

SERVICES AVAILABLE AT MEMORIAL HOSPITAL, INC.

CARDIAC REHABILITATION:

The long-term benefits of aerobic fitness training and lifestyle changes, which reduce coronary risk factors, are well established. Benefits include:

- ♥ Reduced risk of sudden death and heart attack
- ♥ Improved stamina/endurance
- ♥ Improved tolerance for daily activity
- ♥ Improved blood lipids
- ♥ Lower blood pressure
- ♥ Faster return to work
- ♥ Improved self confidence and emotional well being

Individuals who are recovering from a heart attack, cardiac surgery or angioplasty, diagnosed with stable angina or coronary artery disease are all good candidates for this service. Please consult your physician or your nurse for more details.

CARDIOPULMONARY SERVICES:

Our Cardiopulmonary Services combines two areas of healthcare: the heart and the respiratory (lung) system. Certified and registered therapists treat patients with lung or heart conditions. The staff is skilled in many services including: electrocardiograms, the electrical tracing of the heart (EKG's); brain wave studies (EEG's); stress testing, pulmonary (lung) function studies; and Persantine Thallium studies for those who cannot tolerate traditional treadmill stress testing. This high tech option gives patients special medication to simulate stress conditions in the body and nuclear medicine x-rays are taken. Thankfully more and more of these diagnostic test are becoming more comfortable and less invasive for patients. Memorial Hospital, Inc. therapists work with patients who suffer from respiratory or pulmonary diseases such as asthma and emphysema to provide relief and education. Treatment and teaching is part of our goal to help patients and families learn to cope with and manage chronic illness.

CHILDBIRTH EDUCATION CLASSES:

At Memorial Hospital, Inc., we believe that learning about parenting and the birth process helps you assume your role as a parent with greater ease, comfort and joy. That is why we offer one of the most comprehensive programs in childbirth and newborn care in the area. Our classes are taught by experienced nurses who will help guide you through the physical and emotional experiences that await you. Some of the topics covered include: the phases of labor and delivery; various pain control options including medications and epidural anesthesia; CPR for infants; car seat safety; tour of the birthing unit; breathing and relaxation techniques. Memorial Hospital, Inc.'s Childbirth Education class is lead by Registered OB delivery nurses. You will have the benefit of their many years of combined experience and the comfort of having these same nurses care for you and your new baby during your stay at Memorial Hospital, Inc. If you have questions, please feel free to call the Labor and Delivery unit at ext 236.

CONSULTING/VISITING PHYSICIANS:

Memorial Hospital, Inc Specialty Physician Clinic is located on the second floor of the main hospital near OB. A variety of specialists offer a wide range of clinical and surgical services. Appointments can be made with these specialists by referral from your family physician.

Specialties include:

- Cardiology
- Dermatology
- Ear, Nose & Throat
- Gynecology
- Neurology
- Oncology
- Orthopedics
- Pulmonology
- Urology

CORPORATE HEALTH:

The Corporate Health Department at Memorial Hospital, Inc. was opened in September of 2005. It was created to accommodate the needs of our local businesses and manufacturing plants. The Corporate Health Department is based out of our Emergency Department and is staffed by three case managers, Daryl Patrick, ED Director, Heide Chaney, RN and Donna Ruble, RN.

Our services include:

- Ancillary Services (lab, radiology, respiratory, physical therapy, audiology, dietary)
- Breath Alcohol Testing (DOT and Non-Dot)
- DOT Physicals
- Flow Volume Loop Testing and Respirator Certification
- Follow up visits for Workman's Compensation injuries
- Health Screenings
- Level I or Level II physicals
- On Site Services for vaccine/flu injections
- Urine Drug Testing (DOT and Non-DOT)
- Workman's Compensation specialized services

References are available upon request.

Corporate Health Hours:

Monday through Friday

8:00 a.m. – 4:30 p.m.

DISCHARGE PLANNING:

Our discharge planner can provide you with information about home health care, medical equipment, skilled nursing facilities, transportation, and Meals-on-Wheels and other community resources. Assistance with questions regarding Medicare, Medicaid, Social Security, State Disability and Worker's Compensation can also be provided. There are many community

resources, which are available to assist you following discharge from the hospital. If you have questions about which resources are available, ask for the Discharge Planner.

DISMISSAL:

A discharge planner is available Monday through Friday to help arrange home health services, medical equipment, transportation, and nursing home placement. If you need help in this area, please call ext 209. Upon discharge, a nurse will review any special instructions from your physician and document this on a discharge form so that you will be dismissed with a copy. The nursing staff will assist you to your vehicle. If financial assistance is needed, the nursing staff will notify the business office to assist you in completing any unfinished forms or in making arrangements for payment.

HESS FITNESS CENTER:

The Hess Fitness Center was made possible through a donation provided by the late George and Evaline Hess in 1981. Their generosity gave the community of McPherson and the surrounding area an affordable place to exercise and gain valuable fitness knowledge.

The fitness center provides a variety of cardiovascular and weight training equipment in an atmosphere that encourages interaction and exercise enjoyment.

LABORATORY:

The Memorial Hospital, Inc. medical Laboratory staff is proud of its high quality laboratory medicine, as our caring professionals, who are a link between technology and your good health, practice it. Their activities include the analysis of body fluids and cells, blood typing, microorganism screening, blood cell counts, and chemical analysis. For any questions please call the Director of Laboratory Services at ext 117.

MEALS ON WHEELS:

The Meals on Wheels program delivers nutritious meals to people who have difficulty preparing their own meals at home. Volunteers deliver noon meals seven days a week including holidays.

Memorial Hospital, Inc. prepares the meals under the direction of a Dietary Manager and a Registered Dietician. Regular and special diets are available. The menus include a large variety of meats, potatoes, vegetables, salads, desserts and breads.

The fee for this service is determined on a sliding scale according to client income.

To sign up for Meals on Wheels call the coordinator at 241-5238.

PHARMACY:

All medications prescribed by your physician during your hospital stay are distributed by the pharmacy. If you have brought your own medications, please give them to your nurse upon admission or arrange to send them home with a family member. The Hospital Pharmacy serves the patient through convenient and competent service for medications. A pharmacist is on duty to answer questions.

RADIOLOGY:

The Radiology Department offers Nuclear Medicine diagnostic services, Mammography, CT Scan, Magnetic Resonance Imaging or MRI, Ultrasound, Bone Densitometry, and routine X-Ray services 24 hours a day seven days a week. Your health care provider schedules appointments.

REHABILITATION SERVICES:

The Rehabilitation Department through collaboration with Rehab Vision offers services including Physical Therapy, Speech Therapy, Occupation Therapy and Sports Medicine. The staff is knowledgeable in the most up to date evaluation and treatment techniques and provides prompt, quality care to our clients. The Rehab Department serves all ages and can help with:

- Arthritis
- Athletic Injuries
- Back and Neck Pain
- Hand Rehabilitation
- Individualized Fitness Programs
- Joint Replacement
- Orthopedic Problems
- Pediatrics
- Pediatric Developmental Delays
- Speech/Language Dysfunction
- Stroke
- Women's Health
 - Incontinence
 - Lymphedema Massage and Wrapping
 - Post Mastectomy
 - Pre/Post Natal
- Wound Care

The Rehabilitation Department is located on West 2nd Street and the entrance is on the south side of Memorial Hospital, Inc. For more information or an appointment, call during normal hours of operation, Monday thru Friday from 7:00 am to 5:00 pm.

SUPPORT GROUPS:

Contact our discharge planner at 241-2251, ext. 209 for additional information or call the Chamber of Commerce at 241-3303.

SURGICAL SERVICES:

A wide variety of Inpatient and Outpatient surgical services are available at Memorial Hospital, Inc. These include general surgery, podiatry, obstetric, gynecology, ENT, and ophthalmology. Please talk to your Doctor or see our web-site at www.mcphersonmemorial.org for a complete listing.

T.E.A.M DIABETES:

T.E.A.M. Diabetes is an American Diabetes Association approved Diabetes Self-Management Education Program. Facilitated by a Registered Nurse Certified Diabetes Educator and a Registered Dietician, classes are designed to help the person with diabetes understand the

Disease Process and Treatment Options, the effect of Activity, the best choices of Nutrition to maintain healthy body, the Acute and Chronic Complications of diabetes as well as how to handle sick days, and how to handle the stress of chronic disease, set diabetes self-management goals, and look for patterns in their blood glucose levels.

For more information, please call ext. 416 and leave a message.

UTILIZATION REVIEW AND DISCHARGE PLANNING:

A Utilization Review Coordinator is available to answer questions regarding Medicare, Medicaid, and insurance. A registered Nurse is available to provide various services to the patient and the family depending on their needs. We provide the patient and family with information regarding discharge planning, advanced directives, financial assistance and community resources. We are able to determine the appropriate services that will be needed prior to discharge. We also offer emotional support to the patient and family who are encountering a traumatic situation. An RN is available Monday through Friday. If you need help in this area, please contact ext 209.

WHO ARE MY CAREGIVERS?

Your health care teams all wear badges and should introduce themselves. They include the following members.

CARDIOPULMONARY SERVICES:

If ordered by your physician, a Respiratory Therapist may come into your room to administer treatments or procedures.

CASE MANAGEMENT/SOCIAL SERVICES:

Social Services, discharge planning, and utilization review are some of the services provided by our Utilization Review/Discharge Planner.

DIETARY SERVICES:

The dietary staff provides meals to the patient floors. If an evaluation or assessment of your diet is required, a registered dietician may visit with you and make recommendations.

LABORATORY:

Lab assistants will draw blood for tests ordered by your doctor. Most blood draws will be done early in the morning so that the results are ready when the doctors make rounds.

MEDICAL IMAGING/RADIOLOGY:

If X-Rays, ultrasounds or other scans are ordered, the medical imaging team will care for you during your visit or after hospitalization.

**MID-LEVEL PRACTITIONERS OF PHYSICIAN ASSISTANTS
& NURSE PRACTITIONERS:**

Mid-level Practitioners of Physician Assistants and Nurse Practitioners are health care professionals licensed to practice medicine with physician supervision. As part of their comprehensive responsibilities, PA's and ARNP's aid physicians in caring for hospitalized patients, conduct physical exams, diagnose and treat illnesses, order and interpret tests, counsel on preventive health care, assist in surgery, and write prescriptions.

NURSES:

Nursing care is provided by Registered Nurses (RN's), Licenses Practical Nurses (LPN's), and unlicensed assisting personnel (Nursing Assistants). Every patient's care is planned and supervised by a registered nurse. You may also receive care from an Emergency Medical Technician or EMT or an Emergency Medical Technician Paramedic, EMTP.

PHARMACY:

The Hospital Pharmacy serves the patients through convenient and competent service for medications. A pharmacist is on duty to answer questions.

PHYSICAL, OCCUPATIONAL, AND SPEECH THERAPY:

The doctor, as part of your rehabilitation may order therapy sessions.

PHYSICIANS:

Your Doctor is in charge during your hospitalization. He/She directs your care and orders your examinations, medications, treatments, tests, and diet. Your Doctor (or doctor's Partner) will see you in the hospital everyday.