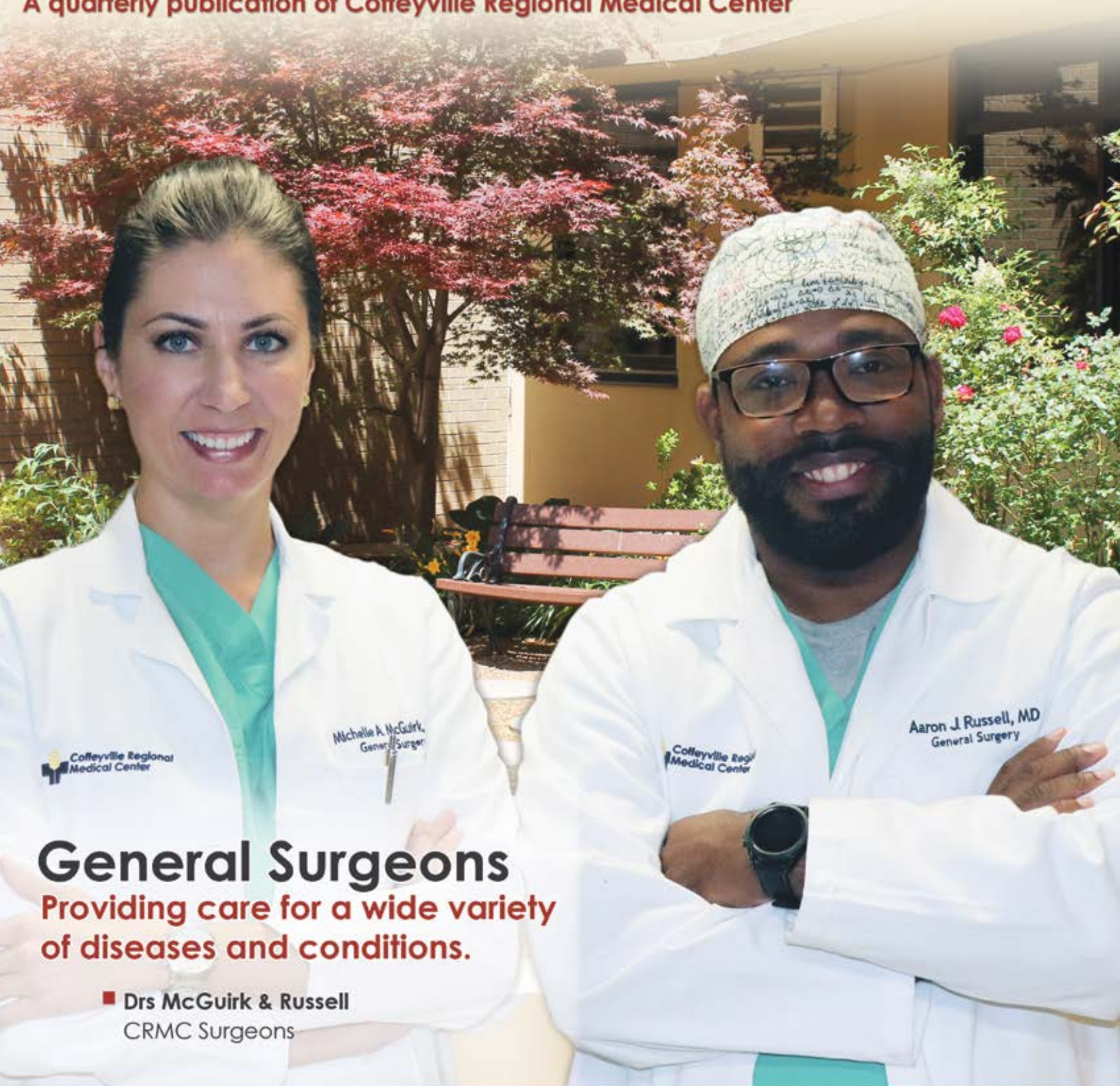


# Health Partners

A quarterly publication of Coffeyville Regional Medical Center

October - December 2021



## General Surgeons

Providing care for a wide variety of diseases and conditions.

■ Drs McGuirk & Russell  
CRMC Surgeons

### Inside:

- Managing Diabetes
- Rehabilitation and Home Health
- Business and Industry
- Tree of Hope
- Physicians Listing and More



Compliments of:

**Coffeyville Regional  
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Coffeyville Regional Medical Center

**FOUNDATION**

"Caring today for tomorrow"

# Tree of Hope

Contact the **CRMC Foundation** at  
620-252-1674 or  
[foundation@crmcinc.org](mailto:foundation@crmcinc.org)  
to order your tribute angel today.

For each \$5 donation in honor or memory of  
your friends and loved ones, an angel  
inscribed with their name will be placed on  
the tree in the main lobby.

Donations will benefit the  
**CRMC Care & Share Fund**

This fund is designed to assist CRMC patients  
currently receiving cancer treatment.



Fall is finally here! My prayer is for us to be healthy as we begin to gear up for family time during the upcoming holiday season. There is nothing better than spending time with friends and family during the holidays – something we have all missed over the last

year and a half.

This issue of Health Partners magazine includes information about some very important services offered here at CRMC. First, you will read about our General Surgeons. We are so very fortunate to have two Board Certified General Surgeons on our medical Staff. Dr. Michelle McGuirk and Dr. Aaron Russell provide care for a wide variety of diseases and conditions. These surgeons have close relationships with our primary care providers and specialists – and that's important for continuity of care and your piece of mind.

Next, if you or a loved one has diabetes, our dietitian Marsha Wingate, RD, offers great information on how to manage your diabetes starting on page 6. If you own a business (large or small) read about our Business & Industry Health (B&I) services beginning on page 8. B&I can help you with pre-employment testing, occupational medicine, workplace wellness, and telehealth services. You will also learn more about Rehabilitation Services, Home Health, CRMC Foundation, and much more in this issue.

As COVID-19 continues to remain at the forefront of our everyday lives, we want to remind you that CRMC is here – safe, ready, prepared – for what may face our communities. On page 14 you will find information about COVID Self Care and Treatment Options, along with hours of operation for our COVID-19 Clinic.

As we all gather around our tables this Thanksgiving and Christmas, may you enjoy good health, good will, and God's peace.

Brian Lawrence, CEO

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## Hospital Leadership

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**Sarah Hoy, BSN, CPHRM** - Chief Nursing Officer

**Michelle McGuirk, MD** - Chief of Medical Staff

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*Information in Health Partners is provided for informational purposes and not intended to replace the advice of your physician. If you have concerns or questions about specific content that may affect your health, please contact your healthcare provider.*

### On the cover:

Dr. Aaron Russell, MD  
Dr. Michelle McGuirk, MD

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Coffeyville Regional Medical Center





# GENERAL SURGEONS

**Providing care for a wide variety of diseases and conditions**

The practice of diagnosing and caring for patients with a variety of pathologies, both in and out of the operating room, is the hallmark of a General Surgeon.

Common surgical cases which usually come to mind are those in the abdomen, such as hernias, gallbladder, appendix, and the large/small bowel. However, Drs. McGuirk and Russell also treat many other conditions, including breast cancer, thyroid cancer, skin/soft tissue lesions, invasive IV access, and wounds.

Our two general surgeons are also highly proficient in a wide range of endoscopic screening and treatments as well, including colonoscopy and upper endoscopy (looking in the esophagus and stomach).

Here at CRMC, we are fortunate to have brand-new, state-of-the-art endoscopy equipment. Drs. McGuirk and Russell trained in a similar fashion, during the current era when minimally-invasive techniques are rapidly becoming the gold-standard of care.

Both surgeons have expertise in laparoscopic approaches for cholecystectomy (gallbladder), hernias, appendectomy, and even colon resections. These advanced methods allow for faster recovery times, improved cosmesis (restoration), and minimized infection risk.

General surgeons also work intimately with an interdisciplinary team, including the Medical Oncology (cancer) team, Radiation Oncology, Interventional Radiologist, and Internal Medicine/Family Practitioners.

"One of my favorite aspects of general surgery is the capacity to treat a broad range of needs for our patients, particularly in a rural setting," said Dr. Michelle McGuirk, who is board-certified by the American College of Surgeons.

**"We have so much to offer here at CRMC and take pride in the services we provide."**

**- Dr. Michelle McGuirk**



**Dr. Aaron Russell, MD and Dr. Michelle McGuirk, MD  
Board Certified General Surgeons**

The ability to diagnose and operate, for a breadth patients here in Coffeyville also interests Dr. Aaron Russell. "There really are minimal needs to refer patients outside of their own community," said Dr. Russell.

"Patients may not realize how much technology and equipment we have, which is even newer than that of bigger centers - for example, our MRI." Drs. McGuirk and Russell along with their clinical staff will do everything in their power to make a timely, friendly, and thorough consultation for you and your family.



## **Service Guide for our CRMC General Surgeons:**

### **Endoscopy**

\*Colonoscopy - screening and diagnostic for inflammatory bowel conditions (Crohn's, ulcerative colitis) and surveillance for cancer patients

\*Upper endoscopy - screening for Barrett's esophagus, H. pylori infection, peptic ulcer disease, esophageal stricture and dilation, biopsy for esophageal cancer, etc.

### **General Abdominal - Laparoscopic**

\*Appendectomy, cholecystectomy (gallbladder), inguinal hernia, abdominal/ventral hernia, colon cancer resection, hiatal hernia, splenectomy, liver biopsy, perforations of the stomach/small intestine, bowel obstructions, diverticulectomy.

### **Cancer Treatment**

\*Colon cancer, breast cancer, melanoma/skin carcinoma, thyroid/parathyroid carcinoma, esophageal, gastric, and Port-a-Cath placement for chemotherapy and feeding tube placement

### **Breast**

\*Benign breast lesions (fibroadenoma, lipoma, ductal papilloma), breast malignancy (partial mastectomy [lumpectomy], mastectomy, lymph node dissection).

### **Skin/Soft Tissue**

\*Benign skin findings (inclusion/sebaceous cysts, nevi [moles], seborrheic keratoses, scar revisions), malignant lesions (melanoma, squamous cell carcinoma, basal cell carcinoma), pilonidal cysts, lipomas, burn (including skin grafting), and general wound care (hyperbaric oxygen, debridement, and other management through the CRMC Wound Center)

### **Invasive Line Access Devices.**

\*Central lines, tunneled catheters (Hickman, dialysis lines), Port-a-Caths, as well as removal.



***"There really are minimal needs to refer patients outside of their own community"***

***- Dr. Aaron Russell***



To schedule an appointment with Dr. Russell or Dr. McGuirk. Contact the CRMC Medical Group Specialty Clinic - Coffeyville at 620-252-1639.



Have you been diagnosed with prediabetes or diabetes?

According to the 2020 National scene Diabetes Statistic report, just over 1 in 10 Americans have diabetes and approximately 1 in 3 American adults have prediabetes!

However, research shows that making small, practical lifestyle changes now can be a big step towards both managing and preventing diabetes. The great news is that it's never too late to start!

# MANAGING DIABETES

BY MARSHA WINGATE, RDN/LD

**Healthy eating** is a vital part of your diabetes and prediabetes treatment plan. A great first step is to work with a registered dietitian/nutritionist (**RDN/RD**) in order to create an eating plan that works for you. Planning includes what you choose to eat, how much you eat, and when you eat. This is important in keeping your blood glucose levels in the range that your healthcare team recommends. Remember, making a few positive changes may help you avoid serious health complications such as nerve damage, kidney disease, heart disease, eye problems, and foot problems! When managing diabetes, the key is to eat a variety of healthy foods from all food groups. Believe it or not, the variety also includes your favorite foods! It is key that you know your carbohydrates, because carbohydrates can quickly and dramatically raise your blood sugar levels. An RDN/RD will help you plan how many carbohydrates you should eat at each meal.

One simple strategy to assist you with making good food choices and eating appropriate portion sizes is to divide a 9-inch plate into three sections. First, fill  $\frac{1}{2}$  of the plate with non-starchy vegetables. Non-starchy vegetables include leafy greens, broccoli, cauliflower, cucumbers, tomatoes, green beans, carrots, etc. Next, fill  $\frac{1}{4}$  of the plate with meat or protein.

Then, fill the final  $\frac{1}{4}$  of the plate with whole grains or starchy vegetables. Whole grains and starchy vegetables which include a small whole wheat roll, potatoes, peas, corn, lima beans, etc. Lastly, include a small bowl of fruit or a small-to-medium piece of fresh fruit, as well as an 8 ounce glass of low fat milk to complete your meal! This method works best for lunch and dinner meals. It's important to cut back on highly refined grains such as white bread, white rice, pasta from white flour, pastries, and processed foods and cereals made with sugar or high-fructose corn syrup.



**FACT:** Medical costs, lost work and wages for people with diagnosed diabetes total \$327 billion yearly.

**Limit sugar-sweetened beverages** such as sodas, sweet tea, energy drinks, regular sports drinks, espressos, and juices. Instead, choose to drink water (flavored or carbonated is also good!), zero calorie carbonated drinks, zero calorie sports drinks, and to use sugar substitute in coffees, espressos, and teas.

One of the most common diabetes complications is heart disease. Therefore, fatty foods that are high in saturated and trans fat should be limited. These include fatty ground beef, hot dogs, sausage, bacon, whole milk, 4% cottage cheese, butter, lard, margarine, and shortening. Good fats to use in your diet include olive oil, sunflower oil, safflower oil, cottonseed oil, canola oil, nuts, seeds, avocados, and fish!

**Regular exercise** will help prevent health problems, help keep your weight down, and help insulin work better to lower your blood sugar levels. Exercise doesn't have to mean going to the gym and lifting weights or running miles! Anything that gets your body moving counts! Taking the stairs, walking-in-place while on the phone or watching TV parking further away from the entrance in parking lots, and playing Frisbee are all exercise activities. If overweight or obese, you are more likely to develop prediabetes or diabetes. Losing just 5-7% of your weight can lower your risk of diabetes and improve your blood sugar. An RDN/RD will help you create an eating and exercise plan to help your weight loss needs.

Adopting and practicing a practical lifestyle change now is a big step towards both managing and preventing diabetes. It's important to start small and choose one area to focus on at a time.

An RDN/RD can help you decide which lifestyle change is most important for your needs. Then, over time, another lifestyle change can be incorporated, and so on! You can successfully manage your diabetes and live a healthy, fulfilling life by prioritizing your health and taking care of yourself each day!

See back cover for information on Health Hub.



**Marsha Wingate, RDN/LD** has been a Licensed Registered Dietitian Nutritionist for 42 years. She has helped prevent and control chronic diseases and conditions by counseling individuals on how to make personalized, positive lifestyle changes to their eating habits.

Marsha's favorite part is seeing a client's satisfaction in creating lasting lifestyle changes and them realizing that how they eat affects their health, how they feel, and their quality of life.



# BUSINESS & INDUSTRY



## **Meet the team: (Left to Right)**

**Margaret Golden** - Department Coordinator | Billing

**Donna Hawthorne** - Nurse Supervisor; B&I Health and Associate Wellness

**Trish Rinehart** - Occupational Medicine Specialist

**Erika Hite** - Occupational Medicine Specialist

**Chad McCready** - PA-C

We understand that your employees are your greatest asset, that's why CRMC Business & Industry Health (B&I) can be your company's one-stop-shop for all of your health, safety and wellness needs. With a dedicated location, team, and full-time provider, we're here when you need us.

Business & Industry Health provides southeast Kansas and northeast Oklahoma with a one-of-a-kind Occupational Medicine service. Our dedicated team has extensive training and experience to deliver quality, consistent care – all in one location – so there is no need to send your employees to multiple locations and providers to achieve your occupational health needs.

We can provide Pre-Employment, DOT, Hazmat, Railroad, and Physical Capacity Physicals (pre-employment and return to work); on-site random drug/alcohol testing, reasonable suspicion, SAP, and hair follicle drug testing with breath and saliva alcohol testing. We are NIOSH, COHC certified offering respiratory medical clearances. We offer B-reads to keep companies in OSHA compliance. B&I is equipped to perform all fit testing - N95, half mask, and full face with the state of the art 8038 TSI PortAccount.

Our services don't stop there! Our goal is to provide our business partners with the services they need for Occupational Medicine and beyond. "It's important for our businesses to know that we are there for them and will provide them the services they need. Whether it's on-site drug and alcohol testing, pre and post-employment exams, or safety and CPR training, we do it all," said Donna Hawthorne, LPN, B&I Health Supervisor.

"For example, we tailor First Aid to fit your company needs and the types of injuries you would see in your business. The goal is to help your staff initiate care until EMS or appropriate help can be obtained."

We don't just stop at Occupational Health and training – we are also your partner in employee wellness. We work with our business partners to assist them in creating a healthier workforce. We offer turn-key wellness content and graphics through our Health Hub program with Marsha Wingate, RD, quarterly health challenges, and on-site Workplace Wellness events.

"Our Workplace Wellness events are our most popular annual events with our business partners. We pre-register employees for the event so when we come on-site, the event runs efficiently with minimal time away from the job," said Hawthorne. "We do a blood draw for labs and take vital statistics. We return to the company with a team of nurses and providers and have a personal one-on-one consult with each person who participated in the wellness event about two weeks later.

We want to make sure that each person understands their personal test results. And we make referrals, if necessary. "An aggregate report is given to the company so they can see the overall health of their workforce. This data also gives us the information we need to help target health issues over the next year company-wide.



## FACT:

Studies—and experience—show that companies offering workplace wellness programs realize:

- Lower healthcare and insurance costs
- Higher productivity
- Lower Workers' Compensation rates
- Lower absenteeism rates
- Lower turnover
- Healthier, more satisfied employees

Our Telehealth services is another perk of being a business partner with B&I Health. Your employees and their spouses will have access to Telehealth visits, Monday-Friday, 8a-5p, with our provider, Chad McCready, PA.

Minor illnesses can be treated quickly and conveniently right there at work, while on a break or lunch - so your employees can get back to work without ever leaving the job. Business Partners of CRMC get a 20% discount code for this service because we appreciate your faith in our team providing your care.

B&I Health is located on the 4th floor of the 1949 building on the CRMC campus. Our customers enter through the North Entrance and are directed to our floor. We are open Monday-Friday 8a-5p and available 24/7 for post-accidents. Call 620-252-2277 for more information.

## INTERESTED IN LEARNING MORE?



Call  
**Donna Hawthorne**  
at 620-252-2277

**BECOME A BUSINESS  
PARTNER TODAY**



## EXCLUSIVE TELEHEALTH SERVICES FOR BUSINESS & INDUSTRY PARTNERS

Business partners of B&I Health can access our dedicated Telehealth clinic on the CRMC CareNow app.



**Monday - Friday**  
**8:00 am - 5:00 pm**



### Benefits:

As a Business & Industry Partner, employees can:

- Visit with a provider without ever leaving the work place
- Visit with a provider from home during clinic hours
- Log on with a desktop, laptop, or even a mobile device or tablet
- Have prescriptions sent to local pharmacies by providers
- Know the convenience of having medical records shared with their primary care physician
- Receive SPECIAL PRICING per visit with a Partner Access Code

Standard visit charge: \$59.00 - **NOW \$39.00**  
with Partner Access Code

**Call us today for more information!**

**620-252-2277**



# REHABILITATION SERVICES

**CRMC Rehabilitation Services is the only comprehensive rehabilitation services outpatient clinic within a 45 mile radius.**

Nestled in the middle of CRMC's walking track lies an accumulation of over 100 years of therapeutic experience, dedicated to helping patients improve functional activities of daily living skills.

"We have a pretty even split of patients who may need only one therapy, two therapies, or in some cases all three," says Darci Berry, DPT and Director of Rehabilitation Services. "Our administrative team understands and supports our patients being able to have quality services in a "one-stop-shop" atmosphere. Not only does CRMC's Therapy Department offer comprehensive services, they also treat patients of all ages. Roughly 60% of patients seen are adult and geriatric and 40% are pediatric. Staffing focuses on areas of highly skilled and research-based specialty training.

**Physical Therapy** focuses on restoring one's activity, strength, and mobility following an injury or surgery. Physical Therapy can be provided on land as well as in the water through aquatic therapy. CRMC's physical therapy team consists of 2 full time, and 2 part time physical therapists; and 5 physical therapy assistants. Additionally, we offer a certified **LSVT (Lee Silverman Voice Treatment) BIG** provider for patients with specific needs related to Parkinson's disease or other neurological disease processes.

**Occupational Therapy** is the use of self-care, work, and play activities to promote and maintain health, prevent disability, increase independent function, and enhance development. This includes all the activities or tasks that a person performs each day. Occupational Therapy on the upper body extremities enhance the fine motor skills required in daily activities that persons of all ages require such as eating, dressing, and writing. CRMC's Occupational Therapy team consists of two full time occupational therapists.

**Speech-Language Pathology** includes the treatment of communication involving speech sound production and the motor skills required to produce speech, use of voice, fluency, and the ability to understand and use language. Speech-language pathology also specializes in the treatment of feeding and swallowing disorders.

Our speech-language pathology team consists of two full time speech-language pathologists. Additionally, we offer a certified **LSVT (Lee Silverman Voice Treatment) LOUD** provider for patients with specific needs related to Parkinson's disease or other neurological disease processes.



Front Row L to R: Rick Cook, PTA; Trish Bosken, SLP; Kim Sanchez, PT; Brittnee Burris, PTA; Alexander Long, OT-R

Back Row L to R: Darci Berry, DPT; Tiffany Jones, PTA; Jamie Hodge, Rehab Coordinator; Julie Williams, PTA

Not Pictured: Elaine Flatter, PTA; Gail Billman, SLP; Kaylee Houston, OT-R; Mark Baker, PT, DPT; Howard Hafner, PT

The comprehensive therapy team at CRMC's Rehabilitation Services department can address needs based on the following:

- Sports injuries
- Orthopedic injury / surgery
- Joint replacement
- Muscle or joint pain
- Muscle weakness
- Back pain
- Gait/balance training
- Stroke
- Cerebral palsy
- Brain injury
- Muscular dystrophy
- Cervical pain
- Parkinson's Disease
- Autism Spectrum Disorder
- Birth defects
- Developmental Delays
- Stuttering
- Swallowing disorders
- Cognitive / thought process

## Current Staff List:

Darci Berry, DPT  
Kim Sanchez, PT  
Mark Baker, PT, DPT  
Howard Hafner, PT  
Tiffany Jones, PTA  
Rick Cook, PTA  
Brittnee Burris, PTA  
Julie Williams, PTA  
Elaine Flatter, PTA

Gail Billman, SLP  
Trish Bosken, SLP  
Alexander Long, OT-R  
Kaylee Houston, OT-R

Jamie Hodge  
Department Coordinator



# HOME HEALTH SERVICES



**CRMC Home Health wants to keep individuals recovering from injury or illness where they want to be – at home.**

**Left to Right:** Donna Roberts (Department Coordinator), Crista Wagner RN, BSN (Department Director) Elaine Flatter PTA, and Kaylee Houston OT.

**Not Pictured:** Angela McDaniel RN, Doug Traw RN, Kim Sanchez PT.

## **There are many benefits to CRMC Home Health services for you or your loved one:**

**Personalized Care.** Patients on CRMC Home Health services receive one-on-one attention by their Home Health team. A tailored plan of care meeting the specific needs of each patient is created with input from the physician, the Home Health team and most importantly the patient.

**More Independence.** With acute or chronic illness, individuals fear losing their independence. At CRMC Home Health we encourage and set goals to allow an individual to gain their independence and allow older adults to stay in their home longer.

**Safety and Comfort.** Research tells us that individuals recover faster and with fewer complications while at home. Being at home allows the individual to continue their routines within familiar surroundings with their loved ones near. Patients can get help managing their medications, wound care, nutrition education, chronic illness monitoring and education, along with physical, occupational or speech therapies to help gain their independence through Home Health Care.

**Prevent Avoidable Trips to the Hospital.** Unnecessary trips to the hospital may be avoided by having home health for regular monitoring and education on how to manage health conditions at home. Our patients will have access to a professional 24/7 allowing them to call if they're having troublesome symptoms.

**High Quality Care.** An important benefit of home health care is that it is driven by evidence based practices and standards of care to be sure that our patients receive the right care. Quality scores of each home care agency are reported on Care Compare. Coffeyville Regional Medical Center Home Health has a star rating of 3.5 out of 4.

**Team of Professionals.** Nurses, physical therapists, occupational therapists, speech therapists and aides make up a Home Health team under careful physician monitoring and oversight. Each member of the Home Health team is professionally trained with years of experience, providing you or your family member a personalized healthcare team.

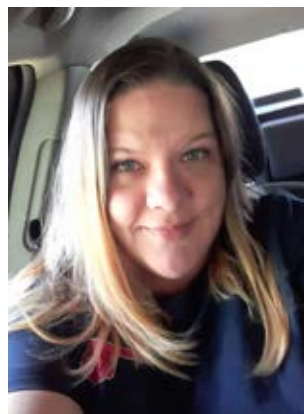
**Wide Range of Services.** Home Health Care includes comprehensive clinical care. A wide variety of treatments can be done at home: from skilled nursing and therapy to wound care and medication management.

**Main Number: 620-688-6561**

**Hours: Monday – Friday, 8:00 a.m. – 4:30 p.m.**

*We have a nurse on call 24 hours per day, including weekends and holidays.*

# CRMC FOUNDATION



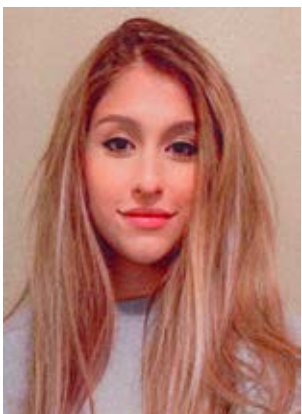
**Amber Bird**



**Bryce Brown**



**Alice Hite**



**Viridiana Ornelas**



**Sara Wellington**

## CRMC Foundation Announces the Han Educational Scholarship Award 2021 Winners

The Coffeyville Regional Medical Center (CRMC) Foundation has awarded the Dr. and Mrs. Chan S. Han Family Educational Scholarships to five students. The students awarded (in alphabetical order) are Amber Bird, Bryce Brown, Alice Hite, Viridiana Ornelas, and Sara Wellington. "We are thankful that the CRMC Foundation encourages our associates pursuing healthcare careers," said CRMC CEO Brian Lawrence. "We are blessed to have amazing donors like the Han Family who generously donate and support the next generation of healthcare workers."

**Amber Bird** is currently a monitor technician at CRMC and is pursuing her Nursing degree at Rogers State University.

**Bryce Brown** is currently an EMT at CRMC working on his Paramedic degree at Coffeyville Community College.

**Alice Hite** works as a Registered Nurse in the CRMC Primary Care Clinic and is pursuing her Bachelor of Nursing from Pittsburg State University.

**Viridiana Ornelas** works as a Certified Nurse Assistant on the Acute Care floor at CRMC. She is pursuing her Nursing degree at CCC.

**Sara Wellington** is a lab assistant at CRMC. She will be pursuing her Medical Laboratory Science degree from George Washington University.

Dr. Chan Han began practicing in Coffeyville in 1974 and retired in 2014. For forty years, he served the community as a dedicated Pediatrician taking care of multiple generations. The Dr. and Mrs. Chan S. Han Family Fund was established by Dr. and Mrs. Han's sons: Dr. Yong Y. Han, Dr. Yong S. Han and Y. Sam Han in honor of their parents and as a way to give back to the community they love and call their hometown.

The Coffeyville Regional Medical Center (CRMC) Foundation operates as a separate 501(c)(3) corporation. It is our mission to provide financial support and assistance to the hospital so that they may achieve and maintain excellence as a healthcare provider and leader for the communities that we serve.



## 2021 Foundation Christmas T-shirts are ready to order!

The 2021 CRMC Foundation Christmas Shirt is designed to support the CRMC Building Our Future fund was started in 2020 and is dedicated to financially supporting physical changes necessary to best serve our community.

As we look to the future of healthcare, we know that CRMC must grow to meet the needs of our community in an ever-changing healthcare landscape. Join us in celebrating the holiday season and rural healthcare close to home with people you trust. Shirts are available to purchase until November 12th.

For more details or to purchase your shirt, please contact the Foundation at [foundation@crmcinc.org](mailto:foundation@crmcinc.org) or visit our website [www.crmcinc.org/foundation](http://www.crmcinc.org/foundation).



# SAVE THE DATE: FOUNDATION EVENTS



Following Black Friday and Cyber Monday, **GivingTuesday** was created in 2012 as a simple idea: a day that encourages people to do good. Over the past nine years, this idea has grown into a year-round movement that inspires hundreds of millions of people to give, collaborate and celebrate generosity.

**GivingTuesday** is a global day of generosity that will take place on **November 30, 2021**. It is an opportunity for people to show their generosity in a variety of ways—whether it is helping a neighbor, advocating for an issue, sharing a skill or giving to a cause everyone has something to give and every act of generosity counts.

On this GivingTuesday, the CRMC Foundation will advocate for acts of kindness and donations that pour into our CRMC associates. Our healthcare workers have given their all over the past year, and we welcome the opportunity to show our love and support to them. Whether individuals can give \$5 or \$5,000, we want each and every person who wants to support our associates this year to be able to be a part of GivingTuesday.

Any and all money raised will pour back into our associates. We hope to show them a token of gratitude for all they have strived to do in caring for patients this year.

To be a part of GivingTuesday with the CRMC Foundation, please visit [www.crmcinc.org/foundation/givingtuesday/](http://www.crmcinc.org/foundation/givingtuesday/) or contact **Lisa Kuehn** at [foundation@crmcinc.org](mailto:foundation@crmcinc.org) or call **620.252.1674**.



**The Tree of Hope** celebration honors all those friends, family, and loved ones who have been affected by cancer.

During the holiday season, please consider honoring your loved ones with an angel on the Tree of Hope at Coffeyville Regional Medical Center. The Tree of Hope lights the lobby of the Jerry Marquette Radiation Oncology Center throughout the month of December.

CRMC will also once again display an outdoor Tree of Hope near the 4th Street entrance. For each donation in honor or memory of your special person, an angel inscribed with their name will be placed on the indoor tree.

Contributions to the Tree of Hope will benefit the Tatman Cancer Center and the Jerry Marquette Radiation Oncology Center.

The Outdoor Tree Lighting Ceremony will be held on Wednesday, December 8th near the Radiation Oncology Entrance from 5-6 p.m. For more information regarding the Tree of Hope or to donate to the event, visit <https://www.crmcinc.org/foundation/tree-of-hope/> or email [foundation@crmcinc.org](mailto:foundation@crmcinc.org)

# COVID SELF CARE AND TREATMENT OPTIONS

CRMC wants to educate our communities on more than just COVID-19 prevention techniques, vaccines, and masking. It is equally as important to know how to take care of yourself and your family should you become ill with the virus.

## SELF CARE

If you have possible or confirmed COVID-19:

- Stay home except to get medical care.
- Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.
- Get rest and stay hydrated. Take over-the-counter medicines as directed to help you feel better.
- If you have a medical appointment, notify your healthcare provider ahead of time that you have or may have COVID-19.
- Stay in a specific room and away from other people in your home. If possible, use a separate bathroom. If you must be around others, wear a mask.
- You should lie in a prone position (flat on your stomach) for a minimum of 1-2 hours a day. Lying flat on the stomach allows the lungs to expand and increase airflow.
- Deep breathing exercises will also keep airways open to prevent pneumonia. You can blow up a balloon or take a deep breath and hold as long as tolerated and let out slowly. Also, try to take a deep breath and hold it. Do this at least 10 times an hour while awake.

## Good Things to Boost Immune System

- Healthy diet
- Hydrate well
- Get enough Rest
- Vitamin D3      1000 IU to 3000 IU Daily
- Vitamin C        500mg to 1000mg Twice Daily
- Quercetin        250mg Daily
- Zinc                50mg Daily

## MEDICAL TREATMENTS

Not everyone battles the same symptoms — or severity of symptoms — while ill with this virus. Some people get seriously sick and require specialized care in an emergency room or hospital, but most people experience mild symptoms that can be self-treated in isolation at home. Treatments used for COVID-19 should be prescribed by your healthcare provider.

Your healthcare provider also may recommend the following to relieve symptoms and support your body's natural defenses.

- Taking medications, like acetaminophen or ibuprofen, to reduce fever.
- Drinking water or receiving intravenous fluids to stay hydrated.
- Getting plenty of rest to help the body fight the virus.

If someone is showing emergency warning signs, get them medical care immediately.

## Emergency warning signs include:

- Trouble/difficulty breathing
- Persistent pain or pressure in the chest
- New confusion
- Inability to wake or stay awake
- Bluish lips or face

## VACCINES

CRMC offers vaccines every Wednesday, Thursday, and Friday from 12pm-5pm inside Business & Industry Health, located on the 4th floor of the 1949 building on the campus.

We currently offer the Moderna vaccine.  
For more information, please call 620-252-2277.



## CRMC COVID CLINIC - TESTING AND INFUSION

If you have been exposed to someone with **COVID-19** and are having symptoms, you can be seen at the **CRMC COVID Clinic**. The clinic offers Rapid and PCR testing, as well as the **REGEN-COV** Infusion (when ordered).

**REGEN-COV** Infusion is a treatment option offered under the Emergency Use Authorization. It involves an infusion of man-made antibodies that help your body fight the COVID-19 virus. It may only be given in the outpatient/clinic setting. There are specific criteria a patient must meet to qualify for the infusion. You should speak to your provider to see if you qualify.

### CRMC COVID CLINIC

Hours: **Monday through Friday - 8:00am - 5:00pm**  
Call **620-688-6566**  
to schedule an appointment





# Physician & Provider

## Directory by Specialty

### CARDIOLOGY

#### **Anderson Mehrlie, MD**

CRMC Outpatient Services  
(Located inside Tatman Cancer Center)  
1400 W. 4th Street, Coffeyville, KS 67337  
Call Bartlesville Office – 918-332-3600

#### **Amber Lopez, APRN**

CRMC Outpatient Services  
(Located inside Tatman Cancer Center)  
1400 W. 4th Street, Coffeyville, KS 67337  
Call Bartlesville Office – 918-332-3600

### EAR, NOSE & THROAT (ENT)

#### **Charles Holland Jr., MD**

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

### FAMILY/GENERAL MEDICINE

#### **James Christensen, DO**

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

#### **Shravan Gangula, MD**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566

#### **Ann Taylor, DO**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566  
Independence Clinic  
620-577-4062

#### **Judy Carpenter, APRN**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566  
Independence Clinic  
620-577-4062

#### **Allison Littleford, DNP**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566

#### **Barbara McCartney, APRN**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566

#### **Heather Pollet, APRN**

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566

### GENERAL SURGERY

#### **Michelle McGuirk, MD**

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1639

#### **Aaron Russell, MD**

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1639

### NEPHROLOGY

#### **Joseph Meouchy, MD**

CRMC Outpatient Services/  
Tatman Cancer Center  
1400 W 4th Street, Coffeyville, KS 67337  
Office Number: Wichita Office – 316-263-5891

### NEUROSURGERY

#### **Gery Hsu, MD**

CRMC Medical Group  
Specialty Clinic  
1400 W 4th Street, Coffeyville, KS 67337  
Office Number: 620-252-1639

### OBSTETRICS & GYNECOLOGY

### OBSTETRICS & GYNECOLOGY

#### **James Christensen, DO**

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

#### **Stephen Miller, DO**

CRMC Medical Group  
Women's Health Clinic - Coffeyville  
Office: 620-251-0777  
Independence Clinic  
620-577-4062

#### **Perry Lin, MD**

CRMC Medical Group  
Women's Health Clinic - Coffeyville  
Office: 620-251-0777  
Independence Clinic  
620-577-4062

#### **Judy Carpenter, APRN**

CRMC Medical Group  
Independence Clinic  
Maternal & Infant Clinic  
Office: 620-577-4062

### ONCOLOGY

#### **Akinola Ogundipe, MD**

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

#### **Nathan Uy, MD**

Radiation Oncology  
CRMC Jerry Marquette Radiation Oncology  
1400 W. 4th Street, Coffeyville, KS 67337  
Office: 620-252-1563

### OPHTHALMOLOGY

#### **Garrick Rettele, MD**

Southeast Eye Care, LLC  
CRMC, 3rd Floor, Blue Elevators  
1400 W. 4th Street, Coffeyville, KS 67337  
Office: 620-251-3235

### ORTHOPEDICS

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1639

### PEDIATRICS

CRMC Medical Group  
Primary Care Clinic - Coffeyville  
Office: 620-688-6566  
Independence Clinic  
620-577-4062

### PODIATRY

#### **Jeffrey Hogge, DPM**

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

#### **Barry Wesselowski, DPM**

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

### UROLOGY

#### **Bernard Howerter, MD**

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1639

### WOUND CARE

#### **Aaron Russell, MD**

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1173

#### **Stephanie Adee, APRN**

CRMC Medical Group  
Specialty Clinic - Coffeyville  
Office: 620-252-1173

## HOSPITAL BASED PHYSICIANS & PROVIDERS

### **ANESTHESIOLOGY:**

Baba Abudu, MD  
Chris Hogan, CRNA  
Susan Jenkins, CRNA  
Julie Moses, CRNA

### **HOSPITALIST:**

Brock Juffs, MD  
Tejawi Thippeswamy, MD  
John Henry Carson, MD

### **PATHOLOGY:**

Paul Gelven, MD

### **RADIOLOGY:**

David Gutschenritter, MD  
Dan Gillespie, MD

### **EMERGENCY MEDICINE:**

Russell Anderson, DO  
John Michael Carlson, DO  
Jerry Castleberry, DO  
Cass E. Cherry, DO  
James L. Christensen, DO  
Jeffrey A. Coldwell, MD  
Jeffrey Dixon, MD  
William Gray, MD  
Jesse Hatfield, MD  
John Henry Carson, MD  
James Hensel, DO  
Timothy D. Herrington, MD  
Shane B. Hnatisko, DO  
Jeffrey Johnson, MD  
Craig Kennedy, MD  
Kevin Kierl, MD  
Derek Knotts, MD  
David P. McAdams, DO  
Joshua R. McFalls, MD  
Gregory A. Melish, MD  
Wolfgang P. Miggiani, MD  
Brian D. Milman, MD  
Kenneth E. Phillips, DO  
Eric A. Reddick, MD  
Jonathon Robins, DO  
Donald Sanders, DO  
Emily A. Williams, MD  
Eric Woolley, MD

Hospital Main Number: 620-251-1200

Website: [www.crmcinc.org](http://www.crmcinc.org)

## CRMC MEDICAL GROUP LOCATIONS

### **CRMC Medical Group**

Primary Care Clinic  
1400 W. 4th Street  
Coffeyville, KS 67337  
(North Entrance)  
620-688-6566

### **CRMC Medical Group**

Specialty Clinic  
1400 W. 4th Street - 3rd Floor  
Coffeyville, KS 67337  
(Use Blue Elevators by ER)  
620-252-1639

### **CRMC Medical Group**

Women's Health Clinic  
1717 W. 8th Street  
Coffeyville, KS 67337  
620-251-0777

### **CRMC Medical Group**

Independence Clinic  
122 W. Myrtle Street  
Independence, KS 67301  
620-577-4062



Coffeyville Regional Medical Center challenges you to make your health a priority!

We encourage you to start incorporating healthy habits into your yearly, weekly and even daily routine.

Whether you're trying to get more sleep, trying to be more active, or trying to stay up-to-date on routine health checkups and screenings, we believe that healthy habits lead to a healthier you!

CRMC's Health Hub offers FREE downloadable resources to help you make education decisions about your health, nutrition and daily routine.

Find recipes that are tailored to heart health or help finding a meal plan that helps keep your diabetes under control.

Scan the QR code to visit our Health Hub webpage and start your path to getting healthier..today!

*Marsha Wingate, RDN/LD*  
Licensed Registered Dietitian Nutritionist

