

# THE PULSE

A NEWSLETTER FOR THE DONORS AND FRIENDS OF THE  
MADISON VALLEY MEDICAL CENTER

## UPDATE FROM THE CEO

At Madison Valley Medical Center, our



**John Bishop**  
Chief Executive Officer

focus is to create an environment where patients can thrive in all facets of health through their treatment and recovery. We believe the healing process involves a

focus on treating the person as a whole - not just treating their illness or disease. The link between a patient satisfaction and clinical quality outcomes are direct.

In 2012, our hospital patients rated Madison Valley Medical Center with an average patient satisfaction score of 9.2 out of 10, our Emergency Department patients a 9.4 out of 10 and our Clinic patients a 4.6 out of 5. Perhaps more impressive is that more than half of respondents in each of these categories

scored Madison Valley Medical Center with the highest overall satisfaction score possible.

While we are pleased with the overall patient satisfaction scores achieved we recognize the need for continued quality improvement. The most valuable surveys we receive are those that provide us opportunity for self-examination and the opportunity to evaluate current policy and procedure. The survey's our

*(Continued on page 3)*

## HEAT RELATED ILLNESS

### Summer is Coming!

Many of us living in the Madison Valley think that there are only two seasons, early winter and late winter; however, there are times when the temperature and other weather conditions are perfect for different forms of Heat-Related Illness (HRI). We need to keep this in mind as warmer weather approaches.

A healthy body temperature is maintained by the nervous system camera. As body temperature increases, the body tries to maintain its normal temperature by trans-

ferring heat. Sweating and blood flow to the skin camera (thermoregulation) help us keep our bodies cool. A heat-related illness occurs when our bodies can no longer transfer enough heat to keep us cool.

#### Heat-related illnesses include:

**Heat rash**, which occurs when the sweat ducts to the skin become blocked or swell, causing discomfort and itching.

**Heat cramps**, which occur in muscles after exercise because sweating causes

the body to lose water, salt, and electrolytes.

**Heat edema**, swelling in the legs and hands, which can occur when you sit or stand for a long time in a hot environment.

**Heat syncope (fainting)**, which occurs from low blood pressure when heat causes the blood vessels to expand and body fluids move into the legs because of gravity.

*(Continued on page 2)*

### INSIDE THIS ISSUE:

Update from the CEO	1
Heat Related Illness	1
Heat Related Illness - continued	2
Update from the CEO - continued	3

Helipad Ready For Service	4
Just Your Type - Couples Seminar	5
Memorial/Honorary Listings	6
Look What Your Support Provided	7

Contact Us	8
Meet and Greet Reception	8
Fourth Annual Home Tour	8



## HEAT RELATED ILLNESS



Dr. R.D. Marks  
(photo by Shanna Mae Photography)

(Continued from page 1)

**Heat exhaustion**, which generally develops when a person is working or exercising in hot weather and does not drink enough liquids to replace lost liquids. Symptoms of heat exhaustion are: diarrhea, dizziness, headache, loss of coordination, goose flesh, profuse sweating, nausea, weakness or passing out. Core body temperature is elevated to more than 100 F degrees and pulse rate is increased.

**Heat stroke\***, occurs when the body fails to regulate its own temperature and body temperature continues to rise, often to 104 F degrees or higher.

Symptoms are: hyperventilation, flushed hot and dry skin, blood pressure may be high or low, dizziness, confusion, hallucinations, or coma. \* **Heat-stroke is a medical emergency. Even with immediate treatment, it can be life-threatening or cause serious long-term problems.**

While the hot, dry, windy summer weather of the Madison Valley summer sets the stage for these heat related problems, often times it is our activities, health status, or medications that can further set us up for heat related illness.

As with many illnesses, the very young and very old are more susceptible as age can impact the way the body gets rid of heat. Activities which are very strenuous along with decreased fluid intake can promote conditions that facilitate symptoms of heat-related illness. Caffeine or alcohol contributes to your risk of dehydration. Many medicines can increase your risk of a heat-related illness. Some medicines decrease the amount of blood pumped by the heart and limit blood flow to the skin, so your body is less able to cool itself by sweating. Other medicines can alter your

sense of thirst or increase your body's production of heat. If you take medicines regularly, ask your doctor at the Medical Center for advice about hot-weather activity and your risk of getting a heat-related illness.

Prevention is always the best cure. Be aware of the weather conditions and prepare accordingly. Maximizing time out of direct sunlight and wear clothes with good ventilation that will keep your core temperature down. Avoiding strenuous activities at the hottest part of the day while consciously taking in more fluid will also help. For those who develop heat-related illness symptoms, conscious efforts to increase hydration and to lower the body temperature by means such as a cool shower or bath are helpful and appropriate.

**Keep in mind that heat exhaustion and heat stroke need immediate medical treatment.** Check your symptoms to decide if and when you should see a doctor. As with all medical problems, prompt recognition and evaluation by a medical provider will minimize the consequences. The medical

team at Madison Valley Medical Center is trained to recognize and treat all heat-related illnesses.

Enjoy your summer and stay cool!

Dr. R.D. Marks, MD  
MVMC Chief of Staff



“remember;  
the  
race  
of  
life  
is  
won  
by  
not  
finishing  
first”





## UPDATE FROM THE CEO

*(Continued from page 1)*

patients return are a crucial part of the development of our quality program here at Madison Valley Medical Center. Each survey represents a patient's personal experience. We explore the patient's impression and identify trends or issues, and where necessary, appropriate changes are made concentrating on improvements to procedures through real-time results reporting.

A recent community health needs assessment was completed for our service area which provided Madison Valley Medical Center with valuable information regarding the needs and desires of community stakeholders. Results were summarized and the Medical Center evaluated our own resources, we took a closer look at what's available in the community, and looked at our ability to make a difference. Where possible we have responded to the needs expressed.

As a result, we are now providing more specialty services than ever before. In addition to Family Medicine, Madison Valley Medical Cen-

ter in collaboration with our medical partner's offer services including: Cardiology, Gastroenterology, Orthopedics, Audiology, Gynecology, X-Ray, Ultrasound, CT, MRI, Bone Density Screening, Physical Therapy, Speech Therapy, Occupational Therapy, and Diagnostic Lab work. We are excited to announce that we are currently finalizing an agreement with Bozeman Deaconess Cancer Center to bring limited Oncology services to our Medical Center beginning this summer. Providing these additional services allows community members to stay close to home for many of

their healthcare needs.

As an organization we have renewed our efforts to educate the community on the importance of their own health. We recognize that the health of the community is more than treating sickness but rather fostering healthy living. In early June we held our annual health fair which helped to educate and inspire hundreds to commit to healthy living. As an organization we will continue to commit to helping the community take a proactive approach to their health by providing increased awareness and educational oppor-

tunities.

Thank you, for the support you have given. I am grateful to live in a community that is tender-hearted, and especially one that cares so much about the health and wellness of its neighbors. As always, I welcome your thoughts and suggestions to help us improve the health and well-being of our community.

John Bishop  
Chief Executive Officer



*"Thank you, for the support you have given. I am grateful to live in a community that is tender-hearted and especially one that cares so much about the health and wellness of its neighbors. As always, I welcome your thoughts and suggestions to help us improve the health and well-being of our community."*







## HELIPAD READY FOR SERVICE

The Madison Valley Medical Center's new Helipad, erected at the north end of the Emergency room entrance parking lot, allows patients to get interventional treatment within minutes of departure via airlift.

### Saving Lives

The time from event to interventional treatment saved by the Medical Center Helipad will be especially helpful for conditions that worsen second-by-second, such as an ST-Elevation Myocardial Infarctions, or STEMI. A STEMI is a very serious type of heart attack during which one of the heart's major arteries is blocked. Every second counts as the longer the artery is blocked, the more massive the heart attack. For example, an air ambulance flight from the Medical Center to Bozeman Deaconess will take 10-15 minutes as opposed to almost an hour by conventional ambulance.

"It should be very comforting for the people of the Madison Valley to know that we now have the fastest way possible to get intensive emergency care for the most demanding medical situations," said John Bishop, CEO Madison Valley Medical Center.

### Life Saving Donation

The Madison Valley Medical Center Helipad initiative began in early 2013 as the Medical Center recognized a need to address this shortfall in access to intensive emergency care in the Madison Valley. The Medical Center Foundation implemented a campaign to raise the money needed to build the structure. Through an individual donation from Madison Valley residents Sarah and Gerry Gerron, the vision became reality.

"When we learned about the plan to construct a helipad at the Medical Center, our

first response was one of relief; the second was, how can we make this happen immediately?," said Gerry Gerron. "Sarah and I love this Valley and its people and we could not think of a better way to show that caring that by increasing the odds of survival."

### Life Sustaining Access

Besides offering quicker care during intensive emergencies, the 40 x 40 foot Medical Center Helipad will also provide better supply access and evacuation options during natural disasters, such as earthquakes and floods.

The helipad will aid in care, transport and connection with other hospitals as well as other state medical facilities if the entire County was under mandatory evacuation. The U.S. Forest Service and the U.S. National Guard may also use the helipad as an emergency landing site when needed.

The Madison Valley Medical Center Helipad is now available for patient transportation and we are grateful to Sarah and Gerry for their thoughtful and timeless gift.



### Hardhat Facts:

#### What construction materials did it take to build the Madison Valley Medical Center Helipad?

- ◆ How many feet electrical wire? 1,665
- ◆ How many feet of rebar? 1,600
- ◆ How many pounds of concrete? 146,000
- ◆ How many light fixtures? 26
- ◆ How many sq. feet of paint? 813







## “JUST YOUR TYPE: MAKING SENSE OF YOUR PARTNER” COUPLES SEMINAR

The couples seminar presented in June at the Madison Theater was a great success. A heart-felt thanks goes out to Jay and Karen Willett who own and operate the historic Madison Theater for donating the use of the Theater; and to Dr. Diane Ludgate Love, PhD for donating her time and expertise. There was no fee to attend; however, attendees were encouraged to make a donation to the Madison Valley Medical Center Foundation who made the seminar possible.

Everyone who attended the couples seminar agreed that when it comes to relationships...we could all use a little tune up to understand and appreciate one's partner. The energetic and interactive event was designed to help couples understand some of the personal differences which exist in their relationship and how to make constructive use of those differences. Based on the most

widely used and accepted personality indicator in the world, the Myers-Briggs Type Indicator®, couples learned an easy to understand framework that help them to know themselves and their partner even better in order to strengthen who they are as a team.

All of the information presented in the couples seminar was grounded in decades of sound and extensive research by Diane Love. Dr. Love is the founder of Successful Solutions, LLC. She is a world-class executive and personal life coach, corporate trainer, professional speaker, and award-winning author. Diane brings over 25 years of experience in management, business development, and leadership training. She has facilitated a wide variety of seminars, trainings and retreats for non-profit agencies, educational institutions, business owners, and Fortune 500

corporations. Diane is recognized around the world for her expertise in linking personality type and experiential learning to business and personal objectives.



Dr. Diane Ludgate Love, PhD

*“when it comes to relationships...  
we could all use a little tune up”*





# Memorial & Honorary Listings

## Memorials

Mary Ann Anderson  
 John Branger  
 John Clark  
 Bob Cleverley  
 Peter T. Combs  
 James Davies  
 Lenore Fasules  
 Jack, C. Hardy  
 Richard E. (Rick) Henderson  
 Bob Lake  
 Janet R. Manley  
 Mac and Billie McPhetres  
 Angie Pasquali  
 Mary Woodrow Rockwell  
 James Harrison Saunders  
 Pat Shields Ramey  
 Dale Trapp  
 Gene Walsh  
 Jan Young  
 Larry Zabel

## Honorariums

Carol Anderson  
 Dr. David J. Ban  
 Jay and Leesa Bingham  
 Don and Toni Bowen  
 Dr. Gina Bowers  
 Dr. Paul Buse  
 Christopher Di Michele  
 John and Robert Hartman  
 Dr. John Hess  
 Dr. Brad Kessler  
 Dr. John Laird  
 Dr. and Mrs. R.D. Marks  
 Ben Parsons  
 Ann Restvedt  
 James Rowan  
 John and Toni Scully  
 Dr. Brad White  
 Dr. Jeffrey Zuke

*A special thank you to all of those families and friends who donated in memory or in honor of a friend or loved one. Their legacy is with us and has supported quality healthcare in the Madison Valley.*

*Memorial and Honorary Donations received 10/1/12—5/1/13, Listed Alphabetically. Memorial Listings are those donations made "In Memory of" someone who has passed away. Honorary Listings are those donations made "In Honor of" living persons.*

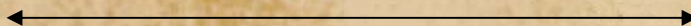
*Engraved bricks purchased for the Memorial Wall located at the end of the South parking lot are installed once a year in July.*





**“UPON THE BRINK OF A WILD STREAM HE STOOD,  
AND DREAMT A MIGHTY DREAM.”**

ALEXANDER PUSHKIN



## **LOOK WHAT YOUR SUPPORT PROVIDED IN FISCAL YEAR 2012**

Consistent support helps sustain the Madison Valley Medical Center's mission to be the most effective provider of healthcare services in our region.

- ◆ Money raised for the Medical Center to purchase a DEXA Scan for bone density testing.
- ◆ Money raised for the Medical Center to install retrofits to Emergency Room doors.
- ◆ Money raised for the Medical Center to purchase lab equipment.
- ◆ Money raised for the Medical Center to purchase digital x-ray diagnostic imaging equipment.
- ◆ Money raised for the Medical Center to install parking lights, parking lot signs, shrubs, flowers and trees around the Medical Center complex to be enjoyed year-round by patients, their friends, and families.
- ◆ Installed the planned Donor Wall honoring all supporters from 2005 -2010 who gave \$1 to \$1,000,000 dollars toward the building campaign of the new Madison Valley Medical Center.

## **IN ADDITION ... YOU DID IT!**

Thanks to donors who invest in our work, the Madison Valley Medical Center Foundation raised over \$1,000,000 in less than two years to secure the diagnostic imaging equipment for the Madison Valley Medical Center, making it the most successful capital campaign in recent history.

The cutting edge technology such as CT Scan, Ultra Sound, Digital X-Ray, and Portable X-Ray helps our physicians and nurses improve the quality of life for thousands of patients in the Valley. Without philanthropy, the diagnostic imaging equipment and many other medical programs and services would not be available today for you, your family and your friends and neighbors.

Today, another patient will walk out of the Medical Center with new life and the comfort of knowing they were able to receive lifesaving diagnostic care at one of the best critical access hospitals in Montana. Your support of Madison Valley Medical Center Foundation helps make this happen, today and every day. For that, we will always be grateful.



Madison Valley Medical Center

# Foundation

*"Supporting high quality health care with  
modern services and qualified professionals"*

Return Service Requested

Non-Profit Org.  
US Postage  
**PAID**  
Ennis, MT  
Permit #993

## Contact Us

### Madison Valley Medical Center Foundation

PO Box 993  
305 N. Main  
Ennis, MT 59729  
(406) 682-6641

E-Mail:  
foundation@mvmcf.org  
[www.mvmcf.org](http://www.mvmcf.org)

**Executive Director**  
Christie Trapp

### Madison Valley Medical Center Foundation Board of Directors

Mary Oliver/President  
Steve Love/Vice President  
Kim Montag/Treasurer  
Teresa Dockery/Secretary  
Heidi Gildred  
Rebecca Zabel  
Gerry Gerron  
Dottie Fossel  
Manny Hoag  
John Bishop

### Madison Valley Medical Center

PO Box 397  
305 N. Main  
Ennis, MT 59729  
(406) 682-6862

[www.mvmedcenter.org](http://www.mvmedcenter.org)

**CEO**  
John Bishop

### Madison Valley Medical Center

#### Board of Trustees

Dottie Fossel/Chairman  
Manny Hoag/Vice Chairman  
Sylvia Carpenter/Secretary  
Fred Donich  
Julia Misero

To:

## UPCOMING EVENTS



### MEET AND GREET RECEPTION

**July 30, 2013 7:30 - 8:30 A.M.**

Madison Valley Medical Center  
Lower Level Conference Room

The Madison Valley Medical Center Foundation is hosting a Meet and Greet Reception. The community is invited to enjoy a light breakfast and meet the Board of Directors and Executive Director.

Mary Oliver, President of the Foundation Board of Directors said "We are looking at this event as an opportunity for the community to meet the leadership behind the Medical Center Foundation and give us an opportunity to thank the community for their ongoing support."

Christie Trapp, Executive Director said "The Madison community is committed to our Medical Center and I look forward to greeting the people who have stayed steadfast in their support through the years and letting them know about the work the Foundation has done and is doing."

### THE FOURTH ANNUAL HOME TOUR

**August 17, 2013 10 A.M. - 5 P.M.**

Advance tickets available for \$25 at the Medical Center reception desk, the Ennis Chamber of Commerce, or by calling Dottie Fossel at (406) 682-5073.

Tickets available from 9:30 to 11:00 A.M. on the day of the Home Tour for \$30 on the porch of the Blue Moon in Cameron.

*No Need to Peek in the Window,  
we'll let you in the front door!*

