



# Patient Care Newsletter

## Corning Area Healthcare, Inc.

Fall 2012



### Flu Shots now available

It's that time of year again... time to get vaccinated for flu. Many wonder why they should get vaccinated. The flu is a very serious disease and can lead to hospitalization or even death. The best way to prevent getting the flu is to get a flu shot. Once you receive the shot it takes about two weeks for the antibodies to develop in the body and provide protection against the flu. The flu vaccine protects against three viruses that will be most common during the upcoming season. These viruses change each year but research indicates which will be the most common.

Everyone 6 months and older should get a flu shot. Especially those who are at high risk of developing serious complications such as pneumonia. People with certain medical conditions (asthma, diabetes, chronic lung disease, pregnancy) and adults older than 65 are urged to receive the flu shot. Children under the age of 6 months and anyone who is allergic to chicken eggs, has severe reactions to the flu vaccine, moderate-to-severe illness with fever or those with a history of Guillain Barre` Syndrome should not get a flu shot without consulting a physician. Side effects with the flu shot can include soreness, redness or swelling (where the shot was given), fever (low grade) and aches. Most people do not have serious problems.

**Ask your doctor today about getting your flu shot!**



### CAHI's has a new Website!

Lots of information is now available right at your fingertips. Log on to

[www.cahi-ar.org](http://www.cahi-ar.org)



<https://www.facebook.com/CorningAreaHealthcare>

### October—Breast Cancer Awareness Month

As most people know, October is Breast Cancer Awareness Month. During this month, the program will increase awareness about the importance of early detection. The American Cancer Society recommends these screening guidelines for most adults:

- Yearly mammograms starting at age 40 and continuing for as long as a woman is in good health
- Clinical Breast Exams (CBE) about every 3 years for women in their 20's and 30's and every year for women 40 and older
- Women should know how their breasts normally look and feel and report any breast change promptly to their health care provider. Breast self-exam (BSE) is an option for women starting in their 20's

Talk with your doctor about your history and whether you should have tests at an earlier age.



#### Important Dates:

- October 8—Columbus Day
- October 16—Boss Day
- October 31—Halloween
- November 4—Daylight Savings Time ends
- November 6—Election Day—Please vote
- November 11—Veterans Day
- November 22—Thanksgiving Day
- December 21—Winter Begins
- December 25—Christmas

## Community Healthcare Center holds Groundbreaking Ceremony

Community Healthcare Center held their groundbreaking ceremony on August 23, 2012. The new facility will be located at 201 Colonial Drive, right behind the Walnut Ridge Nursing and Rehab Center. This is a \$1.4 million project and will be 9,355 square feet. The new facility will house four doctors and approximately 20 support staff. Several Legislative members and Representatives were present.



Brigitte McDonald,  
Executive Director



Senator  
Robert Thompson



Mayor Don House  
Walnut Ridge



Rep. James Ratliff,  
Lawrence County



Lawrence McCullough,  
USDA Rural  
Development

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## West Niles Virus



According to the CDC, the West Nile virus (WNV) is a potentially serious illness. Experts believe WNV is established as a seasonal epidemic in North America that flares up in the summer and continues into the fall.

The easiest and best way to avoid WNV is to prevent mosquito bites. When you are outdoors, use insect repellent containing an [EPA-registered active ingredient](#). Follow the directions on the package.

- Many mosquitoes are most active at dusk and dawn. Be sure to use insect repellent and wear long sleeves and pants at these times or consider staying indoors during these hours.
- Make sure you have good screens on your windows and doors to keep mosquitoes out.

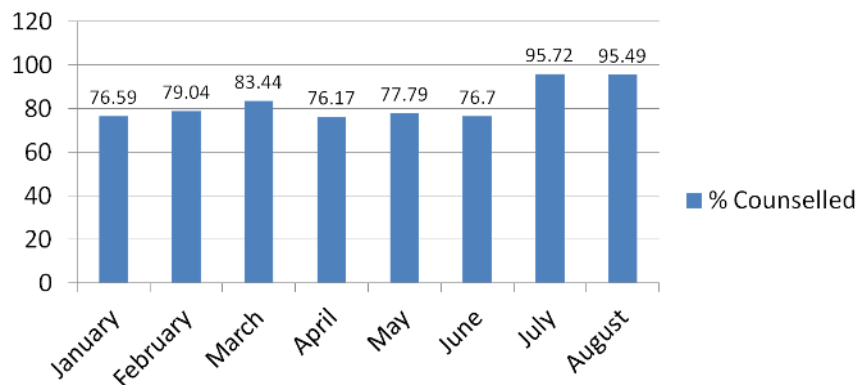
Get rid of mosquito breeding sites by emptying standing water from flower pots, buckets and barrels. Change the water in pet dishes and replace the water in bird baths weekly. Drill holes in tire swings so water drains out. Keep children's wading pools empty and on their sides when they aren't being used.

Severe symptoms can include high fever, headache, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, vision loss, numbness and paralysis. These symptoms may last several weeks, and neurological effects may be permanent. Some have symptoms such as fever, headache, and body aches, nausea, vomiting, and sometimes swollen lymph glands or a skin rash on the chest, stomach and back. Symptoms can last for as short as a few days, though even healthy people have become sick for several weeks. Most people (about 4 out of 5) who are infected with WNV will not show any symptoms at all.

## Quality Care for Our Patients

It seems like each day brings new and exciting adventures for the health care system. Corning Area Healthcare Inc wants to be your Health Care Home and we encourage our patient's input regarding their health and quality of life. We continually measure or monitor items known as Clinical Quality Measures to help ensure quality care and healthy outcomes for our patients. We have several initiatives or programs we report the Clinical Quality Measures on monthly, quarterly or yearly. These programs include but are not limited to Uniform Data System (UDS) Meaningful Use (MU) and Patient Centered Medical Home (PCMH). Although each program has its own criteria or items that need to be reported, they often include the same measures.

One example is Smokeless Tobacco Use or Smoking Status for patients 13 years and older. Although the criteria may be a little different for each program the outcome is the same and that would be to increase awareness of the hazards of smoking or smokeless tobacco use. For calendar year 2012 the percentage of our patients 13 years and older who have been made aware of the hazards of smoking or smokeless tobacco use is as follows:



Through the many programs and initiatives we participate in we will continue to strive toward healthy outcomes for all our patients. Our goal is to provide continuous coordinated healthcare throughout our patient's lifetime so they will be as healthy as they possibly can be.

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## Patient Survey Winners

At the end of June, CAHI had a random drawing for a cash prize. This is awarded to a patient who fills out a patient survey during the previous six months. One patient is picked at each clinic and awarded a check in the amount of **\$50.00**.

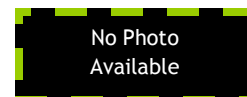
The patient survey has only 10 questions. You can pick these surveys up in an exam room or at the front desk. If you have access to the internet, you can now go online to complete the survey. Just go to [www.cahi-ar.org/survey](http://www.cahi-ar.org/survey). Don't forget to include your name on your survey!



**Corning Winner**  
Pamela Roy (right)  
Pictured with Front  
Office/Billing Manager  
Jennifer Crosby (left)



**Pocahontas Winner**  
Craig Midkiff (Center)  
Pictured with  
Lynda Cato, LPN (left)  
and Heather Hart, APN (right)



**Walnut Ridge Winner**  
Sharon Thomas



### Family Medical Center

1300 Creason Road  
 Coming, AR 72422  
 Phone: 870-857-3399  
 Fax: 870-857-3301



### Pocahontas Family Medical Center

141 Betty Drive  
 Pocahontas, AR 72455  
 Phone: 870-892-9949  
 Fax: 870-857-0208



### Community Healthcare Center

3219 N Hwy 67B  
 Walnut Ridge, AR 72476  
 Phone: 870-886-5507  
 Fax: 870-886-5632

## Mission Statement

Corning Area Healthcare, Inc. (CAHI) a non-profit community health center, serving the comprehensive needs of Northeast Arkansas in a professional manner with compassion and quality without regard to language, financial or cultural barriers.

**Website: [www.cahi-ar.org](http://www.cahi-ar.org)**

## Slow Cooker - Beef Vegetable Soup Recipe

**10 servings | Active Time:** 10 minutes  
**Total Time:** 8-10 hours in a slow cooker

### Ingredients

- 1 pound ground beef
- 1 can (46 ounces) tomato juice
- 1 package (16 ounces) frozen mixed vegetables, thawed
- 2 cups frozen cubed hash brown potatoes, thawed
- 1 envelope onion soup mix



### Preparation

- In a large skillet, cook beef over medium heat until no longer pink; drain. Transfer to a 5-qt. slow cooker. Stir in the tomato juice, mixed vegetables, potatoes and soup mix.

Cover and cook on low for 8-10 hours or until heated through. **Yield:** 10 servings (2-1/2 quarts).

### Nutritional Facts

1 serving (1 cup) equals 139 calories, 4 g fat (2 g saturated fat), 22 mg cholesterol, 766 mg sodium, 16 g carbohydrate, 3 g fiber, 11 g protein.

