

SACH ECHO LAB RECEIVES ACCREDITATION

One American dies every 32 seconds of cardiovascular disease, disorders of the heart and blood vessels. Cardiovascular disease is the leading cause of death in the United States, costing society over \$83.7 billion each year in health services, medications and lost work time due to disability. Cardiac structure and flow information provided by echocardiographic testing is useful in the detection and management of many types of heart disease. This noninvasive test has become one of the standard diagnostic tools in cardiology with an estimated 10 million echocardiograms performed annually in the United States.

Echocardiography is a complex imaging technique that relies on the experience and training of both the physician and sonographer. Their interpretive and technical abilities determine the diagnostic accuracy of an echocardiographic examination. The Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL) has developed an accreditation program that evaluates the quality of these and other critical elements of an echocardiography laboratory.

Shamokin Area Community Hospital (SACH) was granted

accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories (ICAEL). The laboratory is one of the first one thousand echocardiography laboratories in the United States, Canada and Puerto Rico to be so recognized for its commitment to high quality patient care and its provision of quality diagnostic testing.

The ICAEL was established with the support of the American Society of Echocardiography (ASE), the American College of Cardiology (ACC) and the Society of Pediatric Echocardiography (SOPE) to pro-

vide a peer review mechanism to encourage and recognize the provision of quality echocardiographic diagnostic evaluations by a process of voluntary accreditation. A non-profit organization, the ICAEL is dedicated to ensuring high quality patient care and to promoting health care.

Participation in the accreditation process is voluntary. Accreditation status signifies that the facility has been reviewed by an independent agency, which recognizes the laboratory's commitment to quality testing for the diagnosis of heart disease.



Shamokin Area Community Hospital was granted accreditation by the Intersocietal Commission for the Accreditation of Echocardiography Laboratories. Corinne Klose, RN, vice president of patient services (*left*), and registered cardiac sonographer, Paula Schleich, proudly pose with the recently acquired certificate of accreditation.

R.T.'s: EVERY PICTURE TELLS A STORY

National Radiologic Technology Week (NRTW) is the time of year when radiology technologists (R.T.) nationwide celebrate the importance of medical imaging and radiation oncology. This year, NRTW took place from November 2nd to the 8th and recognized radiologic technology and the R.T.'s who utilize diagnostic and therapeutic technology on a daily basis to care for patients.

During NRTW, radiologic technologists reaffirmed their commitment to patient health, increase awareness about the profession and celebrate the importance of their contributions to the medical community.

At Shamokin Area Community Hospital (SACH), radiologic technologists and professionals in the radiologic sciences are dedicated to the highest standard of professionalism and continually maintain those standards through education, lifelong learning, credentialing and personal commitment.

Todd Jones, RT, (R), CT (R) noted that there are seven modalities of medical imaging technology at SACH including x-ray or general radiography, computed tomography (CT), magnetic resonance imaging (MRI), ultrasound, digital mammography, nuclear medicine and bone densitometry.

SACH's imaging services department provides all of the above services and is staffed by 13 x-ray techs (8 full-time, 1 part-time and 4 prn), a mammography coordinator, a lead mammography technologist and one part-time mammography technologist, a nuclear medicine coordinator, two ultrasound technologists, a full-time CT technologist, a PRN CT technologist, an MRI coordinator plus one technologist, and a five person secretarial staff.

SACH's imaging services department is well-equipped to provide numerous diagnostic services at the facility. The hospital has three x-ray rooms, two portable x-ray units, one nuclear medicine gamma camera, a digital mammography system, two ultrasound machines, a new MRI unit, two C-Arm systems in the operating room, a multi-slice CT scanner and a bone densitometry unit.

The theme for this year's Radiologic Technology Week is "R.T.'s: Every Picture Tells a Story." According to Jones, the theme is definitely applicable to SACH. "“Every Picture Tells a Story” refers to what is going on in a patient's body,” said Jones. “By what we find, we can determine what is going to happen to the patient, sometimes for the rest of their life.”

“Each image could be a life-changing experience,” Jones continued. “Which is why it is important to treat the patient with kindness because the patient is already nervous about what will be found.”

“Our equipment is second to none,” said Jones. “Our community is lucky to have an imaging department and hospital of caring and qualified healthcare employees in the area.”

Jones added that he feels that SACH has the best technologists available in the various different modalities.

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Shamokin Area Community Hospital's imaging services department was recently recognized for their service and dedication during National Radiologic Technology Week. Comprising the staff for seven modalities of medical imaging are: (front, left to right) Talia Bartko, Tina Renn, Nicole Valania and Jennifer Tomcavage. (second row) Susan Moyer, Jennifer Casey, Lisa Glowatski, Denise Scandle, Anna Marie Adams and Shelly Stellar. (back row) Todd Jones, department coordinator, Erik Santor, Scott Edmeads, Dr. David Wagar, radiologist, Lisa Hoffman, Dean Chesney, Brian Brudnicki and Tanya Nagy. Staff members not pictured are: Amanda Bartosic, Teresa Bowers, Brenda Brosious, Gerald Criniti, Carla DelVecchio, Justin Feudale, Maxine Harvey, William S. Knapick, Roy E. Kremser, Lynn Madden, Amy Mangiaruga, James McCready, Donna Milbrand, Mary Moyer and Stacy Oberdorf.

WIRELESS INTERNET ACCESS AVAILABLE FOR PATIENTS & VISITORS



Shamokin Area Community Hospital (SACH), through Cisco Systems, Inc., is proud to announce the availability of free Internet access for its patients and visitors.

Information technology systems analyst, Matthew Yancoskie, stated that the primary goal of the wireless Internet access is to enhance the positive experience a patient or guest has while at SACH. Patients will be able to stay connected with family and friends, and surf the web from their patient room, which will hopefully ease the stress of a hospital stay.

The new system will allow for increased wireless security, added connectivity locations, seamless roaming ability, central management/reporting and guest access. A new improvement will be the ability to have seamless “hops”. Before with our old wireless setup, if you moved from one area to another, you needed to re-enter your wireless encryption code each time you reached a new access point. This new seamless connection will automatically connect you to the strongest access point in the area providing you with the best connection possible. There are additional access points located in the specialty clinics, Center for Joint Replacement and main lobby. It is yet another ambitious move by the hospital to better meet the needs of its patients and visitors.

“Each and every SACH employee is challenged by administration to find ways to increase patient satisfaction and the IT department feels this is a great way to be able to contribute,”

said information technology manager, Kim Chaundy.

While computers will not be provided by the hospital, patients or families who bring their own laptop computers or other wireless devices will be able to connect to the Internet free of charge.

Yancoskie explained that a major factor in SACH choosing Cisco Systems, Inc., Hardware Platform was their ability to provide Internet access to patients/visitors while still keeping security at the forefront. To maintain the highest level of security, the guest Internet access is provided on a separate public network and is completely separate from the hospital’s main network used for patient health information.

“We are proud to offer this service to our patients and visitors and it was VERY important to us that patient Internet access could be implemented without compromising the safety of patient health information,” added Yancoskie. “We have taken the necessary precautions and safeguards have been put into place since safety is always of paramount importance here at SACH.”

Patient Internet access has been something inquired about by patients and visitors for quite some time, and thus far, early feedback has been very positive. During Beta testing in early October, one inpatient found solace in the new service, which allowed him access his stocks and financial information. Within seconds the patient was very grateful to have all the information he needed at his fingertips.



Thomas R. Harlow, FACHE
President, Chief Executive Officer

Randy B. Morris, FHFMA
*Vice President, Finance,
Chief Financial Officer*

Corinne L. Klose, RN
Vice President, Patient Services

Rick Flynn
Vice President, Human Resources

Robert D. Greco
*Director, Special Projects
Patient Representative*

Jessica A. Trell
*Director, Development
& Public Relations*

Helen C. Limbert
Executive Assistant

Suzanne Mace
Medical Staff Coordinator



General Information.....	644-4200
Cardiac Rehabilitation.....	644-4348
Case Management.....	644-4310
Education.....	644-4274
Emergency Services.....	644-4222
Human Resources.....	644-4321
Imaging Services.....	644-4250
Laboratory Services.....	644-4248
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Patient Accounts.....	644-4276
Public Relations.....	644-4586
Rehab Services.....	644-4272
Respiratory Services.....	644-4244
Social Services.....	644-4346
Specialty Clinics.....	644-4325
Volunteer Services.....	644-4357

NEW TECHNOLOGY EMPHASIZES SAFETY FOR PATIENTS AND EMPLOYEES

Shamokin Area Community Hospital (SACH) recently acquired a trio of technologically advanced remote controlled lift systems.

Developed by Liko, Inc., a world leader in lift systems for home, long-term care facilities and hospital applications, the custom designed lift systems will be used to move patients from hospital beds to restrooms, in and out of chairs, from the floor in the case of a fall, etc.

Each of the three newly acquired lift systems will use a hand-held remote control to maneuver the patient. Each lift system is designed to withstand weight capacities of up to approximately 450 pounds.

These new lift systems will help improve nursing efficiency and are among the most comfortable and safe lifting equipment on the market today.

Robert Veach, PT, director of rehab services, welcomed the arrival of the lifting devices and says they will benefit SACH in many ways.

“We are very excited about the new equipment, as it has been shown to significantly reduce the severity of lifting injuries,” said Veach. “The arrival of the new state-of-the-art equipment is further evidence that the safety of patients and caregivers is top priority at SACH.”

Liko consultant, Michael W. Beck, made a visit to SACH at the end of October to introduce and educate the hospital staff on the new equipment. Throughout his 6-hour visit, he fielded questions, explained each aspect of the new devices and led demonstrations of each lifting system to those in attendance.

The first newly acquired device introduced to the group was the Viking M. This particular lifting device has many special features and is ideal for the most common lifting situations: to/from a bed or chair, to/from the toilet, lifting from the floor, lifting with horizontal lifting accessories, etc.

The second special device is the Golvo 7007 ES, which can be used for mobile lifts as well as overhead lifts. The Golvo offers flexibility and versatility

found in no other mobile lift. This lift features vertical lifting motion, a flexible lifting strap that adapts the lift to the person being lifted and retractable armrests, for the patient to hold on to, providing an extra feeling of security. The Golvo is made of aluminum for environmental, quality and design purposes.

Lastly, the Sabina II is an easy to use device that serves as three lifts in one. It is an easy-to-use, versatile sit-to-stand lift intended for patients who are able to actively participate in transfers. The Sabina differs from other sit-to-stand lifts since its cleverly designed accessories enable a unique range of possibilities with one and the same lift. This particular lift is ideal for lifting patients who have to be lifted in a seated position (getting in and out of bed, using the restroom, etc.).

Thomas R. Harlow, FACHE, president and chief executive officer, encouraged employees in attendance to take advantage of the new lifting resources at the facility.

“With the arrival of these lift systems, SACH employees will now be able to lift and transfer patients with maximum safety,” said Harlow.



Shamokin Area Community Hospital (SACH) recently acquired a trio of technologically advanced remote controlled lift systems. Training sessions were conducted for the hospital staff on the use of the equipment. Present at the training sessions were: (left to right) Robert Veach, PT, director of Rehab Services, Susan Kurtek, RN, nurse educator, and Michael W. Beck, consultant Liko, Inc.

PHYSICIAN PROFILE...MEET DR. PATRICK D. PUGLIESE



Dr. Patrick D. Pugliese has been providing emergency care for this community for 20+ years.

Since July of 1985, Dr. Pugliese has served as medical director of the Shamokin Area Community Hospital's (SACH) emergency services department.

The hustle and bustle of any emergency room can be overwhelming to some, but Dr. Pugliese is a calm, composed and focused physician, respected by his peers and patients alike.

Dr. Pugliese, who grew up in the suburbs of Los Angeles, California, credited his grandparents as being strong influences in his life.

He began his pursuit of a medical career in the late 70's and graduated from Georgetown University in 1982. From there, Pugliese completed a rotating internship from 1982-83 and an emergency medicine residency from 1983-85 at Geisinger Medical Center.

Dr. Pugliese is a decorated and board certified physician,

who is also certified in all life supports (such as BLS, ACLS, ATLS and PALS). Pugliese has also been declared a diplomat of the American Board of Emergency Medicine.

An attending physician on the SACH medical staff, Dr. Pugliese noted that making people feel better is the most rewarding aspect of being a doctor.

He noted that has enjoyed his time spent at SACH over the past 23 years very much.

"Things have been fantastic," said Dr. Pugliese. "The medical staff is extraordinary and I work with lots of great people. I've been fortunate to witness the construction of a new emergency department here at SACH that truly benefits the community we serve."

When asked to give a health tip that everyone should abide by, he said that people should not smoke or drink to excess.

Dr. Pugliese resides in Elysburg with this wife Paula and two children, Michael and Grace.

In his spare time, Dr. Pugliese enjoys swimming, occasionally playing golf and assisting in his wife's dog grooming business.

A FOND FAREWELL



Shamokin Area Community Hospital recently honored Dr. P.N. Patel, (*center*) urology specialist, during a special celebration. After serving the local community for more than 30-plus years, Dr. Patel is retiring to spend some quality time with his family. Celebrating with Dr. Patel were: (*left to right*) Teresa Barracough, RN, case manager, Dr. Peter E. McNeil, Dr. Edwin Aquino, and Bonnie Musser, RN, medical/surgical care unit nurse manager.

SACH MEDICAL STAFF OFFICERS APPOINTED



New officers were recently appointed for the Medical Staff of Shamokin Area Community Hospital. Providing a warm welcome at a recent medical executive meeting were: (*left to right*) Thomas R. Harlow, FACHE, president and CEO, Corinne Klose, RN, vice president of patient services, Dr. Duane Donmoyer, past chief of staff, Dr. Houssam Abdul-Al, chief of staff, and Dr. Anthony Catalano, member-at-large. Missing were: Dr. Sudhir Khanna, vice-chief of staff and Dr. Peter E. McNeil, secretary/treasurer.

SACH SCREENINGS PROMOTE OSTEOPOROSIS AWARENESS

Shamokin Area Community Hospital (SACH), in conjunction with SUN Orthopaedic Group, Inc. hosted several osteoporosis screenings during the month of October.

The screenings took place in the orthopaedic specialty clinic and throughout the community.

Community education coordinator, Kelley Morrison, was very pleased with the turnout for these important events.

“In total, over 100 women were screened,” said Morrison. “We, at SACH, are proud to promote osteoporosis health for women in our community since early diagnosis is essential.”

Osteoporosis is a disease in which bones become fragile and more likely to break. If not prevented, or if left untreated, osteoporosis can progress painlessly until a bone breaks. These broken bones occur typically in the hip, spine and wrist, although any bone can be affected.

Osteoporosis is a major public health threat for an estimated 44 million Americans or 55 percent of people over 50 years of age.

In the U.S. today, 10 million individuals are estimated to already have the disease and almost 34 million more are estimated to have low bone mass, placing them at increased risk for osteoporosis. While osteoporosis is often thought of as an older person’s disease, it can strike at any age.

If you notice a loss of height, change in posture or sudden back pain, it is important to inform your doctor. Building strong bones, especially

before the age of 30, can be the best defense against developing osteoporosis and a healthy lifestyle can be critically important for keeping bones strong. Calcium is needed for the heart, muscles and nerves to function properly and for blood to clot. Inadequate calcium is thought to contribute to the development of osteoporosis.

Risk factors for osteoporosis are: age, gender, and family history, personal history of fractures as an adult, race, bone structure, body weight, medications /chronic diseases and lifestyle.

Bone densitometry, which is screening for osteoporosis, is offered at SACH in the Women’s Health Center. SACH offers the most commonly utilized method for measuring bone mass, which is DEXA scanning. DEXA scanning is fast, safe and a painless way to test the density of a person’s bones.

If your physician orders a bone mass scan for you, request to have your DEXA scan performed at SACH Women’s Health Center.



Kelley Morrison, community education coordinator for Shamokin Area Community Hospital (*kneeling*), performs a bone mass scan on Marie Crawford of Mount Carmel. Screenings for osteoporosis were conducted to promote awareness of the disease and was co-sponsored by the SUN Orthopaedic Group, Inc.

LEE NATIONAL DENIM DAY OBSERVED

During the month of October, Shamokin Area Community Hospital employees participated in Lee National Denim Day, one of the largest single-day fundraisers in the fight against cancer. Lee National Denim Day moved into its thirteenth year and has raised more than \$70 million for breast cancer research.

Carla DelVecchio, mammography coordinator for The Women's Health Center and her team members, mammography technologists, Sue Moyer, Maxine Harvey & Tina Renn, reached their goal of \$300. The donation will go to the Women's Cancer Programs of the Entertainment Industry Foundation (EIF) and will support some of the most promising treatment and early detection research in the country, as well as the grassroots advocacy work of the National Breast Cancer Coalition.

"Lee National Denim Day is easy and fun to do," said DelVecchio. In exchange for a \$2 donation, the dress down day made a powerful statement for an important cause."

Moyer, lead mammography technologist, added, "The money helps fight breast cancer, a cause that is very important to our patients and our employees."

For questions about EIF's Women's Cancer Programs

and information about breast cancer, visit eifoundation.org or call (800) 426-0010. The Women's Health Center of Shamokin Area Community Hospital would like to thank all of the participants for their generosity. For information, questions or concerns, you can contact members of the Women's Health Center team at 570-644-4341.



Members of the Women's Health Center team at Shamokin Area Community Hospital recently participated in Lee National Denim Day to raise funds to support breast cancer research. United in the fight against breast cancer are: (front, left to right) Susan Moyer, RT, (R) (M), lead mammography technologist, Christina Renn, RT, (R) (M), (back) Carla DelVecchio, RT, (R) (M), mammography coordinator, and Maxine Harvey, RT, (R) (M).

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The imaging services staff includes:

CT Scan ♦ Todd E. Jones – coordinator, Gerald R. Criniti and Justin Feudale

Control Room Assistant ♦ Lisa A. Glowatski

Courier ♦ James W. McCready

Dept. Secretaries ♦ Amanda M. Bartosic, Jennifer Casey, Donna M. Milbrand, Tanya A. Nagy and Denise M. Scandle

Mammography (digital) ♦ Carla DelVecchio – coordinator, and Susan M. Moyer

MRI ♦ Shelly A. Stellar – coordinator, and Ann Marie Adams

Nuclear Medicine Coordinator ♦ Scott E. Edmeads -

coordinator

Radiology Technologists ♦ Talia Bartko, Teresa M. Bowers, Brenda K. Brosious, Dean S. Chesney, Maxine Harvey, Lisa M. Hoffman, William S. Knapick, Roy E. Kremser, Lynn Madden, Amy L. Mangiaruga, Mary L. Moyer, Stacey J. Oberdorf, Christina A. Renn, Erik K. Santor and Nicole L. Valania

Ultrasound Tech ♦ Brian Brudnicki and Jennifer A. Tomcavage

National Radiologic Technology Week highlights the achievements of medical imaging and radiation therapy professionals. NRTW takes place annually during the week in November that includes November 8th, which commemorates the discovery of the x-ray by Wilhelm Roentgen in 1895.

THE STRENGTH OF TECHNOLOGY – THE POWER OF CARE

This year, National Information and Technology Week took place from November 2-8.

Shamokin Area Community Hospital (SACH) has a Health Information Management (HIM) department consisting of three groups of people who work together. The department consists of transcription, clerks and coding. Each specific department certainly has demanding, challenging and stressful tasks to maintain each day throughout the course of the year.

The transcriptionists have a continued demand to get their work completed each day. The clerks serve as a constant point of contact for patients, the medical staff and internal departments. Coding employees utilize their experience in keeping up with coding changes that occur at the national level.

The theme for this year's week of recognition is "The Strength of Technology – the Power of Care".

Susan Berger, director of the health information management, noted that this year's theme definitely applies to SACH's HIM department. "SACH is transitioning to a 'less-paper' environment. This has been a huge undertaking for everyone involved in the documentation of patient care," said Berger. "During this transition, it is imperative that we maintain the same principles involving the integrity of the patient's medical record."

"Ultimately, in moving towards an electronic patient record, SACH hopes to streamline care delivery, and the technology available to us today offers the opportunity to improve quality and

communication and deliver services in innovative ways," Berger added.

At SACH, the professionals in the HIM department are those who ensure that the information gathered is complete, accurate and kept confidential, which ultimately leads to better care.

Responsibilities taken on by the HIM department include: administering health information computer systems, protecting patient privacy and providing information security, ensuring health information is complete and available to legitimate users, coding and classifying data for reimbursement, analyzing information necessary for decision support, and complying with standards and regulations regarding health information.

The current SACH HIM staff includes: Berger, Danelle Hauer, Gina Richie, Karen Schwalm, Ann Marie Bartol, Carol Reed, Noel Marowski, Mary Jo Maurer, Shannon Spotts, Marie White, Gayle Fetrow, Patti Rovito, Debra Stoud, Deanna Scandle, Margaret Lebo and Nicole Papp.

Berger said she takes great pride in the fact that the HIM department at SACH continues to grow with the dynamics of technology.

"We have made numerous improvements throughout the last few years, including streamlining communications between the hospital and medical staff and introduction of online clinical documentation," noted Berger. "Our goals include adding more physician documentation to our electronic health record and focusing on quality initiatives."

BETTER BREATHING...HEALTHY LIVING

Breathing is an essential part of life. That's obviously not a secret to the general public, yet so many people take the luxury of breathing for granted.

Each and every day, respiratory therapists work to provide solutions to a wide array of breathing problems. The week of October 19-25 observed Respiratory Care Week, which celebrated the fast growing profession and raised awareness for lung health. The week's theme was "RTs Inspire...Better Breathing...Healthy Living."

Shamokin Area Community Hospital's (SACH) respiratory therapy department is home to state-of-the-art technology and a knowledgeable staff that can provide solutions to breathing troubles.

SACH's respiratory professionals provide care to inpatients, outpatients, skilled nursing residents and any other service involving the evaluation of cardiopulmonary impairment, the assessment of treatment and care of patients with deficiencies and abnormalities associated with the cardiopulmonary system.

The treatment, care and services are performed upon the orders of a licensed physician. According to Pat Williams, RRT, respiratory care services manager, SACH provides 24-hour respiratory therapy services to its patients who may be struggling to breathe.

"We are here to provide basic respiratory services, as well as respond to emergencies and assist with life support," noted Williams.

Respiratory therapists treat numerous conditions, including asthmatics, trauma and emphysema cases. The typical patient for respiratory cases is not clearly defined and ranges from elderly folks whose lungs are diseased to pre-

mature infants whose lungs are not fully developed.

Respiratory therapists have numerous duties including performing physical exams or diagnostic tests relating to heart and lung function, administering medical gases and inhaled medications, performing treatments to expand the lungs and clear mucus, performing cardiopulmonary resuscitation (CPR), and monitoring and maintaining patients on life support.

Respiratory therapists at SACH do not just perform regular checks on patient's either. "We perform regular checks on the equipment and must know how to deal with any mechanical problems immediately if they are found," said Williams. "Respiratory therapists always have the safety and optimal care of their patients as the top priority"

The job of a respiratory therapist not only involves physical medicine, but also education.

"We must educate our patients on the methods of managing their diseases and enhancing their quality of life," said Williams. "We consistently strive to educate the public on the dangers of smoking and air pollution."

At SACH, our respiratory therapists take part in many of the educational fairs and screenings that the hospital sponsors.

Aside from Williams, other valued members of SACH's respiratory therapy staff are:

Yazeed Azar

Jeff Brazil

Charlene Greco

Bruce Kelley

Terry Mestlin

Ryan Simpson

PREVENTION OF DIABETIC FOOT AND SKIN PROBLEMS

Diabetes affects millions of people every year and is one of the leading causes of death in the United States. Learning to live with Diabetes can be managed with education and lifestyle changes to prevent long-term complications from the disease.

What are diabetes problems?

High blood sugar for a long time can damage many parts of the body, such as the heart, blood vessels, eyes, and kidneys. Heart and blood vessel disease can lead to heart attacks and strokes.

What should I do each day to stay healthy with diabetes?

- Follow the healthy eating plan you and your doctor or dietitian have worked out.
- Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.
- Take your medications as directed.
- Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book with the time and take it with you to your doctor visits.
- Check your feet every day, especially between your toes for cuts, blisters, sores, swelling, redness, or sore toenails. If any open areas on your feet are noticed, call your doctor immediately.
- Brush and floss your teeth every day to prevent tooth loss and gum disease.
- Control your blood pressure and cholesterol since this also affects your blood vessels.
- Don't smoke and if you do, try to quit with help from your doctor since smoking also affects your heart and blood vessels.

How can diabetes hurt my feet?

High blood glucose from diabetes causes two problems that can hurt your feet. One problem is damage to nerves in your legs and feet. With damaged nerves, you might not feel pain, heat, or cold in your legs and feet. A sore or cut on your foot may get

worse because you do not know it is there. The second problem happens when not enough blood flow making it hard for a sore or infection to heal. This problem is called peripheral vascular disease or PVD.

Preventing Diabetic Foot Problems:

- Smoking when you have diabetes makes blood flow problems much worse.
- Make sure you wear shoes that fit well and do not rub your feet.
- Injuries to feet can include blisters, corns and calluses.
- Ingrown toenails, bunions, plantar warts and hammertoes can cause major problems for the diabetic foot.
- Dry and cracked skin can also cause problems because the nerves in your legs and feet do not get the message to keep your skin soft and moist. Cracks allow germs to enter and cause infection.

What can I do to take care of my skin?

- Wash skin with a mild soap, make sure you rinse and dry well.
- After cleaning your skin, apply a lotion or cream that your doctor has suggested.
- Do not apply cream between toes since moisture between toes may lead to skin breakdown. Keep this area dry.
- Drink fluids as ordered by your doctor.
- Avoid scratching since this may cause an opening of the skin and allow for infection. Remember, dry skin is itchy skin.

Prevention is the first line of defense.

(Note: This article includes information from the *American Diabetes Association* and was compiled by Suzan Martz RN, WCC who is a wound care specialist at Shamokin Area Community Hospital and VNA Health System, Shamokin.)

TREE OF PEACE SLATED FOR DECEMBER 10TH

The Shamokin Area Community Hospital (SACH) family will continue its holiday tradition of the Tree of Peace for the tenth year. SACH employees, their friends and loved ones are welcomed to show support for our symbol of peace and joy by honoring a loved one or a friend with a light on the Tree of Peace.

Support for the Tree of Peace over the years has grown considerably. SACH employees, associates and community members have shown their support for the Tree of Peace by purchasing lights in the form of memorials and honorariums.

Each year offers different levels of lights that may be purchased. Levels offered for the Tree of Peace are Light, Star, Angel and Dove.

Numerous memorials are received each year and many people contribute to this worthy cause and the light of their loved one will be illuminated throughout the holiday season.

The names of each person honored or remembered will be posted in the main lobby of the Hospital and acknowledgement cards will be forwarded for gifts received.

The Tree of Peace grand illumination will be held on Wednesday, December 10th at 6:30 p.m. The Hospital's Board of Directors and Administration invite the public to participate in a

tree lighting ceremony and caroling thereafter.

Refreshments will be served and musical entertainment will be provided.

Each child in attendance will receive a holiday surprise, sing carols and have their picture taken with a very special guest.

Recently, the Hospital Auxiliary donated a new Tree of Peace, which was planted in the Memorial Garden in memory of Auxilians who have passed away.

The Tree of Peace proceeds each year go toward supporting the hospital. Proceeds from this year's Tree of Peace will benefit a new electronic medication administration record system. This advanced system will improve the quality of care for our patients and enhance patient care by reducing the risk for potential errors. It will also provide alerts for drug-to-drug interactions. The drug prompts will be an added communication tool for the staff to provide quality service.

SACH is very appreciative of the support of the community and thanks everyone who chooses to participate in this year's Tree of Peace.

For more information on this year's Tree of Peace event, call the SACH development office at 644-4586.



In Honor of

In Memory of

NAME _____

Light - \$5.00

Star - \$10.00

Angel - \$15.00

Dove - \$20.00

Acknowledgment to be sent to:

Name _____

Address _____

Light gifted by:

Name _____

Requests must be received in the development office by Wednesday, December 3, 2008 in order to meet the deadline for public acknowledgment.

THREE ER STAFF MEMBERS EARN CEN CREDENTIALS

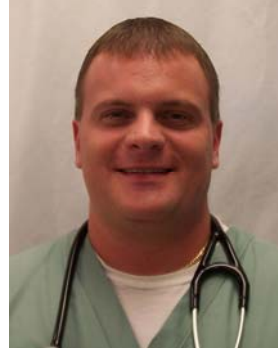


Mark J. Williams, RN

Shamokin Area Community Hospital (SACH) is proud to announce that emergency department staff members, Mark Williams, RN, emergency department nurse manager; Dennis Seroskie, RN and Karen Wasilewski, RN, have each attained a nationally recognized credential in emergency nursing.

Williams, Seroskie and Wasilewski recently passed the Certified Emergency Nurse (CEN) examination administered by the Board of Certification for Emergency Nursing.

Emergency nursing incorporates a wide spectrum of patient care that requires highly specialized skills and extensive knowledge, as well as the unique ability to care for all ages of patients who have sudden illnesses or injuries ranging from the very



Dennis Seroskie, RN

minor to extremely critical.

The CEN examination also evaluates the nurse's knowledge in the areas of clinical pathophysiology, patient care management and professional issues, environment, toxicology, shock, trauma, and medical emergency care.

Williams received his nursing degree from Pottsville Hospital School of Nursing. He has been employed at SACH for 15 years.

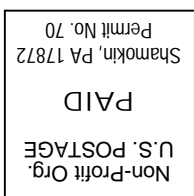
Wasilewski received her nursing degree from Bloomsburg University. She has been employed at SACH for nine years and is currently an ER staff nurse.

Seroskie received his nursing degree from St. Francis University's Bachelor of Science in Nursing Program. He has been employed at SACH since 2003 and is currently an ER staff nurse.



Karen Wasilewski, RN

have sudden illnesses or injuries ranging from the very



Quality Care... Close to Home

4200 Hospital Road
Coal Township, PA 17866

