



RMC
Regional Medical Center
The Right Care. Right Here.

THRIVE

Your Good Health
Our Caring Expertise

for life

SPRING 2016



Ooo, baby!

Why families love having their babies at RMC

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ER care at RMC
Jacksonville

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Defend the skin you're in

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RMC
Regional Medical Center

MATERNITY CARE

that's distinctive



BlueCross BlueShield of Alabama
An Independent Licensee of the Blue Cross and Blue Shield Association

Designated
BlueDistinction® Center+
Maternity Care



Alabama's First Baby Friendly Hospital

RMC Anniston is one of the first hospitals to receive the Blue Distinction® Center for Maternity Care designation by Blue Cross and Blue Shield of Alabama. Designated hospitals are recognized for delivering quality specialty care safely and effectively, based on objective measures developed with input from the medical community.

This new designation is an expansion of the national Blue Distinction Specialty Care program. Research shows that compared to other facilities, designated Blue Distinction Centers demonstrate better quality and improved outcomes for patients. Criteria for evaluation in maternity care includes percentage of newborns who are early elective deliveries, utilization of evidence-based practices of care, overall patient satisfaction, and participation in programs that promote successful breastfeeding, such as the Baby-Friendly Hospital initiative.

400 East 10th Street, Anniston, AL 36207 • (256) 235-5121 • www.RMCCares.org

Blue Distinction Centers (BDC) met overall quality measures for patient safety and outcomes, developed with input from the medical community. A Local Blue Plan may require additional criteria for facilities located in its own service area; for details, contact your Local Blue Plan. Blue Distinction Centers+ (BDC+) also met cost measures that address consumers' need for affordable healthcare. Each facility's cost of care is evaluated using data from its Local Blue Plan. Facilities in CA, ID, NY, PA, and WA may lie in two Local Blue Plans' areas, resulting in two evaluations for cost of care; and their own Local Blue Plans decide whether one or both cost of care evaluation(s) must meet BDC+ national criteria. National criteria for BDC and BDC+ are displayed on www.bcbs.com. Individual outcomes may vary. For details on a provider's in-network status or your own policy's coverage, contact your Local Blue Plan and ask your provider before making an appointment. Neither Blue Cross and Blue Shield Association nor any Blue Plans are responsible for non-covered charges or other losses or damages resulting from Blue Distinction or other provider finder information or care received from Blue Distinction or other providers.

To your health

Spring is a time of new beginnings—a good time to lighten up, slow down and enjoy life. It's also the perfect time to spring-clean your health.



Scottish theologian Carl Bard said, "Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending." This is particularly true for your health. Adopting healthy habits today will redefine your future. It will help you *thrive for life*.

Take advantage of extra daylight. Exercise outdoors. Open windows to bring fresh air inside. Add fresh produce to your diet. These are just a few of the health benefits that spring brings.

At Regional Medical Center (RMC), spring is also a time of celebration: Doctors Day, Volunteer Week, Nurses Week and Hospital Week give us the opportunity to be intentional with our recognition and appreciation of our caregivers who work together every day in the name of RMC—in the interest of your good health.

In these pages, you'll find important information on healthy lifestyles and RMC services. Take time to take care of your health—and put a new spring in your step.

On behalf of all our employees and physicians, thank you for your continued support of and trust in Regional Medical Center.

Louis Bass
Regional Medical Center CEO



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Next time you're online:

Check out www.facebook.com/rmccares

and www.twitter.com/rmccares.

Also be sure to visit Regional Medical Center at www.rmccares.org.

Thrive for Life Volume 1, Issue 2

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THINGS TO KNOW



We've got a top IT team

The Information Technology (IT) team at Regional Medical Center (RMC) in Anniston was ranked one of 2015's Best Hospital IT Departments in the U.S. among those with 25 or fewer employees. This annual ranking by *Healthcare IT News* is based on criteria that includes workplace culture, leadership, opportunities for professional development and advancement, and programs for employee compensation, benefits and recognition.

RMC Anniston's 20-person IT team supports the 338-bed hospital with the ultimate goal of improving patient care.

"We continually look for ways to improve not only information technology processes, but also how technology can help us fill gaps," says Pete Furlow, Chief Information Officer. "We consistently reach out to physicians, nurses and the entire hospital staff to better understand how we can improve workflows and enhance patient care."

Better beginnings for at-risk babies

Every 25 minutes in the U.S., a baby is born suffering from opiate withdrawal. Over a 12-year period (2000 to 2012), the number of U.S. babies born with neonatal abstinence syndrome (NAS) increased five-fold.

During pregnancy, babies form a physical dependence on substances used by their mothers. And after birth, they experience withdrawal, just like adults. NAS is a painful condition causing withdrawal symptoms that can include high-pitched crying, tremors, hyperactive reflexes, inconsolability and even seizures. While an opioid drug dependency in newborns is more common (opioids are often prescribed for pain management and addiction recovery), others can include anxiety and sleep medicines, other painkillers, illegal drugs or certain other prescription medicines.

Regional Medical Center in Anniston has embarked upon a program to promote prevention and early identification of mothers needing treatment as well as treatment for babies. After evaluation and diagnosis, babies may need specialized treatment. The treatment protocol for babies born with NAS will assist in a healthier mom and baby.

Trained volunteer "cuddlers" and nonmedical interventions are also key to soothing babies with NAS. Babies are swaddled in private rooms that are kept quiet and dark, avoiding overstimulation.

"It is a program from our hearts," says Shelley Birchfield, RN, OB Nurse Manager. "It is so gratifying to help these moms and babies have a better chance at life, to help them find a new beginning."





NEW PROVIDERS: WELCOME TO RMC

Oxford Family Practice

6 Allen Parkway, Oxford, AL 36203, 256-831-7100

- David Emerson, MD, Family Medicine
- David Hopper, MD, Family Medicine
- Natalie Lindell, MD, Internal Medicine and Pediatrics
- Vance Moore, MD, Family Medicine

Genesis is growing

The Genesis Senior Emotional Care (SEC) program is an inpatient service at Regional Medical Center (RMC) Jacksonville. An experienced team of medical doctors, psychiatrists, nurses, social workers, an activities coordinator, and physical, speech and occupational therapists delivers personalized, compassionate care for senior adults experiencing serious behavioral or emotional issues. The goal is to help each patient return to an optimal level of functioning.



This summer, Genesis SEC will more than double its patient capacity, growing from 10 to 25 inpatient beds. Patients with Alzheimer's disease or other types of dementia—as well as those with issues such as depression, schizophrenia and bipolar disorder—benefit from our holistic approach. We address behavioral and psychiatric issues in conjunction with preexisting medical conditions, such as diabetes, hypertension, hypothyroidism and osteoarthritis.

Under the guidance of Eddie Huggins, MD, Medical Director, Genesis SEC provides new hope for seniors with treatment that integrates behavioral interventions, therapy, and medication evaluation and management to improve longevity and quality of life.



For more information, contact or visit:

- Trish Ballard, MSN, RN, Director
tballard@rmcjacksonville.org or 256-782-4620
- Jamie Archer, LBSW, Community Liaison
jarcher@rmcjacksonville.org or 256-453-2381
- www.rmccares.org/genesis-senior-care



The Joint Commission's
*Top Performer on
Key Quality Measures®
2014*

Heart Attack
Heart Failure
Pneumonia
Surgical Care
Perinatal Care

Reaching the top

Regional Medical Center (RMC) has earned recognition as a Top Performer on Key Quality Measures® by The Joint Commission, the leading accreditor of health care organizations in the U.S.

RMC Anniston was one of only 1,043 U.S. hospitals to be recognized for sustaining excellence in performance of defined accountability measures using 2014 data about clinical processes for certain conditions. RMC was recognized for performance in five areas of care: heart attack, heart failure, pneumonia, surgical and perinatal care.

“What matters most to our patients is the quality and safety of their care,” says Louis Bass, CEO of RMC. “We have made it a top priority to improve patient outcomes through evidence-based care processes. We are extremely proud to be named a Top Performer, as it recognizes the knowledge, teamwork and dedication of our entire staff.”

Weekend warriors

DO YOU EXERCISE regularly?

Are you involved in team sports or physical activities? Is it spread over the course of your week, or are you able to participate only on weekends?

The Centers for Disease Control and Prevention (CDC) recommends that adults get at least 2½ hours per week of moderate-intensity aerobic activity, such as walking; or 1¼ hours per week of vigorous-intensity aerobic activity, such as jogging; or a

combination of both. Adults should also do muscle-strengthening activities involving all major muscle groups two or more days each week—activities such as pushups, situps, or exercise using resistance bands or weights.

“Regular exercise helps improve overall health and fitness and reduces the risk for many chronic diseases,” says Clinton Ray, MD, orthopedist at Regional Medical Center.

Yet only about 20 percent of Americans satisfy the CDC’s recommendations for weekly activity. Based on life, work and family demands, many of us have limited time to participate in physical activities or sports, and we try to squeeze it in

on our days off, only on weekends—thus the title *weekend warrior*.

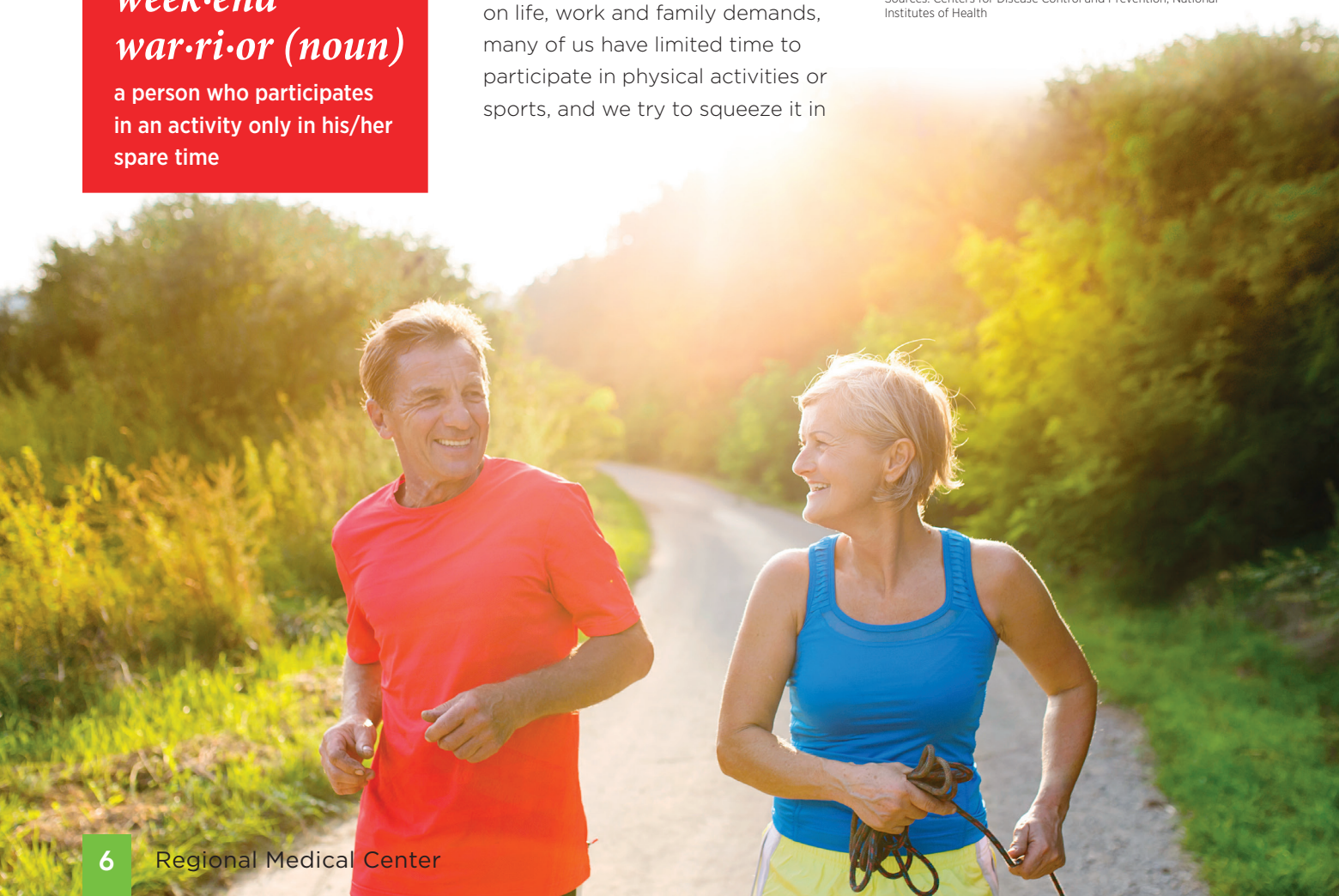
“Sporadic physical activity does provide some health benefits, but there is also greater risk for injury,” Dr. Ray says.

Often, weekend warriors experience aches and pains or even more serious acute injuries, such as muscle strains or tendon injuries. Common injuries include sprained ankles, shin splints, rotator cuff injuries, Achilles tendinitis, golf or tennis elbow, plantar fasciitis, and knee or low-back pain.

Sources: Centers for Disease Control and Prevention; National Institutes of Health

week·end
war·ri·or (noun)

a person who participates in an activity only in his/her spare time



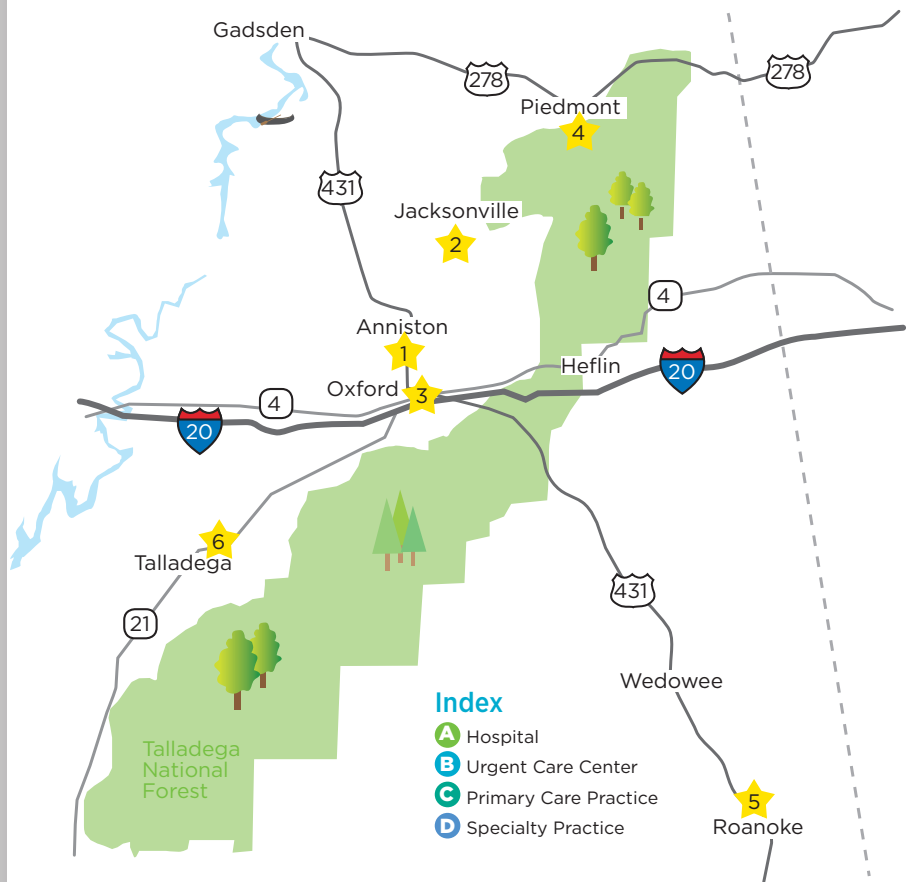
Here are some tips for staying injury-free

- Balance your fitness activities; include cardio, strength and flexibility.
- Warm up for every workout, even before stretching, by running in place, breathing deeply or rehearsing motions of your planned activity.
- Stretch, without bouncing, before and after working out. And be sure to cool down afterward.
- Always use appropriate protective safety gear and equipment.
- Learn to play your sport the right way.
- Know your body's limits.
- Build up your exercise level gradually.

Remember, there's never a good reason to play with pain. Learn about common injuries, and listen to your body. When you have pain or suspect injury, bench yourself and seek medical attention, if necessary.

Have a sports injury that needs treatment?

Our team of orthopedic specialists can help. To find an orthopedist on staff at RMC, visit www.rmccares.org/our-doctors.



Making care more convenient

Choose from one of these RMC affiliates for care when you need it, close to home.

STAR 1
A Regional Medical Center
Anniston
 400 E. 10th St.
 Anniston, AL 36207

STAR 1
D Mohammed Jasser, MD
Cardiology
 901 Leighton Ave., Suite 307
 Anniston, AL 36207
256-231-8636

STAR 1
D James Hixon, MD
Gastroenterology
 901 Leighton Ave., Suite 101
 Anniston, AL 36207
256-236-0890

STAR 1
D RMC Neurology
 901 Leighton Ave., Suite 402
 Anniston, AL 36207
256-236-1303
 Sharman Sanders, MD
 Jessica Vincent, MD

STAR 1
D RMC Urology
 622 Leighton Ave.
 Anniston, AL 36207
256-237-6717
 Barry Billings, MD
 Frank Kim, MD
 Terry Phillis, MD

STAR 1
D OB-GYN Associates of Anniston
 901 Leighton Ave., Suite 102
 Anniston, AL 36207
256-294-7010
 Jeffrey W. Collins, MD
Obstetrics and Gynecology

STAR 1
RMC Center for Occupational Health & Wellness
 731 Leighton Ave.
 Anniston, AL 36207
256-741-6464
 William Bohannon, DO
 Donald Casey, DO
 Scott Grayner, MD
 Cheri Johnson, PA-C
 Naomi Wade, CRNP
 Brandy Wester, CRNP

STAR 2
A Regional Medical Center
Jacksonville
 1701 Pelham Road S.
 Jacksonville, AL 36265

STAR 2
C Jacksonville Primary Care & Wellness Center
 1701-B Pelham Road S.
 Jacksonville, AL 36265
256-365-2416
 Eduardo Villeda, MD
Internal Medicine

STAR 3
C Roland Cook, MD
Family Medicine
 Renee Staude, CRNP
 1674 Hillyer Robinson Parkway
 Oxford, AL 36203
256-831-0927

STAR 3
C RMC Oxford Family Practice
 6 Allen Parkway
 Oxford, AL 36203
256-831-7100
 David Emerson, MD
Family Medicine
 David Hopper, MD
Family Medicine
 Natalie Lindell, MD
Internal Medicine and Pediatrics
 Vance Moore, MD
Family Medicine

STAR 4
C Piedmont Family Medical Center
 32 Roundtree Drive
 Piedmont, AL 36272
256-792-9322
 April Cobb, CRNP

STAR 5
B C Roanoke Rural Health & Urgent Care Center
Primary and Urgent Care, Specialty Care, Diagnostics
 1950 Main St.
 Roanoke, AL 36274
334-863-2311
 J. Melburn Holmes, MD
Family Medicine
 Michael Robinson, DO
Family Medicine
 April Anthony, CRNP
 Samantha Baggett, CRNP
 Sherry Hall, CRNP

STAR 6
B C Talladega Primary & Urgent Care Center
 803 North St. E.
 Talladega, AL 35160
256-362-1600
 Arden L. Aylor, MD
Family Medicine
 Charles R. Lambert, MD
Family Medicine

At a glance

The Women's and Children's Center at Regional Medical Center Anniston offers:

- 10 birthing rooms
- 20 postpartum rooms
- A level 2 special care nursery
- Prenatal classes
- Natural childbirth classes
- Sibling classes
- Breastfeeding classes
- Lactation services with International Board Certified Lactation Consultants (256-235-5132, ext. 1) and breastfeeding supplies for purchase
- Rooming in
- Low intervention delivery options, including water labor
- Doulas welcomed as desired by patients
- Skin-to-skin care after delivery
- "Security Blanket" 24-hour hotline for new parents (256-235-5631)



The Women's and Children's Pavilion at RMC Anniston

It's worth it!

Mike and Andrea Mongiello drove two hours to experience birth as they designed it.

EACH YEAR, more than 1,800 newborns begin life at the Women's and Children's Center at Regional Medical Center (RMC) in Anniston. With a team of specially trained nurses, highly qualified physicians, and the latest in labor, delivery and recovery care here, parents experience a safe, personal and comfortable environment for one of life's most precious milestones.

At RMC, families have more choices, care options and support throughout the birthing experience. As the first Baby-Friendly Hospital in Alabama, our collaborative team of doctors and nurses stands ready to help you realize your birthing plan—from the admissions process to childbirth classes, labor and delivery, postpartum and lactation support.

Their best interests at heart

Mike and Andrea "Andy" Mongiello interviewed physicians and toured birthing centers close to home in Cullman, Birmingham and Anniston, and even in Tennessee. They started

the journey not knowing who or where they would choose, but knowing for certain what they wanted in a birthing plan. On Jan. 20, 2016, they welcomed baby Alyssa to their family with the medical expertise of Joshua Johannson, MD, obstetrician, and the clinical support and assistance of the Women's and Children's team at RMC Anniston.

"Through our local doula, we learned about Dr. Johannson," says Mike. "We wanted a physician and hospital that would support an all-natural, low-intervention birth. After meeting with the doctor and touring the hospital, we were

Whenever and however you give birth, your experience will impact your emotions, your mind, your body and your spirit for the rest of your life.

—Ina May Gaskin



Alyssa arrived at 10:52 p.m. on Jan. 20, 2016, weighing 7 pounds, 5 ounces and measuring 19.5 inches. Here, she is one week old.



Just minutes after birth, Alyssa is very alert, thanks to a natural birth plan.

impressed with everyone we met and everything we heard.”

The Mongiellos found that at RMC, Dr. Johansson and the care team welcomed their birthing plan, skin-to-skin bonding, breastfeeding and rooming in. “They embraced everything,” Andy says. “They were OK with Mike receiving the baby... everything.”

That said, when they learned that the umbilical cord was wrapped twice around Alyssa’s neck, they were thankful to be surrounded by the clinical expertise of the RMC team and the wonders of modern medicine. “Things don’t always go exactly as planned...it’s hard to anticipate complications,” Andy says. “We were glad to be among ‘friends and family’ at RMC.”

Throughout the entire experience—in the months leading up to Alyssa’s birth, through labor and delivery, in postpartum, the nursery and even after discharge—Andy and Mike felt

as if they were part of a family at RMC, as if they were the only patient of concern at any moment in time.

“When friends share their amazement that we drove two hours for doctor’s appointments, hospital tours and finally Alyssa’s birth, I just say, ‘Believe me, it’s worth it!’” Andy shares. “You will get the birth you want.”

The Mongiellos recall the support of RMC’s certified lactation consultants, not only in the hospital but also since they’ve been home. “They were there whenever I asked for them,” Andy says. “And they’ve called to check on us several times since coming home. I’ve never had a hospital follow up with me. It’s incredible that patient care at RMC doesn’t stop at discharge.”

Both Mike and Andy served in the U.S. Navy, have medical backgrounds and several physician relatives, and currently serve as volunteer

EMTs. So their expectations were high. Although they came with tremendous knowledge, they were becoming new parents—and for that, they had a lot of questions. “What we were really looking for was a partnership, a relationship, an understanding,” reflects Andy. “I always knew that at RMC, our true best interests were at heart.”

“We could not imagine a better experience,” Mike says in a thank-you note to the CEO. “We traveled two hours to Anniston countless times during our pregnancy. Every time we made the drive, it was worth the joy we found. Thank you for an amazing experience!”



Milk Depot: Help for the most fragile

Regional Medical Center (RMC) in Anniston now serves as one of only four human “milk depots” in Alabama, among only 16 nationwide. Breastfeeding mothers are able to donate breast milk for premature or medically fragile babies after a simple free screening. The Mothers’ Milk Bank of Alabama (MMBA) selected RMC as a satellite drop-off location for breast milk donations, which will be stored in a dedicated deep-freezer unit. After pasteurization at MMBA in Birmingham, the milk is distributed across the state for medically fragile infants.

“Many babies born prematurely often have underdeveloped gastrointestinal tracts,” says Shelley Birchfield, RN, OB Nurse Manager. “It’s important to provide these medically fragile or premature infants the most easily digestible milk, and human milk is much easier to digest than milk-based formulas derived from cows’ milk or soybeans.”

RMC is pleased to have been selected by MMBA and to serve as a milk depot, giving medically fragile babies a better option for healthy nutrition.



We are Baby-Friendly

RMC Anniston was the first hospital in Alabama to receive designation as a Baby-Friendly Hospital. This global initiative of the World Health Organization and UNICEF recognizes hospitals and birth centers that implement specific measures designed to promote breastfeeding or safe formula feeding and encourage mother-baby bonding.

At RMC, every baby is placed in skin-to-skin contact with mom immediately after birth. Nurses encourage moms to attempt breastfeeding during that time, if the mother has indicated a willingness to try. This important time for skin-to-skin and breastfeeding encourages bonding, activates the baby’s immune system and helps regulate the baby’s temperature and glucose levels. The staff promotes breastfeeding on demand, and babies “room-in” with mom. RMC’s team of International Board Certified Lactation Consultants visit with mom every day to offer advice and help with breastfeeding issues.

If a mother chooses not to breastfeed, that’s OK too. RMC staff respects personal preferences and encourages and educates moms on ways to promote bonding and healthy feeding practices.

Play defense: Protect your skin from the sun

If you spend time outside, consider this a must-do: Defend yourself against the sun's dangerous rays.

"Skin cancer is the most common type of cancer," says Shelley Ray, MD, dermatologist. "But the good news is, there are simple things you can do for prevention or early detection so that it can be effectively treated."

To help protect your skin, experts advise that you:

- Use a broad-spectrum sunscreen with an SPF of 30 or more.

- Seek shade between 10 a.m. and 4 p.m., when the sun's rays are strongest.
- Avoid tanning beds and deliberate tanning.
- Wear wide-brimmed hats, sunglasses, long-sleeved shirts and pants outdoors.
- Examine your skin at least monthly. Report suspicious or problem spots to your doctor.

To learn more, visit www.skincancer.org.

Source: American Academy of Dermatology



May is Skin Cancer Awareness Month. To learn about skin cancer screenings at Regional Medical Center, visit www.rmccares.org/calendar.

Time is brain: Seconds count

When it comes to recognizing the signs of a stroke, remember this message: Time is brain.

A stroke interrupts the flow of blood and oxygen to your brain. Once the stroke starts, brain cells begin to die. However, fast medical treatment can halt a stroke as it's occurring.

Most strokes are caused by blood clots. If you get to the hospital quickly, a clot-busting medication called tissue plasminogen activator, or TPA, may help. TPA should be given within 4½ hours of a stroke's onset.

Call 911 at the first sign of a stroke. Stroke symptoms are sudden and may include:

- Weakness or numbness in the face, arms or legs, especially on one side of the body.
- Trouble seeing out of one or both eyes.
- Trouble talking or understanding what others are saying.
- Severe headache for no known reason.
- Confusion.
- Loss of coordination or balance.



Sharman Sanders, MD
Neurology



Jessica Vincent, MD
Neurology

Call RMC Neurology at **256-236-1303** to make an appointment with Sharman Sanders, MD, or Jessica Vincent, MD, for your neurological disorders and concerns.

For more information on strokes, visit www.strokeassociation.org.

Sources: American Stroke Association; National Institutes of Health

F.A.S.T.

An easy way to remember the sudden signs of stroke



FACE

Does one side of the face droop? Is it numb? Can the person smile? Is the smile uneven?



ARM

Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



SPEECH

Can they correctly repeat a simple sentence? Is it slurred or hard to understand?



TIME

Call 911 immediately, even if the signs go away. Note the time when the first signs appeared. It will help with treatment options.

Source: American Stroke Association

In case of emergency, we are h**ERE**

THERE'S never a good time for a medical emergency. But for those who live in and around Jacksonville, it's good to know that Regional Medical Center (RMC) is here when you need us—24 hours a day, 7 days a week, 365 days a year. Doctors, nurses and other professionals with emergency training are always on hand.

The right care, right h**ERE**

At RMC Jacksonville, our goal is to provide area residents with convenient, compassionate, high-quality emergency care and expertise. Our team of emergency room (ER) physicians, nurses and technicians is always ready to care for your minor and major emergencies.

RMC Jacksonville's ER is equipped with nine treatment rooms, including two cardiac/trauma beds, an orthopedic room, and treatment rooms for expectant mothers and pediatric patients.

Our care team

"We treat our patients like family," says Sharon Mabrey, Emergency Department Director. "At every staff meeting, I remind our team that every person we care for has a story. It doesn't matter how they got here—it's our job and our privilege to help them feel better."

Emergency Department physicians and nurses have specialized training in emergency medical care. While not usually providing long-term or continuing care, emergency medicine physicians are skilled in the diagnosis and treatment of sudden illnesses or injuries and in acute interventions to stabilize the patient. These specialists may be stitching up a head wound, setting a broken leg or treating a heart attack—all in a day's work.

Recently, RMC engaged Aristo ER's services to staff our emergency rooms with board-certified emergency medicine physicians. Aristo and the University of Alabama at Birmingham (UAB) Department of Emergency Medicine work cooperatively with RMC nursing leadership to positively impact the patient experience by recruiting highly qualified physicians and developing and mentoring all clinical staff. The depth and strength of the UAB affiliation includes extensive resources and a concentration of evidence-based medicine and leading-edge physician management skills.



When to call 911

Sometimes driving yourself or a loved one to the ER is not the best option. Do not drive if you are having severe chest pain or bleeding, if you feel like you may faint, or if your vision is impaired. If in doubt, you should call 911.

For certain medical emergencies, including heart attack and stroke, an ambulance is the best option for transportation to the hospital, because paramedics can begin lifesaving care on the way.



“Our services are built on a culture of teamwork, innovation and a commitment to the local community,” says Rich Street, CEO of Aristo ER. “We aim to see RMC recognized as a regional leader in emergency care, using national and regional benchmarks in patient triage, throughput, length of stay and quality of physician interactions. The ultimate benefit is an enhanced care experience for the patient.”

What to expect when you get hERe

Upon arrival, a triage nurse will assess your condition to determine the

severity of your illness or injury. With triage, those who are most critically ill or injured are treated first. In a busy ER, the staff must prioritize and care for the most seriously ill patients first. Depending on your condition, you may experience a short wait to receive care. However, if you begin to feel worse while waiting, it’s important to let us know right away.

Following evaluation and examination by a doctor, you may be admitted to the hospital

or treated and released. We will discuss your treatment plan with you and provide instructions about medicines, restrictions and symptoms that may require a follow-up visit with your regular doctor.



Good to know before you go

It’s important to be prepared for an emergency at all times. To facilitate treatment, keep and bring with you the following information:

- Your insurance card.
- Photo ID.
- Name and telephone number of your primary care physician.
- Name and telephone number of your next of kin.
- A list of medications and drug allergies.
- Advance directives, such as a living will, do-not-resuscitate order or power of attorney.



Trauma room at RMC Jacksonville's Emergency Department



Garden Jubilee

Martha Vandervoort Scholarship Fund

Friday, May 13

The RMC Foundation has created a college scholarship fund to honor Martha Vandervoort and her dedication and commitment to our community. The scholarship will assist with the costs of a college education for a high school student in Calhoun County who demonstrates academic promise, strong character, community involvement and financial need. This fund will plant seeds for our future.

Support the scholarship fund by purchasing tickets to the Foundation's Garden Jubilee on Friday, May 13, at Longleaf Botanical Gardens. Or you may simply make a donation to the RMC Foundation in Martha's honor.

For ticket information:

- Email foundation@rmccares.org.
- Call 256-741-6359.



Thanks to you!

The power of philanthropy

EVERY DAY, LIFESAVING AND LIFE-CHANGING care happens at Regional Medical Center (RMC)—from cancer treatments and cardiac interventions to fracture care and appendectomies. Thanks to the generosity of our donors, local corporations and charitable foundations, we are able to grow our services and expand our facilities to fulfill your health care needs when and where you need us.

As one of the region's largest not-for-profit health care systems, RMC reinvests hospital earnings back into our local communities through improved access to expanded services, state-of-the-art technologies and recruitment of top talent.

The Medical Center Memorial Foundation provides a way for anyone to support our important work, no matter the size of the gift. There are a number of ways to contribute, including:

- A memorial or honorary gift—a donation in honor or memory of a friend or family member.
- An annual gift—a pledge to donate a certain amount each year.
- A planned gift—an arrangement to make a donation later; for example, through a will or trust.

For it is in giving that we receive.

—St. Francis of Assisi

A gift may be designated for a specific area of health care, or the donation may be made for capital improvement or for the area of greatest need.

To donate or for more information about how you can make a difference:

- Visit www.rmccares.org/foundation.
- Email foundation@rmccares.org.
- Call 256-741-6359.

Thanks to you, the power of philanthropy is making a difference at RMC.

Regional Medical Center is a 501(c)(3) organization, gifts to which may be deductible as charitable contributions for federal income tax purposes.

Raising hope

Raise Hope & Healing for Cancer Patients at RMC will help patients battling cancer and their families offset the financial aspect of care through:

- Cancer Patient Assistance Fund
- Mammogram Assistance Fund
- Cancer Patient Care Products Fund
- Prostate Cancer Fund
- Education Fund



Practice makes perfect

Simulation lab enhances clinical education

Simulation-based training helps health care professionals practice the clinical skills they need to deliver safe, quality care to real patients. Realistic simulation allows learning and practice in a safe, risk-free environment—without involving real patients.

Jacksonville State University's Nursing Simulation Center and Respiratory Therapy Lab is located in the Brookstone Physician Center at Regional Medical Center in Jacksonville. The 3,700-square-foot space resembles a medical facility and includes space for six patient simulations. A multifunctional room can be a home-care setting, an operating room, a delivery room and more.

Anatomically correct human patient simulators include three adults, a child, an infant and one maternal/fetal delivery simulator. With eyes that dilate and lungs that breathe, the simulators mimic illness and injury and respond to care, from seizures and pneumonia to childbirth and trauma. Students gain critical thinking skills and confidence and improve performance in real-life events.



Upcoming community health screenings and events

Regional Medical Center (RMC) is pleased to provide a number of health screenings, educational programs and events throughout the year. For more information on these and other programs, in the interest of your good health, visit www.rmccares.org/calendar.

➔ Preparing for the New Baby

Participate in these programs to help you and your family prepare for arrival of the new baby. Space is limited.

Call **256-235-5132** to register.

- **Stork School**

First Sunday of each month

- **Prenatal Class**

Weeknight and Saturday classes available

- **Natural Childbirth Class**

Weeknight and Saturday classes available

- **New Sibling Class**

Saturday mornings for ages 3 to 12; must be accompanied by a guardian

Seniors' Bingo

First Wednesday of each month
RMC Jacksonville

Call **256-782-4620** for more information.

Garden Jubilee by RMC Foundation

Friday, May 13

Call **256-741-6359** for more information.

MARK YOUR CALENDARS

Visit www.rmccares.org/calendar for dates and more information on these events.

Skin Cancer Screenings

Coming in May.

Social Work Conference by Inspire

RMC Jacksonville
Coming in August.

Support Groups

Visit www.rmccares.org/calendar for information on numerous support groups offered by RMC.



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Fruit and cheese salad

Makes 7 servings.

Ingredients

Dressing

- 2 tablespoons raspberry-flavored vinegar
- ¼ cup fat-free, reduced-sodium chicken broth
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon mildly flavored honey
- ½ teaspoon dried mint leaves

Salad

- 6 cups torn, mixed salad greens
- 1 cup watercress, stems trimmed and chopped
- ½ cup red onion, very thinly sliced
- 1 freshly peeled, chopped orange or 1 can (11 ounces) mandarin orange sections, drained
- 2 ounces crumbled reduced-fat feta cheese

Directions

- To make dressing, blend vinegar, broth, oil, honey and mint at low speed until combined. Transfer to a jar with a tight lid; refrigerate until needed (up to 3 days).
- For the salad, in a large bowl toss the mixed greens, watercress, onion and orange.

Shake dressing until thoroughly reblended, drizzle over salad and toss lightly. Sprinkle crumbled feta over the top and serve.

Nutrition information

Serving size: ½ recipe. Amount per serving: 82 calories, 5g total fat (1g saturated fat), 8g carbohydrates, 3g protein, 2g dietary fiber, 143mg sodium, 85mg potassium.

Source: American Institute for Cancer Research

