Emergency Department Adds i-STAT to Improve Patient Care

The i-STAT® System by Abbott Point of Care is an advanced handheld blood analysis system that delivers lab-quality results at the patient’s bedside in minutes.

Every day, health care professionals face an expanding set of challenges, working in increasingly complex and stressful environments with limited resources and constrained budgets. That is why it is important that diagnostic blood analysis processes be streamlined to ensure patients receive the most effective and efficient care. The advanced biosensor technology of the i-STAT System enables patient-side blood testing, so that health care professionals can access real-time, lab-quality results within minutes, rather than hours. By accelerating the availability of diagnostic test results, the i-STAT System provides health care professionals with the information they need to make treatment decisions sooner, which may lead to enhanced quality of care and improved system efficiency.

Lightweight, portable, and easy to use, the i-STAT System features single-use disposable cartridges that perform a broad menu of the most commonly performed diagnostic tests, including cardiac markers, blood gases, chemistries and electrolytes, lactate, coagulation, and hematology.

Director of Emergency Services and Critical Care Kim Poe said, “On the 8th of April 2015, PCH implemented point of care blood testing in the Emergency Department. The staff were excited, engaged, and anxiously awaiting our first bedside test results. Our first patient had an increase in their second troponin (protein that helps diagnose a heart attack), the physician was notified 15 minutes after the blood was drawn instead of what once took one hour. Within five minutes of provider notification, arrangements were being made to transfer the patient for a cardiac catheterization. Our second patient’s second troponin was at baseline 15 minutes after the blood was drawn and the physician was preparing to discharge the patient. Prior to i-STAT, this would have taken one hour.”

Abbott Point of Care Healthcare Solutions Executive Sheila Wilson said, “As a patient, a visit to an emergency room can be a very uncertain and scary time, and delays in emergency care can have severe implications. The addition of i-STAT to the emergency room at PCH allows key lab tests to be
It is both an honor and a humbling experience to accept the role of chief executive officer of Princeton Community Hospital Association.

I am following in the able footsteps of Wayne B. Griffith who lead the hospital with great distinction for nearly a decade. As a result of his leadership and the quality of our personnel, medical staff, and board, Princeton Community Hospital is one of the top hospitals in the state. We’ve built a strong foundation, not only from a quality prospective but from a financial position as well.

We want to continue to provide and expand on existing services and not be afraid to embrace new services that will further meet the healthcare needs of our community.

At this point in our history, PCH is positioned to take that next step. Our financial strength, our new services, our affiliation with CAMC, the successful transition of St. Luke’s Hospital to The Behavioral Healthcare Pavilion of the Virginias—these are all areas that have been wins for our community and for our hospital.

Mercer County is a vibrant, growing region with many opportunities on the horizon. My family is very happy here and we look forward to being active participants in this community for many years to come.

I wholeheartedly welcome the opportunity to serve PCH and the community in this new capacity.
Prevention Tips

You can play a role in preventing falls. Encourage the older adults in your life to:

- **Get some exercise.** Lack of exercise can lead to weak legs and this increases the chances of falling. Focus on exercises that increase leg strength and improve balance, making falls much less likely.

- **Be mindful of medications.** Some medicines—or combinations of medicines—can have side effects such as dizziness or drowsiness. This can make falling more likely. Have them ask their doctor or pharmacist to review all of their medications. This can help reduce the chance of risky side effects and drug interactions.

- **Keep their vision sharp.** Poor vision can make it harder to get around safely. Older adults should have their eyes checked every year and wear glasses or contact lenses with the right prescription strength to ensure they are seeing clearly.

- **Eliminate hazards at home.** About half of all falls happen at home. A home safety check can help identify potential fall hazards that need to be removed or changed, such as tripping hazards, clutter, and poor lighting.

Steps for Home Safety

The following checklist can help older adults reduce their risk of falling at home:

- Remove things you can trip over (such as papers, books, clothes, and shoes) from stairs and places where you walk.

- Install handrails and lights on all staircases.

- Remove small throw rugs or use double-sided tape to keep the rugs from slipping.

- Keep items you use often in cabinets you can reach easily without using a step stool.

- Put grab bars inside and next to the tub or shower and next to your toilet.

- Use non-slip mats in the bathtub and on shower floors.

- Improve the lighting in your home. As you get older, you need brighter lights to see well. Hang lightweight curtains or shades to reduce glare.

- Wear shoes both inside and outside the house. Avoid going barefoot or wearing slippers.

Reference: [http://www.cdc.gov/Features/OlderAmericans/](http://www.cdc.gov/Features/OlderAmericans/)

The Behavioral Health Pavilion Celebrates Fifth Anniversary

The Behavioral Health Pavilion of the Virginias commemorated five successful years on Wednesday, May 13 with an anniversary reception for area residents, local and state officials, and the media.

Since the spring of 2010, The Pavilion has admitted 8,588 patients and provided a comprehensive continuum of psychiatric care that includes step-down services in the form of intensive outpatient programming, traditional outpatient counseling, and medication management. Outpatient visits since 2011 have totaled 7,819. The facility attracts patients from throughout West Virginia and southwest Virginia.

Administrator Steve Cavender welcomed guests and presented a brief overview of the history of The Pavilion beginning with the visionary leadership of Princeton Community Hospital’s former CEO, Wayne Griffith who sought, through a partnership with Diamond Healthcare Corporation, to transform the former St. Luke’s Hospital into a much-needed behavioral health facility.

Mr. Cavender said, “This state-of-the-art center has turned into a success story for this region over the past five years. We are proud of the work being done here and proud of our staff for helping meet a great need in the area.”

Mr. Cavender introduced Kimberly Gross, regional representative for Governor Earl Ray Tomblin who delivered a greeting from the Governor.

Director of Business Development Connie Cochran greeted guests as they arrived for the anniversary reception.

Following Ms. Gross’ remarks, Medical Director and Chairman of Psychiatry Jeffry Gee, M.D., addressed the crowd. He said, “This is a time to celebrate our accomplishments, to refocus our original goal – which is helping our community by providing quality mental health treatment, and it is a time to focus on the future as well.”

“We’ve had many real success stories over the years,” Dr. Gee observed. “The Pavilion has helped depressed college students stay in school and graduate – they have helped parents to overcome mental illness that would have other-
wise rendered them ineffective at home and work, and they continue to provide a stable and safe environment for patients to recover and re-establish normalcy in their lives. Many patients have said ‘Dr. Gee, you saved my life.’ It is good to hear that as it is a reminder of what we are here for.”

Diamond Healthcare Chief Operating Officer Richard Shrum followed Dr. Gee. Mr. Shrum said, “I’m hopeful that everyone here today understands how much hard work and how much good work went into what’s become The Behavioral Health Pavilion of the Virginias. From the beginning, it was a collaborative effort – a collective thought – between Princeton Community Hospital and Diamond Healthcare Corporation. Through Mr. Griffith’s leadership and through Mr. St. John’s leadership with the Board of Directors, we made the collective decision to embark upon this project. Our vision was to develop a state-of-the-art behavioral health facility that could serve this region. Today is a very clear demonstration that we’ve achieved that goal. Keys to that success were teamwork and collaboration. The leadership teams at both Princeton Community Hospital and Diamond Healthcare Corporation came together with our physicians and our great staff to pull this project together.”

In his closing remarks, Mr. Shrum noted that the focus for the future of The Pavilion would be the same as in the past – shared vision, teamwork, true partnership, and quality of care.

PCH Chief Executive Officer Jeffrey Lilley took the floor after Mr. Shrum to deliver the keynote address. He remarked that upon his arrival at Princeton Community Hospital four years ago, it was obvious that The Behavioral Health Pavilion of the Virginias was a huge component of PCH and the relationship with Diamond was exceptional. Mr. Lilley said, “The Pavilion is a tremendous asset for our hospital, especially from the standpoint of the emergency department and having a facility for our ER patients in need of psychiatric care. The staff of The Pavilion are key to its success. They do a tremendous job and many of the folks who continue to work for The Pavilion were tenured employees with St. Luke’s. There is a lot of value in that. Kudos to Dr. Gee and the staff for making this facility what it is today. The transformation of St. Luke’s hospital into The Behavioral Health Pavilion was a great opportunity. Certainly Wayne Griffith and Rick Shrum saw that as a tremendous value, not only for the former employees of St. Luke’s but also for the community. In the state of West Virginia as well as in the United States in general, the need for behavioral healthcare continues to grow. Often, it is very difficult for communities to provide appropriate psychiatric care. We are fortunate to have this facility in Mercer County and we look forward to providing additional services in the future.”

Mr. Lilley concluded his general remarks by acknowledging the important role Nurse Manager Shannon Riedel played in the early work of The Pavilion. Ms. Riedel passed away in December 2013.

In the keynote address, Mr. Lilley discussed the changing attitudes toward mental health issues in Appalachia, the various services provided by The Pavilion during its first five years, the educational outreach programs, and the role the facility has played in helping meet the mental health needs of the region.

Everyone in attendance received a gift bag and a copy of the 5th anniversary commemorative booklet.