

July-September 2018

Health Partners

A quarterly publication of Coffeyville Regional Medical Center



EMERGENCY MEDICINE The Front-Line of Medicine

Inside:

CRMC ER TEAM
I Choose CRMC
Emergency Medical Services (EMS)
A Partnership for a Healthier Montgomery County
Community Outreach & Events
Physicians Listing and More!

Compliments of:



**Coffeyville Regional
Medical Center**

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Women & Wellness

COFFEYVILLE REGIONAL MEDICAL CENTER

WOMEN'S WELLNESS RETREAT

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- *door prizes and much more!*



Please look for registration information on our website beginning August 1st.
www.crmcinc.org



I want to begin by saying how incredibly grateful and honored I am to be the new Chief Executive Officer here at CRMC. This hospital has been my home since 2002 and I cannot think of a better way to give back to the communities I love than to lead our exceptional hospital into the future.

We have many exciting things happening here. We have a new administrative team put together. Sarah Hoy, BSN became our Chief Nursing Officer in June. Sarah brings a wealth of experience and energy to this position. Sam Guild, from Owasso, began at the end of June as our new Chief Financial Officer. Sam has worked with many hospital systems and has extensive knowledge of rural healthcare.

Over the next few months, you will be learning about new physicians joining our medical staff. We have been heavily recruiting many physician specialties and will announce our new physicians very soon.

In this issue of Health Partners, we talk a great deal about our Emergency Room. This is important information to know when you, a family member, a friend, or a complete stranger are faced with a life-threatening emergency. Our ER is different than most. We staff our ER with board certified/eligible Emergency Medicine Physicians. These physicians are specifically trained to handle life-threatening emergencies. Read more on pages 4-6.

You will also learn more about another function of our ER – the Emergency Medical Services (EMS). These highly skilled and trained men and women are the responders who transport patients to our ER. Our Paramedics and EMT's are on-site 24/7 and ready in your time of need.

I hope you take the time to read my heart-felt editorial on pages 9-11. I want to express to you all how very important it is for us to work together towards a common goal of health, prosperity and growth for Montgomery County. CRMC is the sole hospital in our county. We need your support to continue to grow and meet the needs of our citizens – our friends, family, and neighbors. By supporting each other, we keep our dollars in this county.

I look forward to the opportunity of meeting many of you at upcoming hospital and community events. I hope you have a healthy and enjoyable summer.

Lori Rexwinkle, MSN
Chief Executive Officer

Table of Contents

CEO Letter.....	3
CRMC ER Team	4-6
"I choose CRMC" - Ralph Anthony	7
Emergency Medical Services	8
Healthier Montgomery County w/Lori	9-11
Orthopedics expanded to Independence	12
"I choose CRMC"- Joy West	13
Women & Wellness	14
CRMC Auxiliary & Pastoral Care	15
Community Outreach	16-17
CRMC News.....	18
CRMC Provider & Physician Listing.....	19

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On the cover:

Jeffrey Dixon, MD, Board Certified Emergency Medicine Physician at Coffeyville Regional Medical Center.

IN A LIFE-THREATENING EMERGENCY



**Count on the experienced team
at CRMC to care for you.**

*Left to Right: Shana Housel, RN, Kristi Horton, RN & Assistant Director ER & ICU,
Jeffrey Dixon, MD, and Dena Moore, Paramedic & RN*

EMERGENCY ROOMS THE FRONT-LINE OF MEDICINE

In 2015, Coffeyville Regional Medical Center made a major change in its Emergency Department (ED), staffing it with physicians who specialize in Emergency Medicine. For many years the ED was staffed with local physicians, but several retired and relocated, leaving a need to replace ED coverage with new staff.

We collaborated with Green Country ER Physicians Group from Hillcrest Medical Center in Tulsa, OK, bringing on a staff of Board Certified/Eligible Emergency Medicine Physicians. These physicians rotate through the ED 24 hours a day, 7 days a week. Why did we do this? To ensure that coverage was top quality, staffed with experienced emergency trained physicians, and to ensure the best outcomes for our patients.

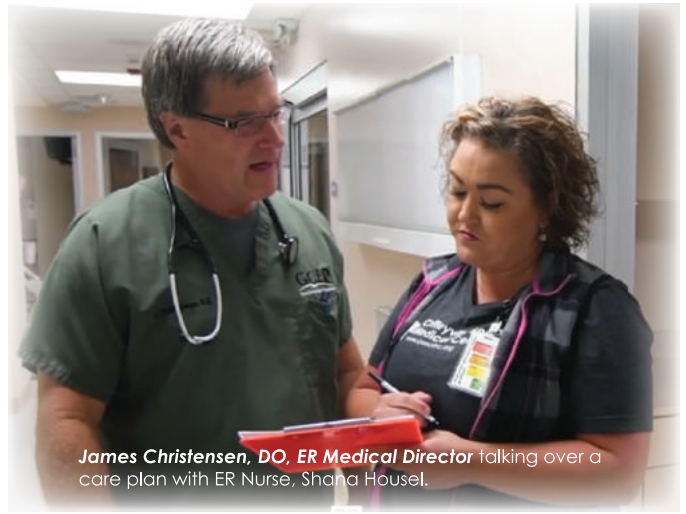
Emergency departments are the front-line of medicine, meaning they treat a wide range of patients – from traumatic injuries to those who do not have a primary care provider. Working together, the ER team makes split decisions to save the lives of patients.

From the Emergency Medicine Physicians, to the nurses, imaging and lab techs, the ER team is the first to treat the sickest patients and has the greatest opportunity to make the biggest difference. Each member of our ER team plays an important role in the patient's survival. Coffeyville Regional Medical Center recognizes the impact seeing what an experienced ER team, led by an Emergency Medicine Physician, means to the health of our community. That is why we are committed to providing the region with the only Emergency Room staffed 24/7 with Emergency Medicine Physicians. Our physicians are Board Certified or Board Eligible in Emergency medicine – and that means experienced care for you.

"Distinctive differences exist between our Emergency Room and others in the region," said Jeffrey Dixon, MD, President & CEO of Green Country Emergency Medicine Physicians.

What is an Emergency Medicine Physician?

Emergency Medicine Physicians are specialized and certified in the discipline of Emergency Medicine. A physician who specializes in Emergency Medicine focuses on the immediate decision-making and actions necessary to prevent death or any further disability both in the pre-hospital setting by directing emergency medical technicians and in the emergency department. This specialist provides immediate recognition, evaluation, care, stabilization and disposition of a generally diversified population of adult and pediatric patients in response to acute illness and injury. The training for Emergency Medicine Physicians is intensive. After graduating from medical school, they



James Christensen, DO, ER Medical Director talking over a care plan with ER Nurse, Shana Housel.

receive three, and sometimes four years of specialized training designed to recognize symptoms or injuries that could be serious or life threatening.

Why Emergency Medicine Physicians Are So Important

Life and death situations are regular occurrences in an emergency room. Emergency Medicine physicians are trained in the medical specialty of the diagnosis and treatment of unforeseen injury and illness. Emergency Medicine encompasses a unique body of knowledge that includes initial evaluation, diagnosis, treatment, coordination of care among multiple providers, and the capability to make decisions on the disposition of a patient needing immediate medical, surgical or psychiatric care.

CRMC is proud to partner with the Green Country Emergency Room Physicians Group for patient care in the ER, specifically trained to treat patients in an emergent situation. At CRMC, ER physicians have quick access to ancillary services such as imaging, radiology, lab services and even surgery if necessary to best care for the patient. Also available are several specialists who can consult on patient care.

Dixon states "in this day and age, technology and immediate availability of advanced, specialized medical services is paramount. We ER doctors can provide definitive care for lots of conditions, but in the case of more complex emergencies, we absolutely rely on advanced imaging and reliable backup from our supporting staff."

In many rural areas emergency rooms are staffed with mid-level health care providers, such as Nurse Practitioners or Physician Assistants. While that staffing may work in some situations, it may not in others, chancing that a serious condition could be overlooked. In those situations, the expertise of a physician certified in Emergency Medicine could prevent a more serious outcome.

"CRMC provides the region with the only Emergency Room staffed 24/7 with Emergency Medicine Physicians," said Dixon.

Expanded Emergency Department and Ancillary Services

In 2005, Coffeyville Regional Medical Center underwent a major expansion, building a new West Wing, which included a new Emergency Department with state-of-the-art equipment and technology. To enhance this facility, the Emergency Department was expanded and remodeled in 2017, adding a treatment room, a triage room, an infusion room with two infusion chairs for patients in need of IV therapy, a remodeled waiting area with vending and restrooms, and bedside registration to reduce the amount of time each patient spends waiting for treatment.

With the support of Kansas Attorney General, new informational displays were added to educate the community on hidden signs and symptoms of human trafficking. At the same time, CRMC reimplemented the Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART) program. No one wants to think about, or prepare for sexual assault; however, CRMC is dedicated to providing immediate, compassionate, and culturally sensitive care to all victims of sexual assault. The professional nurse experts provide comprehensive forensic evaluation and treatment according to state and international policies.

CRMC works closely with law enforcement and staff of the Crisis Resource Center to best care for victims. CRMC is able to meet the needs of sexual assault victims in providing treatment, as well as collecting valuable evidence that may help prosecute the abuser.

You Have A Choice

If you should have the need to be admitted to a hospital, remember you can choose the medical facility for your care. One important consideration is that Coffeyville Regional Medical Center has been an accredited medical center since 1957. We are the only Joint Commission Accredited hospital in our region. This means that CRMC performs to the highest quality standards recognized by the oldest, most respected accreditation organization in healthcare. We work hard to provide our patients with the best care available. When you need inpatient care, remember to say, "I choose CRMC."

ARE YOU READY?

Do you have an Emergency Disaster Plan?

Preparing Makes Sense.

You must have the tools and plans in place to make it on your own, at least for a period of time, no matter where you are when disaster strikes. Just like having a working smoke detector, preparing for the unexpected makes sense.

1

GET A KIT

Be prepared to improvise and use what you have on hand to make it on your own for at least three days, maybe longer.

- **Consider two Kits.** In one put everything that you will need to stay where you are and make it on your own. The other should be a lightweight, smaller version you can take with you if you have to get away.

Recommended Supplies to include in a Basic Kit:

- ☐ **Water** one gallon per person per day, for drinking and sanitation
- ☐ **Food** at least a three-day supply of non-perishable food
- ☐ **Battery-powered radio** and **extra batteries** or a **hand crank weather radio**
- ☐ **Flashlight** and **extra batteries**
- ☐ **First Aid Kit**
- ☐ **Whistle** to signal for help
- ☐ **Prescription Medication** and **Glasses**
- ☐ **Filter mask** or **cotton-t-shirt**, to help filter the air
- ☐ **Infant food, diapers** and **wipes**
- ☐ **Moist towelettes** for sanitation
- ☐ **Important documents** (such as insurance card, driver's license, social security card etc.)
- ☐ **Wrench** or **pliers** to turn off utilities
- ☐ **Manual can opener** for food
- ☐ **Plastic sheeting** and **duct tape** to shelter-in-place
- ☐ **Garbage bags** and **plastic ties** for personal sanitation
- ☐ **Complete change of clothing**
- ☐ **Fire Extinguisher**
- ☐ **Matches** in a windproof container

FOR MORE INFORMATION on
Emergency Preparedness and
How to Make a Disaster Plan

Please visit our website:
www.crmcinc.org/emergency-preparedness

"I Choose CRMC for my care."

Ralph Anthony, Caney, Kansas

"I recently had the occasion to come to the Emergency Department for treatment. I was having trouble breathing and my son brought me to CRMC. I returned for a second visit with Dr. Merhle a month later.

On both occasions I had contact with Dan Slavin, RN, who was very kind and professional. He explained everything to me and put me at ease.

I live in Caney - equal distance to Bartlesville, Independence, or Coffeyville. Because of the people, when I need medical treatment, I CHOOSE CRMC.

To read more about Mr. Anthony,
go to www.crmcinc.org/IchooseCRMC



**Coffeyville Regional
Medical Center**

www.crmcinc.org

For information on our
Emergency Department, please visit our website:
www.crmcinc.org/services/emergency-department



EMERGENCY MEDICAL SERVICES

An Important Function of the Emergency Department

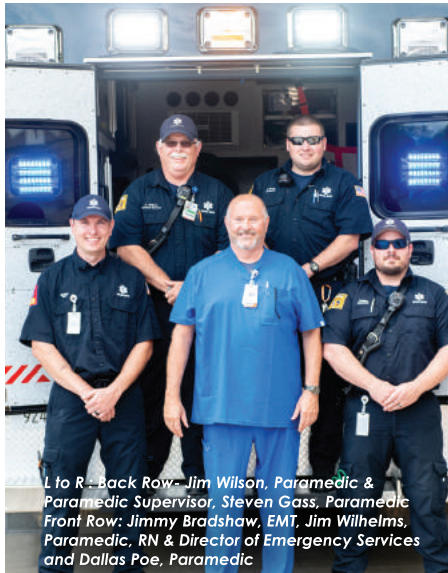
In an emergency, many times it is the Emergency Medical Services (EMS) responders who transport the patient to the hospital and provide preliminary treatment before arrival. During transport, they are in close communication with the Emergency Department personnel, receiving instructions and providing patient disposition on the way.

CRMC EMS covers the southeastern corner of Montgomery County, the southwestern corner of Labette County and the Northeast corner of Nowata County in Oklahoma. In addition to transporting patients, they work with the police and fire departments to provide additional support when needed and, when requested, the police and fire departments provide reciprocal support. EMS Director Jim Wilhelms said, "We are part of a big team of emergency professionals with specialized skills. Our goal is to save lives in an emergency situation, and to keep our community safe."

CRMC EMS is a hospital-based service that provides assistance within the hospital and serves on hospital committees and disaster preparedness committees within the region. It is unique because most EMS services are fire-based, city-based, or private.

Skills and Education

The EMS team at Coffeyville Regional Medical Center consists of highly trained Paramedics and Emergency Medical Technicians (EMTs). In the field of emergency medical services (EMS), there are different levels of certifications for provider care.



Emergency Medical Technicians (EMTs) are the most common type of providers in all of EMS. They are the entry-level patient care provider followed by paramedics. However, don't let "entry-level" fool you by this term. EMTs learn the essential skills to help in life-threatening situations and their education is the foundation for all other level of providers. Many paramedics, doctors, nurses, and firefighters have used their EMT education and on job training experience as a solid infrastructure to their career. EMTs require 150-250 hours of course work, lectures, hands-on skill training, and clinical and/or field internships. EMTs are educated in many skills including: CPR, giving patients oxygen, administering glucose for diabetes, basic airway management, spinal immobilization, vital signs, bandaging/splinting/wound care and a variety of rescue operations, including vehicle rescue, FEMA's incident Command System training and HazMat awareness.

Paramedics are advanced providers of emergency medical care and build on their EMT education by learning more skills and educated in anatomy and physiology, cardiology, medications, and medical procedures. Paramedics require 1,000 - 1,200 hours of course training, plus an additional internship and field training. They can perform life-saving skills such as, basic life-saving skills, administering medications, starting intravenous lines, providing advance airway management for patients, and

learning to resuscitate and support patients with significant problems such as heart attacks and traumas. They can also be certified in Advanced Cardiac Life Support, Pediatric Advanced Life Support, Neonatal Advanced Life Support and pre-hospital Trauma Life Support. These certifications require rigorous skills and written exams.

Both EMTs and paramedics have the knowledge and skills to transport patients and provide them with emergency care. A person must first be an EMT before he or she can train as a paramedic; and he or she must pass a computer-based exam, apply for certification, and pass all courses. "You can't have one without the other once you are in a life-saving situation," said Wilhelms, "Our EMTs and Paramedics work hard everyday for our patients, our community and each other. I am very proud of our staff and our EMS program at CRMC."

Technology

CRMC has four ambulances equipped with state-of-the-art equipment. Each has 12-lead cardiac monitors and portable ventilators for adults, pediatric patients or infants. In addition they have specialized equipment for certain types of respiratory problems, which can help prevent the patient from being on a ventilator, and provide a better patient outcome.

Coffeyville Regional Medical Center wants you to feel confident in seeking emergency treatment in our Emergency Department. We have taken great measures to provide you with the most talented and specialty trained physicians and emergency support staff in the area, with a medical team that delivers life-saving care when you need it most.



By Lori Rexwinkle, MSN
Chief Executive Officer

A Partnership For A Healthier Montgomery County

Hospitals today are much more than an institution where people seek medical help when they are sick or injured. In a rural community such as Montgomery County, Coffeyville Regional Medical Center (CRMC) has a large impact on the local economy. We generate business activity by purchasing goods and services from many local businesses. We provide over 400 jobs and income to people in the community. Indirectly, those jobs create a ripple effect as our employees spend wages and other income for household goods and services. CRMC plays an important role of providing healthcare and a healthy economy. By supporting CRMC, you enable us to reinvest back into the community, expand services, and provide programs to keep you and your family healthy. It's what I call "a partnership".

CRMC is the only hospital in Montgomery County. It is not just a hospital that serves Coffeyville. CRMC is a regional hospital that serves a wide area in southeast Kansas and northeast Oklahoma. Over the years, CRMC has evolved into a state-of-the-art medical center that offers a surprising range of services you might expect to find only in big cities.

In addition, we are the only hospital in the region to be accredited by The Joint Commission – receiving their "Gold Seal of Approval". This means CRMC meets rigorous performance standards in delivering quality and safe patient care across the organization. The Joint Commission is the oldest and most respected accreditation body in healthcare. This is important for you to know because you have a choice in where to go for your healthcare.

My Passion

There have been a number of recent changes at CRMC. In May, I became the new CEO at CRMC. I am so honored to serve in this role. I am a hometown girl who grew up in Coffeyville. I joined CRMC in 2002. I began my career as a registered nurse, moved to infection control and employee health, was promoted to Director of Quality in 2009, and to Chief Nursing Officer in 2011. I am very passionate about CRMC – all of us here are invested in our community. Our administrative team is working hard to develop new, innovative programs and

services that will provide for better healthcare opportunities in our region.

We have a great deal to be proud of currently at CRMC. We have a talented group of employees, an impressive medical staff, and a keen focus on quality patient care. Every day we live our mission of providing the highest quality care to our patients and family members. Moving forward, our efforts must be placed toward improving the health of our communities and strengthening partnerships. All area businesses must work together toward a common goal – making our county as successful as it can be. To achieve this goal, it is important for us to support our community and for the community to support us, thereby keeping dollars in our county.

Helping our Friends and Neighbors to Be Healthy

As “your partner in health” and only county hospital, we believe that caring for you includes much more than providing quality hospital-based medicine. We are dedicated to providing you convenient access to primary care, specialists, support, and educational programs to help you achieve and maintain optimal health.

In 2017, our CRMC Medical Group Primary Clinics were designated as “Rural Health Clinics”. What this means to the community is that we are now able to offer extended services such as our Chronic Care Management Program and Transitional Care.

Chronic Care Management Program (CCMP) provides one-on-one education to patients who have a chronic disease, such as cancer, asthma, arthritis, or diabetes. CCMP is composed of primary care physicians, advanced registered nurse practitioners, a chronic care nurse, and other clinical staff. A patient in this program receives a comprehensive care plan based on his or her disease process or needs. The plan helps to ensure goals are

achievable and met; it provides the patient with support between doctor visits; medication coordination; assistance tracking and coordinating care with other practitioners; and personal attention every month with the Chronic Care Management Nurse, Kelle Kiser, RN. It takes little from the patient other than a commitment to try to stay as healthy as possible, and we are here to assist throughout the process.

Transitional Care is another offering of the clinic. Once a patient has been discharged from a hospital stay, CRMC Medical Group-Primary Care Clinic provides transitional care to ensure the patient continues to heal and recover. Even if the patient is not established with our providers, we are accepting new transitional care patients.

In the spring of 2017, CRMC launched the Women & Wellness program. We recognize that women make tremendous contributions to our families and communities, but sometimes they allow their own health to suffer as a result of their many roles. The Women & Wellness program is a unique health and wellness initiative created to empower women to achieve and maintain a healthier life.

Women & Wellness provides women with the support, education and care navigation they need to balance and manage the demands of every day life. Membership is free. Learn more at www.crmcinc.org.

We also have Care Navigation Services available to our community. Navigating through the healthcare system can be challenging. But it doesn't need to be. Here at CRMC, we are here to help you through this process so you can take charge of your healthcare and your family's healthcare needs, as well. We can help with:

- Finding a primary care physician and obtaining necessary referrals
- Scheduling appointments and screenings for you
- Provide education on medical

conditions and treatments

- Information to give you about CRMC services, facilities and events
 - Provide you support during stressful health events...and more.
- To connect with our Care Navigation Services, simply call 620-252-2299.

Our Hospitalist Program

Last year, Dr. Josh Wyckstandt and Dr. Alix Oreck, joined Dr. Anne Hogsett, to complete our Hospitalist team at CRMC. What is a hospitalist? A hospitalist is a physician that specifically cares for patients in the hospital. Our hospitalists are Internal Medicine physicians. The difference is that hospitalists don't have a private practice where they see patients in their offices. These physicians are permanent, in-house physicians, which specifically care for our inpatients while here at CRMC. Be assured the hospitalist does not replace your family care physician. In fact, the hospitalist acts as a liaison between the patient and their doctor. The patient's care plan is closely coordinated, meaning the family doctor is continually updated on the patient's status. This is extremely reassuring to both the patient and your family physician.

Creating Partnerships with Area Businesses

CRMC has expanded its Business & Industry Health program by creating partnerships with area businesses to promote a healthier workforce. Business & Industry Health offers Workplace Wellness promotions that help teach employees to make healthier choices that help prevent chronic disease. Through this program employers can improve the health of their employees and save on health insurance, as well as increase productivity and employee retention rates.

What's on the Horizon?

We have very exciting news to share in the coming months. Be on the watch for announcements of new physicians joining our medical staff, and starting in July, we are expanding our orthopedic services to our Independence clinic. John

Line, PA-C, joined our orthopedic team in May. He came to us from Bartlesville and is extremely excited to be here. John and Dr. K. Sunil Menon are now offering Orthopedic Services at our Independence Clinic.

Services Second to None

Although we have featured many of our newer initiatives, it goes without saying that CRMC is proud of those services that have been the backbone of our hospital for years. They include:

- Emergency Services – We staff our ER with Emergency Medicine Physicians. This is important for you to know. Emergency Medicine Physicians are trained to look for the most life-threatening condition first. I cannot stress enough that there are distinct differences between our ER and others in the region.
- Cancer Treatment Services – We are the only facility in the region to

offer both Medical Oncology and Radiation Oncology under one roof. For over 35 years, CRMC has been a leader in caring for our cancer patients. AND, can offer access to clinical trials through our affiliation with the Midwest Cancer Alliance.

- Women's Health Services – Oh Baby! – Nobody delivers like CRMC. Our birthing experience is second to none. From the very beginning, CRMC is there to educate, support, and be there for our moms. Our Women's Center has beautiful birthing suites (with a whirlpool tub!), a dedicated OR for cesarean section, 3D and 4D ultrasound, and two certified lactation consultants who work with our moms to help make breastfeeding successful.
- Wound Care – For people with non-healing wounds, we offer Hyperbaric Oxygen Therapy and a Wound Care Clinic. A physician's referral is not necessary to make an appointment at our Wound Care Clinic.

- Neurosurgery – the only neurosurgeon in the area that performs many microsurgeries (a one inch or less incision) for a faster recovery with less pain.

- Interventional Radiology and Pain Management...and more

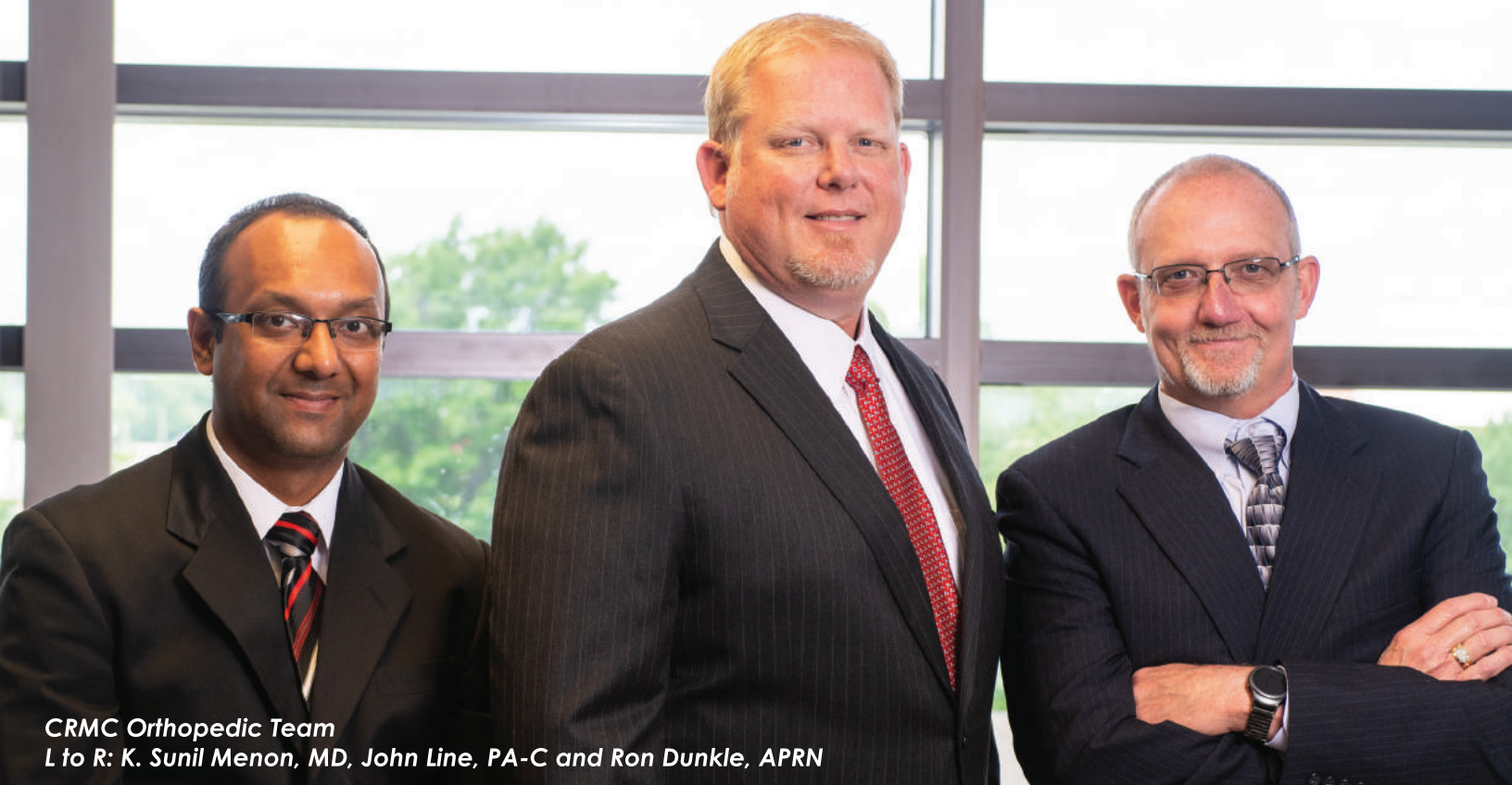
I would like to end with this simple statement....if you haven't visited Coffeyville Regional Medical Center in a while – I invite you to do so. This is a state-of-the-art facility with an impressive medical staff and team of dedicated healthcare professionals. We are YOUR county hospital. There is no need for you or your family to travel for healthcare services. We are right here – today – and in the future. If you have any questions about our hospital, or would like more information, please call our outreach team at 620-252-2299.

Nobody delivers like CRMC.

Oh
Baby!
#BornAtCRMC
Coffeyville Regional Medical Center



Twins Mack and Brooks were born at CRMC.
To see more Oh Baby! photos search #BornAtCRMC
on our facebook page.



CRMC Orthopedic Team

L to R: K. Sunil Menon, MD, John Line, PA-C and Ron Dunkle, APRN

ORTHOPEDIC SERVICES

Now Available in Independence!

To meet the growing needs for Orthopedic Services in our region, we have expanded Orthopedic Services to include our Independence CRMC Medical Group clinic.

Our goal is to keep you moving and enjoying life. We offer a comprehensive range of orthopedic services including:

- Arthroscopic surgery (knee & shoulder)
- Total joint replacement
- Hand surgery
- Foot and ankle surgery
- Ganglion cyst and benign tumor surgery
- Trauma surgeries
(Including pelvic & acetabular fractures)
- Sports medicine
- Arthroplasty (hip, knee & shoulder)
- Revision hip and knee arthroplasties
- Carpal tunnel evaluation

JOINT CAMP

Offers a special group environment for those undergoing joint replacement surgery. The Joint Camp's dedicated team of K. Sunil Menon, MD, Orthopedic Surgeon, anesthesiologists, physical therapists and nurses work together to provide exceptional care in a healing environment. Joint Camp provides important patient education to ensure the best outcome and a quicker recovery time - to get you back doing the things you enjoy.

TWO LOCATIONS TO SERVE YOU:

Coffeyville - 1400 W. Fourth Street (3rd Floor)
620-252-1639

Independence - 122 W. Myrtle 620-577-4062



"I Choose CRMC for my Orthopedic Care."

"I began to know I needed surgery on my knees about four years ago. I was having trouble walking and my knees hurt all the time.

A friend told me to seek care close to home at Coffeyville Regional Medical Center. I am so glad I did.

The care I received from Dr. Menon, Ron Dunkle, and the entire team made my experience top notch. I found the "personal" care I was looking for.

If you or someone you know needs any type of joint replacement surgery or orthopedic care, I would say "I Choose CRMC," You won't be disappointed.

Joy West

Left and Right Knee Joint Replacement Patient

**To read more about Joy West,
go to www.crmcinc.org/IchooseCRMC**



**Coffeyville Regional
Medical Center**

www.crmcinc.org

For information on our
Orthopedic Services, please visit our website:
www.crmcinc.org/services/orthopedic-services

Women & Wellness

HEALTH TIPS & INFORMATION



Why you should always tell your Doctor the Truth

How even little white lies can compromise your health.

It seems harmless enough. You're at the doctor's office and you decide to make up a few white lies about your daily habits. Maybe it's easier to say you head to the gym three times a week rather than hearing a lecture about why you shouldn't sit on the couch after work. Or you might be embarrassed to talk about how many drinks you have with dinner each night or that your go-to "snack" is a pint of Ben and Jerry's.

If you're not being completely honest with your doctor, the only one you're hurting is you – and if you're choosing to exaggerate or avoid the truth, you're certainly not alone. It's estimated that at least one-quarter of people aren't completely honest with their healthcare providers. But being straightforward about your habits is not something to be embarrassed about. It's an important component of staying healthy.

Here are a few things you should speak about openly and honestly with your doctor:

- **Your lifestyle.** Don't make it seem like you're a kale lover when you're gobbling up cookies every chance you get. Or that you work out religiously when you don't like to move. Or that you quit smoking when you didn't. Telling your doctor what he or she wants to hear won't make you any healthier. But discussing what may be stopping you from leading a healthier lifestyle can result in helpful advice that may get you started on the right track.

- **How you feel.** Whether you're noticing you have more aches and pains than you used to, are feeling unusually sluggish when you're active or are feeling down in the dumps and don't know why, it's

important to tell your doctor. Some symptoms, even minor, may be a sign that something is wrong. Sharing this information is the first step to keeping you healthier.

- **Your meds.** If you're prescribed medication, it's important to take it. If there's a reason you don't want to take it – you don't like the way it makes you feel, you're experiencing side effects or you can't afford it – talk to your doctor to see if there is another option that may suit you better. Also let your doctor know about supplements, over-the-counter meds or recreational drugs you use.

View more health tips like this by visiting our website www.crmcinc.org

Save-the-Date



WOMEN'S WELLNESS RETREAT

COMING SATURDAY,
SEPTEMBER 29th
CEDAR BLUFF CAMP

4705 CR 2475 | COFFEYVILLE, KS 67337

FREE One-Day Retreat you don't want to miss. Part of our Women & Wellness Program? This event will count as one of the events you will want to attend.

Come enjoy a day of relaxing with the girls, family or just a day to yourself.

- Breakfast & Lunch served
- Outdoor Activities
- Fitness
- Nutrition
- FREE Health Fair
- Make & Take Bath Salts

and much more!

Please look

in our local papers, website and Facebook page for more details and event registration information starting August 1st.

Pastoral Care at Coffeyville Regional Medical Center

Coffeyville Regional Medical Center is excited to implement a Pastoral Care Program. Volunteer Pastors from area churches have partnered with CRMC to help us achieve our mission of providing patients with the highest quality healthcare. If you or a loved one is receiving care from CRMC, you may experience feelings of fear, anxiety and grief. For many, spiritual and emotional comfort can be an important part of coping with this experience.

The volunteers participating in the Pastoral Care Program at CRMC are part of the care team and can provide the support you need.

We recognize that our patients and their families come from diverse backgrounds and religions. Pastoral Care Volunteers at Coffeyville Regional Medical Center respect the views of all religions, denominations and personal philosophies. Whatever the Pastor's personal denomination may be, our desire is to honor and respect the beliefs that bring meaning to those we serve.



This service is available for our patients, families and friends. Our Chaplains are trained in hospital ministry and are available to help.

If you wish to have us make arrangements for a Chaplain visit (while you or a loved one are staying at CRMC), please let us know by contacting your nurse or other healthcare provider.

CHAPEL



The Chapel is located by the Emergency Entrance of the hospital and directly across from the Medical Imaging Department. The CRMC Chapel is always open to provide a quiet environment for prayer, meditations and spiritual conversations. The Chapel is open to all faiths.

CRITICAL NEEDS FOR CRMC Auxiliary Volunteers :

- Surgery Waiting Room
- Front Entrance
- Gift Shop
- Tatman Cancer Center
- Jerry Marquette Radiation Oncology Center
- Patient and Guest Services
- 2nd Floor waiting area



CRMC AUXILIARY *Volunteer of the Year*

Volunteers are an integral part of the CRMC Family. From their smiling faces at the Main Entrance to our Cancer Centers, Surgery Department, and Gift Shop they are here to help patients, visitors, and guests. The services and support they provide to CRMC Staff are second to none.

Each year a volunteer is selected as "Volunteer of the Year". Nominations are made by a committee of Auxiliary Officers and past recipients of the award and voted on by CRMC staff, patients, and guests. Nominees for 2018 Volunteer of the Year were Gene Branton, Laudine Luhn, Kenny Palone, Laura Robson, and Bob Vanderhoof. During the Volunteer Appreciation Luncheon in April Laudine Luhn was honored as the Volunteer of the Year.

Laudine has been volunteering at CRMC for 30 years. She can be found on Wednesday mornings greeting visitors and escorting patients at the Main Entrance.

For more information on Volunteering at CRMC please contact Cari Redden, Director of Foundation and Volunteer Services, foundation@crmcinc.org or 620-252-1674.

COMMUNITY OUTREACH

FAMILY LIFE EDUCATION

CHILDBIRTH PREPARATION

The aim of this class is the preparation of the mother and father (or other support person) emotionally, physically, and intellectually for active participation in the birth process. The course includes: relaxation exercises, what to expect during labor and delivery, practice with breathing and pushing techniques, and care after the birth. Infant care including breastfeeding and infant CPR is also included.

DATES:

Weekend Classes (2018):

October 6th & 7th

November 17th & 18th

Tuesdays:

August 7th - September 11th

TIMES:

Weekend Classes -

Saturday - 9:00am-4:00pm

Sunday - 1:00pm-5:00pm

Weekday Classes -

Tuesday - 6:30pm-8:30pm

REGISTRATION: 620-252-1589

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

LACTATION CONSULTANTS

The Geeta Sandhu Women's Health Unit has two Lactation Consultants on staff and are willing to help any mother with questions or concerns about breast feeding. The Lactation Consultants are registered nurses and you can reach them in the unit.

REGISTRATION: Not Required

LOCATION: Women's Health Unit at CRMC

FEE: Free

NURSES: 620-252-1510



In addition to free classes offered on the Women's Health Unit, tours of our lovely facility can be done at your convenience.

For more information about our Women's Health Unit contact, Director, Jennifer Wintjen at 620-252-1589.

MATERNAL & INFANT (M&I) CLINIC

CRMC Medical Group provides and facilitates access to comprehensive prenatal care and follow-up for mother and infant for up to one year post delivery.

We hold an M&I clinic at our Independence location every Wednesday from 9:00am – 4:00pm. We provide financial assistance and a nutritionist to expecting mothers during their visits. Patients will see Nancy Barkley, APRN for the majority of their appointments, and will be provided a CRMC Medical Group OB/GYN physician. Patients will receive post-op care from CRMC Medical Group.

APPOINTMENT REQUIRED:

620-577-4062

DATES: Every Wednesday

TIME: 9:00am-4:00pm

LOCATION:

CRMC Medical Group

122 W. Myrtle

Independence, KS 67301

FEE: Free for women who qualify

WEE CARE BABY SUPPORT

CRMC helps new mothers in the adjustment period of parenting with all its new responsibilities. We understand many questions and fears may arise in the first weeks and months when a new little one joins the family. Mothers are encouraged to come with baby to the Geeta Sandhu Women's Health Services unit to receive support and encouragement.

REGISTRATION: 620-252-1589

LOCATION: Women's Health Unit at CRMC

FEE: Free

SUPPORT GROUPS

BARIATRIC SUPPORT GROUP

Open to those who have undergone weight-loss surgery or who are considering the procedure. Friends and Family are Welcome.

TIME: 1st Thursday of the month, 7:00pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: Free

MORE INFO: 918-331-8940

CANCER SUPPORT GROUP

This group provides educational and spiritual support for families living with cancer.

TIME: 3rd Thursday of every Month, 6:00pm

LOCATION: 4th Floor lobby at CRMC

FEE: Free

MORE INFO: 620-252-1606

LOOK GOOD – FEEL BETTER

A free program for female cancer patients actively undergoing cancer treatment. Women learn to cope with appearance-related side effects of chemotherapy and radiation.

REGISTRATION: 620-252-1606

DATES: Aug. 21st & Oct. 16th, 1:00pm

LOCATION: CRMC Basement Boardroom

FEE: Free

EDUCATION CLASSES

DIABETES SELF-MANAGEMENT WORKSHOP

If you are living with a diabetes health condition or are a caregiver of someone who has diabetes this workshop is for you. Self-Management Education workshops are interactive learning opportunities that teach techniques to manage common symptoms.

REGISTRATION: 620-515-4568 or kkiser@crmcinc.org

INFORMATION SESSION: October 11

WORKSHOP DATE: Oct. 18 - Nov. 29

TIME: 1:30pm - 4:00pm (6 week workshop)

LOCATION: CRMC Clinic Classroom in the North Entrance Clinic

(Info session and for workshop)

FEE: Free



Dawna Regis, RN
Women Health Services
Lactation Consultant

HEART HEALTHY NUTRITION SEMINARS

Please join us for these free seminars designed to help you manage your blood pressure. Programs are available in Coffeyville and in Independence. Attending all the seminars is suggested but not required.

CRMC Medical Group Primary Care SEMINARS AND DATES:

- Reducing Sodium Intake
- August 15th
- Heart Healthy Eating
- October 17th

TIME: 1:30 pm – 2:30pm

LOCATION: Clinic Classroom, North Entrance of CRMC

REGISTRATION: Not Required

Independence Public Library SEMINARS AND DATES:

- How to Eat to Lower Blood Pressure
- July 18th
- Shopping, Cooking and Food Preparation – September 19th

TIME: 1:30pm – 2:30pm

LOCATION:

Independence Public Library
Media Room - 2nd Floor

REGISTRATION: Not Required

CHRONIC DISEASE SELF-MANAGEMENT WORKSHOP

If you are living with a chronic condition this Free workshop is for you. What you will learn:

- Decision-making and problem solving skills
- Communicate effectively with family, friends and healthcare professionals
- Deal with anger, depression, and difficult emotions
- Manage fatigue
- Learn new ways to eat healthy
- Control Pain

and much, much more!

REGISTRATION: 620-515-4568 or kkiser@crmcinc.org

INFORMATION SESSION: August 16th

WORKSHOP DATE: August 23rd

TIME: 1:30pm (6 week workshop)

LOCATION: CRMC Clinic Classroom in the North Entrance Clinic (Info session and for workshop)

FEE: Free

SAFESITTER COURSE

SafeSitter® prepares students in grades 6th - 8th to be safe when they're home alone, watching younger siblings, or babysitting. Students learn life-saving skills such as how to rescue someone who is choking, and helpful information like what to do if there is severe weather. The lessons are filled with fun activities and role-playing exercises. Students even get to use CPR manikins to practice CPR and choking rescue!

- Safety Skills
- Child Care Skills
- First Aid & Rescue Skills
- Life & Business Skills

REGISTRATION:

Required, 620-252-2201 or email ashleyt@crmcinc.org

DATE: July 21st & August 18th

TIME: 9:30am-4:30pm

LOCATION: 2nd Floor Administration Board Room at CRMC

FEE: \$35 (includes manual and Safesitter Kit)

** Please bring a sack lunch to the safesitter course. The class will be going into the lunch hour.**

Limited space available, please register your child.

More classes are available on our website
www.crmcinc.org/classes

SMOKING CESSATION

Thinking of quitting smoking or chewing tobacco but not sure where to turn? Have you quit before and started again? We understand that quitting tobacco is difficult. Our cessation program uses materials from the Mayo Clinic Nicotine Dependence Center. This patient-centered, interactive program respects your right to make your own decisions.

REGISTRATION: 620-252-1606

DATE: Sept 26 – Nov 28th

TIME: Wednesdays, 12:00pm-1:00pm (8 Sessions)

FEE: Free

Visit our Website:

www.crmcinc.org/wellness-education

FITNESS CLASSES

LOW IMPACT CARDIO CLASS

You can burn serious calories without all that jumping around. We don't have anything against bouncing, but sometimes you want to give your joints a rest, and with this low-impact workout you can do just that.

DATE: Every Tuesday and Thursday

TIME: 10:00am-11:00am

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: Free

EDUCATOR:

Ashley Tatman
ashleyt@crmcinc.org

YOGA CLASSES

Do you want to be more relaxed, strengthen your spine, improve your circulation? Come join one of the Yoga classes offered at CRMC.

DATE:

Mon/Wed/Fridays - 9:00am-10:00am
Tues/Thurs - 5:00pm-6:00pm

LOCATION: Located in the multipurpose room located across the hall from the CRMC Rehabilitation Department

FEE: \$7 a Class or \$35 a Month

BABY ON BOARD YOGA CLASS

This yoga is geared towards expecting mothers and will focus on breathing, stretching and nutrition. Only offered April-August. Please call Nancy Burrows, yoga Instructor for more information.

INSTRUCTOR:

Certified Yoga Instructor, Nancy Burrows
620-252-5789

WALKING CLUB - CRMC Basement Bunch

This is an all year walking program to help you keep fit, and there are prizes along the way. Sign up today down by our Rehabilitation Department on the Walking Track.

REGISTRATION: Sign up at the

Walking Track at the designated

TIME: 5:00am-9:00pm, 7 days a week

LOCATION: On the Walking Track

FEE: Free

CRMC NEWS

Sarah Hoy Named Chief Nursing Officer at CRMC

In June, Coffeyville Regional Medical Center Chief Executive Officer, Lori Rexwinkle announced that Sarah Hoy, BSN, CPPS accepted the position of Chief Nursing Officer at CRMC. "We are extremely happy that Sarah has taken on this role. She has been an integral part of this facility for years. Her background and passion for nursing will enable her to inspire and lead our great team of nurses."



Sarah is grateful for the opportunity to serve in this capacity, saying "My desire to serve as CNO for CRMC comes from my passion of building strong relationships within our team, our patient population and within the community. My top priority will be to ensure that CRMC continues to provide the highest quality care through safe, competent and compassionate nursing. It is my goal to continue this strong legacy at CRMC."

Sarah Hoy has been at CRMC for 16 years. She received her BS in nursing from Pittsburg State University. In addition, Hoy is a Certified Professional in Patient Safety (CPPS). Hoy is a Member of the Kansas Association of Risk and Quality Managers and sits on the KARQM Board of Directors. She is also a member of the Kansas Organization of Nurse Leaders.

Sam Guild Named Chief Financial Officer at CRMC

Coffeyville Regional Medical Center Chief Executive Officer, Lori Rexwinkle, announced in June, that Sam Guild accepted the position of Chief Financial Officer at CRMC.



Sam came to us from Owasso, OK, and has been in healthcare for thirty years. He has served as a CEO, COO, and CFO for many facilities. He graduated high school in Bartlesville and attended the University of Oklahoma where he received his

Bachelor of Business Administration. He received his Master of Business Administration and Master of Science of Accounting at Oklahoma City University. Sam has been married to his wife Bobbi for thirty-five years and has three children and three grandchildren! He enjoys all forms of sports and loves to play golf.

CRMC Service Excellence Winner

Kelci McVey, RN, of our Women's Health Unit was recognized 1st Quarter 2018 "Service Excellence Champion." Kelci was honored for going above and beyond for the patients she cares for and exceeded CRMC's 8 Standards of Service Excellence.



CRMC Welcomes John Line/Expands Orthopedics to Independence

We want to welcome John Line, PA-C to our Orthopedics Team. John is from the Bartlesville area.

He began his medical career in the United States Air Force working as an EMT, Aerospace Medical Technician and Physical Therapist Assistant. Following active duty John joined the Air National Guard and worked as an Aeromedical Evacuation Medic. John furthered his education and became a Physician Assistant working in

Emergency Medicine and Orthopedics. John attended Rose State Jr. College and The Community College of the Air Forces and received his Associate Degree in Medical Science.

He attended the University of Oklahoma Health Science Center and received his Bachelor of Science Degree as a Physician Assistant. John has 21 years of experience working as a Physician Assistant: 16 years in Orthopedics and 5 years in Emergency Medicine. He is excited to be a part of the CRMC family – so let's make him welcome!

In addition, to meet the growing needs of Montgomery County, beginning July 9th, CRMC will expand Orthopedic Services to include our Independence Clinic. John Line, PA-C will see patients on Monday and Tuesday afternoons. Dr. Menon will see patients on Tuesday afternoons.



GET IN THE KNOW

by following CRMC on our FACEBOOK PAGE



FACEBOOK:

[www.facebook.com/
CoffeyvilleRegionalMedicalCenter](https://www.facebook.com/CoffeyvilleRegionalMedicalCenter)



Physician Directory by Specialty

CARDIOLOGY

Anderson Mehrle, MD

Clinic Location:
CRMC Outpatient Services/Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337 Office
Number:
Clinic Days: Every Monday at CRMC
Call Bartlesville Office – 918-332-3600

DERMATOLOGY

Natalie Edgar, DO

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators,
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

EAR, NOSE & THROAT (ENT)

Charles Holland Jr., MD

Office Location:
205 SE Howard Ave, Bartlesville, OK 74006
Office: 918-333-0474

FAMILY/GENERAL MEDICINE

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Shravan Gangula, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance
Coffeyville, KS 67337
Office: 620-688-6566

Bridget Gibson, MD

Office Location: CRMC Medical Group
1400 W. 4th Street, North Entrance
Coffeyville, KS 67337
Office: 620-688-6566

Allen Gillis, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Geeta Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

NEPHROLOGY

Paul Maraj, MD

Clinic Location: CRMC Outpatient Services/
Tatman Cancer Center
1400 W 4th Street, Coffeyville, KS 67337
Clinic Days: Every Second Thursday of the month
Office Number: Wichita Office – 316-263-5891

NEUROSURGERY

Gery Hsu, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street Coffeyville, KS 67337
Office: 620-252-1639

OBSTETRICS & GYNECOLOGY

James Christensen, DO

Office Location: Coffeyville Family Practice
209 W. 7th, Coffeyville, KS 67337
Office: 620-251-1100

Dara Gibson, MD

Two Office Locations:
CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Thursdays: 9:00am-4:00pm

Stephen Miller, DO

Two Office Locations:
CRMC Medical Group
1717 W. 8th Street, Coffeyville, KS 67337
Office Number: 620-251-0777

CRMC Medical Group

122 W. Myrtle, Independence, KS 67301
Office: 620-577-4062 Fridays 9:00am-12:00pm

ONCOLOGY

Akinola Ogunlape, MD

Oncology/Hematology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Outpatient Services/Oncology/
Tatman Cancer Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1501

Nathan Uy, MD

Radiation Oncology
Clinic Days: Every Wednesday at CRMC
Office Location:
CRMC Jerry Marquette Radiation Oncology Center
1400 W. 4th Street, Coffeyville, KS 67337
Office: 620-252-1563

OPHTHALMOLOGY

Garrick Rettele, MD

Office Location: Coffeyville Regional Medical Center
3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-251-3235

ORTHOPEDICS

K. Sunil Menon, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

PODIATRY

Jeffrey Hogge, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

Barry Wesselowski, DPM

Office Location: Family Podiatry
209 N. 6th St, #102 Independence, KS 67301
Office: 620-331-1840

SURGERY (GENERAL)

Michelle McGuirk, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

Paul Sandhu, MD

Office Location: Coffeyville Doctor's Clinic
801 W. 8th Street, Coffeyville, KS 67337
Office: 620-251-7500

UROLOGY

Bernard Howerter, MD

Office Location: CRMC Medical Group
CRMC, 3rd Floor, Blue Elevators
1400 W. 4th Street,
Coffeyville, KS 67337
Office: 620-252-1639

WOUND CARE

Shravan Gangula, MD

Stephen Miller, DO

Office Location: CRMC Medical Group
1400 W. 4th Street, Coffeyville, KS 67337
3rd Floor - Specialty Clinic, Blue Elevators
For Appointments: 620-252-1173

HOSPITAL BASED PHYSICIANS & PROVIDERS:

ANESTHESIOLOGY:

Baba Abudu, MD
Christopher Hogan, CRNA
Susan Jenkins, CRNA
Julie Moses, CRNA
Cole Shawver, CRNA

RADIOLOGY:

David Gutschenritter, MD
Dan Gillespie, MD

PATHOLOGY:

Chitra Kohli, MD

HOSPITALIST :

Anne Hogsett, MD
Alix Oreck, MD
Joshua Wyckstandt, MD

EMERGENCY MEDICINE:

James Christensen, DO
Russell Anderson, DO
Jerry Castleberry, DO
Jeffrey Dixon, MD
Jesse Hatfield, MD
William Gray, MD
Craig Kennedy, MD
Derek Knoffs, MD
Jonathan Robins, DO
Garrett Taylor, MD
Emily Williams, MD
Eric Woolley, MD

ADVANCED PRACTICE REGISTERED NURSE (APRN)

CRMC Medical Group - 620-577-4062
122 W. Myrtle, Independence, KS
Nancy Barkley, APRN Kathryn Cornell, APRN

CRMC Medical Group - 620-252-1639
3rd Floor-Specialty Clinic 1400 W. 4th Street, Coffeyville, KS
Ron Dunkle, APRN John Line, PA-C Michelle Perry, APRN

CRMC Medical Group - 620-688-6566
North Entrance - 1400 W. 4th Street, Coffeyville, KS
Mary Beth Hartley, APRN Heather Pollet, APRN
Barry Phillips, APRN



Extended Hours Clinic

We've extended our clinic hours
Monday - Thursday to help you fit
family care into your busy schedule.

Walk-Ins Welcome

Monday-Thursday
8:00am-8:00pm

Friday
8:00am-5:00pm

620-688-6566

CRMC Medical Group Primary Care Clinic

Located at the North Entrance
Coffeyville Regional Medical Center
1400 W. 4th Street
Coffeyville, KS 67337



Heather Pollet, MSN, APRN
FNP-BC, NP-C

