



St. Catherine Hospital

401 East Spruce

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Garden City, KS 67846

The mission of St. Catherine Hospital is to nurture the healing ministry of the church by bringing it new life, energy and viability in the 21st century. Fidelity to the gospel urges us to emphasize human dignity and social justice as we move toward the creation of healthier communities.

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 NBICU
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Home Health/Hospice
 Rehabilitation Services
 Wound Care Center
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 Infectious Disease

Specialties



Siena Medical Clinic at St. Catherine Hospital

Audiologist

Kim Hendricks, M.A. CCC-A

Otolaryngology

Warren D. Balazs, D.O.

Nephrology

Girish Mour, M.D.

Family Practice

Michael D. Jackson, M.D.
 Eric R. Oppliger, D.O.
 Terry R. Hunsberger, D.O.

Pediatrics

Elizabeth Doyle, M.D.
 Stephen C. Meyers, M.D.
 James T. Zauche, M.D.
 Michael W. Shull, D.O.

Pulmonology

Frank W. Hansen, M.D.

Infectious Disease

Kiran Gajurel, M.D. - 2008

Podiatry

Phi Van, D.P.M.

Mid-America Occupational Health Services

Terry R. Hunsberger, D.O.

Internal Medicine

Frank W. Hansen, M.D.
 Surinder Kaul, M.D.
 Edward L. Mangosing, M.D.
 Kiran Gajurel, M.D. - 2008

Registered Nurse Practitioners

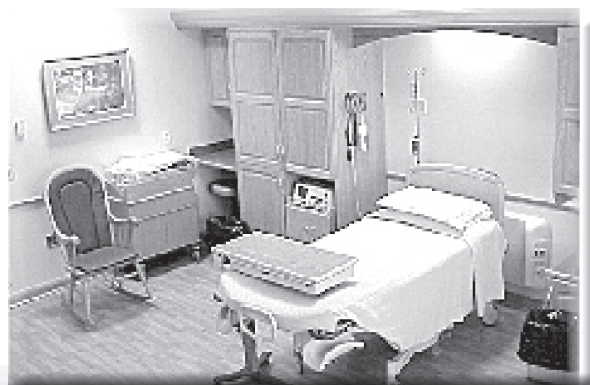
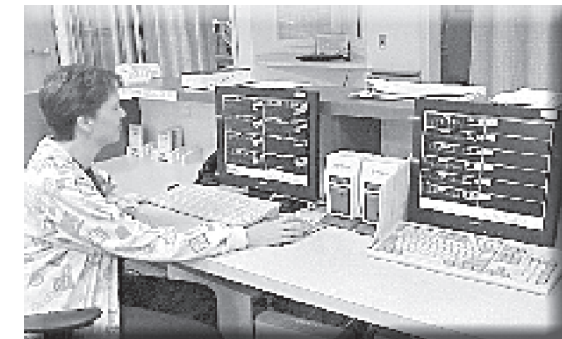
Mary Anne Cook, ARNP-C
 Robin R. Sustala, ARNP-C
 Merilyn Douglass, ARNP-C

Orthopedics

Guillermo(Bill) Garcia, M.D.

Neurology

Dan Dumitru, M.D.





TWILACARTER, Burlington, likes her hemodialysis better than the previous method, paritoneal dialysis, she used to clean her blood. Carter, who is now blind, uses her time spent at Interstate Dialysis to crochet afghans and scarves which she sells.

— Photo by Pat Schiefen/The Goodland Star-News

Dialysis no longer requires long drive

By **Pat Schiefen**

The Goodland Star-News
 pjschiefen@nwkansan.com

Finding out that your kidneys don't work and that you'll need dialysis to stay alive is a little easier to deal with, now that treatment is available here in the area.

For over a year, Interstate Dialysis in Burlington has offered services to area patients, who used to have to drive to Hays, Denver or another larger city.

Hemodialysis, a way to clean wastes and extra fluid from a person's blood, is usually done three days a week for about four hours a day, said Jackie Schmidt, administrative assistant and reuse technician for the center.

Robert Short, 54, from Siebert, says he comes for treatment from 9 a.m. to 1 p.m. every Monday, Wednesday and Friday. Short was sitting in a recliner-like chair hooked to a machine that cleaned his blood as he watched television, covered with a blanket to prevent chilling.

"I went on disability in 2000," he said. "I have been coming to Burlington for over a year. The staff here is excellent. I was driving to go to St. Joseph Hospital in Denver before that."

He said he has been evaluated for a transplant. A couple of people who used the Burlington facility have gotten transplants, said Schmidt. The waiting period for a kidney can be up to four years, she said, since not enough people

are donating organs when they die.

Short said his kidney failed from kidney stones "the size of his fist" eight years ago. He had a stone lodge in the duct of the pancreas and when they did surgery, doctors had to remove his pancreas, and that made him diabetic.

He said at first, he had a tube or shunt in his chest that was used for dialysis and now they use a catheter in his arm. The catheter is hooked both to a vein and an artery. The blood comes out of his arm in a tube that goes to the dialysis machine, where it is filtered, and then goes back in another tube.

Schmidt said some patients are wiped out after treatment but Short said he felt fine.

"I can't tell any difference," he said.

Another patient receiving dialysis was Twila Carter from Burlington. She said she had been coming to the center for a year.

"I was born with small kidneys," she said, adding that uncontrolled high blood pressure caused her kidney failure."

She said she used another form of treatment called peritoneal dialysis for five years.

Peritoneal dialysis uses the lining inside your belly as a natural filter to clean the blood. A small tube is inserted into the wall of your belly and a special fluid called dialysate is put in. The fluid absorbs wastes in the blood. Then the person

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Kit Carson hospital expanding

The board, administration and staff have spent the last two years planning for major improvements at Kit Carson County Memorial Hospital.

Construction on a \$14 million expansion plan will add 27,000 square feet of acute care space and remodel 2,200 square feet of the existing building.

Patients and their families will see a new main entry with a covered patient drop off and easier close-in parking, common admitting for in and out-patient services, private patient rooms, a more responsive emergency department, as well as improved and expanded out-patient healthcare services, said Administrator Diane Mettling.

Key features of the acute care addition include:

- Improved patient privacy and accommodation for patient's families, with a new patient bed wing, where 13 of the 16 patient rooms will be private rooms featuring private bathrooms and areas for special medical equipment.
- Efficient nurse care with the nurses' station in a central location for ease of monitoring patients in the acute-care rooms, obstetrics and the emergency department.
- Better emergency cesarean care with a special room in the obstetrics department.
- Improved infection control with the addition of a "negative pressure" isolation room for suspected patients with tuberculosis and other respiratory diseases.
- More responsive emergency department, ex-



NEW HOSPITAL ENTRANCE is part of the expansion construction underway at the Kit Carson County Memorial Hospital. The entrance is part of the \$14 million expansion to add acute care space.

— Photo By Jordie Mann/The Goodland Star-News

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Burlington has clinic for veterans

By Pat Schiefen

The Goodland Star-News
pjschiefen@nwkansas.com

Veterans in western Kansas and eastern Colorado now have primary medical care closer than the 150 miles they used to have to drive, with the opening of a Veterans Community Outreach Clinic in Burlington on Oct. 15.

The clinic at 1177 Rose Ave. has three offices staffed four days a week by a nurse practitioner and a nurse to help the more than 4,000 veterans in the area.

The drive for a community veterans' clinic began in 2004 with a public forum at the Goodland Veterans of Foreign Wars Hall, where nearly 400 veterans and supporters gathered to urge officials from the Denver Regional office of the Department of Veterans Affairs

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Kit Carson hospital adding more room

KIT CARSON, from Page 33

panded from two to four treatment rooms, and adjacent to imaging on the same floor.

- Higher quality diagnostic services with new imaging equipment and improvements that include bone density screening and magnetic resonance imaging services now available only through mobile services when in town.

- Improved laboratory response with an expansion to relieve overcrowding and improve performance.

- Easier access and more privacy with a new main point of entry to the hospital that allows for private admissions, discharge and follow up scheduling.

- Improved operations, with a second elevator to allow for redundancy to move materials, patients and staff to all floors.


Key features of the outpatient remodel include:

- More room for specialty physician visits, with the addition of physician offices and treatment rooms to the specialty clinic.

- Expanded surgical capacity with a remodel of the former emergency department to include two gastrointestinal procedure rooms and a scope cleaning room.

- Separation of pediatric and adult patients for day surgery in the surgical pre and post-operative area.

- Improved storm drainage to minimize the "lake" patients often have to cross following



Kit Carson County Memorial Hospital
Critical Access Hospital

- Beds — 25 as critical access hospital.
- Budget 2008 - Not available.
- Loss 2007 - Not available.
- County Money — \$310,048 from 3-mill property tax levy.
- Doctors — Four physicians, two physical assistants, one nurse practitioner, 24 visiting specialists.
- Phone — (719) 346-5311.

board believes the remodeled facility will serve the area for years to come, while costing millions less than a new hospital.

What the hospital offers

Kit Carson County Memorial Hospital is a licensed Critical Access Hospital which provides primary care, inpatient and outpatient services and a level 4 trauma service, as well as home health care and hospice services.

The hospital offers same-day surgery and physical, occupational and cardiac rehabilitation therapy at the Parke Wellness Center.

The medical staff includes: Dr. Wayne Hoppe, Dr. Zach Pimentel, Dr. James Perez and Dr. Scott Davidson; Kristen Janssen and Judy Mago, physician assistants; and Susan Dorman, nurse practitioner.

The orthopedic surgical program includes three specialists from Porter Adventist Hospital in Denver

Patients can now see orthopedic specialists for knee, shoulder, hip, elbow, arm and wrist and hand procedures."

Other doctors for the Front Range who have regular specialty clinics in Burlington offer same-day surgeries for colon and rectal complications, gall bladder, hernia repair, tonsillectomy and breast biopsies.

South of the hospital is the wellness center and family practice clinic. The clinic offers physical, occupational, aquatic and speech therapy, cardiac and pulmonary rehabilitation and sports injury rehabilitation.

heavy rains.

- Expanded out-patient care with the remodel of the former obstetrics wing to house two sleep study rooms, a rehabilitation gym and the respiratory therapy department.

The exterior design will seamlessly blend the new construction into the old building. The

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Burlington clinic provides care for veterans

VETERANS, from Page 34

to consider opening a clinic out here.

The Denver Office sent out a request for proposals in January 2007, and in March said the sites had been narrowed down to Goodland, Burlington and Yuma, Colo.

Visits were made to the three sites in March, and Burlington was notified on April 30, 2007, that its proposal had been accepted.

Burlington's proposal included no rent for the building as long as it is occupied by the veterans clinic, utilities paid by the city for three years, plus free maintenance and cleaning.

After three years, the contract will be rewritten for a period of seven years. It assumes the clinic will begin to pay for utilities, maintenance and cleaning, but no rent will be charged.

Burlington spent about \$200,000 on remodeling and expanding the building formerly known as the Medical Arts Building, said City Administrator Bob Churchwell.

"We have received around \$10,000 in donations from individuals in the area," he said,

The building now has 2,040 square feet, plus adequate parking. It was built in 1971 as a medical clinic for Dr. C.L. Ross.

Veterans outreach clinics in Colorado include Alamosa, Aurora, Colorado Springs, Durango, Fort Collins, Greeley, La Junta, Lakewood, Lamar, Montrose and Pueblo.

Ken Baum, former Goodland American Le-



THE ENTRANCE to the Veterans Administration outreach clinic in Burlington. Area veterans had been working to get a clinic closer than the 150 miles they previously had to go to get primary care. The clinic opened on Oct. 15.

gion commander, and one of the leaders in the effort to get the clinic, said the decision it would go to Burlington was terrible news, but at least that is closer for Kansas veterans than going to Yuma. Burlington is 35 miles from Goodland, he said, while Yuma is 112 miles.

— Photo by Pat Schiefen/The Goodland Star-News

"It is better than not having one," Baum said. "I figured if we did not get it, the decision would be politics to keep it in Colorado. It is disappointing it is not going to be here. We will have to work on something to bring here."

"We are glad to see the VA taking a long overdue step to provide primary health-care services to the veterans in this region," said Goodland hospital Administrator Jay Jolly. "Goodland

Regional Medical Center has been working with area veterans and our congressional delegation for over five years to bring attention to this need and persuade the veterans health care system to address it.

"Special thanks are due to Sherman County veterans organizations, Congressman Jerry Moran, who serves on the Veterans Health Subcommittee in Congress, and to Sen. Pat Roberts for their support and advocacy on behalf of veterans health care in rural America.

"If not for their efforts, the veterans of northwestern Kansas and northeastern Colorado would still be facing long and expensive trips for the most basic of services, and many would not receive those services as a result."

Congressman Moran said he was disappointed the clinic would not be in Goodland, but was pleased the veterans would have closer access to medical services.

Colorado Sen. Wayne Allard supported having the new clinic in either Burlington or Yuma.

The veterans agency said veterans in the nine-county area are more than an hour's drive from government health care and because 44 percent of the area's population is 65 or older, it is difficult for many to visit a distant facility, especially in the winter.

The clinic will provide basic primary care and mental health services, the agency said, including medical evaluations and the diagnosis and treatment of conditions that do not require hospitalization or a specialist.

The clinic is open Monday through Thursday from 7 a.m. to 6 p.m.

Dialysis no longer requires long drive from area patients

DAVITA, from Page 32

drains the fluid out and puts fresh fluid again called an exchange. Some people do an exchange four times a day or they can use a machine called a cycler and do the exchange at night while the person is sleeping.

Carter said the exchange got longer and longer, and at the end took 11 hours.

She said she felt like she was spending half here life in bed.

"I liked it better at first," she said, but she couldn't go anywhere and stay overnight because there was so much to haul. "It wasn't worth it."

On the hemodialysis, she said, if she goes somewhere she can go to another dialysis center to get her treatment.

"I don't want a transplant," she said. "I would have to lose a lot of weight."

She said she worried that her children could have inherited her small kidneys and would need theirs as they got older.

"My daughter has problems with kidney infections," Carter said. "I encourage my kids to watch their health."

"I was the swing manager at McDonalds before I lost most of my vision in 2000."

She said she uses her time to crochet since she can't watch television.

"I have special lighting at home to help and my Mom helps me," she said. "Last year, I went to a craft fair and took 40 afghans and sold them. I've been making winter scarfs."

"My husband has really good health insurance and Medicare. The prescription plan is my only complaint. Anything you have to have to live is extremely expensive."

She said she has to watch her diet because dialysis won't take out phosphorous and sodium causes her to retain water.

Schmidt said people can be on dialysis for an unlimited period of time. She said the center can serve eight patients in the morning and eight patients at night, but now has just 12. If there was enough demand, she said, the center could run three shifts five days a week. People come from Wray, Goodland, Colby, Burlington, Cheyenne Wells and Siebert.

"The biggest cause of kidney failure is diabetes," she said. "Other causes are uncontrolled high blood pressure, alcohol and drug use. There seems to be more demand all the time."

Schmidt said that not having to travel to a distant town three times a week is a boon to her patients.

Kansas Bridging Plan

The state of Kansas and a participating community will loan resident physicians up to \$26,000 in exchange for three years practice in a rural area.

Kansas Locum Tenens Program

Allows resident physicians or faculty to provide temporary medical practice coverage. It can be a good recruitment tool or help retain current staff.

Kansas Medical Resource

Provides temporary medical coverage for specialty and primary care. It is a great opportunity for Kansas physicians to help other Kansas physicians.

Kansas Recruitment Center

Match your community's need with those of physicians, nurses or other health professionals seeking employment.

Kansas Connections

Keep abreast of news and information related to rural health care by reading this publication.

Focus on Kansas (www.focusonkansas.com)

Learn about rural Kansas health care organizations and the communities who benefit from their service.

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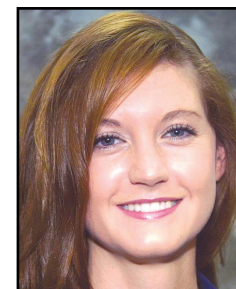
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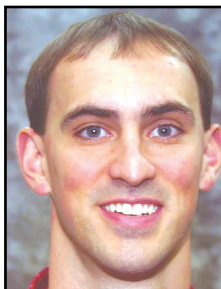
Dr. Mary Beth Miller



Patrick Delano, PA-C



Kristle Neuhalfen, PA-C



Tyler Raile, PA-C

Services at Cheyenne County Hospital

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- * Laboratory
- * DEXA Scans (Osteoporosis)
- * Outpatient Surgery
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- * Ultrasound
- * Mammography - once a month
- * Acute Care and Swing Bed



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Friday – 8 a.m.-4 p.m.

Saturday – 9 a.m. – noon (Walk-ins only)

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Bird City

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Monday-Friday 9 a.m.-noon

Specialty Clinics

Cardiology — Dr. Warren (treadmills, echos, carotids & pacemaker checks)

Ophthalmology — Dr. Uyemura (Cataract surgery)

Dermatology — Dr. Johnson

Podiatrist — Dr. Reeves (Hammer toes, bunions & other foot surgeries)

Oncology — Dr. Rubinowitz

Orthopedist — Dr. Saba

Surgeries — Dr. Frankum (Hernia, gall bladder, appendectomy, EGD, colonoscopies, breast biopsies, incision biopsies and other outpatient surgeries)

Epidurals — Kim Zwegardt, CRNA/Surgical Anesthesia

Cheyenne Co. Health Department

Monday – Bird City – 1 – 4 p.m.

Tues. & Thursday – St. Francis 9 a.m.-4:30 p.m.

Basement of the Cheyenne County Clinic

♣Healthy Start Program ♣Kan-Be Healthy ♣Free-to-know

♣Immunization program ♣Child & Adult Health ♣Lead Screening

♣Child seat loan program ♣Kansas Farmworker program