ephraim McDowell Regional Medical Center. It's the comprehensive care that someone would expect from a hospital nationally recognized for excellence in heart care.

Ephraim McDowell's cardiac and vascular physicians specialize in treating coronary artery disease, congestive heart failure, peripheral arterial disease, pulmonary hypertension, pulmonary embolism and aortic aneurysm. Treatments include stent placement,

pacemaker placement and evaluation, device therapy for cardiac arrhythmias, neurovascular/carotid interventions, and venous interventions including minimally invasive venous surgery.

The Ephraim McDowell Heart & Vascular Institute also offers a cardiac rehabilitation program for cardiac patients. The program provides monitored exercise, education and support customized to meet a patient's individual needs.

To learn more about the cardiac care services provided through Ephraim McDowell Health, please go to www.emhealth.org.



Chest pain accreditation

The quality cardiac care provided at Ephraim McDowell Regional Medical Center has been acknowledged by the Society of Cardiovascular Patient Care, which awarded the Regional Medical Center accreditation as a Chest Pain Center with PCI.

This accreditation means that the Regional Medical Center meets or exceeds benchmarks for rapidly diagnosing and treating patients who arrive with symptoms of a heart attack, thus reducing deaths and major adverse events.



This facility is accredited by the

**Society of
Cardiovascular
Patient Care.**

To earn accreditation as a Chest Pain Center, a multi-disciplinary team of health care providers worked together to develop processes that improve patient outcomes. Their work extended beyond the

Regional Medical Center as it included the engagement of Emergency Dispatch Services and Emergency Medical Services, which typically see patients at the onset of symptoms.

“This accreditation recognizes that Ephraim McDowell utilizes best practices in caring for patients with cardiovascular disease,” said Dr. Sharat Koul, cardiologist and medical director of the Ephraim McDowell Chest Pain Center.

Ephraim McDowell Health expands continuum of care services

Ephraim McDowell Health has expanded the continuum of care that it provides in the six-county service area with the acquisition of McDowell Home Health, which has served home care needs of patients for more than 40 years.

McDowell Home Health offers a wide array of services that range from skilled nursing care; physical, speech and occupational therapy; and certified home health aides, who assist with basic home needs. As a member of the Ephraim McDowell Health family of services, McDowell Home Health offers its patients a coordination of care from home, physician or hospital that no other local home health agency can provide. McDowell Home Health has been recognized for decades as the region’s premier home health care provider.

For many patients, home health care is an important element in the transition from hospital care to recovery at home and remaining independent. Ephraim McDowell Health has three other services available to help patients transition from hospital to home. Those include the Transitional Care Unit at Ephraim McDowell Regional Medical Center, Swing Beds at Ephraim McDowell Fort Logan Hospital and McDowell Place of Danville, an independent and assisted living facility that also offers personal care services.



Foundation touches the lives of Ephraim McDowell Health patients

Most people, when they think of Ephraim McDowell Health, think of either Ephraim McDowell Regional Medical Center or Ephraim McDowell Fort Logan Hospital. Some may think of one of our primary or specialty care clinics, and most hope they don't get sick enough to use any of those services. However, Ephraim McDowell Health encompasses not only those services but also McDowell Wellness Center, A Children's Place, McDowell Place of Danville and Ephraim McDowell MedSource. And, the Ephraim McDowell Health Care Foundation supports all those entities, so there is a good chance that even if you or your loved ones never enter one of our hospitals or clinics, the Foundation has touched your life.

In the past three years, the Ephraim McDowell Health Care Foundation has invested nearly \$1.8 million back into our community. While many of those dollars are spent providing the latest technology to our hospitals, it has also been spent on numerous other projects.

That investment provided CPR training for high school students in Mercer County. One student who completed the training used it to save the life of her 3-year-old brother. Ask that family how they feel about the support the Ephraim McDowell Health Care Foundation gives.

That investment provides

colorectal screenings each month. Colorectal cancer is one of the most treatable forms of cancer. Ask a family whose loved one caught their cancer early enough to save their life how they feel about that program.

That investment provides medicine and durable medical goods (like walkers, crutches, etc.) to patients being discharged from the hospital who would otherwise not be able to afford these items. Ask the patient who received an antibiotic after surgery, saving him or her from a life-threatening infection or who had a broken ankle and not being able to afford crutches, how he or she feels.

That investment provides memberships at McDowell Wellness Center to cancer survivors and their caregivers. Ask those members how they feel about being able to focus on their physical well-being and reducing their caregivers' stress levels after enduring cancer.

That investment provides a fun camp experience for a child whose physical or mental disability has kept him from attending a camp before. At Camp Can Do, children with those challenges can have a typical camp experience – horseback riding, swimming, arts and crafts. Ask the camper's parent



how it feels to have a child who at last feels like he is not different.

The Ephraim McDowell Health Care Foundation cannot affect people's lives so profoundly without the generosity of donors. Everything we do, every life we save, is only because of people like you, who want to see their community thrive. You can donate online by going to www.emhealth.org/donate.



Germ-zapping robot improving patient safety

Providing a safe environment for patients, visitors and staff is very important within the Ephraim McDowell

Health system. Even with various safeguards in place, hospitals across the nation are challenged with dangerous bacteria in the hospital setting. That's one of the reasons behind the investment of a germ-zapping robot at Ephraim McDowell Regional Medical Center.

According to the Centers for Disease Control and Prevention, more than two million people in the United States get an infection while in the hospital every year and more than 75,000 of them die as a result of that infection.

"Within our health care system, we found ourselves increasingly challenged with combating bacteria, especially what is known within the health care industry as C. diff," said Mark Milner, RN, ACM, CPHQ, vice president of clinical effectiveness for Ephraim McDowell Health.

Milner said the Regional Medical Center noticed a marked increase in C. diff infections in October 2013. After implementing several measures – ranging from improved patient education to a concentrated focus on hand hygiene to changing the cleaning solution used in patient care areas – the incidence of C. diff dropped 45 percent in six months.

Another step taken to reduce the incidence of healthcare associated infections was to trial a Xenex germ-zapping robot. During the three-month trial period, there was a 30 percent reduction in hospital-onset C. diff infections and a 13 percent decrease in all hospital-associated C. diff infections, Milner said.

Because of the results realized during the trial of the robot, the Regional Medical Center invested nearly \$100,000 to purchase the robot, which was funded through the generosity of the Ephraim McDowell Health Care Foundation.

The Xenex robot uses a Xenon bulb, which is a powerful, non-mercury form of ultraviolet light. It generates high intensity pulses of ultraviolet energy that passes through the cell walls of bacteria, viruses and bacterial spores, destroying the DNA of those contagions.

At the Regional Medical Center, the Xenex robot is capable of moving throughout the hospital to destroy highly contagious germs such as MRSA, C. diff and even Ebola. After a patient room is cleaned by the hospital's environmental services staff, the robot is placed in the room to kill any bacteria or microorganisms that may still be present. Within five minutes, the robot has zapped the germs that may have been left by the earlier cleaning.

At the Regional Medical Center, the Xenex robot is clearly seen as a part of the hospital's infection control team, and the hospital invited staff to select a name for it. Perhaps you may be walking through the hospital one day in the future and see "Xena" pass by on her way to clean a room.



Migraines are most common form of disabling headache



For the millions of Americans who suffer from migraine headaches, there is no mistaking the symptoms. There is the throbbing pain, usually on one side of the head, and the sensitivity to light and sound. The symptoms can sometimes be accompanied by nausea.

Some individuals with migraines can tell when the headache is about to happen because they see flashing lights or zigzag lines.

“Migraines can cause moderate to severe pain to the individuals who experience them,” said Maria Pavez, M.D., a board-certified neurologist who practices at Ephraim McDowell Neurology. “Individuals who have migraine headaches tend to have recurring attacks, making this the most common form of disabling headache.”

According to Pavez, about 12 percent of the United States population – or 29.5 million individuals – suffer from migraines. This type of headache is three times more common in women than men and most often affects people between the ages of 15 and 55. There is a bit of good news for those individuals who have frequent migraine headaches ... they

often become less severe and less frequent with age.

Pavez said many things can trigger a migraine, including anxiety, stress, lack of sleep or food, exposure to light and hormonal changes. While there is no cure for migraines, treatment focuses on using medications or behavioral changes to prevent the attacks or using medications to relieve the symptoms during an attack.

“When a patient comes to us after being diagnosed with a migraine, we assess the patient and their medical history to try to determine what may be causing the symptoms,” Pavez said. “Sometimes, it’s as simple as the person skipping supper the night before.”

Pavez said migraines can sometimes be prevented using drugs that were originally developed for epilepsy, depression or high blood pressure. To prevent migraines, individuals are also encouraged to change their behaviors by learning how to manage stress, eating regularly scheduled meals, stopping certain medications and establishing a consistent sleep cycle.

For patients who experience frequent migraines, they may find it helpful to keep records of their headache episodes in an effort to help identify what may be triggering the headache. Some individuals also maintain a log of the food they consume to identify foods that may be triggering their headache.

During an attack, symptoms can be relieved using drugs that were specifically designed to treat migraines as well as analgesics such as ibuprofen and aspirin. Pavez noted that individuals tend to have better relief of their symptoms if they begin treatment as soon as they feel a migraine starting. She said



many of her patients have found relief from their symptoms when treatment included Botox injections.

“With the proper treatment, individuals can often find relief from migraine headaches,” Pavez said.

If you are experiencing migraine headaches, you may benefit from seeing one of the board-certified neurologists at Ephraim McDowell Neurology. Pavez and Jalil Shojaei, M.D. have office locations at 440 Whirl-A-Way Drive, Suite 2 in Danville and also at 160 Kings Daughter’s Drive, Suite 200 in Frankfort. Appointments with Drs. Pavez and Shojaei can be scheduled by calling (859) 239-5927.

Ephraim McDowell Neurology has a second Danville location at 216 West Walnut Street that is staffed by Tracy Courtney, M.D. Appointments with Dr. Courtney may be scheduled by calling (859) 239-5850.

KHA Quality Award

Ephraim McDowell Regional Medical Center was recognized for its cardiac care services when it received the Kentucky Hospital Association (KHA) Quality Award in May.

The Quality Award is given to honor hospital leadership and innovation in quality, safety and commitment in patient care. The award was presented to the Regional Medical Center for earning accreditation as a Chest Pain Center with PCI.

To earn that accreditation, the Regional Medical Center formed a Chest Pain Center Committee to improve cardiac care for the Acute Coronary Syndrome (ACS) patient through evidence-based practices, education, optimizing resources for patients and ongoing performance improvement.

“This award validates the hard work and dedication of our Associates in providing the best care possible to our patients, and that translates to improved patient outcomes,” said Vicki A. Darnell, president & CEO of Ephraim McDowell Health.

This is the fourth time in the past five years that Ephraim McDowell Health has received the KHA Quality Award.

Ephraim McDowell Commonwealth Cancer Center teaming up to treat cancer

When you hear the word cancer, it can be very frightening. However, the highly trained physicians, nurses and support staff at Ephraim McDowell Commonwealth Cancer Center can help, should you need cancer care services. Now, they can help even more. Ephraim McDowell Commonwealth Cancer Center has been selected as the newest affiliate of the Markey Cancer Network. Kentucky faces some of the highest rates of cancer incidence and mortality in the nation, but Ephraim McDowell Commonwealth Cancer Center (EMCCC) in Danville sees this relationship as stepping up the fight against cancer. Markey Cancer Center is the state's first and only National Cancer Institute-designated cancer center.

"The Ephraim McDowell Commonwealth Cancer Center affiliation with the UK Markey Cancer Center will allow us to provide new treatment options for our patients that are only available to National Cancer Institute-designated cancer centers," said Vicki Darnell, Ephraim McDowell Health President & CEO. "We believe this is a big step in the continuing battle against cancer."



The UK Markey Cancer Center Affiliate Network was created to provide high-quality cancer care closer to home for patients across the region, and to minimize the effects of cancer through prevention and education programs, exceptional clinical care, and access to research.

"We are extremely excited and proud that our cancer treatment program is of the caliber that Markey Cancer Center would want to partner with us," said Dr. Tom Baeker, Medical Director of EMCCC Cancer Program. "This alliance means great things for our patients. It will enable us to offer access to the latest practices in diagnosis and treatment of cancers and blood disorders, including clinical trials –



which means providing a higher level of cancer care.”

By becoming a UK Markey Cancer Center Affiliate, EMCCC is keeping with the organization’s mission to provide safe, compassionate, high quality, and cost-effective services to the communities served. The Ephraim McDowell Health system will now be able to offer their patients access to additional specialty and subspecialty physicians and care, including clinical trials and advanced technology, while allowing them to stay in Danville for most treatments.

The Markey Cancer Center Affiliate Network supports UK HealthCare’s overall mission of ensuring no Kentuckian will have to leave the state to get access to top-of-the-line health care.

“UK HealthCare doesn’t just serve Lexington and central Kentucky – our mission is to provide all Kentuckians with the best possible care right here in the state,” said Dr. Michael Karpf, UK executive vice president for health affairs. “The Markey Cancer Center Affiliate Network allows us to collaborate with community

hospitals to provide top-notch cancer care much closer to home -- saving both travel expenses and time for the patients, in addition to keeping them close to their personal support system.”

Markey is one of only 68 medical centers in the country to earn an NCI cancer center designation. Because of the designation, Markey patients have access to new drugs, treatment options and clinical trials offered only at NCI centers.

Community Service Department recognized nationally

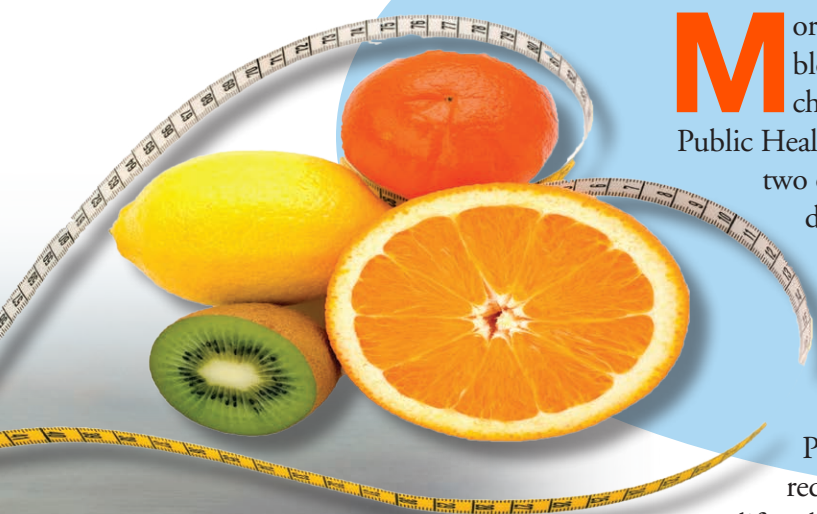
More than one of every three adults in Kentucky has high blood pressure and 41.6 percent of Kentuckians has high cholesterol, according to the Kentucky Department for Public Health Cabinet for Health and Human Services. Those are just two of the factors that can increase an individual’s risk for heart disease and stroke.

Ephraim McDowell Health’s Community Service Department is working to reverse those numbers and the incidence of heart disease and stroke, and recently earned national recognition for its efforts.

In May 2012, the department created a Healthy People Healthy Communities initiative to help individuals reduce cardiovascular risk factors that are modifiable by

lifestyle change. That initiative was selected as a national model for other communities to replicate and is now available on the Rural Access Center website (www.raconline.org) to assist other rural entities in planning, implementing and evaluating a cardiovascular risk reduction program based on evidence-based practice.

Ephraim McDowell’s program was funded for three years by a federal grant and served 1,441 participants and involved several community partners. Of the participants, 85 percent reported making healthier lifestyle choices and 93 percent reported they know more about how to reduce their stroke risk as a result of participating in the initiative.



Limb Preservation Program now offered at Ephraim McDowell Regional Medical Center



As Ephraim McDowell Health continues to expand the cardiac and vascular services it offers, it has launched a new program where a team of providers work together to prevent limb loss while maximizing the health of the community.

The Limb Preservation Program at Ephraim McDowell Regional Medical Center was officially unveiled in April by Sharat Koul, D.O., a board-certified interventional cardiologist who serves as medical director of the new program.

"The loss of a limb has profound effects on an individual's long-term physical and emotional health," Dr. Koul said. "Through the Limb Preservation Program, our goal is to identify patients who may be at risk of losing a limb and then provide a coordinated care plan to that patient to prevent limb loss."

The Limb Preservation Program is comprised of an interdisciplinary team of specialty physicians and providers who will work together to manage all medical conditions that impact the ability to maintain the health of a limb. The care team includes a wound care specialist, vascular specialists, a podiatrist, a plastic surgeon, an endocrinologist, general surgeons and radiologists. Other members of the care team include a dietitian, pharmacist, and physical and occupational therapists.

Patients may be referred to the Limb Preservation Program when any of the following apply: diabetic foot ulcers, venous stasis ulcers, pressure ulcers, skin tears, post-surgical incisions, radiation wounds, burns, traumatic injuries or any wound that has not shown signs of improvement in 30 days.

When a patient is referred to the Limb Preservation

Program, the patient will initially be seen at the Wound Healing Center at Ephraim McDowell Regional Medical Center. There, an assessment of the patient's health status will be performed.

Providers at the Wound Healing Center will coordinate and facilitate the team of specialty physicians to determine medical and surgical options for preserving the patient's limb.

Treatment options include wound care/hyperbaric oxygen therapy, minimally invasive procedures, reconstructive surgical intervention, wound debridement, bioengineered tissue and substitutes, negative pressure wound therapy, growth factor therapies, advanced dressings and wraps, and pressure off-loading strategies.

One of the patients who is benefitting from the Limb Preservation Program is 50-year-old Charles Bottoms of Harrodsburg. He suffered an injury to his foot years ago and has experienced health issues with his leg ever since. Doctors have diagnosed the open wound in his leg as a venous stasis ulcer.

Bottoms has been under the care of Ephraim McDowell's Wound Healing Center for many years and was referred to the care of Dr. Koul six months ago. He said Dr. Koul has performed surgery on the three blood vessels in his leg in an effort to improve the blood flow, and he also is planning to try a new treatment that will soon be available.

"The treatments have healed the wound before, for as long as a year, but then it comes back," Bottoms said. He is hopeful that the wound can be healed permanently so he can return to work in the future. He said he is very satisfied with the care provided to him.

"Dr. Koul is a great doctor, and the staff at the Wound Healing Center is great," Bottoms said. "The service I'm getting is impeccable."



Kathy Simpson takes volunteering seriously



To say Kathy Simpson volunteers would be an understatement. Kathy Simpson really VOLUNTEERS! Since moving to the community nearly 30 years ago from Wilmington, NC, Kathy got plugged into volunteering and serving on the Ephraim McDowell Regional Medical Center (EMRMC) Auxiliary Board, and never really looked back. Her tenure of service has been a storied one, serving on many local, state, and national volunteer organizations dedicated to enhancing the art of volunteering.

Reverse the clock to the beginning of her volunteer career, and you'd likely find Simpson sitting in a nursery rocking a baby. Through the years, you could find her in different areas of the hospital – delivering newspapers, flowers, and mail to patients as well as helping

out in various offices and greeting hospital visitors at the Information Desk.

“After several years as a volunteer, Frankie Collier, another Volunteer and Auxilian, encouraged me to get involved in the Kentucky Hospital Association’s Kentucky Committee on Volunteer Services (KCOVS),” Simpson recalls.

That was in 1998, and Simpson’s dedication to bettering volunteer opportunities statewide led her to quickly rise through the ranks and become the chair of KCOVS in 2003.

“On the leadership level, I was most proud of getting KHA and Kentucky hospitals involved in educational campaigns, such as Red Dress, Jump Ropes for Health, Organ Donation, WHALE (We Have A Little Emergency), and Yellow Dot,” Simpson said.

As one would imagine, once Simpson got involved on the state level, it was just a matter of time before she got involved with the American Hospital Association Committee on Volunteerism. Her role in the AHA led her to be the co-leadership chair for the AHVRP National Conference in 2008 in Anaheim, CA.

The information and ideas that Simpson gleaned from those meetings always came back to Kentucky in some form or fashion. For example, the HANDS Award given to volunteer projects/programs in Kentucky is blueprinted from the national award. Simpson was supported in her leadership roles by Linda Tillman, Ephraim McDowell’s long-time director of volunteer services. Both Simpson and Tillman looked forward to the ideas gleaned from national conferences and how to put them into practice for EMRMC, thus keeping local volunteers in the forefront of services offered to their communities.

Besides being active as a hospital volunteer, Simpson has dedicated herself to other volunteer service organizations, such as the Community Arts Center, United Way Day of Caring, Salvation Army, Habitat for Humanity, and the Danville Rotary Club. Her husband, Bill, also caught the volunteering bug, as he has been an integral part of the Hope Clinic at Ephraim McDowell Health since its inception.

By the Numbers.....

211 Volunteers at EMRMC

100 Volunteers at EMFLH

17 Service areas at EMRMC

6 Service areas at EMFLH

Services Available Locally

A Children's Place
(859) 236-7176

Central Kentucky Surgery Center
(859) 239-2600

Diabetes & Endocrinology Center
(859) 239-5904

Ephraim McDowell Cancer Support Center
(859) 239-5880

Ephraim McDowell Commonwealth Cancer Center
(859) 236-2203

Ephraim McDowell Diagnostic Center
(859) 936-8220

Ephraim McDowell Fort Logan Hospital
(606) 365-4600

Ephraim McDowell General Surgery
(606) 365-3378

Ephraim McDowell Heart & Vascular Institute
(859) 236-6621 and
(859) 239-5870

Ephraim McDowell Kids Can Do Pediatric Therapy Center
(859) 239-6670

Ephraim McDowell Lancaster Diagnostics
(859) 792-2129

Ephraim McDowell MedSource
(859) 239-1691 – Danville
(606) 365-4632 – Stanford
(606) 787-0468 – Liberty

Ephraim McDowell Neurology
(859) 239-5850 and
(859) 239-5927

Ephraim McDowell Obstetrics & Gynecology
(606) 365-3378

Ephraim McDowell Outpatient Behavioral Health Services
(859) 239-5570

Ephraim McDowell Physical Medicine & Rehabilitation
(859) 239-5870

Ephraim McDowell Pulmonology
(859) 239-5860

Ephraim McDowell Regional Medical Center
(859) 239-1000

Ephraim McDowell Rehabilitation
(859) 936-7230 – Danville
(606) 365-9292 – Stanford
(606) 787-5990 – Liberty

Ephraim McDowell Spine Physical Therapy
(859) 236-4862

Hope Clinic & Pharmacy
(859) 236-4473

Immediate & Primary Care
(859) 236-3208 – Danville
(859) 236-9662 – Danville
(859) 236-3361 – Danville
(859) 236-4216 – Danville
(859) 548-8000 – Lancaster
(859) 792-2124 – Lancaster
(859) 336-9801 – Springfield
(859) 734-5770 – Harrodsburg
(606) 787-5963 – Liberty
(606) 365-3360 – Stanford

McDowell Home Health
(859) 236-8946

McDowell Place of Danville
(859) 239-HOME (4663)

McDowell Wellness Center
(859) 936-WELL (9355)

OrthoSpineCenter
(859) 239-6000

Pain Management Center
(859) 239-2020

Sleep Disorders Center
(859) 936-0303

Wound Healing Center
(859) 239-1470