

Community Focus

FROM YOUR FRIENDS AT CHESTERFIELD
GENERAL HOSPITAL

**Our patient
advocate
is here to help**

**Feel better
with our Healthy
Lifestyle Program**

**Are you
exercise savvy?
Find out inside!**

**Get back
to living
Recover with
cardiac rehab**



CHESTERFIELD GENERAL HOSPITAL

www.ChesterfieldGeneral.com



Mind your medicine

Smart strategies to stay well



Adults over age 65 who have adverse drug reactions account for more than 177,000 emergency room visits each year. One-third of these visits are related to three drugs: warfarin (a blood thinner), insulin (for diabetes) and digoxin (a heart medicine). Many of these reactions can be avoided with better communication between patient and physician. Follow this advice to help you avoid becoming a statistic:

- **Tell your physician about all the medicine you're taking.** That

includes prescription medications and over-the-counter drugs and supplements. Your physician will want to make sure you're not taking anything that can cause a reaction or affect a drug's potency. For example, Ginkgo biloba, garlic, ginger and ginseng can all interact with warfarin, as can medications taken for headaches and joint pain, such as aspirin and ibuprofen. Iron and calcium supplements can interfere with thyroid medication absorption.

- **Ask questions.** Don't be afraid to ask your physician to clarify a medication's purpose and common side effects. Also make sure you know when and how often you should take it and what to do if you miss a dose. Learn both the medicine's brand name and generic name and its shape, size and color.
- **Write it down.** Keep a list of all the medications you take in your wallet in case you do end up in the ER. This will allow physicians and nurses to avoid giving you medicine that could cause a dangerous interaction.
- **Take your medication as prescribed.** Don't stop your treatment because you think it's not working, you have side effects or you think your pill-taking regimen is hard to stick with. Instead, call your physician. He or she may be able to prescribe a different medicine or dosage to minimize side effects or simplify your regimen.

Also let your physician know if you've stopped taking a prescribed medicine. Otherwise, he or she may assume the drug isn't working and give you a higher dosage or different medication.

- **Go to follow-up appointments.** Some medications, such as blood thinners and drugs for diabetes, seizures and heart problems, require regular blood tests and monitoring by your physician. Regular visits are crucial to ensure you're getting a safe and effective dose.



CGH is committed to you!

Dear neighbors,

Chesterfield General Hospital (CGH) administration wishes you and your family a happy and healthy New Year! 2009 brings the promise of many good things for CGH. We're looking forward to making improvements and adding more physicians to better serve your needs. Due to our recruiting efforts, a nephrologist/endocrinologist will join our medical community this summer, adding a much-needed specialist to serve the diabetic population of our area.

SATISFIED PATIENTS

The efforts of our care team continue to establish us as a provider of quality healthcare as we provide superior patient service. Last year, surveyed patients gave us excellent ratings, with 100 percent of them recommending CGH to family and friends and 100 percent being satisfied with the overall care and services received.

We continually strive to offer you comprehensive customer service and resolutions to hospital issues you may have. Read more about the role our patient advocate plays in helping you on page 4. We'll continue to work toward meeting your expectations and hope you'll allow us to attend to your healthcare needs. Please let us know how we can serve you better.

Sincerely,

CHESTERFIELD GENERAL HOSPITAL
ADMINISTRATION

Achieve a Healthy Lifestyle!

Our customized program can help

Tired of fad diets? Looking for a program that will work specifically for you and your New Year's resolutions? Start your year off right by joining the Chesterfield General Hospital (CGH) Healthy Lifestyle Program.

CGH offers this customized nutrition and exercise program for only \$50. Program staff will meet with you individually to discuss your goals, current health, eating habits and exercise behaviors, and design your start-up plan. Follow-up visits monitor your progress, and recommendations keep you on track toward meeting your goals.



A PLAN JUST FOR YOU

The CGH Healthy Lifestyle Program includes:

- evaluation of body fat, body mass index (BMI), blood pressure and heart rate
- an individualized nutrition plan that recommends daily total caloric intake and carbohydrate, fat and protein breakdown
- meal preparation and shopping tips
- recommendations and modifications to help you reach your weight goals
- a fitness program with exercise recommendations, including total calories expended per day and duration and frequency of exercise needed to reach weight goals
- follow-up sessions to monitor progress and provide nutrition and exercise program feedback

! Get healthy!

Sign up today for Chesterfield General Hospital's
Healthy Lifestyle Program at (843) 320-3378
and see a new you emerge!

On your behalf

What a patient advocate can do for you



Lynn Hubbard, R.N.
CGH Patient Advocate

When you're sick and need help, you should rely on a physician—one who's knowledgeable, cares what happens to you and leaves no stone unturned in getting you the care you need. Hospital caregiving involves many different people—from technicians to nurses to physicians. Sometimes, when quick decisions have to

be made under high stress, you or your family member may not get the service you expected, or answers to your questions may be unclear. For those times, a patient advocate's services can help.

WORKING FOR THE PATIENT

A patient advocate acts as an intermediary between the patient and healthcare providers. Patient advocacy involves speaking on behalf of patients to protect their rights and help them get needed information and services. Lynn Hubbard, R.N., with 11 years of nursing experience—nine of those in the hospital setting—and seven years in patient education, is Chesterfield General Hospital's (CGH) patient advocate. "I speak for patients, whether I'm presenting their concerns to a department manager or offering their perspective in a hospital committee meeting," says Hubbard. Her job is to look at hospital processes, services and the environment from the patient's perspective. She identifies areas of needed improvement so patients receive quality care.

Hubbard also works to improve the services offered at CGH. For example, she may observe call-button response time, emergency department wait time, patient room cleanliness, the registration process or whether all of a patient's questions have been answered. "Her role is to provide customer service, ensuring that every patient has the highest level of care, quality treatment and a clean and safe environment so they can get better and go home," notes Kari Snyder, chief nursing officer. "Lynn's high level of empathy and customer service ensures that we at CGH continually assess our processes and procedures so that we're constantly improving—from registration to housekeeping to nursing care."

ABOUT CGH

CGH's mission is to provide high-quality, cost-effective services and patient care within a culture dedicated to safety and outstanding customer service, now and in the future. Patient advocacy is one of the many ways we strive to fulfill that mission.



! We advocate for you!

If you have a question or concern while receiving treatment at CGH, call patient advocate Lynn Hubbard, R.N., at (843) 537-7881.

Get back to living!

Feel better with cardiopulmonary rehab



Do you or a loved one have chronic asthma or chronic obstructive pulmonary disease (COPD)? Have you recently had a heart attack or a cardiac procedure, such as angioplasty or heart surgery? If so, Chesterfield General Hospital's (CGH) cardiopulmonary rehabilitation program is here to help.

RECOVER QUICKLY

Also known as cardiac rehab, the program is a state-certified multi-intervention process that offers education, exercise and support to patients with coronary artery disease, COPD and restrictive lung disease. Medically supervised by healthcare professionals, cardiac rehab helps patients recover quickly and improve their overall physical, mental and social functioning. The goal of cardiac rehab is to stabilize, slow or even reverse the progression of cardiovascular and pulmonary disease, reducing the risks of disease, another cardiac event or death. Medicare and Medicaid, most private insurance companies and South Carolina Vocational Rehabilitation cover cardiac rehab.

STAY HEALTHY

CGH's program improves patients' outlook, quality of life and abilities to carry out daily activities. Cardiac rehab also reduces heart disease risk factors and teaches patients

how to manage their disease. Our program includes a 12-week exercise regimen that's closely managed by director and board-certified nurse Sonny Usher, R.N. "On average, patients feel better and see improvement within four weeks," says Usher. After the program is completed, CGH offers a health maintenance exercise program and nutrition evaluation. This allows participants to be informed and educated in order to continue with their newly acquired healthy lifestyles.

! Get on the road to recovery!

If you or a loved one is in need of cardiac or pulmonary rehabilitation, call the professionals at CGH at (843) 320-3378.

Cardiac rehab services

Cardiac rehabilitation at CGH includes:

- a caring staff that provides guidance to help you understand and manage the disease process
- nutritional counseling
- lifestyle modification to manage risk factors such as high blood pressure, smoking, high cholesterol, physical inactivity, obesity and diabetes
- vocational guidance to help patients return to work
- instruction on appropriate use of prescribed medications

Who can benefit from cardiopulmonary rehab?

Patients are admitted to CGH cardiopulmonary rehabilitation by physician referral after a review of their condition and medical records. Candidates for the program include those who have the following conditions:

- heart attack
- heart valve replacement
- coronary artery bypass graft surgery
- restrictive lung disease
- stable angina
- angioplasty with stent placement
- heart and lung transplant
- COPD, chronic asthma, chronic bronchitis or emphysema

HEALTHWISE QUIZ

How much do you know about **exercise**?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

ANSWERS: 1. (d) 2. (a) 3. (d) 4. (c) 5. (b)

The kidney-heart connection

If you think kidney disease only affects your kidneys, think again. Though researchers can't fully explain the link, kidney disease is an independent risk factor for heart disease and greatly increases the risk of dying from heart problems. In fact, heart disease is the most common cause of death for the more than 20 million Americans with chronic kidney disease.

WHO GETS KIDNEY DISEASE?

Kidney disease is often called a "silent killer" because many people don't even know they have it until it reaches an advanced stage. Risk factors include being obese; smoking; and having high blood pressure, diabetes or a family history of kidney disease. Ask your physician about testing if you're at risk. If he or she suspects you may have chronic kidney disease, blood and urine samples can diagnose it.

KEEP YOUR KIDNEYS HEALTHY

If you already have kidney disease, early treatment can help keep it from getting worse. But the best method of attack is to prevent the problem in the first place. Take these steps to minimize your risk:

- **Maintain a healthy weight.** Eat healthful foods and be active every day.
- **Quit smoking.** Besides the damage it can do to your heart, smoking can interfere with medicine for high blood pressure.
- **Get your blood pressure level to 120/80 mm Hg or lower.**

Start by slashing salt from your diet and getting more potassium (found in bananas, apricots and broccoli). If changing your diet doesn't help, discuss medications with your physician.

- **Control your blood sugar if you have diabetes.** Dietary changes and medication may be needed.



'Brake' for breakfast



You wouldn't take off for a road trip with no fuel in your car, so it doesn't make much sense to send your body out for the day with nothing to run on. Your tank needs breakfast.

Studies have shown that those who eat this most important meal of the day are less tired and irritable, have better concentration and are more likely to maintain a healthy weight. Not a bacon-and-eggs person? No problem. Try these

out-of-the-cereal-box suggestions from the American Dietetic Association:

- one cup of vanilla low-fat yogurt topped with whole-grain cereal and berries
- leftover veggie pizza with a piece of fruit and a glass of milk
- whole-grain toast topped with a little peanut butter and apple slices
- whole-grain waffles or pancakes topped with fresh banana
- a super-fast smoothie, made from frozen fruit and yogurt, whipped up in a blender
- a breakfast wrap (try low-sodium deli turkey, low-fat cheese and spinach in a tortilla)
- oatmeal sprinkled with cinnamon and walnuts

Ready, aim, vaccinate!

Vaccines aren't just for babies. If your child hasn't been to the pediatrician in a while, he or she may have missed some important shots. And don't forget that adults need vaccines, too! Talk

with your pediatrician about your child's specific needs and whether he or she is at high risk. And ask your own physician about *your* needs. Use this handy chart as your guide.

IMMUNIZATION	BIRTH TO AGE 6	AGES 7-18	AGES 19+
Diphtheria, tetanus, pertussis (DTap, Td/Tdap)	4 doses by 18 months; final dose at age 6	Kids need a booster at ages 11-12. For teens, ask your pediatrician if your child is up to date.	Get a Td booster every 10 years. If you're under age 65 and haven't been vaccinated with Tdap before, you need a single dose.
Haemophilus influenzae type b	4 doses by age 15 months		
Hepatitis A	2 doses between 12 and 23 months	High-risk kids and adults need a vaccination.	
Hepatitis B	3 doses within first 18 months of life	Ask your pediatrician if your child is up to date.	High-risk adults should be immunized.
Human papillomavirus (HPV)		3 doses are recommended for girls ages 11-12, or later if a young woman isn't up to date. Ask your physician about the pros and cons of vaccination.	
Inactivated polio virus	3 doses by 18 months	Ask your pediatrician if your child is up to date.	
Influenza	Yearly, for kids ages 6 months to 19 years		Anyone <i>can</i> get vaccinated; high-risk adults and those over age 50 <i>should</i> be.
Measles, mumps, rubella (MMR)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you haven't had this vaccine, you need it. High-risk adults need a second dose. If you were born before 1957, you're considered immune to measles and mumps.
Meningococcal (meningitis)	Ask your pediatrician if your child is high risk.	It's recommended for kids ages 11-12; otherwise, ask your pediatrician if your child is at high risk.	It's a must for high-risk groups.
Pneumococcal (pneumonia)	4 doses of pneumococcal conjugate by 15 months	High-risk kids and adults need the pneumococcal polysaccharide vaccine. Adults should get vaccinated at age 65; some older adults may need a booster.	
Rotavirus	3 doses by 6 months		
Varicella (chicken pox)	1 dose at 12-15 months; another at ages 4-6	Ask your pediatrician if your child is up to date.	If you aren't up to date and never had the chicken pox, speak with your physician.
Zoster (shingles)			Get it once, at age 60 or older.

Source: Centers for Disease Control and Prevention

Saving Lives

My Life's Work

Chesterfield General Hospital ensures delivery of quality healthcare by employing experienced professionals. ER physician, Dr. Gabe Simpson, has dedicated his life to caring for people in crisis. A Cheraw native, he is board certified in emergency medicine, a fellow in the American Academy of Emergency Medicine and on the S.C. College of Emergency Physicians' Board of Directors. Dr. Simpson shares his talents outside the hospital as well, proving his commitment to caring for life in our community.

Chesterfield General assures that you are in the skilled hands of professionals like Dr. Simpson so that when you need us, you receive the quality care you deserve.



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