

Caring Connection



No Time for Pain

Who has room in life for debilitating pain? Besides the fact that it's just not comfortable, most of us have work to be done or other activities we'd like to be doing. Sometimes chronic or acute pain can get in the way of life, but it doesn't have to.

In April, Nevada Regional Medical Center Pain Management Clinic began once again providing interventional pain injections.

Administered by one of our experienced nurse anesthetists, pain injections tackle the source of pain. Many common pain problems such as back, neck, joint pain, headaches and shingles can be treated at the pain clinic.

Interventional pain injections are steroid-based, providing a safe alternative to addictive opioid painkillers.

Educational downloads are posted on our website with details about the various kinds of injections offered at NRMC. Visit our Pain Management web page, found under the Services tab at www.nrmchealth.com.

A referral is required for NRMC Pain Management services. For more information, call (417) 448-3693.

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A health and wellness newsletter from

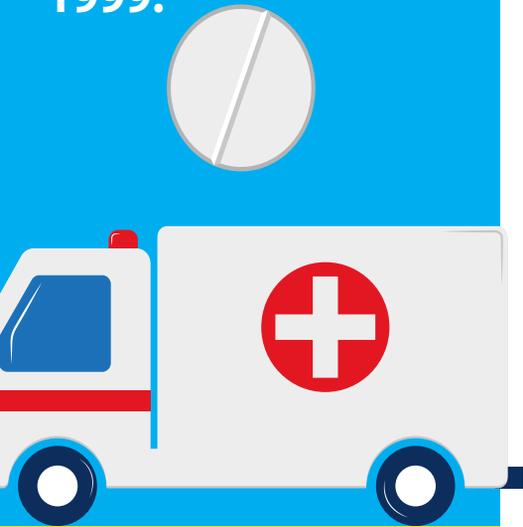
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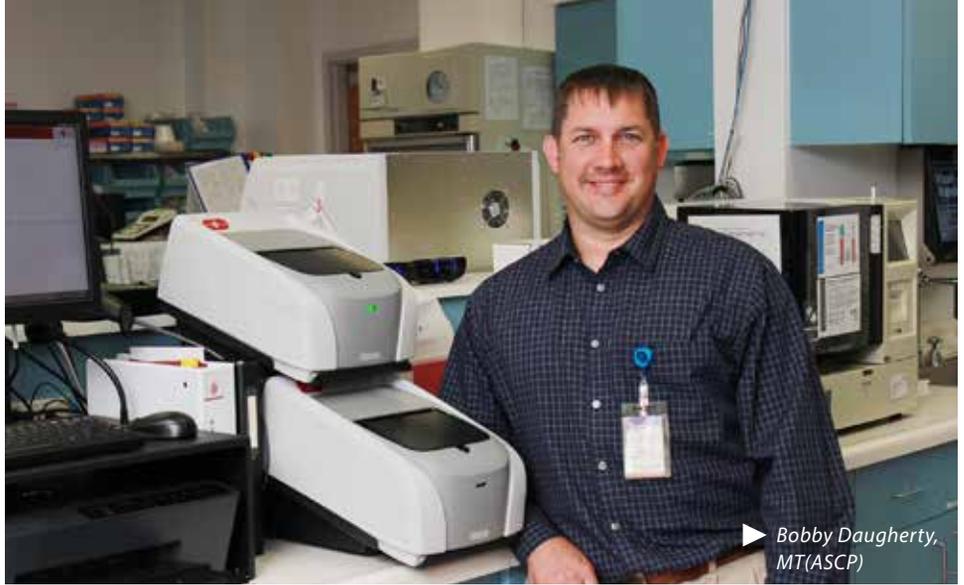


Prescription Painkiller Abuse

Prescription
painkiller
overdoses
are a growing
problem in the
United States,
especially among
women. About
18 women die
every day from
a prescription
painkiller overdose
– more than 4 times
as many as back in
1999.



If you have an addiction
and want your life back,
we may be able to help.
Call (417) 448-3759.



▶ Bobby Daugherty,
MT(ASCP)

Speedy and Accurate Diagnosis

Lab upgrades help patients recover faster, more often.

One of the many important ways that a hospital can help patients is by providing tests that are fast and accurate, to help diagnose and begin the right treatment as soon as possible.

The laboratory at Nevada Regional Medical Center has invested in two sample analysis machines from BioFire that have decreased wait time for many common lab tests from a few days to as little as two hours.

Traditionally, cultures are used to grow organisms over the course of a few days. Then the specific organism that is causing an infection may be identified by looking at slides under a microscope or other testing. The new, quicker turnaround is made possible by the science of a DNA analysis, called polymerase chain reaction (PCR), used by the computer software of the BioFire machines.

With drug resistant bacteria at an epidemic level in the United States, Bobby Daugherty, Lab Manager at NRMC says this is a big step in the right direction towards an initiative called antibiotic stewardship. Daugherty also noted that this quick testing will result in improved

outcomes for many patients.

“Some bacterial infections can be very serious. If we can identify organisms 24-48 hours sooner and determine if antibiotic treatment is appropriate, this technology will save lives,” Daugherty said.

**“This technology
will save lives.”**

The PCR system can be used for the lab’s most common tests including gastro-intestinal, respiratory and spinal fluid analysis. In the future, the lab will be able to add more tests to the systems capabilities.

Daugherty used this PCR system in medical technology training at Wichita State University. At the time, the equipment filled a room. Today, it merely requires the counter space of a small desk.

Patients of NRMC and its clinics
have 24/7 health records access
through MyNRMC Patient Portal.
To get started, call (417) 667-3355.

Going the Extra Mile

Two dedicated nurse practitioners earn doctorates.



Sonja Albright, DNP, APRN-BC



Jama Bogart, DNP, APRN-BC

Today, healthcare providers are faced with an ever-growing landscape of medical knowledge. Fortunately, many people who choose this line of work enjoy the challenge of lifelong learning.

Sonja Albright and Jama Bogart have worked for many years with Nevada Regional Medical Center and its clinics as board-certified family nurse practitioners.

Patients deserve to have a provider that has the highest level of education available

and the knowledge that their provider uses research based theory to guide their care,” Bogart said.

In December, Albright and Bogart completed a full-time program at Pittsburg State University to earn Doctor of Nursing Practice degrees.

“I obtained the doctorate to enhance my education and skills as a Family Nurse Practitioner; every patient deserves the best we can be as providers,” Albright said.

Sonja and Jama are accepting new patients. Appointments and walk-ins are available at the NowCare Clinic Monday through Saturday and at Primary Care Center Monday through Friday.

NowCare Clinic
345 S. Barrett Street
Nevada, MO 64772
(417) 448-2439

Primary Care Center
627 S. Ash, Ste. B
Nevada, MO 64772
(417) 667-6800



Ladies grab your daubers, it's time once again for the NRMC Foundation 3rd Annual Designer Purse Bingo! Gaining popularity each year, everyone is sure to have a great time playing bingo with friends and hopefully, winning a designer purse.

The event is scheduled for Sunday, June 25th at the Nevada Elks Bingo Hall. Doors open at 12 p.m. and bingo games will begin at 1 p.m.

Individual tickets are \$35 in advance and \$40 at the door, although space is limited. Admission includes appetizers and a bingo card for each regular game of bingo.

All proceeds benefit NRMC Foundation and support the needs of Nevada Regional Medical Center.

To purchase tickets or become an event sponsor, call (417) 448-3620 or scan this code to purchase and register online. >



CaringConnection

Steve Russ, Chairman, NRMC Board of Directors

Kevin Leeper, President and CEO

Judith Herstein, Community Relations/Foundation Director

The **CaringConnection** is published by the community relations department at Nevada Regional Medical Center. The information provided in this publication is intended to educate readers about subjects pertinent to their health and is not a substitute for consultation with a personal physician. For more information, call (417) 448-3620.

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What's the Deal With 3D

MAMMOGRAMS?

Anyone can get breast cancer. Of course, women are much more likely to get it, and the older one is, the higher the chances. That's why, starting at age 20, women should begin monthly self-examinations to check for lumps and starting at age 40, continue this practice and add yearly mammograms.

The best time to check for breast cancer is now, when your breasts feel fine. Though the chances of surviving breast cancer are generally good, they are much better the earlier it is detected and treated.

Mammography is the best method of screening for breast cancer. A mammogram is an X-ray

image of a breast. 3D mammography is new technology that allows for clearer, more accurate results than conventional digital mammography. Instead of taking one picture of dense breast tissue, 3D imaging takes multiple images, allowing radiologists to see small cancers that would otherwise have been hidden.

3D mammography increases breast cancer detection, resulting in fewer false alarms, unnecessary biopsies and additional testing.

If you're 40 or older, it's time to schedule your annual mammogram. Call Nevada Regional Medical Center at (417) 448-2468.

Learn what's new at Nevada Regional Medical Center! Visit us online @ www.nrmchealth.com.

Upcoming Events



Caregiver's Support Group

For caregivers of those with Alzheimer's and related dementia. **To learn more, call Barone Alzheimer's Care Center at 417-448-3999.**

Dates/Times: June 14, July 12, Aug 9 | 1:30 to 2:30 p.m.

Location: Barone Alzheimer's Care Center

Free support group!

Blood Pressure Screening

Dates/Times: June 21, July 19, Aug 16 | 10:45 a.m.

Location: Vernon County Senior Center

Free screening!

Tuesday/Thursday Childbirth Class

Intended for women in the last trimester of pregnancy. Includes information about childbirth, infant care and emergency planning and breastfeeding, as well as a tour of the maternity department.

Dates and Times: June 6/8, July 11/13, Aug 8/10 6 to 8:30 p.m.

Location: NRM Mezzanine Conference Room
\$15 Registration Fee. To register, call (417) 448-3622.

Saturday Childbirth Class

Intended for women in the last trimester of pregnancy. Includes information about childbirth, infant care and emergency planning and breastfeeding, as well as a tour of the maternity department.

Date and Time: June 10, July 15, Aug 12
8 a.m. to 12:30 p.m.

Location: NRM Mezzanine Conference Room
\$15 Registration Fee. To register, call (417) 448-3622.

Free Skin Cancer Screening

Prevent the most common form of cancer.

To register, call (417) 448-3622.

Date and Time: June 6 | 11 a.m. to 1 p.m.

Location: NRM Mezzanine Conference Room

Free screening!

Lunch & Learn: Live Resolute - Two Part Series

Unlock the power to break the barriers, meet your goals and live your best life. Presented by Dr. Tricia Bridgewater

Date and Time: June 2 & 16 | 12 p.m.

Location: NRM Mezzanine Conference Room

Free to attend! Reserve a \$3 lunch by calling (417) 448-3622 or you're welcome to bring your own.

NRM Foundation 3rd Annual Designer Purse Bingo

It's your chance to win a designer purse!

To purchase tickets or sponsor the event, call (417) 448-3620.

Date and Time: June 25 | 12 to 4 p.m.

Location: Nevada Elks Bingo Hall

Free Varicose Vein Screening

On your feet all day? Do you have bulging veins and painful swollen legs? You could have venous reflux.

To register, call (417) 448-3622.

Date and Time: July 5 | 1 to 3 p.m.

Location: NRM Mezzanine Conference Room

Sibling Celebration

Designed for children ages 2 to 6. Helps kids celebrate becoming a big brother or sister.

Date and Time: July 11 | 3:30 to 4:15 p.m.

Location: Medical Arts Bldg. Conference Room

Free class!

Lunch & Learn: Skin Cancer & Other Skin Conditions

An in-depth look at skin issues and treatment. Presented by Dr. Jacqueline Youtsos, FP specializing in dermatology.

Date and Time: July 25 | 12 p.m. **Location:** NRM

Free to attend! Reserve a \$3 lunch by calling (417) 448-3622 or you're welcome to bring your own.

Blood Drive

Give the gift of life to a neighbor in need. Just one donation can help save the lives of two local hospital patients.

Date and Time: August 9 | 1 to 5 p.m.

Location: Moore-Few Community Room

To make an appointment, call (417) 448-3622.

Scan the QR code for quick registration via email. ▶

Find us on 



Online registration is available for many of our events under the Community tab @ www.nrmchealth.com.