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Lexington Chapter

Practice Pros

Volume 3 Issue 6
June 2011



President's Message

Theresa Falcone, CPC, CPC-H, CPC-P

I was driving by a digital sign that displayed the outside temperature this past week and it read 104 degrees. Thinking, wow, now that is hot!

As change continues to evolve in the healthcare arena, another hot item is Healthcare Reform and the Patient Centered Medical Home. Rita Orr from Blue Cross and Blue Shield did a fantastic job in outlining the innovation and details surrounding the Patient Centered Medical Home during our June chapter meeting.

As we know, our healthcare delivery system is under scrutiny in how we care for our patients with chronic conditions and still achieve positive outcomes while trying to contain cost. Below are some highlights and initiatives discussed during our meeting involving a Patient Centered Medical Home and how they propose to improve overall healthcare maintenance.

- **Innovative care redesign: Population based and patient focused**
- **Quality based incentives to drive overall lower care cost**
- **Reimbursement redesign to align incentives**
- **Transparent and measurable outcomes for employers/members**

Care Delivered by a Primary Care Physician in a Medical Home is **consistently associated with:**

- **Better outcomes**
- **Reduced mortality**
- **Fewer hospital admissions for chronic diseases**
- **Lower utilization**
- **Improved patient compliance**

Certainly, a topic this broad cannot be discussed in detail during a thirty minute presentation. I encourage everyone to read the latest news on Accountable Care Organizations/Patient Centered Medical Homes. Information is consistently being updated and changed therefore the importance of staying current in our healthcare trends is vital.

Some resources: **SC DHEC: www.scdhec.gov**
Primary Care Medical Home Website: www.pcmh.ahrq.gov
Blue Cross and Blue Shield:
www.southcarolinablues.com/providers/qualityinitiatives/hospitalandphysicianprograms/patientcenteredmedicalhome.aspx

Medical Manager of the Year Nominations – 2011

I am very pleased to announce we have 17 nominees for Medical Manager of the Year! Congratulations to all and thank you to all Managers in the various facets of healthcare for what you do everyday.

Our Nominees for 2011 are listed below:

**Patricia Jirowetz- Lexington Family Practice Irmo
Jill Riley- Dr. Jay Markowitz
Danise Workman- Lexington Orthopaedics
Angela Eades- Lexington Internists
Barbara Watson- Lexington Urological
Deborah Clarke- Carolinas Dermatology
Pat Weitzel- Southern Surgical
Benetta Albaugh- Lexington Family Practice Ballentine
Amy Norman- Lexington Medical Center Occupational Health
Sharon Manis- Peterson and Plante Internal Medicine
William Wannamaker- Columbia Neurosurgical Associates
Jon Bridges- Lexington Women's Care
Emily Williams- Family Medical Centers of SC
Edwina Bernier- Sandhills Internal Medicine
Donna Alford- Internal Medicine Associates
Laura Joye- Carolina Women's Physicians
Kathy Rowland- Carolina Pulmonary and Critical Care**

Please congratulate everyone and see you in July!



June Heat Health

Submitted by Pam Free

As the healthcare industry heats up, sometimes it is very hard to find ways to keep our cool while accomplishing the goals and tasks at hand. The best way to handle the hot issues is to stay informed. Knowledge is power therefore read, investigate and network among peers to get as much information as possible. Also consider attending the SCMGMA Tri-State conference, August 7th-10th in Hilton Head. We promise to provide an excellent and informative conference.

While we stay busy working, we also should take time to enjoy our glorious S.C. summers! Rest and relaxation is just what the doctor orders for these busy times. While summers are fun they also have potential dangers. Here are some safety tips to remember as you enjoy your summer and vacations.

Protection from Sun (WebMD):

- **Apply sunscreen with a sun protection factor (SPF) of 30 or greater at least 30 minutes before sun exposure and then every few hours thereafter**
- **Select cosmetic products and contact lenses that offer UV protection**
- **Wear sunglasses with total UV protection**
- **Wear wide-brimmed hats, long sleeved shirts, and pants**
- **Avoid direct sun exposure as much as possible during peak UV radiation hours between 10:00 a.m. and 3:00 p.m.**



Heat Related Injuries (CDC):

Heat Stroke

Heat stroke is the most serious heat-related disorder. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

Although warning signs may vary, a few may include the following:

- **An extremely high body temperature (above 103°F, orally) Red, hot, and dry skin (no sweating)**
- **Rapid, strong pulse**
- **Throbbing headache**
- **Dizziness**
- **Nausea**
- **Confusion**
- **Unconsciousness**

If you see any of these signs, you may be dealing with a life-threatening emergency. Have someone call for immediate medical assistance while you begin cooling the victim.

- **Get the victim to a shady area.**
- **Do not give them fluids to drink.**

Heat Exhaustion

Heat exhaustion is the body's response to an excessive loss of the water and salt, usually through excessive sweating.

Warning signs of heat exhaustion include the following:

- **Heavy sweating**
- **Paleness**
- **Muscle cramps**
- **Tiredness**
- **Weakness**
- **Dizziness**
- **Headache**
- **Nausea or vomiting**
- **Fainting**

Help the victim to cool off, and seek medical attention if symptoms worsen or last longer than 1 hour, if the symptoms are severe or if the victim has heart problems or high blood pressure.

Heat Cramps

Heat cramps are muscle pains or spasms—usually in the abdomen, arms, or legs—that may occur in association with strenuous activity. If you have heart problems or are on a low-sodium diet, get medical attention for heat cramps.

If medical attention is not necessary, take these steps:

- **Stop all activity, and sit quietly in a cool place.**
- **Drink clear juice or a sports beverage.**

- **Do not return to strenuous activity for a few hours after the cramps subside, because further exertion may lead to heat exhaustion or heat stroke.**
- **Seek medical attention for heat cramps if they do not subside in 1 hour.** Hydration Tips (Texas Heart Institute) For workouts of less than 1-1/2 hours, you should Drink about 16 ounces (500 mL) of cool or cold water 1 to 2 hours before you exercise.
- **Drink about 16 ounces (500 mL) of cool water or a sports drink 15 minutes before you exercise.**
- **Drink about 5 ounces (150 mL) of cool water every 10 minutes during exercise.**
- **Have about 34 ounces (1 L) of cool water on hand per hour.**
- **Drink about 16 ounces (500 mL) of cool or cold water or a sports drink just after exercise.**

Happy a safe and healthy summer!!



Hospital Website Wins Three National Awards

Submitted by Cristy Marshall

Lexington Medical Center's redesigned website has won three prestigious national awards that honor the best hospital websites in the country. The first award is "Best Redesigned Website" from Greystone.Net and StayWell Custom Communications Best in Class Awards. Panelists reviewed 150 entries from across the country, narrowed them to a list of 50 finalists and created an online ballot. Results of the online voting helped to determine the final winners.

The second and third awards are from Strategic Health Care Communications eHealthcare Leadership Awards. The website won "Best Overall Internet Site" and "Best Site Design" from more than 1,300 nationwide entries submitted by a variety of health care organizations. An independent panel of judges familiar with health care and the Internet evaluated each entry. For "Best Overall Internet Site," judges looked at the delivery of strong health content, interactivity, medical care support, integration with the organization's operations, strength of Web design and ease of navigation. In the "Best Site Design" category, judges looked for unusual, attractive and engaging sites with easy access to key site information and strong branding.

"Lexington Medical Center is honored to have its newly redesigned website honored on a national level," said Mark Shelley, director of Marketing. "Our hospital wanted to create a site that would be a useful tool for our community to find physicians and services helpful to them in an easy and innovative way. We believe our website has accomplished that goal well."

The hospital launched the new website one year ago. Patient focused and user friendly, the website uses easy navigation to a wealth of up-to-date, comprehensive information. including a collection of more than 600 doctors by name or specialty and a Health Library with thousands of pages of up-to-date information, including multimedia, updated and expanded on a regular basis.



Upcoming Meetings

July 20

Medical Managers Day

Dr. Michael Nunnery- LFP Northeast

August 17

Cultural Differences

Amanda Elia-Vargas

Monthly meetings are held on the third Wednesday of each month
at the Lexington Medical Center Auditorium.

To RSVP or any questions please contact Jessica Seel at
jessicaturner@sc.rr.com or 803-622-6370

**Meeting sponsorships for 2011 are still available.
If you are interested in sponsoring a meeting
please contact Trey Hoey at they@bellsouth.net**

Food for Thought
Homemade Peach Ice Cream

8 ripe, fresh South Carolina peaches (about 4 cups chopped)

1 cup of granulated sugar

1 (12 ounce) can of evaporated milk

1 (3.75 ounce) package of Jello instant vanilla pudding

1 (14 ounce) can of sweetened condensed milk

4 cups of half and half

Electric ice cream freezer machine

5 pound or larger bag of ice

Rock salt

Bring a small pot of water to a rolling boil. Using a slotted spoon, drop 2 to 3 peaches in the boiling water at a time, return to a boil and allow peaches to sit in the boiling water for about 30 seconds. Remove and peel; pit the peaches and cut them into chunks. Place into a bowl and sprinkle with the sugar, stir; allow to rest for about 1 hour, stirring occasionally. Place peaches and juice into a food processor and pulse about 3 to 4 times, until mostly pureed. Set aside. Whisk together the evaporated milk and pudding mix until well blended. Add the peaches, sweetened condensed milk and half and half and whisk well. Pour mixture into the container of an ice cream freezer and process according to the directions for your freezer. Once the process is complete, transfer to a container and place into the freezer until firm.

Cool off with this tasty southern favorite

Ask not what your country can do for you, ask what you can do for your country.”

- John F. Kennedy

Have a safe and Happy 4th of July!!

*Have a Safe and Happy
Memorial Day!*