It’s hard to believe that 30 years ago CAMC held the first HealthFest at the Capitol. While the annual event is now at the Charleston Civic Center, the focus remains the same – providing the community with low cost screenings and health information.

**HealthFest celebrates 10 years of screenings and health information**

- **Blood Urea Nitrogen (BUN)** is a nitrogen in milk that is normally removed by the kidneys in the urine.
- **Creatinine** is a waste product of protein digestion and a measure of kidney function. Doctors use the creatinine level to determine how well the kidneys are removing wastes and some medications from the body.
- **Sodium** levels indicate your balance of salt and water. They also affect the functioning of your kidneys and adrenal glands.
- **Potassium** is necessary for heart function. It often goes up and down along with sodium levels. If blood potassium is too high, a large dose of glucose must be given to immediately bring it down to a safe level.
- **Cholesterol** is a major component of healthy cells and tissue. It also affects how medicines and other substances move around the body. It can contribute to heart disease.
- **Calcium** is a major component of bones and teeth. It also is needed for normal muscle function. Blood calcium levels are measured to assess health and safety. Most screenings are free. Come to each session prepared to interact in group discussion with others who live with an ICD. For more information, visit camc.org.

Find out about a different approach to treating atrial fibrillation. **Our lab is similar to others that I have had experience in the past. In those places, we used the same cath lab staff to accommodate our training needs.**

**Electrophysiology lab continues to grow 20 years after its beginning**

Get Physical: These screenings include:

- **Cardiovascular disease:** Learn about heart-healthy foods and lifestyle. The in-office test ($10) helps predict a healthy person’s risk for cardiovascular disease.
- **Glucose** (blood sugar) is a test that measures the amount of sugar that is dissolved in the blood and is used to test for diabetes. A fasting sample is taken before breakfast, after a 10- to 12-hour fast.
- **Lipid Panel:** A fasting sample is taken before breakfast. It is necessary every year.
- **Osteoporosis:** A bone density test is done to determine if you have osteoporosis.
- **Stroke:** Tests check blood pressure and aneurysms in the arteries.
- **Cholesterol:** A blood test that measures the amount of cholesterol in the blood.
- **Diabetes:** A test that measures the amount of glucose in the blood. This is because sodium chloride, or salt, is a major component of blood.
- **Sodium** is measured to assess blood acidity at the correct level. It also is needed for nerve transmission, blood clotting and bone function. It also is needed for the normal functioning of several other body systems. Sodium is also needed for the normal functioning of many other body systems.
- **Calcium** is a major component of bones and teeth. It also is needed for normal muscle function. Blood calcium levels are measured to assess health and safety. Most screenings are free.

Nurses cross train on monitoring and mapping systems, and all staff can assist on implants. All EP staff is required to be certified in both advanced cardiac and basic life support. There are two full-time EP lab, and one shared cath lab. CAMC has these full-time electrophysiologists, two cardiology physicians who perform implant procedures, four dedicated EP nurses, three float nurses, five dedicated radiologic technologists (RT) and one float RT.

The best way to prepare is to properly team staff to accommodate any cardiovascular volume," Landrum said. "Our laboratory is diligently looking to hire our dedicated EP staff, as well as continue the cross train present cath lab staff to accommodate our volume."

Many of the EP staff are trained to assist in the catheterization labs. If you are hired as dedicated EP staff, extensive training is done by existing staff to facilitate your learning.

"With any translation, a type of abnormal heart rhythm, becoming so prevalent in our aging population, there is definitely a need for more ablation to be performed in West Virginia," Faulknier said. "Further needs will be developed that will make the ablation less invasiveness and more uniformly and dependable." CAMC.com continues to grow and has remained in the top 20 hospitals nationally in heart procedure volumes for many years. Since EP is a labor intensive and demands expertise in anatomic as well as vascular skills, CAMC continue the training of more technicians and nurses and also anticipate the forthcoming addition of another 10 physicians.

For more information, visit camc.org.

**Living with your ICD**

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A day in the life of a cancer nurse

By Dave Ramsey, President & CEO

CAMC’s Medical Rehabilitation Center (MRC) and CARF are recognized as the premier accrediting bodies in the industry. CAMC is the only medical center in West Virginia to be fully CARF accredited as we offer a range of specialized care.

CAMC’s Medical Rehabilitation Center earns national accreditation

The Commission on Accreditation of Rehabilitation Facilities (CARF) has awarded the Rehabilitation Center at CAMC a three-year accreditation, the most prestigious level of accreditation possible, for the following programs:

- Brain injury rehabilitation programs
- Comprehensive inpatient rehabilitation programs
- Stroke rehabilitation programs
- Spinal cord system of care

This is the eighth consecutive three-year accreditation that CAMC’s Medical Rehabilitation Center has received. CAMC is the only medical center in West Virginia to be fully CARF accredited.

“I am very proud of our clinical team and everyone who is involved in these programs,” said Kenneth C. Wright, MD, medical director of the Rehabilitation Center at CAMC. “Achieving this national recognition is a testament to the hard work and dedication of our staff and the quality care provided to our patients.”

“Thanks to everyone who has worked to make this possible,” said Dale Witte, director of Marketing & Public Affairs for CAMC. “This accreditation demonstrates that we hold ourselves accountable to the highest standards in the industry.”

CAMC is one of 15 nationally ranked medical centers in the United States and one of only five in the region to hold CARF accreditation.

CARF is an independent, not-for-profit accrediting body that promotes quality and value in health and human services through a consultative accreditation process that evaluates the systems of services through which the Accrediting body promotes quality and value in health and human services through a consultative accreditation process that evaluates the systems of services provided to people seeking care. The accreditation program emphasizes organizational improvement and the client’s right to control services.

The Accreditation Commission on Rehabilitation Facilities (CARF) is an independent, not-for-profit organization that was founded in 1969. CARF is the only global, independent, consultative accrediting body promoting quality and value in health and human services. CARF’s vision is to promote quality and value in health and human services through a consultative accreditation process that evaluates the systems of services through which the Accrediting body promotes quality and value in health and human services through a consultative accreditation process that evaluates the systems of services provided to people seeking care.

AARP Driving Classes

May 5 and 6

Must attend both days for certificate.

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CAMC.org

“Power of Organ Donation Night” to honor kidney donors and recipients

Last fall, for the first time in its history, the national organ transplant wait list topped 100,000 people. The list is now up to 107,500, of those an astounding 83,175 are waiting for a kidney. Every 11 minutes another name is added to the national organ transplant waiting list. Last fall, though, an average of 18 people die each day from the lack of organs.

To help raise awareness about the importance of organ donation, the Kidney Transplant Program at CAMC General Hospital, the Center for Organ Recovery and Unplanned Death, and the West Virginia Foundation will sponsor the fifth annual “Power of Organ Donation Night” at the Charleston Areari Park on Friday, June 3. Current and former patients of CAMC’s Kidney Transplant Program will be available to answer questions from attendees and recipients and give fans the opportunity to sign up to donate.

CAMC employees will receive a discount of $1 per ticket to the game by showing their ID badge. Plus, $1 of every employee ticket sold will be donated to the CAMC Foundation. There will be a fireworks show after the game.

Get healthy with two Ornish program options

The other Ornish program offered at CAMC is brand new and based on Dr. Dean Ornish’s newest, best-selling book, The Spectrum. “The CAMC Ornish team spent time with Dr. Ornish a few months ago for a seminar and to preview the next Spectrum program,” Anderson said. “In The Spectrum, Ornish shows how to personalize a way of eating and way of living based on personal health goals, needs and preferences. This educational program is about freedom of choice; there is no diet to get on or off. Nothing is forbidden. It is based on love—joy of living, not fear of dying, not denying yourself pleasure.”

Encouraged by this opportunity to make the lasting changes in the community, Dr. Crabtree, director of the Kanawha Coalition for Community Health Improvement, and coordinator for KEYS 4 HealthyKids, said, “Community mobilization and solving meaningful environmental change are two programs that research indicates can influence entire communities.”

KEYS 4 HealthyKids is a county partnership of employers, schools, communities, businesses, education, city government, social services and health agencies. HealthyKids, Healthy Communities, a national initiative of the Robert Wood Johnson Foundation, has been working to create communities that support active living and healthy eating among children and families. The program places special emphasis on reaching children who are at highest risk for obesity on the basis of income, race/ethnicity and geographic location. It will support RWJF’s efforts to reverse the childhood obesity epidemic in the United States by 2015.

Licensed to use labels of conditions.

Licensee must promise to inform patients of right to make their own health care decisions and use of labels.

Licensee must provide written information to patients to enable them to make informed health care decisions.

The CAMC Oral Health Program is to improve patient access to oral health care through the provision of oral health care in the various CAMC hospitals, health care facilities and community programs. The CAMC Oral Health Program and the Wm. J. Craig, Juanita McDowell and John Crabtree, nurse; and Holly Anderson, RN, CAMC Volunteer Services director. “In addition, several active volunteers have passed away during the past year, leaving a void in the areas where they served.”

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Cardiologists practicing at CAMC and employees in the cardiac catheterization lab recently trained on the transluminal approach to percutaneous transluminal coronary angioplasty (PTCA), the approach used instead of using the femoral artery in the groin as is the traditional procedure for a cath, the transluminal approach uses the radial artery in the patient’s wrist. The catheter is then threaded through the artery to the heart and its chambers.

“From a historical standpoint, we’re going back to the future,” said Stephen Levin, MD, medical director of the cath lab at CAMC. “The radial approach was designed almost 30 years ago in response to the more widely used in other countries because most cardiologists in the United States are trained using the femoral approach. Information regarding improved patient outcomes has inured against the use for this approach.”

“You once are in the artery, the procedure is performed in the same way as a traditional cardiac cath,” explained Tina Matics, director of the cardiac cath lab/post cardiac cath unit at CAMC. “Benefits of doing the procedure this way include less recovery time, and the patient can move immediately after the procedure.”

After a cardiac cath is done through the femoral artery, the patient has to lie for several hours to prevent bleeding from the entry site.

“There are less bleeding complications and less vascular problems when using the radial site,” Levin said. “It’s also a matter of patient preference and comfort level.”

To prevent bleeding from the wrist site, a device called a TR band is used to apply pressure to the entry site after the procedure is completed. The band is clear, so caregivers can see the entry site and quickly access it if there is any bleeding.

“The band compresses the artery to allow blood access without affecting nerve structure and is usually removed within two hours of procedure,” Huffman said.

Most patients are well-suited to the transluminal cath procedure. “It’s only around 7 percent of the time that you can’t use the radial approach,” Levin said. “It’s particularly well-suited to patients who have a large body mass index or patients with peripheral artery disease.”

For more information about cardiac services at CAMC, visit camc.org.

Hands-on training, hands-off patients

First pediatric robotic surgery procedure in state performed at CAMC

Nine-year-old Allison Matthews was back to playing basketball just one week after undergoing robotic surgery at CAMC – a surgery she had surgery, thanks to the latest in high-tech surgical robot.

DO and a skilled surgical team assisted by a high-tech surgical robot.

Matthews underwent a procedure, a done to remove a congenital obstruction of the ureter, the muscular tubes that propel urine from the kidneys to the bladder. The procedure was done with the aid of the da Vinci Surgical System, a laparoscopic surgical robot.

Instead of the traditional incision associated with open surgery, small ports are inserted in the patient’s abdomen, into which the arms of the surgical robot are inserted. The surgeon operates the arms at a console beside the patient. Additional members of the surgical team assist at the patient’s bedside.

Allison’s mother, Debbie Matthews, said that her daughter’s recovery went very well. “I think it was better in than the actual healing process was fast. It’s great when new technologies come out, especially for kids.”

“Actually, it is Brain Surgery… and Spine Surgery… and so much more…”

HealthFact Continued

To screen for ovarian cancer and to follow the effect of dietary manipulations. It is common to look for higher LDL-cholesterol and the LDL-cholesterol. The cholesterol is in the LDL-cholesterol (it is okay for it to be high). It seems to make the risk of clogged blood vessels, and some also become oxidized in the blood.

• Low Density Lipoprotein (LDL) is a lipoprotein substance (combination of fat and protein) that is responsible for delivering cholesterol to the heart and blood vessels. It is removed from the body by the liver.

Proteinuria

• Only the prostate makes PSA. Generally when a test shows higher than normal PSA levels, there’s a greater chance of having prostate cancer. For anyone 50 years of age or older, it’s time for an actual prostate exams (FREE run 70 30 a.m. only)

Participants can also discuss their medications with a pharmacist, get help preparing living wills and medical power of attorney and learn about nutrition and long care.

For children, there are height and weight charts and the children can also practice taking the hip and gaming.

Matix says the VIST will eventually play a role in the vascular fellowship once physicians and Simulation Center staff establish the training modules.

A1C test now used to diagnose diabetes

The West Virginia Immunization Network presented CAMC with its “Hot Shot Award” during its fifth annual awards banquet.

Of the seven awards that were distributed, CAMC received the highest honor. The Hot Shot Award is defined as public or private sector individuals or organizations who have gone “above and beyond the call of duty” in order to vaccinate patients. CAMC received the award for its commitment to vaccination and monitoring blood glucose. The goal of CAMC’s participation was to increase the interest for this approach.”

The latest addition to the Simulation Center is an example of the Institute’s commitment to improving patient safety by developing training simulations and techniques, Matics said. “We’re always looking for better ways to train doctors and other clinicians in a safe environment with the goal of enhancing clinical performance, reducing cost and in the long term, improving patient safety.”

Hand on training, hands-off patients

One of the best ways to get better at something is to practice.

The CAMC Health Education and Research Institute recently added new training equipment to its simulation center to give doctors more specialized training in a variety of areas.

The Mentor VIST* is a high-fidelity endovascular simulator that provides realistic hands-on training for angiographic and interventional procedures.

The VIST will be used to help doctors in training practice exploratory medicine looking for improved need and interventions in medicine where they practice going in and correcting the problems they’ve found.

Every action is recorded by a computer. At the end of the procedure, the computer gives trainee and the doctor performing the procedure a report on what actions were taken and what happened based on that action.

“This allows doctors to see the results of their actions, both good and bad.” said David Matix, simulation education specialist and the support training center coordinator. “The system provides state-of-the-art simulation-based training with unlimited scenario.”

There are also multiple access options and a variety of patient scenarios to challenge the learner’s prior knowledge and experience.

Since opening the Simulation Center in 2005, the CAMC Institute has been striving to improve patient safety through training education and assessment of simulation procedures.

The CAMC Patient Simulation Center is the only state-of-the-art advanced facility of its kind in the state and a premier center nationally. At the center, students and health care professionals are able to gain experience similar to real medical settings by treating life-like, computer-controlled mannequins, which helps to prepare them for the demands of the ever-changing and growing field.

Regardless of the way in which diabetes is diagnosed, it is important to be aware of the signs and symptoms of diabetes.

• Increased urination
• Increased thirst
• Increased hunger
• Weight loss or gain
• Dizziness
• Embarrassment
• Increased infection

Diabetes can be treated by adhering to a program of education, physical activity, weight management, and monitoring blood glucose. The goal of treatment is to lower the patient’s blood glucose levels under control.

If not properly managed, diabetes can lead to:

• Two out of three people with diabetes die from heart disease or stroke.
• Diabetes is the leading cause of new cases of kidney failure.
• Diabetes is the leading cause of kidney failure.
• The rate of amputation for people with diabetes is 10 times higher than for people without diabetes.

The CAMC Outpatient Education program provides individual and group training for diabetes self-management and well as diabetes and pre-diabetes. We recently started an insulin pump for patients interested in trying beginning insulin pump therapy,” Vaughn said. Diabetes education services are covered by most insurance companies.

For more information about the program, call (304) 384-4595 or e-mail diabetes@camc.org.

CANC recognized for vaccination rate

The West Virginia Immunization Network presented CAMC with its “Hot Shot Award” during its fifth annual awards banquet.

The organization recognized CAMC for its successful efforts in providing immunizations.

The event was held at the Cultural Center with many state officials, as well as several representatives of the West Virginia Legislature present.

Many people are responsible for the success of the program, including the statewide epidemiology and the Nursing Recruitment Recognition. CAMC has been responsible for providing vaccinations on the local and state levels for the past five years. This year the Retention Recognition members were responsible for educating the clinical staff and many of them participated in the vaccine clinic.