

Healthy **LIVING**

JUDY PRUETT'S BREAST CANCER JOURNEY



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Judy Pruett is no stranger to healthcare and Daviess Community Hospital. In fact, her first experience goes back to when she was born here! Her love of the medical field brought her back to the hospital in 1965 when she began her nursing career.

"I started out on Med Surg in 1965," Judy explained. "When the hospital opened an intensive Care Unit in 1970, I decided to transfer to the new unit and stayed there until I retired in 2008." Judy's time in ICU included managing the staff for 19 years before taking a break from management her last two years to work the night shift.

In April of 2022, Judy found a lump in her breast and also noticed discharge. At the same time, she developed a case of Shingles (a viral infection that causes a painful rash). She made the decision to deal with the shingles first and chose to delay a mammogram to address the lump in her breast. She has always been faithful in getting a mammogram each year, and planned to schedule it as soon as she felt better.

It wasn't until she fell and was hospitalized that she shared with her physician that she had a lump. Immediately following her discharge from the hospital, Judy came to DCH for a mammogram and ultrasound. A biopsy was performed and



Judy Pruett with Sharon Mead, RN OCN, ONN

the results showed evidence of Intraductal breast cancer. This type of cancer is where abnormal cells are found in the lining of a breast duct. The abnormal cells have not spread outside the duct to other tissues in the breast.

Judy's next visit to DCH was to meet Dr. Thomas Waits, Oncologist with Ascension St. Vincent. She was grateful that her appointment was here in Washington at the hospital's "Lohano

Center for Advanced Medicine." At that appointment, Dr. Waits shared with her the test results revealed cancer that was classified as ER/PR positive and HER2 negative.

"HER2" stands for human epidermal growth factor receptor 2. It may refer to the HER2 gene or to the protein HER2, which the gene makes. HER2 proteins are receptors that sit on the surface of breast cells. They usually help control the

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growth and repair of healthy breast tissue. However, when the HER2 gene becomes faulty and starts making too many copies of itself, it overproduces HER2 proteins on the surface of breast cells. This can result in HER2-positive cancer.

After meeting with Dr. Waits and conversations with the hospital's Oncology Patient Navigator, Sharon Mead, RN, Judy knew the next step was to meet with a surgeon to discuss surgery options.

Dr. Gilbert Field, a General Surgeon with Daviess Community Hospital, met with Judy and provided her with a detailed plan for surgery and made sure she understood what would take place before, during and after.

On September 6th, Judy came to DCH where an imaging technician injected dye into her breast. This process helps the surgeon locate the tissue to be removed. Her next stop was the mammography department where a wire was inserted into her breast to be used as guide by Dr. Field during surgery.

After the surgery, Dr. Field spoke with Judy's sister to explain how the surgery went and to say that he successfully removed the tumor.

"Dr. Field was wonderful throughout my surgery experience," Judy said. "He is professional, thorough, kind and compassionate. He also has a great bedside manner. Because I had such a positive experience, I have now scheduled my colonoscopy with him."

Once Judy's incision healed, she returned to the Lohano Center to meet with Dr. Waits.

The results of the tests showed there was no further evidence of disease and the lymph nodes and margins were clear. Dr. Waits then recommended radiation treatments and hormone treatments.

After sixteen radiation treatments, Judy returned in November to meet again with Dr. Waits. He prescribed a medication called Letrozole, which she will take every day for the next five years. Letrozole is a medicine used for treating breast cancer. It can also help prevent breast cancer coming back. It is mainly prescribed for women who have been through menopause and have "hormone-dependent" breast cancer. She will continue to follow up with Dr. Waits this year.

"The purpose of the Letrozole is to zap any cancer cells that we can't see with our eyes that may be left

Judy Pruett with
Dr. Gilbert Field



floating around," said Oncology Navigator Sharon Mead. "The Letrozole only works on hormone positive patients (ER/PR)."

Judy is grateful for the conversations she had with Sharon Mead, RN, who serves as the DCH Oncology Navigator. Sharon explained further to Judy what her diagnosis meant and reasons why she was prescribed Letrozole. Judy took great comfort in knowing that Sharon was always just a phone call away.

Judy also shared that it was comforting being here with people she had worked with many years ago. "I had a lot of people here rooting for me through this past year," she explained. "Vicki Meek prayed with me before surgery and Sharon Mead has helped me navigate the paperwork, diagnosis, and much more. They are just a few of the many people at DCH who took great care of me."

"I'm very lucky," Judy said. "The tumor was slow-growing, and newer treatments and procedures make the process much easier. I am so grateful that DCH has kept up with the technology to diagnose and treat breast cancer, as well as bringing specialists here to Washington."

"After working at DCH all those years, I wanted to come here for my care," she said. "The location makes it easier for me and my family."

For more information about Oncology services, General Surgery, 3D Mammography at Daviess Community Hospital, and more, we invite you to visit our website – www.dchosp.org or contact us at 812-254-2760.

COVER PHOTO

Judy Pruett is pictured with
Dr. Thomas Waits and Dr. Gilbert Field.

2022 COMMUNITY HEALTH NEEDS ASSESSMENT

Daviess Community Hospital (DCH) recently completed the 2022 Community Health Needs Assessment. Since 2013, all not-for-profit hospitals are required to develop this report every three years in compliance with the Affordable Care Act.

The Community Health Needs Assessment identifies local health and medical needs and provides a plan to indicate how DCH will respond to such needs. This document suggests areas where area organizations and agencies might work with us to achieve desired improvements and illustrates one way our organization is meeting our obligations to efficiently deliver medical services.

Daviess Community Hospital (DCH) contracted with the Indiana Rural Health Association (IRHA) to conduct the 2022 Community Health Needs Assessment (CHNA). IRHA gathered quantifiable statistics and reports for health-related community data from various resources. Additional reports regarding chronic disease were pulled from the Centers for Disease Control website and the Indiana Cancer Consortium's Indiana Cancer Fact and Figures report.

Next, a focus group of Daviess County representatives including business owners, local officials, healthcare providers, minority leaders, clergy, student representatives, and other interested parties attended a meeting to discuss the health-related needs of the county. The group identified several areas of opportunity.

From the information obtained during the focus group meeting, a 42-question survey was developed in English, Spanish, and Haitian Creole to gain the perspective of the community's residents. Questions included queries about the effect of various factors (such as insurance coverage, mental health services, and local transportation) as well as probes into the perceived need for various services and facilities in the county. The survey was widely disseminated to the residents of Daviess County through inclusion on the Daviess Community Hospital's website, social media, newsletters, radio appearances, and face-to-face polling at locations throughout the county. An online survey was also made available to the public.

At the end of polling, there was a total of 188 total responses. The majority of the respondents were from zip code 47501; the age of respondents was fairly evenly distributed from 26 to 65, with the largest percentage coming from individuals aged 55 to 66. The vast majority of respondents identified as White and most were female.

SUMMARY OF FINDINGS

Based on the information gathered as part of the Community Health Needs Assessment, the Indiana Rural Health Association has identified the areas of greatest need in Daviess County. Through the collection of health data and community input on the county's strengths, values, and challenges within the hospital's service area, the following needs were identified as being of the highest importance:

IDENTIFIED AREAS OF NEED

- **Mental Health** – stigma, affordability, services for youth
- **Cost of Care** – insurance, healthcare services
- **Housing** – affordability, homelessness

Daviess Community Hospital will work with community partners to address the areas identified by members of the community.

The hospital has earned the trust and respect of many local residents. Through a focused effort involving collaboration of hospital leadership and community leaders to improve health outcomes, lives will be changed. This can be leveraged with providers, local businesses, and community service organizations to work toward solutions to the needs identified by the CHNA with the ultimate goal of enhancing the quality of life for Daviess County residents.



DAVISS COMMUNITY HOSPITAL RECEIVES COMMUNITY GOOD GRANT

The Daviess County Community Foundation recently awarded a \$40,000 grant to the Daviess Community Hospital Foundation through its 2023 Community Good Grants program. This grant will be used to purchase an SUV for the Community Paramedic Program.

The Community Paramedic Program is a patient-centered model of care delivered in a patient's home. This includes working with a team to coordinate in-home visits as well as the use of telehealth. The Community Paramedic will assist with health screenings, vaccinations, treatments, and follow-ups. The program will also include social work, substance abuse resources, mental health,

chronic disease management, and more.

The Daviess Community Hospital Foundation is one of 20 nonprofit organizations that received grant awards through this year's Community Good Grants program. Community Good



Grants are made possible by generous donors of the Community Good/Unrestricted Funds and Field of Interest Funds with the Daviess County Community Foundation.

ABOUT DAVIESS COMMUNITY HOSPITAL

Daviess Community Hospital is a not-for-profit and county-owned 74-bed hospital in Washington, Indiana that includes acute care, OB, intensive care, inpatient rehabilitation facility and behavioral health. The facility also owns and operates medical clinics through Daviess County. Daviess Community Hospital Emergency Management



LEFT TO RIGHT

Keith Miller, DCH COO; Larry Shots, EMT-P; Annie Williams, Grant Committee Member; Laura Hazelman, Regional Director of Community Engagement and Impact for Daviess County Community Foundation; Molly Earhart, RN Transitional Care Navigator; Carrie Shaw, DCH Quality and Nursing Services Coordinator; Savannah Linenburg, Regional Director of Development for Daviess County Community Foundation.

Service (DCH EMS) began providing 911 coverage to Daviess County residents in 2019.

Daviess Community Hospital incorporates state-of-the-art procedures and equipment to care for our patients. An extensive offering of services and programs is available. We work cooperatively with physicians, other health care providers, local businesses and industries, and other community organizations to address community needs and to provide a continuum of care.

ABOUT THE DAVIESS COUNTY COMMUNITY FOUNDATION

The Daviess County Community Foundation is one of nine regional county affiliates of the Community Foundation Alliance. The Alliance holds more than 1,200 named funds established by individuals, families, businesses, civic groups, and agencies to improve the quality of life throughout southwestern Indiana, with charitable assets over \$148 million. During their most recent fiscal year, grants and scholarships awarded from all Alliance funds to benefit programs, projects, and people in the nine affiliate counties totaled over \$6.6 million. The Alliance provides management, administrative, and development expertise and services, so every local affiliate foundation can focus on promoting philanthropy, building endowment, and grantmaking, making a difference in their community today and for years to come.

TRI-STATE ORTHOPAEDIC SURGEONS PARTNERING WITH DAVIESS COMMUNITY HOSPITAL

Daviess Community Hospital is pleased to announce a partnership with Tri-State Orthopaedic Surgeons to



Nicholas Rensing, MD

provide services to Daviess county and the surrounding area. Dr. Nicholas Rensing, Orthopedic Surgeon, will be expanding his practice to Washington, Indiana starting in November 2022. He will see patients at Daviess Community Hospital's CORE Center, located at 421 E Van Trees St, Washington, Indiana.

He will share office space with our DCH Orthopaedics team of Dr. Marcus Thorne, Andrew Houchins PA-C and Will Walker, NP.

Dr. Rensing joined Tri-State Orthopaedic Surgeons earlier this year. He earned his medical degree from Indiana University School of Medicine in Indianapolis. He completed his residency in orthopaedic surgery at William Beaumont Army

Medical Center/Texas Tech University in El Paso, TX. Dr. Rensing was trained and served in the Army for 9 years as a surgeon. He spent time at Ft. Bliss and Ft. Campbell and also did a combat tour in Iraq as part of a forward surgical team. Major Rensing is excited to bring his experience gained in the Army to provide orthopedic care to the Tristate area. His practice is focused on sports medicine, knee and shoulder arthroscopy, joint replacement, fracture care, and trauma, as well as general orthopaedics.

ABOUT TRI-STATE ORTHOPAEDICS

Tri-State Orthopaedics is the largest orthopaedic practice in Evansville with 20 physicians, 8 nurse practitioners, and 6 physician assistants. TSOS currently has offices in Evansville, Newburgh, Vincennes, Jasper and Tell City.

Scheduling appointments with Dr. Rensing can be done online (www.tristate-ortho.com) or by phone (812- 477-1558). To schedule appointments with Dr. Marcus Thorne, Andrew Houchins PA-C and Will Walker, NP, please call 812-254-2663.

Psi Iota Xi provides generous monetary donations each year to provide DCH Rehab Therapies with the support we need to give our patients the best care possible. The monetary donations are used for helping patients who cannot afford therapy, buying new materials for the clinic, sending the therapist to courses, and much more. Just in the past 2 years, Psi Iota Xi has provided funds for our therapists in our therapy department to be certified in Myofascial Release and Vital Stim. They are always willing to help us in any way they can and have always been so pleasant to work with. They are a huge blessing to the DCH Therapy Department and the hospital.

Psi Iota Xi is a philanthropic sorority that was founded in 1897. The chapter in Washington (the Alpha Psi Chapter) was established in 1928. Daviess County has two chapters with one also in Odon (Iota Rho) which Psi Iota Xi helped establish a few years ago to help with their mission. Psi Iota Xi has the main philanthropic areas of Speech & Hearing, Music, Art, and Literature.

Psi Iota Xi helps to fund and volunteer in various ways in these areas through different yearly fundraisers. Psi Iota Xi supports all of Daviess County in multiple ways, including giving out two scholarships each year, one for speech and hearing majors and one for music majors. Psi Iota Xi's members also volunteer in Martin county as some of their members reside there.



DAVISS COMMUNITY HOSPITAL WELCOMES PHYSICIAN

Daviess Community Hospital is pleased to announce that Anna Lamb, DO, FACOFP, was recently appointed to the active medical staff at Daviess Community Hospital.

Dr. Lamb now provides outpatient clinic care at our North Daviess Medical Clinic in Odon, IN. Dr. Lamb joins Mendy Mullis, PA, at this location where she will provide care to patients of all ages.

Dr. Lamb received her Doctor of Osteopathic medicine degree at Kirksville College of Osteopathic Medicine in Kirksville, Missouri. She completed a family medicine residency and a rotating internship at Sisters of Charity Hospital in Buffalo, New York. Her career has included serving as a physician in emergency/urgent care, hospitalist and family medicine.



Anna Lamb, DO, FACOFP

Dr. Lamb has also served as program director/director of medical education for family medicine residency at United Memorial Medical Center in New York, as well as in various

leadership positions. She is Board-certified by the American Osteopathic Board of Family Medicine.

Dr. Lamb is accepting new patients.

To learn more about our services or to schedule an appointment, you may contact the North Daviess office by calling 812-636-7300.

DAVISS COMMUNITY HOSPITAL CELEBRATES LEVEL II NURSERY

Daviess Community Hospital (DCH) will soon be celebrating the anniversary of their Level of Care Nursery certification. In November 2021, the Maternal and Child Health Division at the Indiana Department of Health granted DCH an Obstetric Level of Care II and Neonatal Level of Care II.

The certification is effective from November 22, 2021 through November 22, 2024. Daviess Community Hospital must apply for recertification before the expiration of the current certification.

This designation means DCH is certified to provide care to appropriate high-risk pregnant patients and the Special Care Nursery is able to provide care for infants who are born premature or moderately ill (those that are at least 32 weeks gestation and weigh at least 3 pounds.)

Additionally, DCH's Level II nursery is certified to care for babies who have been released from a neonatal intensive care unit but aren't quite ready to go home.



“There are few things more special than having a baby,” said DCH CEO Tracy Conroy. “Our skilled maternity staff is committed to providing a safe and caring environment for each mother. This certification reinforces the excellent care our OB team provides to our region, allowing area mothers to give birth close to home.”

In 2019, the state of Indiana began requiring hospitals to apply for levels-of-care designation as part of a statewide initiative to combat infant and maternal mortality. The certification is effective for three years.

To learn more about DCH's maternity services, visit our website at www.dchosp.org.

1314 East Walnut Street
Washington, IN 47501
812-254-2760 • 1-800-356-2077

www.dchosp.org



DCH FACILITIES MANAGEMENT TEAM RECEIVES AWARD

LEFT TO RIGHT

Greg Sigmon, Dustin Hash, Joe Gardner (MedXcel Director of Facilities Management.), Toby Mandabach, Wes Capehart, Stewart Berg (MedXcel Facilities Manager), Steve Bateman, Perry Knepp.

The MedXcel facilities management team at Daviness Community Hospital recently received the FMOS award which is given to organizations with a regulatory compliance rate of 95% or higher. DCH is one of only 64 organizations across the country to receive this award.

MedXcel assumed management of the hospital's maintenance services in 2018. Since that time, many facility improvements have been made including emergency management & safety, grounds, environment of care and survey readiness. This is the 3rd consecutive year that the DCH team has received this recognition.

MedXcel understands that providing a safe and compliant healthcare environment is their key role in supporting quality care of patients, staff and visitors. As a result, MedXcel had identified a methodical way of ensuring no risks are overlooked as it pertains to the Environment of Care (EOC).

"Our associates work continually to create and maintain excellence in the workplace," says

Joe Gardner, MedXcel Facilities Director. "The excellence everyone brings to work each day all comes together to create a lasting impact. Our job is to keep our hospitals operating efficiently, effectively and safely."

FMOSTM, short for Facilities Management Operating Systems is a tool to help facilities measure, monitor and maintain regulatory compliance pertaining to the EOC. Nearly 75% of facilities management activities are subject to regulatory standards, which are designed to reduce risks to anyone who steps into a healthcare facility. With that in mind, FMOSTM organizes policies, procedures and documentation for quick access. In doing so, MedXcel's Regulatory Compliance team facilitates the work of surveyors, giving facilities the best chance of passing the EOC portion of a regulatory survey.

For MedXcel associates, FMOSTM also means they can catch potential issues early, before they snowball into expensive, time-consuming problems.