

HEALTH NEWS *from*

FALL 2016

fort duncan

REGIONAL MEDICAL CENTER

PROVEN

hospital-based
ER care

***When time matters
the most***

Non-invasive kidney
stone treatment arrives

Introducing "Quiet Time"
for new parents



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Welcome to the Fall 2016 newsletter. I'm pleased to introduce myself as the new Chief Executive Officer of Fort Duncan Regional Medical Center.

Upon arriving here a few months ago, I had the great pleasure of attending the hospital's annual staff recognition ceremony (see photo below). There, I was reminded what a talented and dedicated group of people I am joining. My wife, Rosalinda, and I are thrilled to be part of the Fort Duncan family.

Fort Duncan Regional Medical Center serves a vital role in the community. This includes providing the only hospital-based emergency care in Eagle Pass. On page 4, you can read more about our emergency team, which treated more than 19,000 patients last year.

One of the goals we strive to accomplish is making advanced care more accessible. We're doing that with a non-invasive treatment for kidney stones, which is highlighted on the next page. We also bring you a story on page 6 about "Quiet Time" on our maternity ward, and how this can benefit new parents.

As the articles in this issue reflect, Fort Duncan is dedicated to meeting the diverse healthcare needs of all our residents. As your CEO, I am committed to continuing this tradition of excellence and building upon the spirit of community that makes Fort Duncan so special.

Eladio Montalvo
Chief Executive Officer/Managing Director

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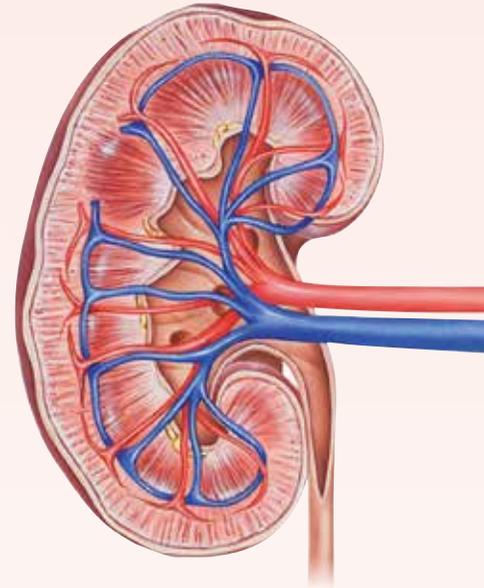
Preventing student sports injuries

Milestones in service

Pictured during Hospital Week in May are staff members honored for their service to Fort Duncan Regional Medical Center. During the event, a total of 34 employees were recognized for five-year increments of service up to 45 years, which was reached by Cecilia Garza (second row, sixth from left). Congratulations to all!



Non-invasive kidney stone treatment is here



Each year, more than half a million people go to emergency rooms for kidney stone problems. It is estimated that one in 10 people will have a kidney stone at some time in their lives.* A new procedure at Fort Duncan Regional Medical Center is offering a non-invasive treatment for kidney stones.



Michael R. Crone, MD
Urology

Kidney stones are hard, crystallized particles that form in the kidney or urinary tract. They don't always cause noticeable symptoms, but problems can occur when they begin to pass out of the body, sometimes resulting in severe pain.

Equipment now at Fort Duncan treats kidney stones with a process called shock wave lithotripsy, which breaks kidney stones into tiny pieces, so they are small enough to pass in the urine.

"After the procedure, some people might feel a little soreness, but most people don't feel anything when the fragments pass," says board-certified Urologist Michael R. Crone, MD, who began performing the first lithotripsy procedures at Fort Duncan in May 2016.

Most patients are in and out of the hospital the same day, and the procedure takes about an hour. Anesthesia helps to reduce any discomfort and ensures that patients stay still during the treatment.

Shock wave lithotripsy is the most common treatment for kidney stones in the U.S., according to the National Kidney Foundation. Your doctor can tell you if you are a good candidate.

"Some people may have a kidney stone that's not bothering them and decide to wait on treatment; then it passes and it's very painful, and they have to have it treated in the emergency room," says Dr. Crone. "Now that we have this machine and can treat even smaller stones, there's no reason for people not to seek treatment." ■

Dr. Crone provides diagnosis and treatment for kidney stones and a number of other bladder, prostate and urinary tract conditions. To make an appointment, call 830-757-4900.

The symptoms* of a possible kidney stone could be one or more of the following:

- severe pain on either side of your lower back
- more vague pain or stomach ache that doesn't go away
- blood in the urine
- nausea or vomiting
- fever and chills
- urine that smells bad or looks cloudy

See a doctor as soon as possible if you have these symptoms and think you may have a kidney stone.

**National Kidney Foundation*

**National Kidney Foundation*

COUNT ON TRUSTED EMERGENCY CARE

from the only hospital-based ER in Eagle Pass

Dealing with a medical emergency can be scary, and it's sometimes hard to know what kind of treatment you'll need. What if you need surgery or hospital admission? What if your condition requires advanced testing or specialist care?



"Patients who come to Fort Duncan Regional Medical Center for emergency care can get treatment for many different conditions all in one place, and they don't need to worry about being transported from another facility for an admission," says Chief Nursing Officer Scott Lethi, RN, MHA, FACHE. "If more specialized care is required from a hospital outside of the area, we have a helicopter landing base on-site, plus we have established relationships with medical centers in San Antonio and other locations. By coming to us first, patients can get the urgent medical attention they need as quickly as possible."



Last year, more than 19,000 patients were treated in the emergency department at Fort Duncan. "Our focus is always on quality," says ER Director Raul Casares, RN, BSN. Here are some of the ways the emergency team is meeting key benchmarks.



The Emergency Department at Fort Duncan Regional Medical Center is an 18-bed Level IV Trauma Center that plays a crucial role in meeting the urgent health needs of residents in the Maverick County area. The hospital is accredited by The Joint Commission and certified as a Medicare and Medicaid hospital provider.

When time matters most.

Patients suffering a possible stroke require immediate care. A highly skilled on-site medical team and a high-tech service known as teleneurology (see sidebar) provide vital, up-to-the-minute treatment to patients at Fort Duncan. Providing CT scan (brain X-ray) results within 45 minutes of testing is critical to treatment. "We're running 100 percent on that," says Lethi.

Level IV Trauma training.

Fort Duncan's nurses and doctors have specialty certifications and education for trauma and are prepared to deal with a wide range of emergencies. An on-site blood bank provides a critical resource for patients who may have suffered a blood loss. Also, a "one-call" system with medical facilities outside of Fort Duncan enables transfers to be set up quickly, with just one phone call, if a patient needs to be transported for specialized care.

Full-service, on-site lab and radiology.

Having these resources available on-site supports quick turnaround of test results for a variety of issues. "Our goal is to have lab work completed in under an hour," says Lethi. "We focus on our ER length of stay," says Casares. That means not only getting patients seen by a member of the medical staff promptly, but also streamlining processes so patients can be treated as quickly as possible.

Especially in emergencies, patients want to know they are receiving timely, quality care from people they can trust, says Casares. "The people who work here also live here in the community," he says. "We provide that personal care." ■

High-tech stroke care

If a stroke is suspected, timely treatment is critical. As part of the comprehensive treatment at Fort Duncan, teleneurology enables patients to participate in two-way video and communication with a neurologist, who can remotely diagnose and evaluate their condition.

"Our staff are at the bedside throughout the process," says Scott Lethi, Chief Nursing Officer at Fort Duncan. "The focus is on providing the best, most timely care possible."

For more information about emergency services, go to fortduncanmedicalcenter.com/emergency. If you are experiencing an emergency and need urgent medical care, call 9-1-1 immediately.





NURTURING *healthy beginnings*

Shhhh ... it's quiet time

An article on the National Institutes of Health website reports that daily quiet time during postpartum hospital stays can be beneficial for new mothers and can contribute to a safe, healing environment.

To support the best patient experience, our maternity ward observes "Quiet Time" every day from 2 to 4 p.m. During these hours, the hallway lights are dimmed, visits from nurses and others are put on hold (unless a patient isn't feeling well), and new parents have a chance to spend uninterrupted time alone with their newest family member.

"This time is designed to help our patients get the rest and privacy they need," says Jessica Silva, RN, Director of Women's Services at Fort Duncan Regional Medical Center. "Having quiet time also gives new parents a chance to bond with their babies and take in the whole idea of parenthood."

The Obstetrics Department at Fort Duncan Regional Medical Center offers labor and delivery, natural childbirth, cesarean section and epidural in a warm, family-friendly environment. For more information, visit fortduncanmedicalcenter.com/childbirth. To arrange a free tour of our facilities, call the Marketing Department at 830-872-2710.



Get ready for your baby's arrival with a free Prenatal Class

Prenatal classes for pregnant moms and their partners are offered the last Wednesday of every month at 5:30 p.m. at Fort Duncan Regional Medical Center. The topics covered include:

- preparing for labor
- options to control pain
- breastfeeding, and more

The classes are taught by nurses in the hospital's Obstetrics/Gynecology Department, and are held in Hospital Conference Room 1. Breastfeeding moms are also welcome!

For more information, call 830-872-2692 or 830-872-2696.

Back-to-school safety

Playing it safe in sports



Raul Casares, RN, BSN, notes that sports can be a great way for kids to get exercise, build social skills and learn the value of teamwork. But they can also lead to injuries that can pull children off the field and sometimes even land them in the emergency room. As your kids gear up for their favorite sports, here are some safety tips from the National Institutes of Health*.

- Be in proper physical condition to play the sport.
- Follow the rules of the sport.
- Wear appropriate protective gear (for example, shin guards for soccer, a hard-shell helmet when facing a baseball or softball pitcher, a helmet and body padding for ice hockey).
- Know how to use athletic equipment.
- Always warm up before playing.
- Avoid playing when very tired or in pain.
- Get a preseason physical examination.
- Make sure adequate water or other liquids are available to maintain proper hydration.

*National Institute of Arthritis and Musculoskeletal and Skin Diseases, adapted from Play It Safe, a Guide to Safety for Young Athletes, with permission of the American Academy of Orthopaedic Surgeons.



Time out: Concussions

As described by the Centers for Disease Control and Prevention (CDC), a concussion is a traumatic brain injury resulting from a bump, blow or jolt to the head or body that causes the head and brain to move quickly back and forth. The CDC says children and teens with a concussion need to be seen by a medical provider.

If the concussion happens while playing sports, the CDC says you should:

- 1. Remove the child from play.**
- 2. Keep the child out of play the day of the injury** and until a medical provider, experienced in evaluating for concussion, says he or she is symptom-free and it's okay to return to play.





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