2016 NURSING YEAR IN REVIEW
Heart of the Rockies Regional Medical Center

A proud nursing tradition
A Proud Nursing Tradition

FBC’s Liz Krasnow and her son Sawyer took a tour of the REACH helicopter on May 20. The REACH crew treated all HRRMC staff to a barbecue in recognition of EMS week.

Aloha!
Laurie Merrell, Heather Hoagland, Monica Hutson and Diane Villalovas (L to R) get in the holiday spirit while dreaming of sandy beaches! Specialty Clinic and Med/Surg staff celebrated the season together with tasty treats and a gift exchange.

Therapy dog Creede brightens the day for both patients and Med/Surg team members (L to R) Rachel Stouffer, Amber Linza and Denise Hammel.

HRRMC’s “computer angels”: IS Clinical Specialists (L to R) Lorrie Hocke, Dolly Chamness and Amy Perrin.

The BVHC team showed their true colors on Halloween.

A Great Team
Dear Mr. Morasko:
Be assured the quality of the services I experienced at your medical center were first class. My wife and I were reassured that the Emergency Room staff we encountered were friendly, professional, and experienced. For the sake of transparency, you need to know my wife was (a) nurse for forty-three years and like me is retired.

The Emergency Room receptionist we dealt with is very good at her job. She made us feel comfortable while obtaining the information she needed. The nurse who helped us was concerned and friendly while being professional at all times. The Radiology technician helped me understand that to obtain the best possible X-ray images I could experience some discomfort. His concern and competence was reassuring.

The Emergency Room physician was excellent. He was concerned and friendly while being professional at all times. His concern and competence was reassuring.

My experience with your Surgery Department went perfectly. Thank you so much for such great care to our community and visitors who need to come to our hospital in Salida. Please let your staff know how appreciated they are.

~A surgical patient

I had surgery in November with Dr. Hunter at Heart of the Rockies. What impressive care I received from every staff member in the surgical area. Nicole Lewis admitted me and I felt like my care was so individualized and personal. Kathy Millward, Chrissy Long and Priscilla S. were my nurses in the operating room; they were also so warm, friendly & reassuring. Greg McDonald and Jimmy did my anesthesia, which was so professional, smooth and easy. Erica Everson in recovery room stayed with me, helping me get comfortable, stay safe and answering all my questions. She really prepared me for how to take care and recover at home.

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~A surgical patient

“Thank you so much for such great care to our community and visitors who need to come to our hospital in Salida. Please let your staff know how appreciated they are.”

I wanted to thank each of you for your care and comfort last Wednesday and Thursday: Michelle, Tracy, Erica, Christine, Kim, Karen, Dr. Smith, Scott (Anesthesia), OR Team.

This is my third day in recovery and I’m doing much better thanks to prayer and God’s healing touch from people all over the nation. So many people sent email to my wife and I as I was going through the hemorrhaging Wednesday night.

Just had my first shower Saturday (wow it is amazing). What a great facility—The Heart of the Rockies & staff! Rate 10/10. Thanks again and I pray blessings and peace upon each and every one of you and your family members this gracious holiday season.~A surgery patient

A Proud Nursing Tradition at HRRMC

Since its founding as the Denver & Rio Grande Railroad Hospital (or D&RG Hospital) in 1885, nurses have played a vital role in the history of the Salida hospital. The hospital originally served railroad employees and their families through- out the company’s system, which extended to Salt Lake City.

An early annual report for the Denver and Rio Grande Railroad Hospital Fund, published in 1887, provides a snapshot of the cases treated in the early days. Injuries topped the list, with rheumatism and “bilious attacks” the next two most common conditions.

At the turn of the 20th century, nursing staff wore long dresses with starched white aprons, collars and caps. As the century unfolded, hemlines rose but the starched white aprons and caps largely remained into the 1970s. By then, more men were entering the nursing field and the Salida Hospital—as it was then known—was part of a public hospital district. (The name changed again to Heart of the Rockies Regional Medical Center in 1989.)

Some long-tenured HRRMC nurses, like Family Birthing Center Manager Judy Smith, remember working at the hospital in the 1970s. There was a much greater inpatient volume, with 49 patient rooms (including only two private rooms). In 1980, the year Judy became night nursing supervisor, she worked as the only ER nurse, the OB nurse and also handled all of the other nursing supervisor duties at night. In the OB department that year, 281 babies were delivered, compared to about 130 per year now.

Debbie Eggleston, who attended nursing school in the late 1970s remembers that student nurses were never allowed to interact with a physician, and if “a physician entered the room, you stood up and gave him your chair” Debbie shares more memories of her 33 years at HRRMC on page 17.

Despite the changes over the years, nursing remains a calling. Specialty Clinic manager Mary McConathy, a nurse for more than 45 years, advises new nurses at HRRMC to “always follow your passion and keep the patients at the center of what you do.” That’s good advice in any era.

A Proud Nursing Tradition

Cover photo: This portrait of nurse Eleanor Moffatt Wood Lopez (1919-2005) was found in the HRRMC archives.


Hospital staff circa 1903 in front of the “new” hospital building, which replaced the original building destroyed by fire in 1899.
ED staff members

To all the Emergency Department Staff and Providers, I want to thank the AMAZING team we have in our Emergency Department. Everyone has played a part in making HRMC ED a great place to work. You come to work never knowing what the day will bring. You provide quality care to all those who come through the door. From major trauma, major medical issues where time is of the essence, to those who just need a little reassurance, you pull together and work as a true team should. I can’t express how much you mean to me.

Jan Ommen and her nurse Katherine worked really well together on April 5 to get scheduled for labs, EKG, and an office visit so that she’d be able to have knee surgery on the 20th. We’ve been coming to the B’V clinic for years and they are the best. The people at the front desk are wonderful. ~A BVHC patient

Dear Dr. Morasko,
I wanted to write a personal note of gratitude for your staff at Heart of the Rockies Regional Medical Center in Salida. Their expertise, customer service and impeccable service for us past week was amazing. I know labor and delivery might not bring great revenue to the hospital. But this stay this week for my daughter will be a lasting impression for life! They delivered our first grandchild—and you can imagine some of the fears we had as soon-to-be grandparents. Your staff should be praised for their expertise especially Bobbie (Sturrock), Wendy (Trafford-McKenna), Joni (Baker) and Jan Ommen and her nurse Katherine worked really well together on April 5 to get scheduled for labs, EKG, and an office visit so that she’d be able to have knee surgery on the 20th. We’ve been coming to the B’V clinic for years and they are the best. The people at the front desk are wonderful. ~A BVHC patient

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~A family member

Dear Dr. Schmidt, Cheryl and Heather,
Thank you so much for being there for me during this time of pain and confusion. You all are great and I pray God blesses you all with a wonderful weekend. ~A cardiology patient

~A patient

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Thank you so much for being there for me during this time of pain and confusion. You all are great and I pray God blesses you all with a wonderful weekend. ~A cardiology patient

From The Mountain Mail...
Dear Editor:
My husband and I were distressed by the letter… complaining about health care in Salida, particularly the hospital. We have a completely different opinion.

Since we moved to the area over 11 years ago, we have seen it grow out of the Touber Building and into the amazing campus on Rush Drive. Many new doctors and services have been added and continue to be as time goes on.

These take time and money and do not happen overnight. We understand the frustration of not having every kind of specialist on hand every day, but if you look in the hospital directory you will find doctors from many areas of expertise.

In the past year we have been at the hospital for tests and consults and once to the emergency room. The staff has always been helpful, cheerful and compassionate, and I have asked if there is anyone who does not smile. They say it is a wonderful place to work.

We are under Dr. Leek’s care and have not had trouble getting an appointment, but there was a 3-month wait to see a neurologist in Colorado Springs. For a small town like Salida, we are very grateful to have the exceptional doctors and services associated with Heart of the Rockies Regional Medical Center.

~A patient
Dear Mr. Morasko:

My daughter was treated at your facility for a very bad upper eye laceration. As a nurse, I knew the injury was bad and drove her to your facility. As a nurse working in a Level I trauma center in the Denver Metro area I was concerned that she was going to need care that required more than just an ER visit.

Upon entering your facility, I was immediately impressed with the attention and urgency that began our care. I wish I could remember the names of every single person that cared for us, but I may not be able to. We arrived in swimsuits and I had two other young ladies with me. The ER nurse quickly began caring for my daughter. She was very reassuring and even though her priority was my daughter she made sure that everyone mentioned knows how thankful I am.

Both the PA and Dr. Ruiter were patient and thorough in listening to my concerns and performing their assessment. Upon examining my daughter, Dr. Ruiter thought best to consult with Dr. Payton... As I suspected, when Dr. Payton did arrive he wanted to proceed with the repair in the operating room. Even though I am a nurse, I am still a parent. The additional risk of anesthesia and the extent of the repair did make me nervous. I knew that it was the best decision. Dr. Payton was also very reassuring and kind.

The first person we met was Jonelle Vallier, CRNA. She immediately set my mind at ease about the anesthesia. She spoke with my daughter first and was incredibly calm, reassuring and honest about everything that was going to happen. While waiting for surgery the nurses helped me find a hotel for the night, brought us clothes, and made sure that we were comfortable and cared for.

When the OR nurse Chris came in to speak with my daughter I continued to feel such a sense of relief. My daughter is 10. He spoke first to her not me. He spoke not of the procedure but to how she was doing emotionally and if she was scared. He sensed her needs. He asked her to verbalize her feelings so he could reassure her and then spoke of what would happen in the OR. This bedside manner was so specialized and directed towards the care of a child. His care was something that you would expect to see in a facility such as Children’s Hospital that is accustomed to caring for children...

The staff allowed all of us to walk to the OR with my daughter. When I handed off my daughter to Chris and Jonelle I was emotional, but I don’t think I would have felt more secure even if I was in my own facility.

Upon arrival in the PACU, my daughter was the only patient. The team explained to me that they were waking her up very slowly. This was not something I was used to seeing, as I typically care for adults. She explained how much better it is for kids and far less scary. Again, the ability of your staff to direct their care for a peds patient was so appreciated...

Upon discharge, the PACU brought her to the car and I couldn’t help but to give her a huge hug.

Your entire staff and facility should be commended for the incredible care (physically and emotionally) that they gave my daughter and myself. Your hospital is certainly doing something right. Words cannot describe how fortunate my daughter was to receive care in your facility! Please make sure that everyone mentioned knows how thankful I am.

-A patient’s mother

Throughout 2016, members of our nursing staff were honored at HRMC’s monthly employee recognition ceremonies and quarterly TRAC STAR awards. These award winners demonstrate how our nurses are achieving Service Excellence, Patient Quality and Safety, and Human Resources goals on their departmental strategic plans.

Teamwork: Stacy Abbott

Your can-do spirit, dedication to duty, and commitment to the culture of safety was evident during a process improvement event in the Sterile Processing Department. Your expertise as the Orthopedic Service Coordinator was invaluable. You seized this opportunity to scrutinize each orthopedic set to evaluate the need to repair, replace or eliminate each instrument. Your hard work is appreciated!

Teamwork: Cheryl Hintner

Your can-do spirit, dedication to duty, and commitment to the culture of safety was evident during a process improvement event in the Sterile Processing Department. Your expertise as the Gynecology Service Coordinator was invaluable. You seized this opportunity to scrutinize each GYN instrument set to evaluate the need to repair, replace or eliminate each instrument. Your hard work is appreciated!

Teamwork: Chris Hudson

Your can-do spirit, dedication to duty, and commitment to the culture of safety was evident during a process improvement event in the Sterile Processing Department. Your expertise as the Urology Service Coordinator was invaluable. You seized this opportunity to scrutinize each urology instrument set to evaluate the need to repair, replace or eliminate each instrument. Your hard work is appreciated!

Teamwork: Priscilla Shannahahn

As the OR Team Leader, your can-do spirit, dedication to duty, and commitment to the culture of safety was evident during a process improvement event in the Sterile Processing Department. Under your leadership, the Service Coordinators were given the opportunity to scrutinize each respective instrument set to evaluate the need to repair, replace or eliminate each instrument. Your hard work is appreciated!

Teamwork: Lynne Davis, Diane Karis, Kathy Millward, Terri White, Shary Williams, Ramona McConnell (SPD Team leader)

Your can-do spirit, dedication to duty, and commitment to the culture of safety was evident during a process improvement event in the Sterile Processing Department. You were able to accomplish the reprocessing of instruments from our internal and external customers within the designated timeline. Your hard work is sincerely appreciated!
Awards & Recognitions

Above & Beyond: Thomas O’Brien
Your efforts in the National Patient Safety Goals for 2016 go above and beyond. It shows your true dedication to this organization, and we are lucky to have you as part of the Emergency Department team!

Teamwork: Nicole Lewis, Andra Dolton and Silky Young
Your expertise in planning and implementing new processes demonstrated great collaboration, commitment to excellence, and teamwork within SDS. On May 6, 2016, we admitted and discharged 13 cataract surgical cases within five hours. These changes were appreciated by the ophthalmologists and I sincerely appreciate the time spent and all the planning and dry-runs made to fine-tune cataract surgeries!

Award of Excellence: Cathy Scarbrough
Great job in getting our SCD Recycling Program implemented throughout the hospital and getting our patients appropriate SCD sizes. Thank you for going an extra step in patient care and the environment!

Above & Beyond: Peggy Wright
Peggy went above and beyond entering over 200 individual patients’ data into CART. She spent 3 whole days, 24 hours, in mind-numbing data entry in order to showcase HRRMC’s quality of care to the world. Peggy went above and beyond entering over 200 individual patients’ data into CART. She spent 3 whole days, 24 hours, in mind-numbing data entry in order to showcase HRRMC’s quality of care to the world.

Extra Effort: Tracy McConathy
I wanted to thank Tracy on behalf of everyone involved in Nurses Week for the herb planter gifts. Tracy supported our local business by finding the planters and herbs within our own community. These gifts were thoughtful, beautiful and loved by everyone who received them!

Whatever It Takes – Family Birthing Center Staff
We wanted to let you know how much we appreciated your help. You came out onto our floor to help care for our high acuity patients, to pass meds on crazy shifts, to answer call lights, and provide us with moral support. Because of you, we are able to prevent falls and improved our overall patient safety and satisfaction. We are grateful EVERY SINGLE TIME you work with us. Thank you so much!

Above & Beyond - Judy Smith
Thank you for covering a critical staffing shortage and keeping our department open. This is just one example of how you, as our manager, support our staff and community as we serve families during childbirth and beyond. You are appreciated more than you know!

This is only my second time requiring medical assistance in 68 years. I have been caring for my seriously ill husband for many years. I have had many instances where we have had to go to another hospital for services. The care at best has been substandard. Needless to say, I would not have (sought) medical attention unless absolutely necessary.

To my surprise, the care was fabulous. Many times in our society today we find reason to complain. You can be very proud of your staff. Dr. John Wiersdona did not just treat the symptoms, but got to the root of the problem. He was professional, but kind. The nurse on duty, Yvonne, not only took care of medical needs, but also helped calm the fear. The Radiology Department was very reassuring and kind.

I am a retired psychologist, so I am not looking at this from an entirely medical standpoint. You have a fabulous staff who is medically competent, but very loving and caring also. Please let them know that it is rare in our society. It was so very appreciated. – A patient

Zada (Fears) – nurse who was with my husband for cataract surgery is amazing, thoughtful, kind, compassionate, listener, sense of humor, knowledge, clarity with expectations.

~ A surgery patient

I came to your hospital in Salida and I had an emergency appendectomy... I would give my experience at Heart of the Rockies five stars. I received prompt and excellent care.

~ A patient

The nurse Ben (Powell), and Dr. V. (Visitacion), and Jennifer the PA student in the ER were the best!!! They took great care of me.

~ An ED patient

I want to thank and commend the staff at HRRMC. We were on vacation in Buena Vista last week when my 5-year-old had a terrible fall requiring serious medical attention. The entire medical staff was incredible from the intake ER nurse to the post-op nurses. You can imagine how frightened we were being from another state and having to drive 30 minutes to the closest hospital in a small mountain town. We were immediately put at ease as soon as we met Yvonne (McDonald), and she did everything to make all of us as comfortable as possible. My son didn’t cry once we were in their hands, which is a huge testament to their gentle care and handling of the situation.

Everyone was kind, straightforward, respectful, and gentle. You could tell the entire staff had respect for each other as well, and that feeling of family spilled over to us. You couldn’t ask for a better experience in an otherwise terrifying situation. Our son is a week out from his surgery that required over 30 stitches to his cheek and it is healing beautifully! Thank you so much HRRMC!!

~ A family member

“\textbf{If there ever was an enjoyable hospital stay, I had it.}”

I was a recent visitor at your facility and I was absolutely blown away by the care that my family members received! I work as an RN at a larger hospital in northern Colorado and there is no comparison. Your hospital and staff are very much so putting the patients first. There isn’t a timeline on the care they are receiving! The pace and the time spent with each detail in mind are impressive and I can’t say enough good things about this hospital! – A visitor

I had the privilege of visiting with Dr. Schroeder. Monica (Hutson) does a great job but this day Kim (McMullen) was filling in. She did a great job. So friendly, helpful—so calm—sure appreciated her. Thanks for all the great new doctors, their nurses and receptionists. We love HRRMC hospital. – A patient

Great service! – A Hwy. 50 patient

Dr. Schroeder is awesome! And so is his nurse, Amy (Chamberlain). – A patient

Yvonne McDonald

FBC’s Bobbie Sturrock, Judy Smith and Tracey Hill (L to R)
I would like to thank everyone that took care of me while in the hospital after my surgery. All I can say everyone was very kind and professional. Once again, thanks to everyone. P.S. Thanks for the 6 a.m. coffee. – A patient

Comments from a pain patient:
Tamra (in registration) was wonderful. Nicole (Lewis), the admissions nurse who took me back. Brandi (Tauer), the discharge nurse Andra (Dolton)
Dr. Leek—I am so thankful we have a pain specialist who will stay (in our community). Geo (Archuleta) is always awesome. Linda (West)
Trace (Willburn), who called to schedule Teresa (Dickinson), Chris (Hudson)
I am very appreciative. We are lucky to have you guys in this community. – A patient

Phone message left with Med/Surg Manager Nika Starr about ICU care:
Hello this is Sgt. ___ from the Buena Vista Correctional Complex.
Yesterday we had an offender there, and he was in ICU. There was a nurse there named Erica (Thompson). She was the utmost professional—one of the best nurses I have ever dealt with there. I've dealt with some good ones, but she was by far the top.
I know she hasn't been there long but she did something for us yesterday that was above and beyond. She helped us. Due to the fact that she was going to Denver Health and was going to the ICU there; she had worked there at the ICU at Denver Health.
She had him admitted to a room before we even got there. I recently moved here from S. Florida and it is night and day between here and there! The people were unbelievably nice and caring. I was not just a number being shuffled through. I had conversation with them. I felt like they cared! Thank you all to the staff! – A community member

We were treated so kindly and carefully from accident to discharge from the ER—fire dept., EMT’s, ambulance personnel, nursing staff, PM student (Zach), Dave (Grogan) in the office, Dr. Adams—and we are so thankful...
– An ED patient

Scott (Allen), Lisa (Glenn) and nurse Sue (Miller) were very encouraging and helpful. Sue was so patient with me. I am very thankful for Sue and the Cardio Department. I received the very best care. – A Cardiac Rehab patient

Sue (Miller) did a wonderful job as did the other two ladies working with her. The medical center should be very proud of the Cardiac Rehab Department. – A patient

“You have a fabulous staff who is medically competent, but very loving and caring also.”

While I am normally on the registration side of patient care, last week I was the patient. First, Tamra at the front desk was thorough and efficient with the patient ahead of me. Her ADIETS skills were awesome! Same Day Surgery: Each and every person that took care of me gave superb care and attention. They explained everything every step of the way. Thank you! – An employee

To the HRRMC nursing staff—Doctors, too! My deepest & sincerest thanks for the wonderful care you gave me. You folks are awesome! – A patient

From Housekeeping to Doctor, from the bottom of my heart, thanks for everything you did for me. I'm so happy to be going home. – A patient

To the staff at HRRMC, business office, doctors, respiratory dept., physical therapy dept., all the nurses, housekeeping, and any and everyone who was so kind and helpful during this ordeal, we truly appreciate you all. You've touched our hearts and our family is forever grateful. Thank you. – A patient

I came here for the Health Fair and was so surprised! I was done what she did for us yesterday. It could have been way longer if she had not

Above & Beyond: Erica Gutting
Thank you for putting together a large multi-disciplinary case review. You put in hours of research, created an excellent PowerPoint, and confidently presented the case and associated education. With over 20 attendees at your presentation, you positively impacted the future of HRRMC’s patient care. Thank you, Erica, for your dedication as a life-long learner and teacher!

Above & Beyond: Mary McConathy
Thank you (and Robin) for helping take down the decorations the day after the Jewel Ball. By Sunday, we were all very tired and your enthusiasm to help “undecorate” was greatly appreciated!

Above & Beyond: Judy Smith
Thank you (and Bruce) for helping take down the decorations the day after the Jewel Ball. By Sunday, we were all very tired and your enthusiasm to help “un-decorate” was greatly appreciated!
HRRMC's Oncology team recognized

HRRMC's Oncology Department was recognized by the Colorado Hospital Association (CHA) for their efforts toward becoming accredited with the National Accreditation Program for Breast Centers (NAPBC). This accreditation requires developing and providing the following resources for breast cancer patients:
1. A holistic program for breast cancer patients which includes nutritional support and counseling, exercise, massage, yoga, and support groups.
2. A Cancer Survivorship Program that includes a comprehensive follow-up plan for each patient.
3. Education for patients and families on the importance of providing and documenting their final wishes. Oncology is working with Sage Generation to support this effort.

Kudos to the outstanding Oncology team for all of your hard work and dedication in making progress toward this accreditation. You make a huge difference in the lives of our patients and their families.

TRAC STAR Winner and Finalist

Each quarter, HRRMC recognizes three outstanding employees who demonstrate the TRAC STAR values that guide HRRMC employee performance: Teamwork, Recognition, Attitude, Customer Service, Safety, Talent, Accountability and Respect.

Our second quarter TRAC STAR was Liz Krasnow, RN-CEFM, a Family Birthing Center nurse who joined HRRMC in 2009.

Liz is certified in electronic fetal monitoring and teaches a fetal-monitoring course to hospital staff. She has also organized a nursery skills day for staff for the past two years and collected data for the Safe Deliveries Project, a statewide initiative to improve newborn outcomes in which HRRMC is participating.

“Liz gets many comments and cards from her patients,” according to the employee who nominated her for the award. She is also a team player, who fills in for the department manager when she is gone and helped relieve “a staffing crunch due to the resignation of a night nurse by volunteering to give up her

In September 2016, HRRMC’s Cardiac Rehabilitation Program was awarded certification by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). To achieve the AACVPR certification, HRRMC participated in an application process that required extensive documentation of its Cardiac Rehab Program’s practices and met strict standards of practice. AACVPR certification is the only peer-review accreditation process designed to review individual programs for adherence to standards and guidelines developed and published by AACVPR and other professional societies.

High Praise

The following appeared as a Letter to the Editor in The Mountain Mail on Jan. 22, 2016:

I just had a local, awesome, experience I want to share with our community. Basically, I visited our Heart of the Rockies Regional Medical Center for a quick test. That test led to others, followed by a five-day stay at the hospital with concerns about my heart, kidney, prostate, and lung conditions. WOW, that’s a lot to get caught up on.

The purpose of this letter is to share with you what is the “heart” of our valley in many ways. From the time that I entered the automatic doors, I moved from employee to employee, as I registered, was led to my tests, then the Emergency Room, and on up to the second floor for my personal room and attention.

“I was greatly impressed with the involvement of a team of professionals to deal with my health problems in a meaningful way.”

Then, in those days that followed, I was greatly impressed with the involvement of a team of professionals to deal with my health problems in a meaningful way: my own doctors who organized my treatment, the support specialists for therapy, the pharmacy, the crew that operates the various testing equipment, the food service department, and let’s not forget the housekeeping crew.

And of course the various hospital support doctors with their own expertise for my problems, and perhaps number one, the nursing staff with their 24-hour care.

I can’t say enough about the quality of the staff, coming from all over the country to Salida, and this special hospital. They are trained, do their jobs at a quality level, dedicated, and quickly become “family.”

What a “team” and how fortunate we are to have those services available to our community. It’s one of the features that makes the Upper Arkansas Valley so important. — A Patient

Hope all the good care you give to others comes back to you. Thank you, O.R. staff. Everyone was so wonderful, kind, helpful. We are so thankful for all of you. May God Bless all of you. — A patient

During my stay in your hospital I wanted you to know how wonderful this staff has been to me. I was quite ill when I came here and as you can imagine was frightened and scared. These folks showed compassion and cared greatly; one important thing to me—the “all comforting” hugs were a godsend. I asked God to send me an angel. “He sent me an Army.”

Thank you all, and God Bless each and every one of you. I will keep you all in my prayers and daily devotions and you will never be forgotten. Please let them all know they “did make a difference” when they touched my life. Thank you. —A patient

Hannah (Peeryouse) provided her usual exceptional service for my wife who spent Sat. in the hospital. She is definitely a very special individual that the HRRMC can be proud of. A real asset to our hospital. Professional in all respects. Caring, personable and willing to help her patients in any way possible. She should get promoted soon. — A patient’s husband

Heather Bouget provided the best care possible when attending to my wife while in the hospital…She is professional, caring, enthusiastic and competent. A very special person who brings credit to the HRRMC. She should be in line for a pay increase. — A patient’s husband

Heather (Bourget) provided the best care possible when attending to my wife while in the hospital…She is professional, caring, enthusiastic and competent. A very special person who brings credit to the HRRMC. She should be in line for a pay increase. — A patient’s husband
Community Outreach

Nursing Opportunities

HRRMC nurses facilitate a variety of support groups, teach classes, and provide other community outreach throughout the year. Meeting community needs is an important part of our departmental strategic plans.

Milk Donation and Outreach Center opened at HRRMC on Nov. 10.

HRRMC hosted a grand opening on Nov. 10 for their Mothers’ Milk Bank (MMB) Donation and Outreach Center in the hospital’s Family Birthing Center.

Dan and Megan Lombardo of Salida took part in the opening and shared their personal experience with MMB in Denver following the birth of their daughter in 2013. “My milk didn’t exactly come rushing in to greet her!” recalled Megan. They started to use a supplemental nursing system with donor human milk until Megan had an adequate supply of her own. “Not only did MMB help us when we needed it the most at the beginning, but they helped us go on to continue to successfully breastfeed exclusively.”

HRRMC is one of the few rural Colorado donation and outreach centers for MMB, a Colorado-based, nonprofit program benefiting women and babies nationwide. Mothers in our region can make a difference in babies’ lives by donating their excess milk to MMB.

HRRMC’s Family Birthing Center staff safely ships the milk donations to MMB’s Denver facility, where it is pasteurized and distributed to babies across the country whose mothers cannot supply sufficient milk for their needs.

“We are honored to be part of this amazing program,” said Family Birthing Center Manager Judy Smith. “Donor human milk saves the lives of fragile infants, and we are grateful for the women who so generously donate.”

Milk Donation and Outreach Center

Mothers’ Milk Bank

Donation and Outreach Center

OPENING CELEBRATION

Thursday, Nov. 10, Noon – 2 p.m.
HRRMC Atrium (by the main entrance), 1000 Rush Dr., Salida

Come join us in celebrating the official opening of our human milk donation and outreach center at HRRMC. Local residents Dan and Megan Lombardo will share their personal experience with Mothers’ Milk Bank.

Cake and refreshments will be served.

For more information, call 530-2417.

HRRMC’s nurses at the Highway 50 clinic work in many specialties, including gynecology, urology, psychiatry and neurology. Teresa Bernhard (center front) and Mark Opincariu (second from right, back row) provide nursing support to the Orthopedic Sports Medicine team.

Neurology clinic nurse Amy Rahe

ICU nurse Jayme Collar

Mary Ellen Anderson doubles as the Infection Prevention and Employee Health nurse manager.

Jan Ommen is one of the family nurse practitioners who provide primary care at our Buena Vista Health Center.

HRRMC

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Community Outreach

From nurse practitioners to nurse navigators, HRRMC offers a variety of nursing opportunities.

Denise Rush and Zach Magee serve as two of the nursing supervisors at HRRMC.

Lisa Barri is our Quality manager and coordinator of HRRMC’s nursing supervisors.

Nurses are an integral part of HRRMC’s Oncology team.

Sonia Foote (L), nursing supervisor at our Highway 50 clinic, worked with consultant Kelly Johannsen Wiggins and IS Clinical Specialist Dolly Chamness (R) on the installation of new clinical software in 2016.

Georgia Boyed is the nurse manager of HRRMC’s new dialysis unit.

Greg McDonald is one of four CRNAs from Monarch Anesthesia who serve our patients.

E. Andrew Jonassen, M.D.

HRRMC Joint Replacement Prep Class

Wednesday, Oct. 12, 4 p.m.
HRRMC second-floor conference rooms
1000 Rush Drive, Salida

Robert Hunter, M.D.

If you are considering a hip, knee or shoulder replacement or are already scheduled for a joint replacement at HRRMC, this one-hour seminar is for you.

BREASTFEEDING Basics

A FREE CLASS for all expectant and new mothers

For more info or to register, call or text Megan Juba at 719-539-9242 or email meganmjuba@yahoo.com. You can also register online at hrrmc.com.

For more information about this free class, call 510-2257.

Our staff helped raise awareness of women’s heart health by participating in the American Heart Association’s National Wear Red Day on Feb. 5.

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The Surgical Services team made the holidays MUCH brighter for a local family who didn’t have the resources to buy gifts this year. This is the second year that they “adopted” a family for the holidays; an effort spearheaded by Silky Young.

Each spring, HRRMC sponsors a team for the Tenderfoot Cancer Climb, a fundraiser for the American Cancer Society.

Specialty Clinic Manager Mary McConathy and her husband Robin sport their team T-shirts at the 2016 Climb.

Our staff helped raise awareness of women’s heart health by participating in the American Heart Association’s National Wear Red Day on Feb. 5.
In 1992, Debbie continued her nursing education by becoming certified in inpatient obstetrics. “I always felt as a manager that I needed to be the best nurse,” explained Debbie. “I couldn’t expect more from my staff than what I could do.”

She left her position as OB manager in 1998, when she began working full time as a nurse for the Cotopaxi schools and part time in the hospital’s ER and OB departments. In 2007, after obtaining her BSN from Regis University, she transitioned back to the hospital to teach nursing students in HRRMC’s nursing school and also to work as a staff nurse.

When the nursing school closed in May 2009, Debbie went to work full time in the Emergency Department. In 2013, she transitioned to PRN in the ED and part time in the Education Department, where she taught ACLS, PALS, PEARS, NRP and BLS.

“I use our simulation family of (three) manikins to teach those courses and did shed some tears last week when I picked up Codee (the hospital’s six-year-old manikin). It was the last time I was bringing him to the hospital,” said Debbie. “Simulation is such a great teaching tool at all levels to learn to provide quality, safe patient care. My hope is that simulation training continues and grows here.”

Debbie has continued to be a student as well as teacher in nursing, earning an MSN with a focus on education from Regis University in 2015. After 33 years at HRRMC, Debbie decided to return to the Cotopaxi Consolidated Schools full time as a school nurse.

Debbie has worn many different “nursing caps” over the years, but all are part of the same calling. She defined what nursing means to her when she accepted the Salida Chamber’s “From the Heart Award” in February 2013, an honor that recognizes community members for volunteerism and generosity of spirit.

“Being a nurse means never being bored, being surrounded by challenges, and having an enormous responsibility,” said Debbie. “But you make a difference in people’s lives. You see lives begin and end. You laugh and cry and you learn what it is to be human and to be humane.”

Seventeen nurses and nurse practitioners were recognized in 2016 for their years of service at HRRMC. Thank you for your dedication to our hospital and patients!

30 years: Peg Arnett, Kathy Feaz
25 years: Charlotte Engelman
20 years: MaryBeth Netz
10 years: Jirka Myers, Michelle Olsen, Amy Rahe, Denise Hammel, Cara Shepherd, Mary McConathy
5 years: Jirka Myers, Michelle Olsen, Nika Starr, Gail Ryan, Michael Madden, Janet Ommen, Julia Fritz

Debbie and simulation manikin “Codee”

HRRMC Foundation receives grant to increase cancer screenings

The HRRMC Foundation received a grant in June 2016 from the Colorado Department of Public Health and Environment (CDPHE) to conduct an environmental scan, or study, to increase the number of breast, cervical and colorectal cancer screenings statewide. The total grant awarded was $18,479, which will cover the costs associated with the project.

The foundation will utilize this scan to identify community resources and assets and the best ways to reach out to targeted populations to increase the use of cancer screenings. Community focus groups will be formed and data will be collected by Julia Fritz, RN, the principal investigator. The goal is to determine what barriers exist in the Salida Hospital District for those who qualify for these specific services.

For more information, call 530-2417. www.hrrmc.com

Cancer Support Group

What: Cancer Support Group facilitated by HRRMC’s Oncology Clinic
Where: The hospital’s second-floor conference rooms, 1000 Rush Dr., Salida
Cost: FREE

The group will allow cancer patients, survivors, caretakers, family members and friends of cancer patients to gather at the hospital to share their experiences. There is no fee to attend and the setting will be informal. Meetings will take place the first Monday of every month from 4-5 p.m., with the exception of holidays.

If you have questions or would like to learn more, please call Diane Villalovas, R.N., at 719-530-2427.

Pregnancy and Baby Fair

Saturday, March 5 • 10 a.m. – 12 p.m.
HRRMC – 1000 Rush Drive, Salida

EXHIBITORS:
•  Chaffee County Breastfeeding Coalition
•  Planned Parenthood
•  Connect for Health Colorado
•  WIC
•  breastfeeding League
•  La Leche League
•  Salida Early Childhood Center
•  Chaffee County Public Health
•  Monarch Anesthesia
•  Salida and Buena Vista Pregnancy Centers
•  HRRMC Rehabilitation
•  Salida and Buena Vista Pregnancy Centers

For more information, call 530-2417.
HRRMC encourages professional growth and recognizes the following nurses who have pursued a nursing degree beyond the associate level.

- Stacy Abbott BSN
- Allie Anderson ADN BSN in Process
- Mary Ellen Anderson BSN MSN
- Erin Arnett BSN
- Margaret Arnett BSN
- Joni Baker ADN BSN in Process
- Lisa Barr BSN
- Brian Bartlett BSN
- Olivia Bartlett BSN
- Sandra Behery BSN MSN
- Neil Becvar BSN
- Rachel Berger BSN
- Chad Bevan BSN
- Heather Bourget BSN
- J. Diane Brooks BSN
- Elizabeth Dabbs Krasnow BSN
- Amber Daugherty BSN
- John Daugherty BSN APN
- Elizabeth Demarco BSN MSN in Process
- Danita DePetro BSN
- Kelly Devine-Arch BSN
- Andrea Dolton BSN
- Charlie Engelman BSN
- Melissa Escheman BSN
- Erica Everson BSN
- Zada Fear BSN
- Adam Fitts BSN
- Beth Fowler BSN
- Sonia Foote BSN
- Denise Hammel ADN BSN in Process
- Dina Hampa BSN
- Beth Herdman BSN
- Tracey Hill BSN MS in Microbiology
- Cheryl Hinther BSN
- Olivia Holmer BSN MSN in Process
- Gloria Housten BSN
- Christopher Hudson BSN MSN in Process
- Kimberlie Huff BSN
- Christa Johnston BSN MSN
- Rikki Kaess BSN
- Sara Koch BSN
- Katherine Kowalski BSN
- April Lee BSN
- Amber Linza BSN
- Christina Long BSN MSN in Process
- Mark Lynch BSN APN
- Michael Madden BSN
- Zachary Magee BSN
- Mary McConathy BSN
- Tracy McConathy ADN MSN in Process
- Yvonne McDonald BSN
- Randle McIntire BSN
- Meghan McIlharge BSN
- Laurel Merrell BSN
- Suzanne Miller BSN MS in Health & Exercise Science
- Kathy Millward BSN
- April Montgomery BSN
- Cheryl Moore BSN
- MaryBeth Netz BSN
- Karen Nunn BSN
- Jan Ommen BSN APN
- Amy Perry BSN
- Jamille Perryman BSN
- Chelsea Pridemore BSN
- Katherine Rau BSN
- Addison Rauch BSN
- Maria Riemann BSN MSN in Process
- Mary Kathryn Roth BSN
- Catherine Scarborough BSN MSN
- Judy Smith BSN
- M. Nika Starr BSN MSN in Process
- Barbara Sturrock BSN
- Trenna Tafaya BSN
- Maureen Taylor BSN
- Jodi Townsend BSN
- Wendy Trafford-McKenna BSN
- Linda Typer BSN APN
- Hayden Walker BSN
- Michelle Walsh BSN
- Eric Wiepking BSN
- Caron Wilbur BSN MSN
- Michelle Williamson BSN
- Kelly Wright BSN
- Laurie Wynne BSN
- Silky Young BSN

From her earliest days, Education’s Debbie Eggleston, RN, BSN, MSN, wanted to take care of people. “My mother said I never played house; I always played hospital,” recalled Debbie. By age 16, she was volunteering as an EMT on an ambulance crew in her home state of South Dakota and after high school graduation, she headed to nursing school.

In May 1980, Debbie earned a diploma from Rapid City Regional Hospital School of Nursing, a three-year, year-round nursing program. In those days, you could become an LPN after one year of study, earn an associate degree after two, graduate with a diploma after three, or obtain a BSN after four years.

Eighty percent of the coursework at Rapid City was hands-on, and the Catholic nurses who ran the school were very strict, according to Debbie. “At that time, student nurses were never allowed to interact with a physician. If a patient entered the room, you stood up and gave him your chair.”

During the 1970s, student nurses wore crisp white aprons with starched caps, and Debbie remembers being dismissed for the day from nursing school because she had a run in her hosiery. She had caught her stocking on a piece of medical equipment, and even though she had a spare pair of hose with her, she was not allowed to change into them. “It’s so different now,” said Debbie.

In her senior year of nursing school, Debbie married Larry Eggleston and after her graduation they moved to Lander, Wyoming, where she did an internship as a graduate nurse in an OB Level II nursery. A graduate nurse was an interim step between graduation from nursing school and passing the state nursing boards to become a registered nurse. The state boards were only offered twice a year then and it took four months to receive your exam results. In October 1980, Debbie became a registered nurse and remained at Lander Valley Regional Medical Center for three years.

In May 1983, she moved with Larry and Aaron, the first of their three sons, to the Upper Arkansas Valley, where Larry had been born and raised. Debbie started work as a Med/Surg nurse in the old Salida Hospital, as it was then known. “The hospital was located on First Street then and was transitioning from having two separate floors—the first floor for medical patients and the second floor for surgical patients—to combining the units,” said Debbie. “If the census was low, we’d move the medical patients upstairs to the surgical floor. That was a little crazy.”

Debbie would also float to Obstetrics, and in 1987 took over as Obstetrics manager, a position she held for 11 years. “That was my favorite time at HRRMC,” said Debbie. “OB is my first love and I had a great crew. I hired Lorrie Hocke (now an IS clinical specialist) and soon after I started in that position, we transitioned from eight- to 12-hour shifts. I missed very few births in Chaffee County during those years.”

The hospital staff was much smaller then and “really close,” remembered Debbie. “Nine of us were pregnant at the same time (in 1987), (Cardio/pulmonary’s) Lisa Glenn, (Dietary’s) Sherry Garrison and I all had babies within two weeks of each other, and Lisa and I had a combined baby shower at the hospital.”
Nursing Certifications

Improving Patient Quality and Safety

HRRMC received top honors among Colorado’s Critical Access Hospitals for its work on the Medicare Beneficiary Quality Improvement Project at the Rural Health Conference. Congrats to (L to R) Jodi Townsend, Mary Ellen Anderson, Nika Starr, Peggy Wright and Lisa Barr!

Nika Starr (L) and Lisa Barr display the hospital’s Certificate of Achievement for participating in HEN 2.0, a statewide initiative that helped improve quality by reducing readmissions, adverse drug events, OB trauma and other measures.

Family Birthing Center nurse Liz Krasnow shared her thoughts about HRRMC for a social media campaign during National Hospital Week, i.e. #My Hospital provides excellent obstetrical care!

Certification is the formal recognition of specialized knowledge, skills and experience in nursing. It is demonstrated by achieving standards identified by a nursing specialty to promote healthy outcomes. Certification recognizes specialization and professionalism.

HRRMC’s certified nurses

- Thomas O’Brien RN-CEN Certified Emergency Nurse
- Joni Baker RN-CLC Certified Lactation Consultant
- Sara Koch RN-CIOB Certified Inpatient Obstetrics
- Liz Krasnow RN-CEFM, CLC Certified Electronic Fetal Monitoring, Certified Lactation Counselor
- Olivia Bartlett RN-CEN Certified Emergency Nurse
- Lindsay Haarmeyer RN-CLC Certified Lactation Counselor
- Nika Starr RN-NE-BC Nurse Executive-Board Certified
- Gloria Houseton RN-CWC, CS Certified Wound Care, Clinical Scholar
- Shelly Carlos RN-CEN, CS, OCN Certified Emergency Nurse, Clinical Scholar, Oncology Certified Nurse
- Erin Arnett RN-CLNC Certified Legal Nurse Consultant
- Sandy Carroll RN-CPAN Certified Post Anesthesia Nurse
- Priscilla Shannahan RN-CNOR Certified Nurse Operating Room
- Kim Faulkner-Russell RN-CNOR Certified Nurse Operating Room
- Stacy Abbott RN-CNOR Certified Nurse Operating Room
- Cheryl Hinther RN-CNOR Certified Nurse Operating Room
- Christopher Hudson RN-CNOR Certified Nurse Operating Room
- Peg Arnett RN-CS Clinical Scholar
- Lorrie Hocke RN-CIOB Certified Inpatient Obstetrics
- Chris Ortiz RN-OCN Oncology Certified Nurse
- Sue Miller RN-CEP Certified Clinical Exercise Physiologist
- Jodi Townsend RN-CATN Certified Advanced Trauma Nurse
- Christa Johnston RN-CMSN Certified Medical-Surgical Nurse
- Katie Kowalski RN-CEN Certified Emergency Nurse
- Erica Thompson RN-CDE Certified Diabetes Educator
- Andra Dolton RN-CCRN Critical Care Registered Nurse
- Chad Bevan RN-CMSN Certified Medical-Surgical Nurse
- Erica De Voy RN-CMSN Certified Medical-Surgical Nurse
- Laurie Merrell RN-OCN Oncology Certified Nurse
- Michelle Williamson RN-CEN Certified Emergency Nurse
- Cindy Edgington RN-CLC Certified Lactation Counselor
- Mary Beth Netz RN-CLC Certified Lactation Counselor
- Kelly Devine-Arch RN-CLC Certified Lactation Counselor
- Judy Smith RN-CLC Certified Lactation Counselor

HRRMC participates in CHA initiative to promote judicious use of antibiotics

HRRMC is one of 26 hospitals in Colorado participating in the CHA Antibiotic Stewardship Collaborative. This two-year effort is focused on increasing the appropriate treatment for urinary tract infections (UTIs) and skin and soft-tissue infections (SSTIs) by correctly prescribing antibiotics.

The Collaborative is part of a growing movement to address the issue of antibiotic and antimicrobial stewardship, including efforts by the Centers for Disease Control and Prevention and the White House.

HRRMC is one of 28 Colorado hospitals participating in phase two of the Hospital Engagement Network (HEN) initiative, which focuses on reducing preventable hospital-acquired conditions and readmissions.
Six second-year nursing students from Adams State University completed their clinicals in Med/Surg at HRRMC. Instructors for the group were Jirka Myers (far left) and Christa Johnston (far right).

The ED’s Mary Sawyer earned her MSN from the University of South Alabama on May 7! Mary took on the challenge of completing the dual role Emergency Nurse Practitioner program at the university over the last three years.

While in the program, Mary was inducted into the Sigma Theta Tau International Honor Society which recognizes academic excellence.

Mary passed her Family Nurse Practitioner Boards in April and her Adult Gerontology Acute Care Nurse Practitioner boards in June.

She completed over 1,100 clinical hours during her studies (500+ at HRRMC). Mary has been a registered nurse at HRRMC since 2007 practicing in the Emergency Department, Family Birthing Center, Surgical Services, and the Infusion Department. Congratulations, Mary!

HRMC’s Education Department welcomed five high school scholars in 2016. Students from Salida and BV learned about different opportunities available in healthcare and shadowed HRMC employees.

In honor of National Nurses Week, the HRMC Education Department presented “Nurses Without Borders” on May 5. Peg and Erin Arnett shared their experiences from medical mission trips in developing nations. Erin (black T-shirt) and Peg (white T-shirt) are pictured on a mission trip to Fiji in 2014.

Our staff train on three different manikins including “infant” ClAir (pronounced Clair).

Special Recognition:
Randie McEntire
Congratulations on obtaining your BSN. Hard work pays off!

Certificate of Achievement:
Chelsea Pridemore
Achieving your BSN was not an easy task. It took a lot of dedication and hard work. Persevering even with all the other demands on your time and energy—a ranch, full time job AND family, was huge. And you didn’t just slide by. You got outstanding scores! Congratulations on this achievement!