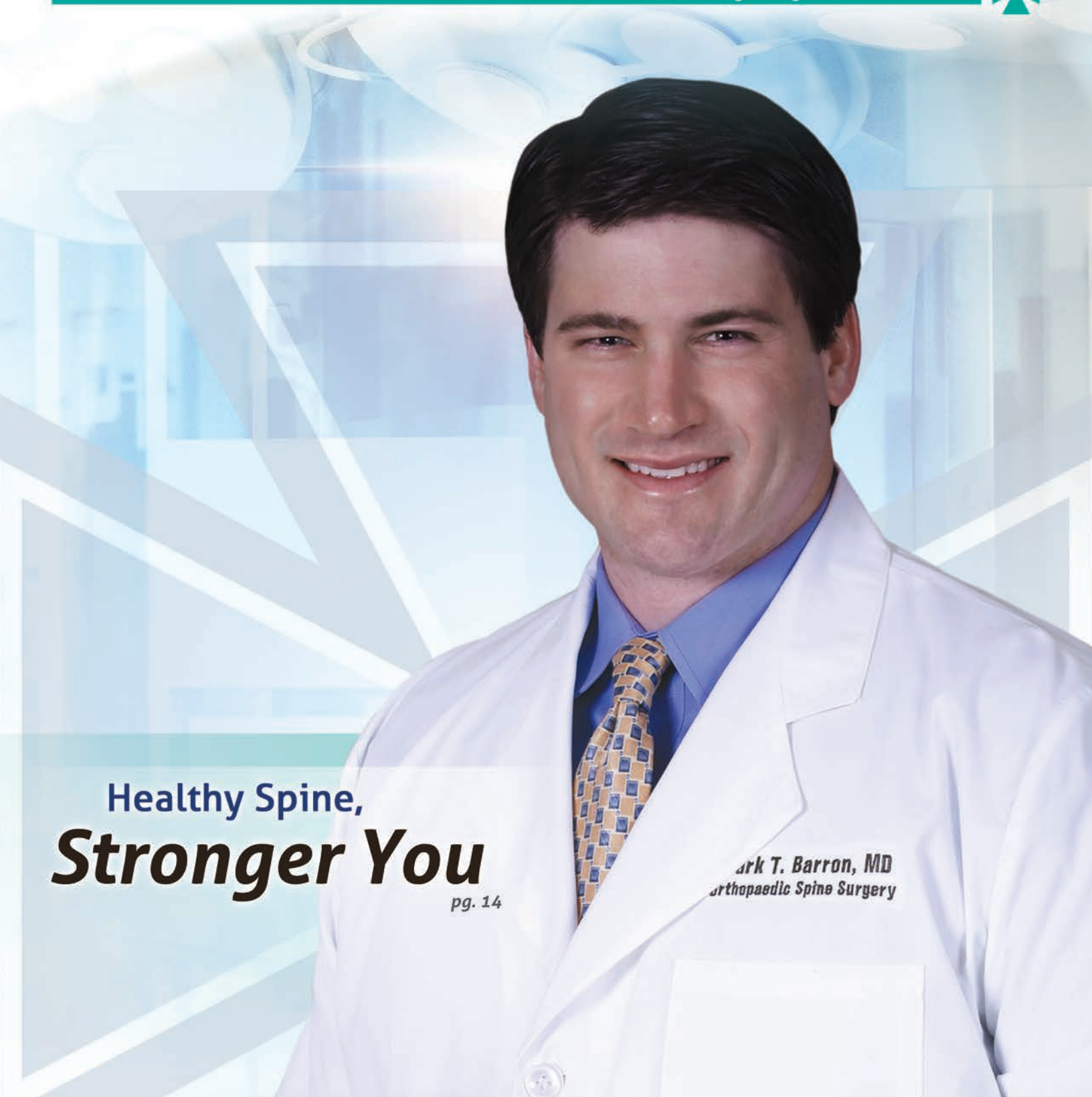


# WellnessViews

A Health Publication from King's Daughters Medical Center



Healthy Spine,  
**Stronger You**  
pg. 14

Mark T. Barron, MD  
Orthopaedic Spine Surgery



# KING'S DAUGHTERS MEDICAL CENTER NAMED A BEST HOSPITAL IN AMERICA.

Based on surveys of patients across America, King's Daughters Medical Center was named one of **America's Best Hospitals** for Patient Experience, Obstetrics and Emergency Care because of our high patient care standards and the appreciation of unique health care needs of women and their families.



2014

**WOMEN'S CHOICE AWARD®**  
AMERICA'S BEST HOSPITALS  
EMERGENCY CARE



2013 - 2014

**WOMEN'S CHOICE AWARD®**  
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FOR PATIENT EXPERIENCE



2013 • 2014 • 2015

**WOMEN'S CHOICE AWARD®**  
AMERICA'S BEST HOSPITALS  
OBSTETRICS



*"These awards recognize our passion, dedication and commitment to our mission of providing quality health and wellness in a Christian environment."*

Alvin Hoover, FACHE, CEO



**KING'S DAUGHTERS**  
MEDICAL CENTER

601.833.6011 | 427 Hwy. 51 North | Brookhaven, MS 39601

[www.KDMC.org](http://www.KDMC.org)

# Message from the CEO

**K**ing's Daughters Medical Center is committed to providing the care **you** should expect — which is the same care that I should expect.

Let me make this personal.

Last year was one of those years. Two unexpected surgeries and a thousand concerns with the same decisions that everyone faces in these types of situations: "Where to go and which physicians to choose."

As a hospital CEO, over the years I have made numerous contacts that would allow me to go wherever I wanted to get the best care. And where did I want to go? Right here.

Dr. Peavey removed my gallbladder last summer, and Dr. Turba repaired my ankle before Christmas.

Everyone on our staff — registration, radiology, lab, outpatient, surgery, nursing, therapy services, patient financial services and physicians — was compassionate and competent, answered my questions, gave me great care, made me feel special and enabled me to have a speedy recovery.

Did I get special treatment? Absolutely. But not just because I was the CEO. Here is what I found out being on the other side of the hospital gown. It was the same special



treatment that we give to everyone. Instead of giving direction, I took it. No longer the CEO, I was the patient, just like everyone else. And as the patient, I felt the compassion that I have heard so many times from folks who have talked to me or written notes about how our KDMC family cared for them.

Our journey to get it right the first time, every time, is called Destination Always. It is our commitment to provide the care you expect. I know. I was there with you, and I got more than I expected.

***Providing quality health and wellness  
in a Christian environment.***

A handwritten signature in black ink that reads "Alvin Hoover". The signature is fluid and cursive.

Alvin Hoover, FACHE, CEO,  
King's Daughters Medical Center



**VISIT KDMC.ORG**

## FIND US ON

 [facebook.com/KingsDaughtersMedicalCenter](https://facebook.com/KingsDaughtersMedicalCenter)

 [@KDMCBrookhaven](https://twitter.com/KDMCBrookhaven)

 [youtube.com/KDMCBrookhaven](https://youtube.com/KDMCBrookhaven)

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# THIS COMMUNITY HAS A LOT TO BE PROUD OF AND OUR HOSPITAL IS ONE OF THEM

When you think about Brookhaven, you can't help but smile. Our town is home to many successful people, families, businesses and organizations.

It's also home to King's Daughters Medical Center. Our hospital is nationally ranked in the top 5% of hospitals for patient care and safety.

Very few communities have what we have right here at home: King's Daughters Medical Center, providing quality health and wellness in a Christian environment.

— Mayor Joe Cox



**KING'S DAUGHTERS**  
MEDICAL CENTER

[www.kdmc.org](http://www.kdmc.org)

427 Highway 51 N | Brookhaven, MS 39601 | 601.833.6011



# Chief of Staff

A Message from Richard Rushing, MD,  
KDMC Chief of Staff

**K**ing's Daughters Medical Center has started off the year with great success. We're excited to offer you, our patients, new services for back and neck pain. We welcomed Mark Barron MD, orthopaedic and spine surgeon, to our medical staff in January. He's leading the KDMC Spine Care Group that includes orthopaedics, pain management, neurology and physical therapy. This collaborative approach offers patients quality, comprehensive and convenient care across the KDMC community.

We're also in the middle of an active fundraising campaign for endoscopy suites. These will be located on the third floor of the hospital and provide opportunities to offer more advanced gastrointestinal services in the future.

Not only are we adding new services, but we're also adding new physicians to our network. We're pleased to have family medicine doctors William Hay, MD, and Marc Johnson, MD, join the KDMC Medical Clinic this summer. The administration and board of directors are also constantly reviewing the health care needs of our community with plans to fulfill these needs as they arise.



Year after year, we're honored to receive national awards that reflect our level of dedication and commitment to our patients. This year, we've received the Best Places to Work award by *Becker's Hospital Review* and the 2015 Healthgrades® awards for Patient Experience and Patient Safety.

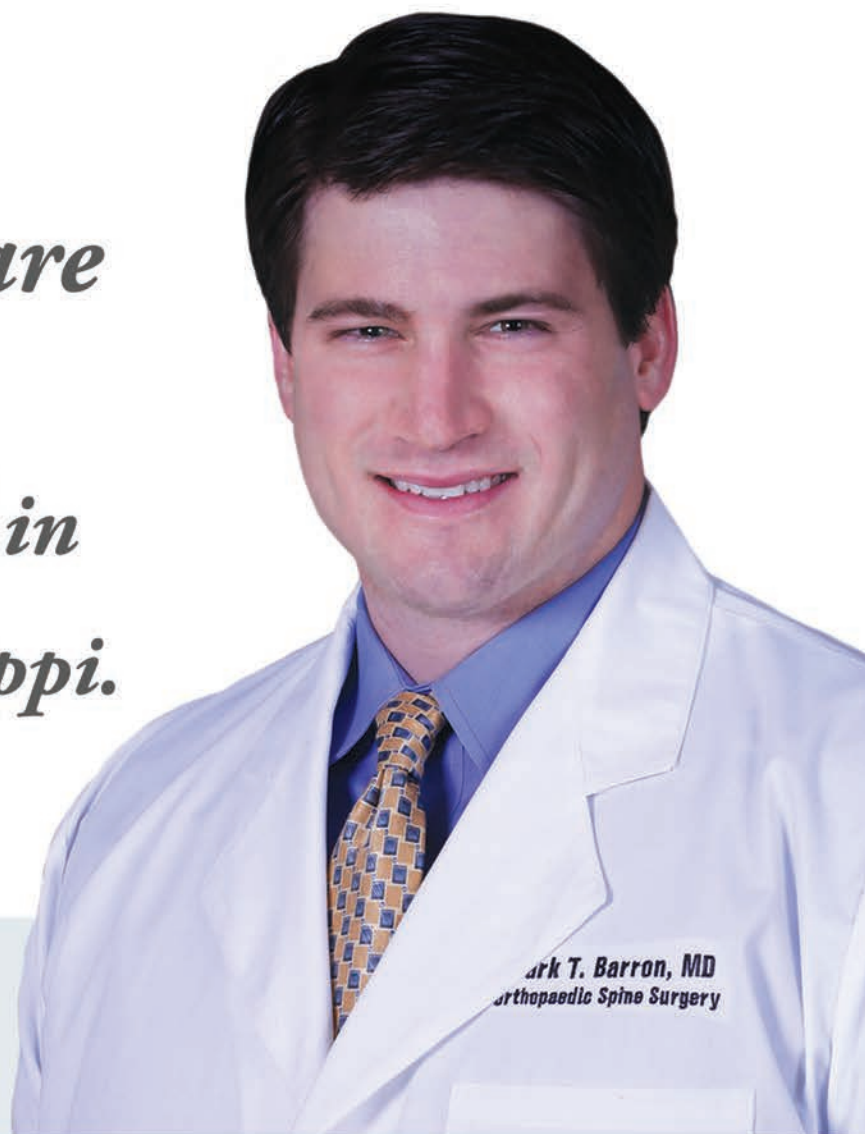
Thanks for choosing King's Daughters Medical Center. We are providing quality health care and wellness services in a Christian environment. It is who we are, what we do and what we are all about.

A handwritten signature in black ink, appearing to read 'W. Richard Rushing'.

W. Richard Rushing, MD, FACOG  
Chief of Staff



*Orthopaedic care  
just got  
**Stronger** in  
Southwest Mississippi.*



**Mark T. Barron, MD**  
Orthopaedic Spine Surgery

SPINE • HIPS • SHOULDERS • KNEES • JOINTS

Born and raised in Mississippi, Dr. Mark Barron is back home serving the community he loves. As the new **orthopaedic surgeon** at King's Daughters Medical Center, he will take every step to provide conservative treatment and surgical solutions to help you **get back to being you again**. Don't let pain rob you of your quality of life. Schedule your appointment today.



**KDMC**  
SPORTS MEDICINE,  
ORTHOPAEDIC & SPINE CLINIC

# DIVE IN! THE WATER



**Y**es, it's almost that time! The lazy days of summer are here, and that means sleeping late, relaxing and lots of fun and sun in the water.

Whether it's a pool in your own backyard, a community swimming pool or a beautiful sandy beach, nothing cools you off like a relaxing swim. The most important thing to remember as you enjoy the water this summer, no matter where you are, is safety first.

According to KidsHealth.org, over 1,000 kids die each year from drowning. It is the second-leading cause of accidental death for people ages 5 to 24. But the good news is there are ways to keep kids safe in the water. For moms, dads, grandparents and babysitters, the most important thing you can do for water fun is to be aware and keep some important tips in mind.

Foremost, constant supervision in the water is a factor, whether in the pool, bath or lake or at the beach. A child can drown in less than 2 inches of water. This means a drowning can occur when you least expect it. A sink, a toilet bowl, even a fountain or a bucket could be a source of danger for an unattended child.

Water safety is a must. When families know water safety, the time they spend in and around water activities is much more enjoyable for everyone. Kids 4 years and older should know how to swim, and





# IS FINE

exposing babies to the water just makes good sense. Don't let your guard down. Knowing how to swim doesn't guarantee a person might not be at risk. The best rule to apply is "touch supervision." Always be in arm's reach of your swimmer.

At the pool and at the beach, apply sunscreen frequently and wear protective clothing. In addition, drinking plenty of fluids, especially water, can make for an overall pleasant day in the water. Staying safe outside of the water is just as important as staying safe in the water. At the beach and the water park, swim safety is important as well. Encourage your family to look for lifeguards and follow all of the posted rules. Good swim safety also means investing in proper-fitting Coast Guard-approved flotation devices and using them at all times.

At home, the same water rules apply. Constant supervision whenever water is involved is crucial. Never leave a little one unattended in the bathtub. In addition, hot tubs are not acceptable for kids, due to their excessive temperatures.

For at-home pools and spas, fencing is so important.

Make sure your family members know the rules you expect them to follow, especially when it comes to keeping out of the pool area when no one is there.

And finally, be prepared. Make sure you learn CPR for all of these water scenarios. Seconds count when there is an emergency. Knowing CPR can save someone's life. You should also explain to everyone in your group the importance of knowing how to respond in an emergency. Everyone should know how to call 911 and give directions to emergency personnel.

Water fun can be one of the most exciting and healthy activities to participate in during the summer. Being prepared will make your time in the water much more fun.



## Learn More

### Get Certified in CPR

Make sure you are prepared to respond if an emergency arises and learn CPR. KDMC offers CPR certification classes the first Wednesday of every month. Classes are held at 6 p.m. The fee is \$40, which includes a CPR book. Classes are located in the Education Annex.

Call: Kim Bridge

 601.835.9406

### CPR Recertification Classes:

See information on page 27.

### Swimming Lessons

Swimming lessons begin on May 18 at the KDMC Fitness Center. Call for more information or to schedule your lessons.

 601.823.5271



*King's Daughters Medical Center  
Kicks Off a Fundraising Campaign for  
**Endoscopy Suites***

1914  CLUB



Employees Enhancing Everyone, Everyday

A community wide fundraising effort by the King's Daughters Foundation is underway to build endoscopy suites at KDMC. The campaign was kicked off by the 1914 Club, a part of the Foundation, and the E3 Club, a giving club for KDMC employees. The goal is to raise \$500,000.

"So far we've raised about \$25,000 through the 1914 Club," said Johnny Rainer, chief development officer at KDMC. "And with our employee-giving club, we have 230 members signed up, and they are making donations each pay period with a three-year commitment. At this juncture, we are anticipating about \$160,000 of contributions from our employees," he said.

# Colonoscopy 8am

## Meeting a Need

The dedicated endoscopic suite is needed to address the increase in outpatient surgeries. "Endoscopies are routine, quick procedures that are primarily colonoscopies. By removing endoscopies from the outpatient surgery area and moving the procedures to a dedicated space, we will improve efficiency in turning over rooms while giving patients a much better experience," explained KDMC's Chief Operating Officer Tom Hood.

Our general surgeons David Carner MD; Michael Peavey MD; and Michael Stewart MD, currently offer this service through the KDMC outpatient surgery department. "I believe KDMC is making a concerted effort to improve services provided to the community with the addition of a dedicated endoscopy suite," said Dr. Stewart. Dr. Peavey also feels that this is a great addition. "Colonoscopies play a vital role in maintaining ones' health," he said. "My father was cured of colon cancer by having his colonoscopy done here at King's Daughters, so it's very personal for me. I encourage others of its importance in maintaining their health."

When Hood began looking for a possible location, an area of the medical center that had available space came to mind. Located on the third floor adjacent to the intensive care unit (ICU), the space will include two suites for procedures and six private rooms for prep and recovery. "These are regular-sized hospital rooms that are private and spacious with a TV and plenty of room for family members to wait," said Rainer. "We want patients

to feel comfortable in a secluded space rather than being a curtain away from a stranger." This setup will allow patients to get in and out quicker, and it will be much more efficient for patients, as well as for the hospital. The renovation will also create the possibility to offer more gastrointestinal services on a larger scale in the future.

## How to Get Involved

Anyone can become a 1914 Club member and start helping with this fundraising effort. The 1914 Club comprises individuals interested in KDMC and in continuing the provision of quality health care services. Members contribute \$100 or more annually to the KDMC Foundation and receive recognition in the hospital and through special events and publications. Join today and help KDMC continue to offer quality health and wellness services in a Christian environment.



“Endoscopies are routine, quick procedures that are primarily colonoscopies.”

— KDMC's Chief Operating Officer Tom Hood

## Colon Cancer

*Colon Cancer is the Second-Leading Cause of Cancer Death in the U.S.*

According to the Centers for Disease Control and Prevention (CDC), colorectal cancer (cancer of the colon or rectum) is the second-leading cause of cancer death in the United States. Every year, about 140,000 Americans are diagnosed with colorectal cancer, and more than 50,000 people die from it. But the disease is highly preventable with screenings, beginning at age 50 for most people. Check with your doctor about your risk factors and when you should be screened.

### What is a Colonoscopy?

During this screening, the doctor checks for polyps or cancer inside the rectum and colon using a tiny video camera attached to a long, thin, flexible, lighted tube inserted into the rectum. If necessary, most polyps and even some cancers can be removed during the procedure.

[www.cdc.gov/cancer/colorectal/basic\\_info/screening/tests.htm](http://www.cdc.gov/cancer/colorectal/basic_info/screening/tests.htm)

## Learn More

To learn more, call the KDMC Foundation at

☎ 601.823.5326

or visit

➤ [KDMC.org/Foundation](http://KDMC.org/Foundation)



# KDMC Offers Access to Health Information Online

Patients become engaged  
with their health care using  
KDMC's online patient portals



Convenience, ease of use and access to your health records are just a few benefits of using KDMC's online patient portals. The biggest benefit: being more involved in your health care and having access to your health information right at your fingertips. Whether you are using KDMC's physician clinics portal or medical center portal, you can view your summary of care, medical history, lab results and much more.

## Physician Clinics Portal

The KDMC physician clinics portal is available for all of KDMC's medical clinics: KDMC Sports Medicine, Orthopaedic and Spine Clinic, KDMC Pediatric and Adolescent Clinic, KDMC Specialty Clinic and KDMC Medical Clinic. "Our goal for using the patient portal is to actively engage patients with their health care," said Teri Ellison, KDMC MSO informatics coordinator. "When patients are engaged in their care it produces better outcomes". Along with better outcomes, active involvement of patients and families can lower overuse of medical services and reduce healthcare costs. One benefit of the KDMC physician clinics portal is preventative care reminders. "For example, we can send out an email blast to all users when it's time for their flu vaccine and share where KDMC has flu clinics set up," said Ellison. Another benefit is the ability



to communicate with your provider, just as if you were sending an email, and it is as convenient as online banking.

"If it's 8 o'clock at night and you realize you need a refill on a prescription, you don't have to wait to call in the morning. You can make your request right away," Ellison said.

Patients have the choice of signing up for the portal at their appointment, or they can choose a mobile sign-up to view the portal from a cell phone.

### Medical Center Portal

The medical center portal also allows patients to review a summary of care, lab results, X-rays and any information about











services provided during a hospital stay. KDMC Software Systems Analyst Rustin Bowling, RN, said that the engagement level with patients using the portal is very successful. "At the end of the day, our main goal is better care for the patient," he said. "And that's what I believe we can do with the portal. It gives patients and their families a chance to interact with their health records and, hopefully, get more involved, which leads to better outcomes."

*“At the end of the day, our main goal is better care for the patient.”*

— Rustin Bowling, KDMC software systems analyst




## Patient Portal Benefits

-  Access to up-to-date personal health information anytime, anywhere
-  Secured electronic access to documents, images and messages
-  Improved communication with care team
-  Increased involvement with care, which improves outcomes
-  View and request appointments
-  Make a secure credit card payment
-  View billing statement and balance
-  Retrieve lab and test results
-  Request prescription refills
-  Communicate with your doctor by sending secure messages

### Learn More

If you are a patient at one of the KDMC physician clinics and have questions or need to set up your patient portal, contact Teri Ellison at

 **601.835.9115**  
or email [clinicaccess@kdmc.org](mailto:clinicaccess@kdmc.org)

If you've been a patient at KDMC and have questions or need to set up your patient portal, email

 [ptaccess@kdmc.org](mailto:ptaccess@kdmc.org)



# Mommy UNIVERSITY

LDRP Suites at King's Daughters Medical Center

King's Daughters Medical Center launches a new childbirth education program for parents

**B**ringing a baby into the world is one of the most precious gifts in life. While preparing for your little bundle to arrive is a joyous occasion, it can also be overwhelming, especially for first-time moms. Let King's Daughters Medical Center put you at ease with Mommy University. This new program was designed to help guide moms-to-be through the birthing process, step by step, with a personal education class and tour of the labor and delivery

unit. When you arrive to have your little one, you'll know what to expect.

### A Program Designed for Convenience

King's Daughters Medical Center has been delivering babies for more than 25 years. For the past 10, the hospital has provided conventional childbirth classes. The staff noticed, however, that this classroom format was no longer serving the needs of their patients. Class

participation was dropping, and people didn't feel comfortable opening up and asking questions in front of a group. "We realized that patients had really lost interest in the classroom setting," said Lisa Spring, RN, labor and delivery nurse at KDMC and creator of Mommy University. "We also found it difficult for couples to devote an hour on Monday evenings for four consecutive weeks." Inspired by the individual needs of patients, Mommy University was born, offering a more convenient and personalized learning

environment that caters to individual patient's needs.

New mom Jerrica Stalans speaks from experience. "I loved the one-on-one attention," she said.

"I felt like I could ask questions that I wouldn't feel comfortable asking in a group setting." Stalans went through Mommy University when she was 37 weeks pregnant. She gave birth to her daughter, Olivia Nicole Stalans, on March 12, 2015. "Everyone at the hospital was amazing. And since I was a first-time mom and didn't know what I was doing, they made me feel so comfortable," she said. "It made my experience much better, and they were there for me through it all. They even prayed with me. It was awesome."

## What to Expect

Mommy University offers one-on-one education that lasts about an hour.

"Expectant parents come to the labor and delivery floor at KDMC and meet with one of the labor and delivery nurses. We go over all their questions and talk about their birthing plan," explained Spring. Conversation includes discussing options for pain management and explaining the epidural process, reviewing a list of things they need to pack for the hospital and setting up time to meet with the lactation nurse to talk about breastfeeding if the

mom plans to nurse. Spring says that this approach has been more beneficial to parents than the traditional classroom setting because they feel so much more comfortable asking questions. "Even the dads open up and talk more!" she said.

Spring stated that after the one-on-one time, new parents are given a tour of the labor and delivery unit, and they are introduced to the staff. "This helps to foster a sense of familiarity so when parents walk through the doors to have their baby, they aren't walking into a room full of strangers," she said. Next is a tour of the actual delivery room if the patient isn't having a planned C-section. "I show them all of the

equipment and explain what everything does," she said. Stalans said the tour was extremely helpful because she was clueless about how the process worked.

The tour ends with a gift from KDMC that includes a book titled, *The Gift of Motherhood*, a T-shirt and coupons for baby items. After completing Mommy University, couples leave feeling better prepared for their special day.



## At Mommy University, You Will:

-  Meet one-on-one with a KDMC labor and delivery nurse to ask questions
-  Tour the KDMC labor and delivery unit
-  Tour the nursery
-  Meet the labor and delivery staff
-  See the equipment in the delivery room and learn what it does
-  Learn about pain medication options
-  Learn about the epidural process (if applicable)
-  Receive breastfeeding education from a lactation nurse (if applicable)
-  Receive a book, *The Gift of Motherhood*, a T-shirt and coupons for baby items
-  Leave feeling prepared for the amazing experience ahead

## Learn More

To schedule your Mommy University tour, call

 **601.835.9174**

and ask about setting up your appointment for Mommy University.



# Healthy Spine, **STRONGER YOU**

King's Daughters Spine Care Group helps you  
get back to being you again





**K**ing's Daughters Spine Care Group works seamlessly with specialists in orthopaedics, neurology, pain management and physical therapy to address the underlying cause of neck or back pain — rather than just treat symptoms — addressing patients' need for a consolidated treatment program that can help them regain their active, pain-free lives. Pain or weakness does not always equate to surgery. Here's an example of how the specialists work together on your back or neck pain:



## The Spine Care Group

The collaborative approach of the Spine Care Group offers patients quality, comprehensive and convenient care across the King's Daughters Medical Center community.



**Mark Barron, MD**, is the orthopaedic and spine surgeon who leads the Spine Care Group. His goal: Get patients feeling better. "The biggest challenge is determining the cause of the

pain," Dr. Barron said. "A lot of people I see are suffering from hip or buttock pain that could be caused from a number of locations — their back, hip or other parts of the body. It's about figuring out when it hurts, why it hurts and what helps the pain." Dr. Barron relies on the patient's history and physical exam, along with X-rays and MRI or CT scans to determine a cause and diagnosis. He and his patient then discuss

the range of treatment options available, from modifying activities, physical therapy and pain management with injections to surgery. "Before considering surgery, we try all nonoperative, conservative measures first," he said. "If the pain is still limiting the patient's daily activities, we then intervene with surgery." Dr. Barron relies heavily on the Spine Care Group to coordinate and give his patients the best-possible care.



He performs spine surgeries along with general orthopaedic surgeries such as joint replacements and fractures. "This is one of the reasons I wanted to start my practice in Brookhaven," he said. "It gives me the opportunity to practice my specialty while helping patients with all types of pain and problems." He sees patients in the newly renovated KDMC Sports Medicine, Orthopaedic and Spine Clinic located at 601 Brookman Drive.



**Justin Estess, MD, and Robin Nations, MD,** are board-certified anesthesiologists who practice interventional pain management. They provide patients with small injections — taking just 10 minutes — to help treat back and neck pain until the condition worsens or requires further testing or procedures. If they think patients would benefit from this next step, they refer them to Drs. Barron or Berteau. Drs. Estess and Nations see patients at KDMC Pain Management Clinic located at 427 Highway 51 North.



**Craig Berteau, MD,** is a board-certified neurologist. He treats patients experiencing a range of problems that include migraines; strokes; epilepsy; back, neck and arm pain; numbness; weakness; balance issues; fainting; and pinched nerves, among other things. He helps to diagnose the underlying issue causing the pain with the help of tests. Electromyography (EMG) assesses the health of muscles and the nerve cells that control them, a magnetic resonance

imaging (MRI) scan shows detailed images of the organs and tissues within the body and a computerized tomography (CT) scan combines a series of X-ray views to show images of bones and soft tissues. When a patient with spine pain comes to Dr. Berteau, he performs a physical examination and studies to further define the cause of the problem and then refers to either Drs. Estess and Nations for pain management intervention or Dr. Barron if surgery is necessary. Dr. Berteau practices at KDMC Specialty Clinic at 940 Brookway Boulevard.

**KDMC Therapy Center** is a state-of-the-art 9,000-square-foot outpatient facility, one of the largest therapy and rehabilitation clinics in the state. The full-service center offers physical, occupational, speech and sports therapies and is outfitted with advanced equipment and technology to help patients regain their strength and mobility.

Our therapists have obtained and continue training on the latest modalities for neck and back therapies. One of these is the McKenzie Method of therapy. With the McKenzie approach, physical therapy and exercise are used to extend the spine to help "centralize" the patient's pain by moving it away from the extremities (leg or arm) to the back. Back pain is usually better tolerated than leg or arm pain, and the theory of the approach is that centralizing the pain allows the source of the pain to be treated rather than the symptoms. Other features include an indoor warm-water therapy pool, indoor gait training/sports track and five private treatment rooms.

### Back to You Again!

If pain is robbing you of your quality of life, let the King's Daughters Spine Care Group help. Call to schedule your appointment today.



## Symptoms

*The King's Daughters Spine Care Group wants to see you if you're experiencing any of the following symptoms:*

- Back or neck pain
- Hip or knee pain
- Shooting pain in arms or legs
- Numbness in hands or feet
- Weakness or legs feeling like they are giving out
- Unsteadiness with walking
- Difficulty with buttons and zippers
- Dropping or difficulty holding on to things
- Burning leg pain

## Learn More

To learn more, call  
 ☎ **601.823.5275**  
 or visit  
 ➤ [KDMC.org/SpineCare](http://KDMC.org/SpineCare)

# *We've Got Your Back*

Comprehensive Spine Care  
You Can Count On

Is pain robbing you of your quality of life? King's Daughters Spine Care Group in southwest Mississippi can change that. Our state-of-the-art diagnostic imaging center, award-winning patient care and our team of **orthopaedics, neurology, pain management** and **physical therapy** experts will take every step to provide conservative treatment options and surgical solutions that can help you ***get back to being you again!***



**KDMC**  
SPORTS MEDICINE,  
ORTHOPAEDIC & SPINE CLINIC

601.823.5275 | 601 Brookman Drive Ext. | Brookhaven, MS 39601

[www.KDMC.org](http://www.KDMC.org)

*KDMC LABORATORY RENOVATION IMPROVES*

# *Efficiency AND Patient Satisfaction*



*“This renovation has really helped our lab professionals to excel in their work.”*

If you watch television programs like “CSI,” you might believe that all laboratories are futuristic spaces filled with ultrahigh-tech equipment that requires nothing more than a push of the button to get results. In the real world, the equipment can be state-of-the-art, but it requires qualified personnel who can not only operate the instruments, but also help interpret the results that are generated. It is the laboratory personnel who make all the difference.

There are 17 full-time medical laboratory scientists in the KDMC Clinical and Anatomic Laboratory, which include designated medical laboratory technologists (MLT) and a certified cytotechnologist (CT). They work under the direction of Robert Britt, MD, a board-certified pathologist with 27 years of experience, and LaFarra Young, MD, a pathologist who recently joined the staff.

Both doctors have five years of specialty training in clinical and anatomic pathology in addition to their medical school educations, and one of them is always available for emergency consultations.

“We have full-time pathologists on staff, and Dr. Britt oversees the operation of the lab,” said Emma Coleman, MT, ASCP, laboratory manager.

Like those futuristic labs seen on TV, the laboratory at KDMC is also filled with expensive, computerized machinery

that helps doctors and nurses diagnose, treat and care for patients not only in the hospital, but also in KDMC's four satellite medical clinics: KDMC Sports Medicine, Orthopaedic and Spine Clinic; KDMC Pediatric and Adolescent Clinic; KDMC Specialty Clinic; and KDMC Medical Clinic.

When the renovation of the laboratory was completed in 2011, it not only nearly doubled the size of the previous space, it also made it possible to more efficiently run needed tests and get results back more quickly.



*"This has made a real difference, especially for patients in the emergency department," said Coleman.*

"This has made a real difference, especially for patients in the emergency department," said Coleman. "We now have two of most every instrument, so we always have a backup. There is little, if any, downtime due to waiting on available equipment."

Same-day testing for many conditions is easily accomplished with the improved facilities. We are able to turn most results around very quickly," she said.

"Microbiology is an important and large part of our lab," said Coleman. "We grow bacteria in cultures, making it possible to identify the bacteria and determine their susceptibility to various antibiotics. With this information, the physician can prescribe the antibiotic that will be the most effective."

The KDMC blood bank, which was also expanded in this renovation, facilitates a larger number of transfusions for the hospital's patients who need this service. "We supply about 300 units of blood per month. For a facility the size of KDMC, that's quite a lot," Coleman explained.

This renovation, which was undertaken just after the arrival of KDMC CEO Alvin Hoover, has created a facility that matches those found throughout the updated hospital and is even superior in some ways to labs found in other hospitals.

"This renovation has really helped our lab professionals to excel in their work," she said. "When employees are happy and their workplace is not only well-equipped but also enjoyable to work in, they can give the best quality of care to our patients," Coleman added.

## Diagnostic Services:

- Surgical Pathology**  
Study of tissues removed from the patient during surgery to help diagnose disease and determine a treatment plan
- Cytopathology**  
Examination of cells to determine the cause or nature of disease from various body sites
- Hematology**  
Analysis of blood cells for evidence of disease and testing the clotting capacity of the blood
- Chemistry**  
Measuring the levels of several substances in the blood to provide an overall picture of the body's chemical balance and metabolism
- Serology**  
Examination of bodily fluids to measure levels of antibodies that are typically formed in response to various disease processes
- Microbiology**  
Examination of cultures in search of pathogens from almost any bodily specimen

Emma Coleman, MT, ASCP



# Building a Healthy Community



## King's Daughters Medical Center and WellnessWorks Are Helping to Provide Wellness in the Workplace

**B**rookhaven was named "Mississippi's Healthiest Hometown" in 2014 by Blue Cross and Blue Shield of Mississippi, thanks in part to the WellnessWorks program of King's Daughters Medical Center.

"I truly believe the work site culture sets the tone for its employees," said Brittany Nichols, corporate health consultant for WellnessWorks. "A supportive work environment where managers reinforce a sound wellness program can help keep employees healthy, motivated and engaged."

### Free Service Shows Big Results



Brittany Nichols, Corporate Health Consultant at WellnessWorks

Since 2008, the WellnessWorks program of King's Daughters Medical Center has seen tremendous results. The program is designed to work hand in hand helping local employers with their many employee health needs. This program will assist in controlling costs associated with rising workers' compensation and general health care costs. In efforts to improve the overall

health and wellness of your workforce, the WellnessWorks program helps provide ongoing communication and easy access

to health care services for you and your employees. There is absolutely no cost associated with enrolling in the WellnessWorks program.

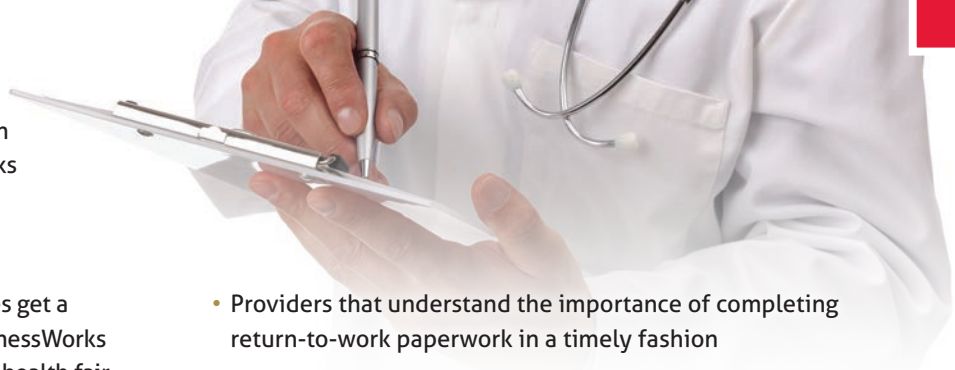
Nichols has more than 100 companies enrolled in KDMC's WellnessWorks program. These companies are located in Brookhaven and its surrounding communities. Her job is to educate the community on how to keep employees healthy, whether through safety/wellness talks, simple health screenings, health fairs, handling workers' compensation concerns, weight-loss challenges, etc. A business of any size can enroll in the WellnessWorks' program, whether it is a clothing boutique, car dealership or large industrial company. "We never turn a company down," Nichols said.

One of their larger companies is Rex Lumber, which has about 150 employees. "We provide the full range of services to Rex's employees and they are benefiting greatly," said Nichols.

*"We've been able to see firsthand what a difference a wellness program can make in the workplace."*

— Lorraine Stephenson, Human Resources Manager for Rex Lumber

Lorraine Stephenson, human resources manager for Rex Lumber, agrees. "We've been able to see firsthand what a difference a wellness program can make in the workplace," she said. Through



WellnessWorks, company employees have participated in a weight-loss challenge, get regular blood pressure checks and take advantage of education programs. "One on-site program that has evolved into a major benefit for our employees is being able to schedule wellness checkups through WellnessWorks," she said. "I'm seeing employees get a yearly checkup who never have before." KDMC and WellnessWorks received an appreciation award at the company's annual health fair in November 2014.

## WellnessWorks Services

The four basic components that make up the WellnessWorks program include:

### 1. Occupational Health Services/Injury Prevention

- Provide on-site safety talks and loss-prevention strategies
- Schedule physicals, drug screens and any other required pre-hire services needed
- Needs analysis of the work site

### 2. Workers' Compensation Services/Injury Intervention

- Cost-effective and efficient providers to ensure timely treatment

- Providers that understand the importance of completing return-to-work paperwork in a timely fashion
- Ongoing communication regarding appointments, tests ordered, etc., to keep you informed about the status of your injured employee

### 3. Preventative Health/Wellness Services and Promotion

- Review of preventative health benefits available in your insurance plan
- Employee education talks and events regarding their wellness benefits

### 4. Group Health Services/General Health

- Monthly health education and safety awareness information via email and flyers
- WellnessWorks at Home cards with a 24/7 Service Coordination number to call for assistance in scheduling all employees' health care needs

## Customer Testimonials

"We at Alford Lumber Company have used WellnessWorks since it was first offered and it proved to be a great asset to our company."

— Ronnie Stogner, Manager

"With WellnessWorks' assistance, KDMC provided Brookhaven's 300-plus teachers and support personnel with blood pressure, body mass index and bone density screenings. Through these screenings, several employees were made aware of health risks and sought medical intervention."

— Tonya Thomas-McSweyn, MS, RD, Child Nutrition Director for Brookhaven Schools

"Utilizing the WellnessWorks program offered through KDMC, we were able to offer our employees valuable screening services at no cost, such as blood pressure, body mass index and bone density screenings — services that typically cost our employees lost time at work and out-of-pocket expenses. Having this preventive service allows our district to promote positive health care, which hopefully results in healthier employees."

— Mandy Cain, Payroll and Insurance Officer at Copiah County School District

## Learn More

If your company is interested in benefiting from the complimentary WellnessWorks program, please call the Service Coordination Department at

 **1.888.977.3319**

They are available by phone 24/7 to assist in scheduling an appointment or answering any questions regarding the program.

You may also visit

 **[KDMC.org/WellnessWorks](http://KDMC.org/WellnessWorks)**

Here you can view a list of wellness and safety topics along with wellness screenings and challenges. Work site health and wellness promotion should be viewed as an investment in a company's most important asset, its employees.

# Back in the Saddle Again

Much more than a place to exercise, King's Daughters Fitness Center helps those struggling with health issues regain strength and mobility

Five years of cycling through pain, surgery and recovery multiple times left Kim Myers feeling mentally and physically exhausted. Myers, now 51 years old, had lived an active lifestyle, including barrel racing — her passion — prior to being diagnosed with and having surgery for spinal stenosis. After years of struggling to regain her mobility, she finally found her way to King's Daughters Fitness Center, where she rediscovered her strength and hope.

my strength, stamina, agility and overall health, having had experience working with people much older than me and people in poor shape," she said. "He also explained that getting in better shape would help with my back pain."

Myers admits she was skeptical at first because she'd been experiencing back and hip pain for so long, but she was up for the challenge. In just two months, Myers realized how far she had come. "I was able to walk without wearing out," she said.

shavings, but Myers braced herself for the challenge. "When I finished I wasn't worn out, and I felt so proud of myself!"

## Hope That Tomorrow Will be Better

Today, Myers still isn't completely back to the active lifestyle she once had, but she's getting stronger and that gives her hope. "I'm not the person who could go all day long like I was several years ago, but I'm certainly not the couch potato that I saw myself becoming." She's found that she's not only improving her strength, but her overall health as well. She's even found that her mental capacity has improved, and she's able to concentrate better than before. The best part of all, Myers has strengthened her core, something she never believed would give her relief from her pain. She said, "I have a long way to go before I can get close to where I was, but I now know that I can get there with the help of Chris and the KDMC Fitness Center."



Kim Myers and Chris Huffman, personal trainer

## Slow and Steady Wins the Race

Myers' fitness routine started out slowly. She spent most of her time in the pool, working on agility exercises. After a month, she didn't think she was making much improvement in her overall strength, so she reached out to KDMC Certified Personal Trainer Chris Huffman. "Chris convinced me that he could improve

"I could do more than one big task a day, like going to the grocery store." Myers' big "aha" moment happened the day she decided to muster up the energy to rework all the stalls in the barn, something she'd done for many years prior to the surgeries and pain. This task required lifting and spreading 50-pound bags of

## Learn More

To learn more about the 24/7 fitness center services offered at KDMC visit

➤ [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

or call

📞 601.823.5271



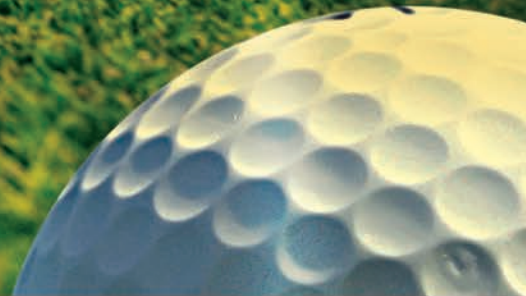


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**Tee-time reservation: 601.823.5155 or 601.757.1615**

**Private lessons with Ronny Ross: 601.754.3201**

# Meet Our New Physicians



**William S. Hay, MD**

*Family Medicine*

## KDMC Medical Clinic

📍 950 Brookway Blvd.  
Brookhaven, MS 39601

☎ 601.833.7973

**B**rookhaven native, William Hay, MD, will be returning home to practice family medicine at the KDMC Medical Clinic in August. Dr. Hay said Brookhaven offers many things that most small towns in Mississippi

can't, and one of those things is its standard of health care. "The health care system that King's Daughters Medical Center has created is truly remarkable," he said. "KDMC's CEO, Alvin Hoover, has done so much over the years to improve the hospital, making it easy for patients to receive great treatment close to home."

“The health care system that King's Daughters Medical Center has created is truly remarkable”

Dr. Hay graduated from Brookhaven High School in 2004 and attended college at Mississippi College. He then went on to medical school at the University of Mississippi Medical Center and graduated in 2012. Following graduation, he moved to Metairie, Louisiana, to begin a family medicine residency at East Jefferson General Hospital. Dr. Hay says his uncle, an orthopaedic surgeon, was a huge inspiration in his decision to enter the medical field. "I really never considered any other profession. I've always wanted to be a doctor," he said. Dr. Hay decided to specialize in family medicine because of the continuity it offers. "It is very rewarding to treat several generations of the same family—from young children to their grandparents," he explained. "To be able to establish relationships with my patients is very important to me."

Dr. Hay and his wife, Diane, have a daughter, Charlotte Grace, and they are looking forward to raising their family in a community they love.

**Favorite TV Show:** *The Office*

**Favorite Meal:** Boiled crawfish

**Favorite Music:** Bluegrass and Country

**Hobbies:** Traveling, kayaking, running and hunting



## Marc Johnson, MD

Family Medicine

### KDMC Medical Clinic

950 Brookway Blvd.  
Brookhaven, MS 39601

601.833.7973

Becoming a doctor was something Marc Johnson, MD, always knew he wanted to do. "I grew up in the hospital because both of my parents are nurses, and I knew from an early age that I wanted to go into the medical field," Dr. Johnson said. He will complete his residency in family medicine at the University of Arkansas for Medical Sciences this May and will begin seeing patients at the KDMC Medical Clinic in July.

*"I want to do whatever I can to help my patients and help make a difference in this community."*

Dr. Johnson was raised in New Orleans but most of his family is from Brookhaven, so while growing up he made frequent trips to Mississippi in the summers and for family reunions. His mother, Merida Johnson, currently works at King's Daughters Medical Center as director of quality. Dr. Johnson says his parents and sister were always positive influences for him, encouraging him to pursue his dream in medicine. After graduating from high school he went to Northwestern State University of Louisiana, where he graduated with a degree in biology and minors in chemistry and political science.

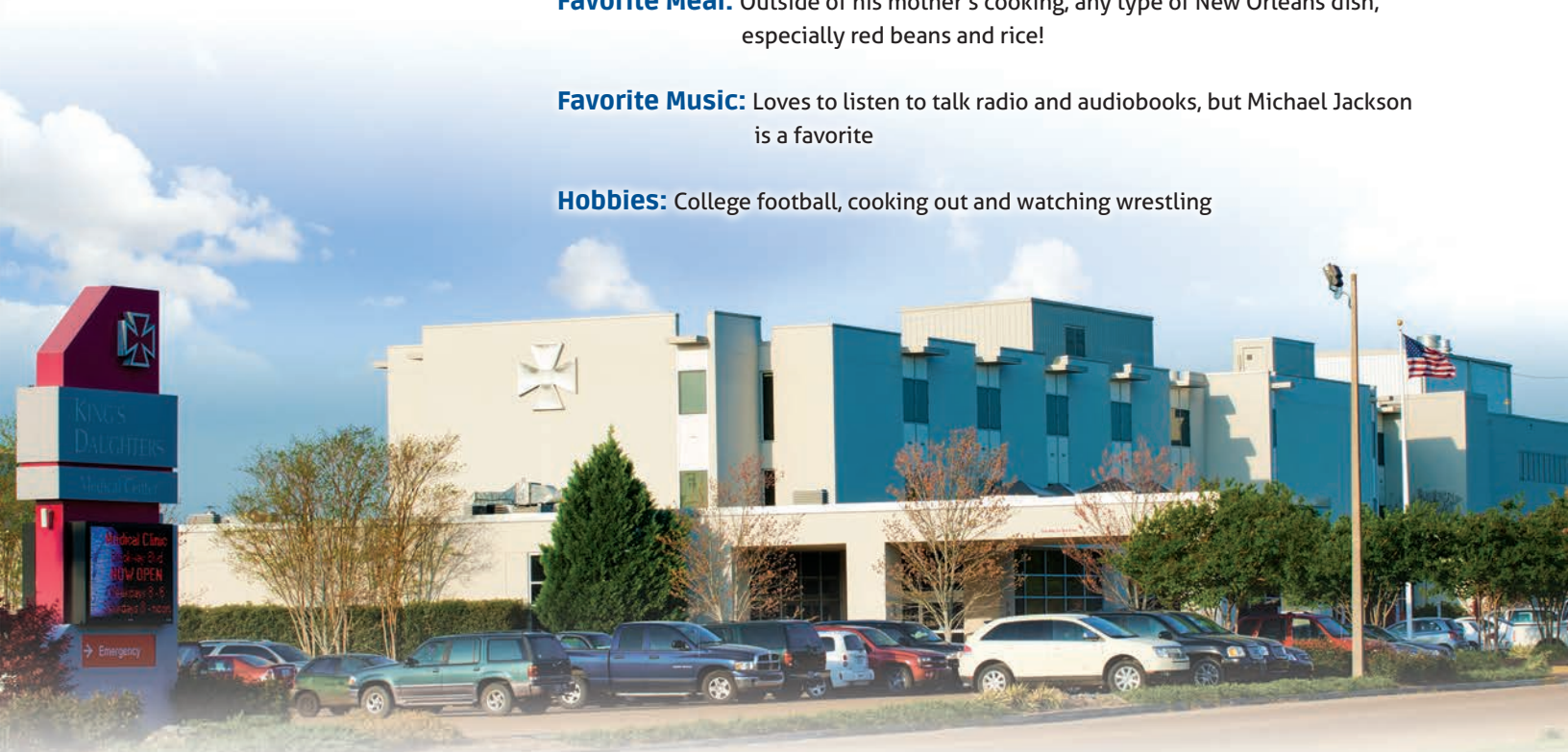
Dr. Johnson attended medical school at Meharry Medical College in Nashville, Tennessee. He said he was drawn to family medicine because it gives him the opportunity to see different things. "I get to treat the whole family," he explained. "It's not such a narrow scope, and I love to be challenged, love the variety and love being around people of all ages." He's looking forward to getting back to his "second home" and becoming part of a community he cares so much about: "I want to do whatever I can to help my patients and help make a difference in this community."

**Favorite TV Show:** *Brooklyn Nine-Nine* and *The Big Bang Theory*

**Favorite Meal:** Outside of his mother's cooking, any type of New Orleans dish, especially red beans and rice!

**Favorite Music:** Loves to listen to talk radio and audiobooks, but Michael Jackson is a favorite

**Hobbies:** College football, cooking out and watching wrestling



**King's Daughters Medical Center  
Clinical Dietitian Natalie Ybarra  
shares healthy tips and recipes.**

- 1. Drink plenty of water.** During summer months, heat and sweat can leave your body dehydrated. It is important to drink at least eight glasses of water daily. If you get tired of plain water, you can enhance its taste by adding a piece of fresh fruit or slice of cucumber.
- 2. Opt for healthy foods while at the pool.** While the sun is beaming down, the idea of eating ice cream to cool off is very tempting. Being prepared is key. Pack a cooler full of bottled water and fruit juices plus fresh fruits, vegetables with low-calorie dips and yogurt to snack on.
- 3. Exercise outdoors.** Pick one outdoor activity such as walking, playing games with your children, riding a bicycle or swimming to participate in on a daily basis. This will help you rid that cooped-up feeling of having to exercise indoors.

## Raspberry Lemonade Yogurt Ice Pops

### Ingredients

- ¼ cup granulated sugar
- 1 tablespoon lemon zest (zest of one lemon)
- ½ cup fresh lemon juice (about two lemons juiced)
- 1½ cups plain yogurt
- 6 ounces fresh raspberries, cleaned (large ones cut in half)

### Preparation

Evenly distribute raspberries between ice pop molds. Set aside.

In a medium bowl, combine lemon zest and sugar. Smash lemon zest with a fork until all sugar is coated in lemon. Add lemon juice and yogurt. Stir until well combined.

Pour into molds. Cover with aluminum foil and add sticks. Freeze for 4 to 24 hours.

## Cucumber Orange Water

*(Courtesy of sparkpeople.com)*

### Ingredients

- 1 orange
- ½ cucumber
- 6 cups water

### Preparation

Cut the orange in half, then thinly slice the pieces into half circles. Thinly slice ½ of the cucumber. Place cucumber and orange in a pitcher. Add 6 cups of water. Chill in refrigerator and drink within two days.

*0 calories, 0 g fat, 0 g carbohydrates, 0 g protein, 0 g fiber, 0 mg sodium*

## Learn More

To learn more about the health and wellness services offered at KDMC, visit the following:

### Food & Nutrition

➤ [KDMC.org/FoodandNutrition](http://KDMC.org/FoodandNutrition)

### Weight-Loss Class

➤ [KDMC.org/Tops](http://KDMC.org/Tops)

### Fitness Center

➤ [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

### Athletic Performance Center

➤ [KDMC.org/PerformanceCenter](http://KDMC.org/PerformanceCenter)

# COMING UP

## Diabetes Education Classes

**When:** Tuesdays, 1:30 and 6 p.m.  
**Fee:** No fee  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call 601.835.9118.



## Smoking-Cessation Classes

ACT Center for Tobacco Treatment, Education and Research smoking-cessation classes start every six weeks. This is an educational support group that will supply free nicotine replacement items with a doctor's prescription and class attendance.

**When:** Tuesdays, 5 p.m.  
**Fee:** No fee  
**Venue:** King's Daughters Medical Center, Community Services Building  
**Address:** 418 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406.

## CPR Certification Classes

These classes are for those who are being certified in CPR for the first time.

**When:** First Wednesday of every month, 6 p.m.  
**Fee:** \$40, which includes CPR book  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406.

## CPR Recertification Classes

These classes are for those whose CPR certification has expired or is about to expire.

**When:** Third Wednesday of every month, 9 a.m. and 1 p.m.  
**Fee:** \$40, which includes CPR book  
**Venue:** King's Daughters Medical Center, Education Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Kim Bridge, 601.835.9406.

## TOPS Club Inc. (Take Off Pounds Sensibly)

TOPS Club Inc. is the original nonprofit weight-loss support and wellness education organization. TOPS promotes successful, affordable weight management with "a hands-on pounds-off approach to weight loss®."

**When:** Thursdays, 4 p.m.  
**Fee:** \$28 annually with a discounted rate of \$14 for spouses and children between ages 7 and 17  
**Venue:** King's Daughters Medical Center, Senior Annex  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call Amy Case, RN, 601.835.9118.



## Mommy University

Mommy University is designed to help guide moms-to-be and their partners through the birthing process step by step with a one-on-one education class and tour of the labor and delivery unit. This program replaces the conventional childbirth classes, offering parents a more convenient and personalized learning environment catered to individual needs.

**When:** At your convenience  
**Fee:** No fee  
**Venue:** King's Daughters Medical Center, Labor & Delivery Unit  
**Address:** 427 Highway 51 N  
Brookhaven, MS 39601  
**To register:** Call 601.835.9174 and tell a labor & delivery nurse you are scheduling your Mommy University appointment.

## Swimming Lessons

**When:** Lessons begin on May 18  
**Venue:** KDMC Fitness Center  
**Address:** 300 Highway 51 North  
Brookhaven, MS 39601  
**To register:** Call 601.823.5271 and tell the receptionist you are calling about swimming lessons.

## KDMC Performance Center

Call for available classes and times  
601.823.5155 or visit  
[KDMC.org/PerformanceCenter](http://KDMC.org/PerformanceCenter)

Boot Camps • Speed /Agility Training •  
Strength & Conditioning • Flexibility & Mobility

## KDMC Fitness Center

Call for available classes and times  
601.823.5271 or visit [KDMC.org/FitnessCenter](http://KDMC.org/FitnessCenter)

Spin Classes • Sit Fit • Yoga and Pilates •  
Abs Class • Body Sculpt • Zumba® • Aqua Aerobics

# COMMUNITY

Girls from across the state enjoyed Jennie Finch's annual camp. If you would like information about this or other camps, call 601.823.5155.



Area coaches and volunteers take a moment to pose with Olympic Gold Medalist Jennie Finch before her annual camp.



More than 200 girls from all over the state gathered at the KDMC Performance Center on January 10 for Jennie Finch's annual camp.



*KDMC LDRP staff was nominated for Nurse Team of the Year and a Nightingale Award by the Mississippi Nurses Association for their infant bereavement program.*



➤  
**(From left)**  
**Cheri Walker, CNO;**  
**Jennifer Slonaker, clinical coordinator of nursing;**  
**Tammy Livingston, nurse manager;**  
**Jamie Heard, nurse manager;**  
**Angie Williamson, LDRP manager**



➤  
**(From left)**  
**Cheri Walker, CNO;**  
**Deanna Howington; Jennifer Meilstrup;**  
**Emily Springfield; Melanie Hunter;**  
**Alvin Hoover, CEO;**  
**Angie Williamson, LDRP manager;**  
**Deidra Lilley; Amy Cummings; Brenda Moak,**  
**Sheila King; Christine Simpson**

➤  
**Co-Lin Golf Coach Ronny Ross analyzes his player's swing during a practice session at the 19th Hole golf simulator at KDMC Performance Center on a cold rainy day.**



➤  
**(From left)**  
**Dr. Mark Barron; Brittany Nichols, WellnessWorks coordinator;**  
**Dr. Craig Berteau; Dr. Justin Estess**





# King's Daughters Medical Center

## RECOGNIZED FOR EXCELLENCE IN PATIENT SAFETY

At KDMC, our doctors and staff are focused and committed to providing patients with the best and safest experience possible each and every time.

And that's why Healthgrades® has recognized us with the 2015 Patient Safety Excellence Award.

*Thank you for trusting us with your health care.*



**KING'S DAUGHTERS**  
MEDICAL CENTER

Healthgrades®, the leading online resource for comprehensive information about physicians and hospitals.