

HealthLines

ESD offers New Amenities, Great Care

BIGGER. BETTER.

Last summer, MMCH opened its newly renovated and expanded emergency services department. Double the size of the old space, the new ESD offers patients more spacious rooms and improved privacy. The department also has a



beautiful, new waiting area (pictured left), as well as three triage/registration rooms, a

private family consultation room and children's area.

The ESD includes a total of 12 treatment rooms, consisting of five general rooms, three major trauma rooms, two fast-track rooms, an OB room and a pediatric room. The ESD is

staffed by 10 specially trained emergency medicine physicians.

All framed artwork found throughout the beautiful facility was taken by local photographers. Above, photographer Paige Meyer, of Batesville, stands by one of her selected photos.



Emergencies happen and when they do, MMCH is available 24 hours a day, seven days a week to provide compassionate care in a timely manner. But you don't have to take our word on it. Read on to hear the stories of our satisfied patients:

Jane's Story

Last October, Jane Werner of Sunman was loading deer meat into a meat grinder when she accidentally stuck three of the fingers on her right hand a little too far into the machine. After her husband helped free her fingers, she wrapped them in a towel and headed for Margaret Mary Community Hospital's emergency services department where she was rushed to a treatment room. Two hours and 67 stitches later, Jane's fingers were sewn up and she was free to return home.

"When I arrived, Dr. Webster and the staff acted quickly and everyone stayed calm," said Jane. "I don't remember feeling scared. Dr. Webster was very attentive. The staff did everything they could to make me comfortable. I didn't lose any fingers, but it took two hours to stitch the open skin back together. My nurse made sure I wasn't feeling any pain. Now, my right hand is pretty much back to normal. This experience was a wake-up call though. I now have a greater appreciation for being able to do the small things, like writing or peeling potatoes."



ER Staff

Shanna Lemen, RN; Emily Begley, RN; Trisha Candelot, RN; Lacy Enneking, RN and ER Clerk Olivia Palmer

Karen's Story

Karen Rudisell of Brookville had been sick with a kidney infection for more than three weeks when she decided to come to MMCH's emergency services department. Having visited two other emergency treatment facilities, Karen was getting increasingly frustrated that her infection was not getting better. Dr. Philip Lam immediately ran tests to determine what type of infection she had and gave her medication right away.

"From the time I walked through the front door, all of the personnel were wonderful," said Karen. "They made me feel certain I was in good hands and that they would take care of me. The medication Dr. Lam prescribed started working about two hours after I took the first pill. A few days later, he even called me at home regarding the results of the test. I am so relieved to know that your emergency room and hospital is there for me in the future, if needed again. I cannot tell you what peace of mind this gives me. I only regret that I did not come to your facility first."

Sports Injuries

Treated at MMCH

- ◆ **Contusions (bruises)** - injuries to the soft tissue, often caused by a kick, fall or blow
- ◆ **Strains** - injuries to a muscle or tendon, caused by overuse, force or stretching
- ◆ **Sprains** - twisting injuries to ligaments, often affecting the ankles, knees or wrists
- ◆ **Overuse injuries** - injuries resulting from repetitive demand over the course of time, including tennis elbow, swimmer's shoulder, runner's knee, jumper's knee, Achilles tendinitis, shin splints, etc.
- ◆ **Dislocations** - when bones in a joint become displaced or misaligned
- ◆ **Fractures** - breaks in bones
- ◆ **Concussions** - traumatic brain injuries
- ◆ **Minor cuts and scrapes**

Five Ways to Avoid Getting Injured

- 1. Warm up and cool down.** Warm-up exercises increase the temperature of the body, making muscles more flexible. Start your sport slowly or stretch before you play.
- 2. Wear the right protective gear.** Players should wear pads, helmets, eyewear, face guards, mouthpieces and protective cups.
- 3. Drink plenty of fluids.** Drinking water before, during and after play can help prevent heat injury.
- 4. Be in proper physical condition to play your sport.** If you plan on playing a sport after you've had a long break from it, be sure to start back slowly.
- 5. Don't underestimate the importance of rest.** It is possible to train too much. Your body needs rest to function optimally.



Let **OUR TEAM** take care of **YOUR TEAM**

Whether you get hurt during an end-zone catch or playing 18 holes of golf, you can trust that our sports medicine team can help you get back in the game. Our team specializes in preventing, diagnosing and treating injuries caused during sports or exercise. Common injuries we treat range from concussions and muscle cramps to sprains and shin splints.

Located at MMCH's Outpatient Rehabilitation Center, our sports medicine team consists of physiatrist Edward Negovetich, MD, athletic trainer Eric Fledderman and physical therapist Carmen Pride.

Dr. Negovetich grew up in Highland, Ind. and received his bachelor's degree from Wabash College. He earned his medical degree from the Indiana University School of Medicine where he also completed his specialty training in the field of physical medicine and rehabilitation.

A 1998 graduate of Batesville High School, Eric received his bachelor's degree from Anderson University. He is nationally certified and state licensed in athletic training, and has assisted with sports medicine clinics at Methodist Sports Medicine in Indianapolis and Central Indiana Orthopedics in Anderson, Ind.

Eric also serves as the athletic trainer for Batesville High School and Oldenburg Academy. By having an

athletic trainer at the schools, MMCH is able to provide immediate care for students when an injury occurs and continue to monitor their rehabilitation following the incident.

Graduating in 1996, Carmen played basketball, volleyball and softball at Jac-Cen-Del High School. She went on to play Division I basketball at the University of Evansville where she earned both her bachelor's and master's degrees in physical therapy. Before becoming manager of physical therapy at MMCH, Carmen worked for the Bartholomew Consolidated School Corporation and also spent a year with Good Samaritan Hospital.

Our sports medicine team works closely with local physicians to offer comprehensive sports medicine services to the community. For more information, call (812) 934-6638.



From left: Athletic Trainer Eric Fledderman, Dr. Ed Negovetich and Physical Therapist Carmen Pride

Meet Dr. Temple



MMCH welcomes anesthesiologist Erin Temple, M.D. to its medical staff. An anesthesiologist is a doctor who administers anesthetics during surgery or other medical procedures.

Dr. Temple received her medical degree from the Indiana University School of Medicine, and completed her internship at Ball Memorial Hospital in Muncie. She, along with her husband, Jon, and 1-year-old son, Will, moved to Batesville from Fishers, Ind. They are expecting their second child this summer.

“I had never been to Batesville prior to my first interview, but immediately felt right at home,” said Dr. Temple. “Coming from a large university training program, I was very impressed with all the technology and up-to-date equipment Margaret Mary had in place.

“I enjoy working in the field of anesthesia. I find it rewarding to know that someone entrusts their health to me, and I help them make it safely through surgery.”

New Wellness Clinic

MMCH's Immunization Clinic has a new name and address. Now called the MMCH Wellness Clinic, immunizations for both children and adults are offered at 4 West Pearl St. in Batesville. Patients should enter the parking lot, located behind the building off Boehringer Street. Immunizations are no longer being offered at the Outpatient Rehabilitation Center located on State Road 129.

As in the past, walk-in immunizations are available from 12:30-7 p.m. every Tuesday. However, immunizations may also be scheduled on Thursdays by appointment only. The Wellness Clinic offers vaccines for Chicken Pox, Hepatitis A, Hepatitis B, HPV, Meningitis, Pneumonia, Shingles, Tetanus/Diphtheria, Tetanus/Diphtheria/Pertussis, Typhoid, Measles/Mumps/Rubella and more. You may want to call the Wellness Clinic in advance to ensure the vaccine is in stock.

In addition to offering immunizations, the Wellness Clinic is also

the new site for the monthly blood pressure and finger stick blood sugar clinic held from 7:30-9 a.m. the last Friday of the month.

For more information or to schedule an appointment for the Thursday clinic, call (812) 934-0699.



The Wellness Clinic staff includes (from left) Mary Sue Krause, RN; Geralyn Litzinger, RN; Lori Mauer, RN; Charlotte Heppner; Ashley Morris; Janet Rohls, RN; Melissa Boor, RN; Meredith May, RN and Cindy Gerstbauer, RN.

More Privacy ... More Comfort

The Emergency Services Department wasn't the only area receiving a new look in 2009. The Medical/Surgical unit was also renovated and more private patient rooms have been added. Studies show that private rooms cut down on infection rates and offer patients a quieter, more restful stay. Designed to provide comfort and warmth for the patient, all rooms are also equipped with a television, phone, bathroom with shower, comfortable bed and relaxing chairs for guests. Artwork, the use of color and natural light contribute to a healing environment.



Hospice Fun Run

Mark your calendar! You're invited to take part in the fun on Saturday, April 17 when families will walk or run to support Hospice of MMCH. The walk begins at 8:30 a.m. in the MMCH parking lot, and the course length is approximately 4 miles. Registration fee is \$15 and anyone who is pre-registered by April 9 receives a long-sleeved T-shirt. Registration forms will be available soon in area newspapers or by visiting our website at www.mmch.org. To learn more, call (812) 933-5257.

What's **NEW** at MMCH?

Nutrition Classes

Whether you're looking to lose a quick 10 pounds or need to lower your cholesterol, the MMCH dietitians can help. Below is a list of the classes coming this spring. Classes are just \$5/person. Call (812) 933-5122.

Healthy Heart

- ◆ March 30; 6:30 p.m.
The Hansen Center
- ◆ May 7; 2:30 p.m.
MMCH Auditorium



Irritable Bowel Syndrome

- ◆ March 9; 6:30 p.m.
The Hansen Center

Crohn's and Ulcerative Colitis

- ◆ April 13; 6:30 p.m. - The Hansen Center

Nutrition for Cancer Prevention

- ◆ May 4, 6:30 p.m. - The Hansen Center

Celiac Disease

- ◆ May 11; 6:30 p.m. - The Hansen Center

Acupuncture Offered by Dr. Ed Negovetich

Under the direction of Edward Negovetich, MD, acupuncture is now being offered to treat musculoskeletal issues including those associated with the back, knee, neck, foot, shoulder and more.

Acupuncture involves the insertion of very thin needles at strategic points along energy channels of the body. The result is an unblocking and balancing of energy that reduces or eliminates pain and allows the body to heal naturally. Acupuncture usually involves a series of treatments in an outpatient setting. Each patient receives a personalized assessment and customized plan of therapy. You may feel a brief, sharp sensation when the needle is inserted, but generally the procedure isn't painful.

Specializing in physical medicine and rehabilitation, Dr. Negovetich completed his acupuncture training through the Helms Medical Institute sponsored by the UCLA School of Medicine. He is a member of the American Academy of Medical Acupuncture.

Dr. Negovetich performs acupuncture at his office located in the Outpatient Rehabilitation Center on State Road 129 in Batesville. Appointments are required by calling (812) 934-4042. Self referrals are welcome. You may want to speak with your doctor to determine if acupuncture is right for you, and check with your health insurance regarding coverage.

