

# Inspiring

SUMMER 2016

# Better



**3**  
The Importance  
of Vaccines

**4**  
Joint Camp at  
Metroplex



CREATING BETTER HEALTH

 **Metroplex  
Health System**

A PARTNER WITH  SCOTT & WHITE HEALTHCARE

## Dear Neighbors,

When we created this newsletter, we took great care in giving it a name: *Inspiring Better*.



It is more than a catchy title. It is a commitment to you that whether you are a patient of Metroplex Health System or a community member, we are inspired every day to do more, to go that extra mile, to create better health in Central Texas, and to be the very best.

Throughout these pages, you will find articles that explain how advancements in our treatment methods mean better results for our patients. You will also find recipes, event listings, and educational information regarding current health topics that can help you live your life to its fullest potential.

We hope you enjoy this newsletter and that it provides inspiration for your personal and professional life. We thank you for giving us the honor of serving our community every day.

Blessings,



Carlyle Walton  
President and CEO  
Metroplex Health System

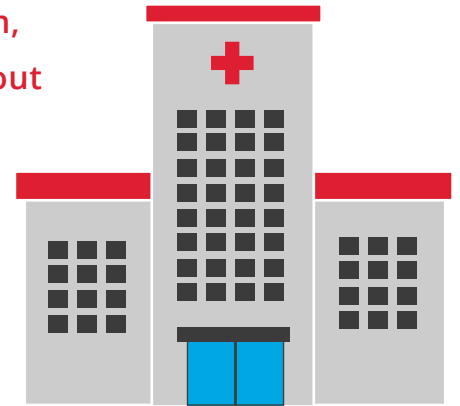
## Metroplex Ranks Among Top Hospitals in **Patient Experience**

At Metroplex Health System, patient experience isn't about our patients being merely satisfied with their care. It's about focusing on the whole person.

This means addressing the educational, physical, mental, emotional, and spiritual needs of all individuals who trust us with their lives. We treat every patient as if he or she were the person we love the most.

Currently, Metroplex Health System ranks among the top hospitals in the nation in several patient care areas. Our unrelenting focus on a clean and quiet healing environment, preparation of patients for their discharge and transition to home, and nurse communication rank among the top 25 percent of hospitals in America.

Treating people with courtesy and respect, listening carefully, and explaining things in an understandable manner all help reduce anxiety and provide a calm healing environment. Guidance and instruction for what to expect after going home take away worry about the unknown.



**TOP**  
**25%**  
**OF HOSPITALS**

In recent years, the Centers for Medicare & Medicaid Services determined that hospitals in America must survey patients who've had an inpatient stay. Having voluntarily implemented surveying previously, we welcomed the opportunity to learn how to better fulfill our mission of Extending the Healing Ministry of Christ. With the feedback from our patients, we can implement new ways of doing things to improve the entire experience for all our patients.

# Q & A

## Stopping Deadly Diseases with Vaccines

You always want to keep your children from harm, and protecting them from deadly disease is an important part of their safety. A reliable way to prevent many diseases? Vaccines. But recently, questionable rumors about vaccine safety have been spread via social media.

"The growing safety concerns around vaccinations have caused many parents to think twice or say no when it comes time for their child to get their shots," says Ricky Mitchell, M.D., pediatric medicine. "However, vaccinations are there to protect all of us from very serious diseases, many of which are preventable."



**Ricky Mitchell, M.D.**  
254-554-8773  
3816 S. Clear Creek Rd.,  
Suite E, Killeen

Due to low vaccination rates in recent years, there are some rare diseases that are making a comeback. For example, several children who visited Disneyland in 2014 came down with measles—a disease that hadn't affected the U.S. for almost 15 years.

This outbreak brought vaccine importance to the forefront, causing many parents to ask the following questions:

### Q Are there other diseases that could return or spread?

**Yes.** For instance, vaccination decreased cases of the mumps from 200,000 to 1,150 per year. But outbreaks have occurred at places such as schools, camps, and colleges. Outbreaks of chickenpox still happen every year, though the vaccine prevents more than 3.5 million cases. Pertussis (whooping cough) and rubella (German measles) could also become emerging threats if anti-vaccine trends continue.

### Q Can a disease come back to the U.S. even if it has been eradicated?

**Yes.** Even if a disease no longer exists in the U.S., it is often only a plane ride away. For example, polio still affects some children in African countries. People who are infected can spread the disease for weeks before and after symptoms appear.

### Q Do vaccines cause autism?

**No.** Current research has made no connection between vaccines and autism. In fact, reports from organizations such as the Centers for Disease Control and Prevention and the Institute of Medicine have cleared vaccines of causing autism and many other adverse effects.

If you are still left with questions, talk with your child's doctor. He or she can point you toward reliable sources of information. That way, you can make the best decision for the health of your family and your community.



### >> Make sure your child is protected.

Come to our FREE immunization clinic as part of KidFest on Sunday, August 14, from 12:30 to 3:30 p.m., at the Killeen Civic and Convention Center.



# The Road to Recovery Starts Here

## New Joint Camp Prepares Patients for Surgery, Healing

For those with severe joint problems, joint replacement surgery can offer a solution to the constant pain, limited mobility, and decreased quality of life. But despite the benefits, joint surgery can also seem overwhelming. That's why Metroplex Hospital created the new Joint Camp program.



Dr. Sandy Bidner, orthopedic surgeon at Metroplex Hospital

"Joint Camp is a comprehensive approach to educating patients about their surgery," explains orthopedic surgeon Sandy Bidner, M.D., who championed the development of Joint Camp at Metroplex Hospital. "When patients understand and are involved in their care, it reduces anxiety, improves satisfaction, and helps speed recovery."

Metroplex Hospital's Joint Camp program launched in June 2016 and is now available to every patient undergoing knee or hip replacement surgery at the hospital. About four weeks before surgery, patients and their caregivers are invited to attend the two-hour Joint Camp, which is led by

an orthopedic nurse and held on a weeknight at the hospital.

"Joint Camp takes patients on a journey, walking them through the surgery and recovery process and introducing them to the people who will help them along the way," says Dr. Bidner. "It answers questions patients might not even think of."

### Knowing What to Expect

Metroplex Hospital patients undergoing knee or hip replacement typically stay in the hospital for three days. They begin rehabilitation the same day as surgery. For most people, recovery lasts more than

several weeks and requires ongoing physical therapy after discharge.

"In the past, patients wouldn't learn much about their surgery and recovery until a few days before their joint replacement. This is a lot to take in and prepare for at once," explains Angela Tjaden, R.N., lead nurse for the Joint Camp program.

"By getting to know our patients and their needs weeks before surgery, we can address any issues early on and streamline the process for them."

At Joint Camp, participants learn about the role of each Metroplex Hospital department involved in their care—from anesthesia and nursing to dietary, physical therapy, home health care, and more. Case managers talk with patients to assess their post-surgery needs, such as home health equipment or caregiver support. And physical therapists teach patients the exercises they will be working on in recovery so patients can practice them in advance. Snacks and drinks are provided during the program, and participants have the opportunity to talk with fellow joint replacement patients and ask the orthopedic nurse any questions.



**Joint Camp gives participants a chance to create personal relationships with their caregivers.**

### **Getting a Firsthand Look**

In addition to the Joint Camp information session, participants tour Metroplex Hospital, stopping at departments that will be helping them during their stay, from registration to physical therapy.

"It's comforting to see firsthand where surgery and recovery take place and talk with the staff ahead of time. For example, many patients are concerned about anesthesia. It's reassuring to learn that Metroplex uses advanced techniques to minimize pain and hasten recovery," says Tjaden.

But information doesn't end with Joint Camp. "After Joint Camp, our orthopedic nurses are available to help with any questions or concerns until the very moment of surgery," explains Tjaden.

Dr. Bidner adds, "Our goal is to provide patients the highest satisfaction possible."

**>> If you have joint pain, speak to your doctor about what options are right for you. To find an Orthopedic Surgeon affiliated with Metroplex Hospital, call (254) 526-DOCS.**

# 3 Questions to Ask Before Buying a Fitness Tracker



Information is power. That's especially true when it comes to improving your health. Tracking information about your diet, physical activity, and more can help you get clear about your goals and record your progress.

But you don't have to use paper and pen. Fitness trackers can do it for you.

"Tracking your daily activity can help you get a better understanding of your physical health," says Kelvin Watkins, fitness



**Kelvin Watkins,**  
fitness instructor with  
Metroplex Wellness

instructor for the Metroplex Wellness department. "These devices make it really easy."

Tracking information about your workouts is only one part of what these devices do. Fitness trackers measure your physical activity as

you go about your day. They can also record information about your sleep, stress, and more.

If you're in the market for one, here are three questions to consider to help find the device that will work best for you.

## 1. What Are Your Goals?

Identifying what you want to measure can help you find a device that provides the information you need. For example, if you're looking to improve your sleep, make sure a

tracker records information about your sleep habits, such as the Jawbone UP or Fitbit Ultra.

## 2. What Type of Device Do You Want?

Fitness trackers come in many different styles, so you want to be sure you get one that is comfortable for you. Common forms are:

- Bracelets, such as Jawbone UP and Nike+ FuelBand
- Clip-ons, like Fitbit One and Fitbit Zip
- Straps that wrap around your chest to measure your heart rate, such as those made by Polar or Garmin

## 3. How Connected Do You Want to Be?

Fitness trackers can get pretty fancy. Decide what other features you may want your device to have. For example, some have the ability to connect with:

- Websites
- Smartphone apps
- Online social networks

An activity tracker can be a great tool for helping you reach your goals. Finding one that tracks the information you need, is comfortable to wear, and easy to use means you'll be most likely to use it and enjoy it.

**>> Need to add some activity to your day? Join us for Cardio Kickboxing every Saturday from 8 to 9 a.m. For more information, visit [www.mplex.org/education-events](http://www.mplex.org/education-events).**

# Metroplex Receives Coveted Accreditation

## Metroplex Adventist Hospital is now an Accredited Chest Pain Center with Primary PCI with Resuscitation



Metroplex Adventist Hospital is now a fully accredited Chest Pain Center (CPC) with Primary PCI (Percutaneous Coronary Intervention) with Resuscitation according to an announcement made by the Society of Cardiovascular Patient Care (SCPC).

“A heart attack can happen to anyone,” says Umad Ahmad, M.D., medical director of cardiovascular services and chief of medical staff at Metroplex Health System. “We hope that by receiving this accreditation the public will know that they can receive the highest quality care right here in our community.”

SCPC’s CPC Accreditation process was created as greater numbers of facilities in the United States sought to establish standards and adopt best practices in the quality of care provided to patients experiencing chest pain. The process ensures that hospitals meet or exceed an array of stringent criteria and undergo a comprehensive onsite review by a team of accreditation review specialists. Hospitals that receive SCPC CPC Accreditation status have achieved a higher level of expertise in dealing with patients who present with symptoms of a heart attack. They emphasize the importance of standardized diagnostic and treatment programs that provide more efficient and effective evaluation as well as more appropriate



**Umad Ahmad, M.D.**  
354-618-1600  
2405 S. Clear Creek  
Suite 250, Killeen

and rapid treatment of patients with chest pain and other heart attack symptoms. They also serve as a point of entry into the healthcare system to evaluate and treat other medical problems, and they help to promote a healthier lifestyle in an attempt to reduce the risk factors for heart attack.

To achieve SCPC’s Chest Pain Center with Primary PCI with Resuscitation Accreditation status, Metroplex demonstrated expertise in eight areas that ranged from quickly diagnosing patients to supporting community outreach programs that educate the public on what to do if they experience the symptoms of a heart attack. One area Metroplex put particular emphasis on was to integrate the emergency department with local emergency medical systems (EMS).

“We are incorporating pre-hospital care as a very important part of our treatment plan,” says Dr. Ahmad. “Through a partnership with our local EMS, we are now able to initiate care the moment the ambulance crew makes contact with the patient, and we can monitor that patient all the way to the hospital. This allows us to save time, which can lead to a more successful outcome.”

**>> To learn more about the cardiovascular treatment offerings at Metroplex, please call (254) 529-7523 or visit [www.mplex.org](http://www.mplex.org).**



### Blueberry Banana Smoothie

Smoothies make a great breakfast or are a good way to fuel up before or after a workout. With just three ingredients, this one couldn’t be faster to whip up.

#### Ingredients

- 1 frozen ripe banana
- ½ cup frozen blueberries
- 1 cup fat-free milk

#### Directions

Bananas that are getting past ripe work perfectly in smoothies. Peel them, wrap them in plastic, and freeze them. Later, cut the banana into pieces. Put all ingredients into blender and purée till smooth. Pour into two glasses.

Per serving: Calories 110, Fat 0 g, Cholesterol <5 mg, Sodium 55 mg, Carbohydrates 24 g, Fiber 3 g, Sugar 17 g, Protein 5 g

# Summer Classes and Events

>> Find more information and register for classes at [www.mplex.org/EducationEvents](http://www.mplex.org/EducationEvents).

**AARP SMART DRIVER COURSE**

Aug. 11, noon to 4 p.m., \$15 for members, \$20 for nonmembers

**AEROBICS STEP CLASS**

Tuesdays, 5:30 to 6:30 p.m. **FREE**

**AL-ANON ALCOHOL SUPPORT GROUP**

Thursdays, 7 to 8 p.m., and Fridays, noon to 1 p.m. **FREE**

**ARTHRITIS EXERCISE CLASS**

Thursdays, 10 to 11 a.m. **FREE**

**BREASTFEEDING CLASS**

July 20, Aug. 17, Sept. 21 6 to 8 p.m. **FREE**

**CARTER BLOOD DRIVE (METROPLEX)**

Aug. 25, 12:30 to 5 p.m.

**CARTER BLOOD DRIVE (ROLLINS BROOK)**

Carter Blood Center bus Aug. 25, 10 a.m. to 2 p.m.

**CHILDBIRTH CLASS**

Two-session classes: July 5 and 7, Aug. 2 and 4, Aug. 9 and 16, Sept. 6 and 8, and Sept. 13 and 20, from 5 to 9 p.m. **FREE**

Saturday class: July 23, 9 a.m. to 4 p.m.

**CREATION HEALTH FARMERS MARKET**

Metroplex Parking Lot Thursdays, 10 a.m. to 2 p.m.

**DIABETES SELF-MANAGEMENT CLASS**

Metroplex Conference Room 3 July 28, 12:30 to 4:30 p.m. **FREE**

**FITNESS TAI CHI**

Saturdays, 8 to 9 a.m.

**HEALTHCARE PROVIDER CPR CLASS**

July 22, Aug. 26, Sept. 23 8 a.m. to noon, \$30

**IMMUNIZATION CLINICS**

Located at Greater Killeen Free Clinic Aug. 2, 2:30 to 5 p.m. **FREE**

**INFANT CARE CLASS**

July 21, 6 to 8 p.m. **FREE**

**INFANT CPR CLASS**

July 11, 6 to 7 p.m. \$50

**KICKBOXING CLASS**

• Mondays, 7 to 8 p.m.  
 • Wednesdays, 5:30 to 6:30 p.m.  
 • Saturdays, 10 to 11 a.m. **FREE**

**LUPUS FOUNDATION OF AMERICA SUPPORT GROUP**

July 11, Aug. 8, Sept. 12 6:30 to 8 p.m. **FREE**

**QUARTERLY HEALTH SCREENING (METROPLEX)**

July 14, 9 to 11 a.m. **FREE**

**QUARTERLY HEALTH SCREENING (ROLLINS BROOK)**

Rollins Brook Community Hospital Sept. 7, 9 to 11 a.m. **FREE**

**TAI CHI CLASS**

Wednesdays, 10 to 11 a.m. **FREE**

**YOGA CLASS**

Fridays, 10 to 11 a.m. **FREE**

**ZUMBA CLASS**

Fridays, 4:30 to 5:30 p.m. **FREE**

## Location Key:

- Sue Mayborn Women's Center, Education Room
- Metroplex Conference Rooms 3 and 4
- Metroplex Education Classroom (on third floor of Ledger & Smith Professional Building)
- Metroplex Medical Plaza, Room 122 2301 S. Clear Creek Rd.

*Locations subject to change*

## Contact Us

Metroplex Hospital:  
 254-526-7523

Rollins Brook Community Hospital:  
 512-556-3682

Community Relations:  
 254-519-8200

**NEED A DOCTOR?**  
 Call 254-526-DOCS.  
 Visit [www.mplex.org](http://www.mplex.org) for additional information and a campus map.



▲ Join us for KidFest! This year's FREE event takes place on Sunday, August 14, from 12:30 to 3:30 p.m., at the Killeen Civic and Conference Center.