CareNotes

Conemaugh’s GI Lab team encourages you to wear your blue every Friday in March to help raise awareness about the importance of colorectal screening!

Highmark Recognizes Conemaugh Memorial for Delivering Quality, Affordable Care
Blue Distinction for Cardiac Care, Maternity, Knee & Hip Replacement and Spine Surgery
In an effort to help consumers find and select quality, affordable care, Highmark has announced that select hospitals in Pennsylvania, including Conemaugh Memorial Medical Center, have earned the Blue Distinction® Center or Blue Distinction® Center+ designation in the categories of:
• Cardiac Care
• Maternity Care
• Knee & Hip Replacement
• Spine Surgery
Blue Distinction Centers are nationally designated healthcare facilities shown to deliver improved patient safety and better health outcomes, based on objective measures that were developed with input from the medical community. Nason Hospital was named a Blue Distinction Center for Maternity Care.

Conemaugh Memorial Starts NPH Clinic
A new clinic is now underway at Conemaugh Memorial to help diagnose and treat Normal Pressure Hydrocephalus (NPH). Hydrocephalus occurs when there is an excess accumulation of cerebrospinal fluid (CSF) in the brain. It can be caused by a variety of disorders affecting the brain and spinal cord. For more information, call 814-534-NPH4 (6744).

Behavioral Health Welcomes Psychiatrists
Sharon Curlik, DO and Donald Manning, MD, MBA, MMM, will be providing outpatient adult and geriatric psychiatric coverage for Conemaugh Counseling Associates beginning in March. Dr. Curlik is a board certified psychiatrist and graduate of the Philadelphia College of Osteopathic Medicine. She completed a General Psychiatry Residency and Geriatric Psychiatry Fellowship at Medical College of Pennsylvania.
Dr. Manning is a graduate of Medical University of South Carolina, with a Masters in Business Administration (MBA) from California Coast University and a Masters in Medical Management (MMM) from Tulane University. He is board certified in psychiatry and geriatric psychiatry.
In addition to Drs. Curlik and Manning, Conemaugh Counseling Associates is served by psychologist Dr. Ryan Dunne, Tina Adams and Alane Knapp, both Licensed Clinical Social Workers.

Keystone Trauma and Emergency Medicine Summit
May 4 and 5, 2016 • Nemacolin Woodlands Resort
Topics include:
• Population Health
• Penetrating Trauma
• Challenging Cases in Emergency Medicine
Register at conemaugh.org/learninginstitute

conemaugh.org
Conemaugh Introduces 3D Mammography

The Conemaugh Health System is pleased to announce the addition of new state-of-the-art breast imaging technology called 3D breast tomosynthesis for better breast cancer detection. “We are very excited to offer this technology to our patients,” says Dr. Michele Cacek, Director of Mammography at Conemaugh and Lead Interpreting Radiologist. “Tomosynthesis helps us improve breast cancer detection, reduce false-positive findings and cut back the need for patient call backs.”

True Breast Tomosynthesis is 3D mammogram technology that is proven to detect breast cancer better than traditional 2D mammography alone. While standard 2D mammograms take an image of the top and bottom side of a patient’s breast, True Breast Tomosynthesis takes 25 images of the breast from many angles as the X-ray tube moves across the breast in a 50-degree arc. The images are assembled into a 3D study so doctors can see the breast tissue in fine detail. The 3D image allows them to see clearly through breast tissue that may be overlapping, or through the tissue of women with dense breasts. They are better able to detect and diagnose small tumors and rule out abnormalities that may have looked suspicious in the patient’s 2D mammogram.

Conemaugh Memorial installed the 3D technology at Conemaugh Richland and Conemaugh Ebensburg. The facility’s team completed special training and certification on the True Breast Tomosynthesis technology prior to offering the service publicly. For more information about 3D Mammography at Conemaugh, call 814-534-4444.

Safety Precautions

You may have noticed a new look at the front desk of the Emergency Department. Security glass has been added around the desk perimeter as an extra effort to protect the staff. Additional security officers have also been added to the team.

2016 Cancer Support Group

Join us for an evening of support, information and encouragement for patients, survivors and caregivers dealing with any type of cancer diagnosis.

Meeting Dates • 6:30 p.m. • Conemaugh East Hills, Scalp Avenue

| March 29 | April 26 | May/June - No session |
| July 26 | August 30 | September 27 |
| October 25 | November 29 | December 27 |
March is Colorectal Cancer Awareness Month
Know the Symptoms, Know the Risks

Conemaugh’s GI Lab team encourages you to wear your blue every Friday in March to help raise awareness about the importance of colorectal screening!

According to the American Cancer Society, colorectal cancers are the third most commonly diagnosed cancer in the United States and the second leading cause of cancer death in men and women in the U.S. While more than 130,000 new cases of colon and rectal cancers are expected to be diagnosed in 2016, the overall incidence and death rates associated with this disease have been on the decline for more than a decade. Effective screening in the form of colonoscopies is the primary driver of these declines, which is why it is recommended that all men and women begin routine testing at the age of 50.

What are the symptoms of colorectal cancer?
In early stages, colorectal cancers are often symptomless, which is why screening is so important. While 90% of new cases occur in people 50 or older, colorectal cancers do not discriminate and can happen to men and women at any age.

See your doctor if you have any of these warning signs:
• Bleeding from the rectum;
• Blood in the stool or in the toilet after a bowel movement;
• A change in your bowel habits, including diarrhea or constipation or a change in the consistency of your stool;
• Persistent cramping or discomfort in the lower abdomen;
• An urge to have a bowel movement when the bowel is empty;
• Constipation or diarrhea that lasts for more than a few days;
• Decreased appetite, nausea or vomiting; and
• Unintentional weight loss.

While these symptoms also can be associated with other health conditions, your doctor can help you determine the cause.

Join Conemaugh Health System’s Donor Advisory Committee at the Johnstown Tomahawks’ Donate Life Game for organ, tissue, and eye donor awareness.

Saturday, March 12, 2016
7 p.m.
War Memorial, Johnstown

HealthBreak TV
The HealthBreak Television series continues in March. Watch for the following topics:
• Congestive Heart Failure program
  Dr. Mark Ratchford
• Colorectal Screening
  Dr. Timothy O’Donnell
• Safe Antibiotic use
  Dr. Lauren Trimeloni
• Diabetes Self Management
  Amanda Hoffman, RD, LDN, CDE
• Rehabilitation
  Dr. William Bergin

If you have ideas for topics you would like to see featured in HealthBreak, contact Amy Bradley, Director of Marketing Communications at abradle@conemaugh.org
UNIFORM SALE

WHERE: PATIENT DISCHARGE LOBBY*

*1ST FLOOR NEAR LINK/TUNNEL TO Good Sam

PAYROLL DEDUCTION AVAILABLE WITH EMP ID ONLY!
Large selection and inventory of uniforms - shoes - accessories!

ALL PROCEEDS FROM THIS SALE WILL GO TO THE 1889 FOUNDATION FOR HEALTH AND WELLNESS NEEDS IN OUR COMMUNITY
Conemaugh Meyersdale Medical Center’s Cardiopulmonary Department now offers Home Sleep Studies to diagnose patients with sleep apnea and similar obstructive breathing conditions. Patients wishing to have the study performed must have an order through a referring physician. “Meyersdale’s home sleep studies allow patients’ potential sleep problems to be monitored comfortably and conveniently at home,” said Mark Meekins, Imaging Manager at Conemaugh Meyersdale Medical Center. “Providing this service to our area is another example of how the medical center continuously meets the needs of our patients by adding new technologies and services.” For more information about Conemaugh Meyersdale Medical Center’s home sleep study test, contact the Cardiopulmonary Department at Meyersdale at 814-972-6975.

Nason Hospital Home Health Agency has been invited to participate in Quality Insight’s newest initiative. Quality Insights Quality Innovation Network has been awarded a new project by the Centers for Medicare & Medicaid Services (CMS) to improve influenza, pneumococcal and herpes zoster immunization rates. Influenza and pneumonia remains the 8th leading cause of death in the United States. Immunization rates among adults have been historically low. Data show racial, ethnic minorities, as well as rural populations, are significantly less likely to receive immunizations. The Immunization project’s goal is to increase the influenza, pneumonia and herpes zoster vaccination rates for Medicare beneficiaries fitting in with the normal daily Home Health work. Over the next 4 years, the goals are to achieve immunization rates of 70% for influenza, 90% for pneumococcus, and 30% for herpes zoster; increase and maintain immunization status assessment by 90%; see a significant reduction in immunization disparities.

Conemaugh pharmacy technician Amber Fink, CPhT, and Meghan L. Bolinger, PA-C, Pharm.D., BCACP, a PCRC transition-of-care pharmacist, were featured in a national article on the ASHP website. The article talked about the PCRC model and how nurses and pharmacists are well-prepared for the patient care roles in which they serve.
Thank you

to the Conemaugh School of Nursing students who collected over 60 bags of cat and dog food for our Conemaugh CARING donations! The items were delivered to St. Mark’s Pet Food Bank in Johnstown for distribution to families who are struggling to buy food for their pets.
Celebration of Nursing

Monday, March 21, 2016 at the Boulevard Bar & Grill. Networking, great food, CEU credit and a nationally renowned speaker delivering a message on Nurses as leaders entitled “Courageous Care Begins with YOU!”

For information, contact Dawn M. O’Roark, BS, RN, CCRN, President of the Greater Johnstown Chapter of AACN
doroark@conemaugh.org
814-534-9735

DONATE TODAY

This month we are collecting items for the areas various Food Pantries.

The following items would be greatly appreciated:
• Soups
• Juice
• Peanut Butter
• Tuna
• Pasta
• Macaroni and cheese
• Canned Fruit and Vegetables
• Cereal
• Kidney Beans
• Jelly
• Spaghetti Sauce
• Sauerkraut
• Boxed Food

The boxes can be found at the following locations:
CMMC’s Atrium, Good Samaritan Main Lobby, Lee Campus Main Lobby, Westwood Finance, Conemaugh East Hills and Conemaugh Medical Park.

A patient Advisory Board has been formed to help improve the experience of those receiving cancer care. If you have received cancer care or have a loved one or friend that has, and you are willing to share your thoughts, consider attending the next meeting.
March 9 • 5:30pm Crossroads Café (Dinner provided)
For more information, contact Sherry Click.
sclick@conemaugh.org

PLEASE NOTE
Change in Hours

Beginning March 1, blood draw services hours at Lee Campus have changed. Blood Draws will now be available - 6:30 a.m. to 4 p.m. Monday – Friday

Think Conemaugh First
for All your Outpatient Needs

conemaugh.org
Conemaugh Physician Group - Plastic Surgery Offers Laser Treatments

Did you know Conemaugh Physician Group - Plastic Surgery offers laser treatments for the removal of:

- Tattoos
- Unwanted hair
- Face and leg veins
- Scars, birthmarks, wrinkles
- Rosacea, red spots, brown spots

The laser creates a beam of high-intensity light that penetrates deep into skin tissue where it delivers a controlled amount of therapeutic heat. Dynamic Cooling Device technology protects the upper layers of skin with cooling burst of cryogen for a safe and comfortable treatment with minimal side effects. For more information, call Conemaugh Physician Group Plastic Surgery at 534-6750.

On March 14, Conemaugh Connect will kick off Phase 4 of the project—the testing, training, and Go Live phase! Over the course of the next few months, hundreds of employees and physicians will be invited to try out our new system to ensure that it meets the needs of our organization through testing. It’s very important that employees are prepared for the transformation that will occur when we Go Live with our new system on October 22. During the end-user training period, August 29–October 21, we need employees to not only make themselves available for training as required, but to also be as engaged as possible. Training is your opportunity to learn the system that you will be using each day, so that you can perform your work in the most efficient and effective manner possible! Stay tuned for more on testing, training, and Go Live in upcoming Huddles and CareNotes.

Congratulations to Molly Hoover, recipient of the Conemaugh School of Radiologic Technology 1889 Foundation $500 Scholarship Award. Molly is a junior radiology tech student and will graduate in May 2017. Great job Molly!

EDUCATIONAL OPPORTUNITY

“Evidence-Based Approach to Diabetes Management”
Tuesday, March 22 • Oakwood Restaurant, Davidsville, PA
Target Audience: Physicians, residents, pharmacists, nurses, social workers, and dieticians.
Registration available at conemaugh.org/learninginstitute

Weight Loss Surgery Education

Considering weight loss surgery? Educational sessions will take place on
March 3, at 6 p.m. and March 7, at 3 p.m. at the Main Campus. Call 814-539-8725 to register.
Congressman Rothfus Visits Conemaugh’s ED

Dr. Daniel Wehner, Chairman of Conemaugh Memorial’s Emergency Department and Dr. Jennifer Savino, Assistant Chairman, recently gave Congressman Keith Rothfus a tour of Memorial’s ED. Congressman Rothfus wanted to meet with the physicians to discuss current ED trends as well as legislation that would improve access to emergency medical and psychiatric care and a bill that would help sustain rural healthcare.

New Faces in the Medical Skills Learning Center

Conemaugh Memorial’s Medical Skills Learning Center has recently added some new faces to the team.

R/L: Mike Mincek, Simulation Tech; Augusta Czysz, MD, Medical Director; Leah Patton, BS, CST, Manager and Stanley Zagorski, MD, Surgical Director.

February 29th is Leap Year! A rare occurrence! It’s also National Rare Disease Day!

Four students at Greater Johnstown High School wanted to share their stories, so they held an event at Conemaugh to bring awareness to the community about the conditions with which they have been diagnosed, and help other children and families who suffer from rare diseases. The students discussed Pulmonary and Intestinal Lymphangiectasia, Hirschsprung’s Disease, Hemangioma and Hypophosphatasia.
CELEBRATING HEALTHY HEARTS

Many educational events were held throughout the Conemaugh Health System in February to raise awareness about heart disease. Staff at Conemaugh Memorial’s Lee Campus celebrated Heart Month with booths, flyers, and plenty of heart health and awareness tips!

At Conemaugh Memorial’s Main Campus crowds gathered to watch the 4th Annual King and Queen of Hearts crowning ceremony. The day was filled with friends, fundraising, and flashmobs to promote heart health and awareness! Thanks to everyone who attended and helped with this great event!
CELEBRATING HEALTHY HEARTS

Congratulations to our 2016 King and Queen of Hearts
Ryan Smith, Food and Nutrition
Jennifer Koontz, 9 Ashman

Congratulations to our 2016 King and Queen of Hearts
Runners-up
Trey Moss, 9 Ashman
Kimberly Leverknight, Johnstown Home Health

The 2016 King & Queen of Hearts competition raised $1,251 for the greatest needs of our cardiac patients.

And Conemaugh’s own Kerri Tononi, MBA, MSN, BS, RN, Executive Director of the Cardiovascular Service Line and Leslie Moran, MSN, RN, Director of Conemaugh’s Neuroscience Service Line, co-chaired the Heart Ball sponsored by the American Heart Association and the American Stroke Association.

Two Conemaugh Memorial patients were featured at the event along with Dr. Daniel Wehner, Chairman of Conemaugh Memorial’s Emergency Department, who was presented with the American Heart Association Heart Hall of Fame recognition.
### MARCH 2016 – INNOVATIONS MENU

Available at

**Crossroads Café – 3rd Floor, Clinical Pavilion**  
Conemaugh Memorial Medical Center, Main Campus

**Cafeteria – Ground Floor**  
Conemaugh Memorial Medical Center, Lee Campus

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