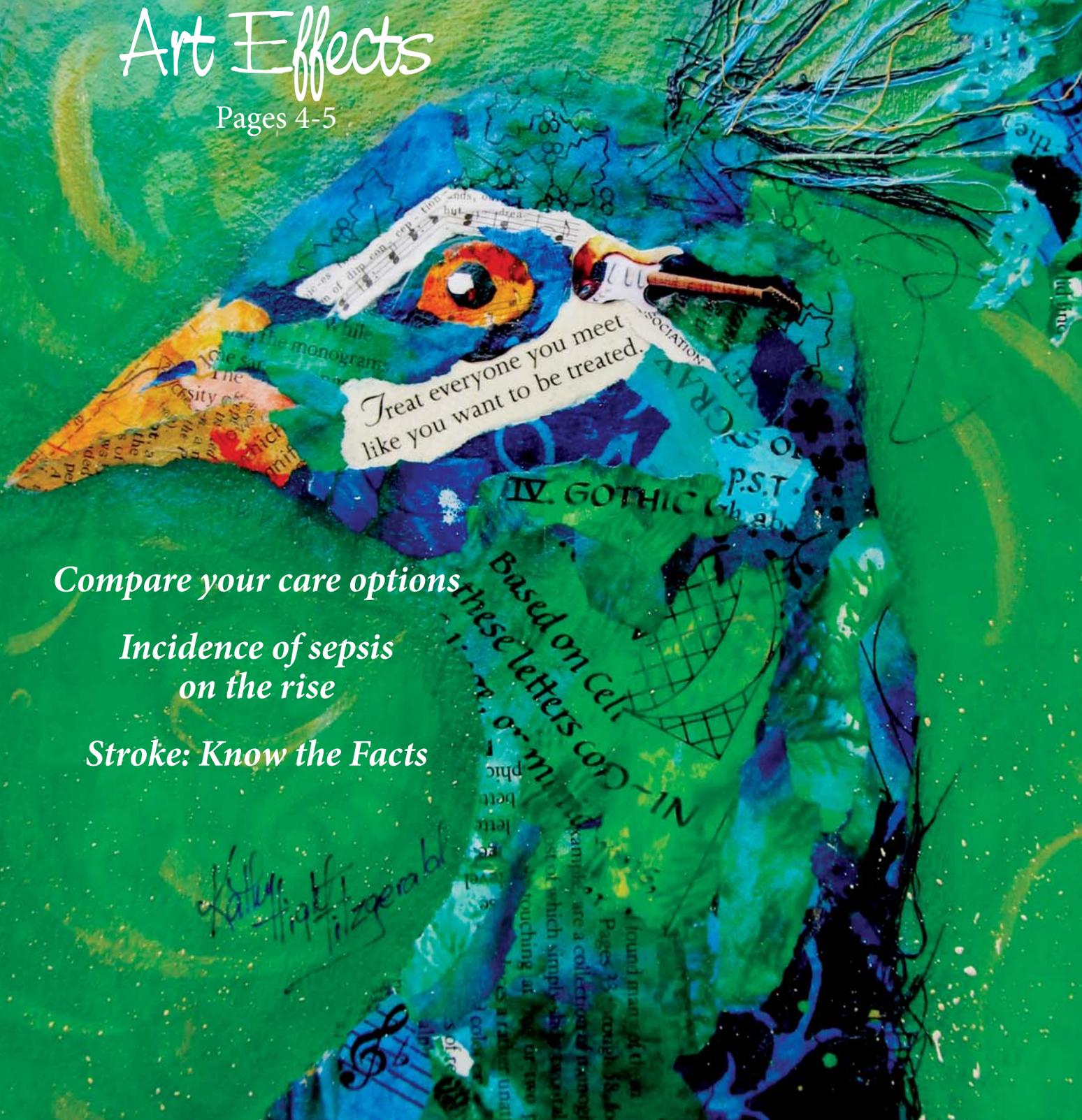


# HEALTH MATTERS

SUMMER 2016

Art Effects

Pages 4-5



*Compare your care options*

*Incidence of sepsis  
on the rise*

*Stroke: Know the Facts*

# CONTENTS

Compare  
your care options ..... 3

Art Effects  
returns to Columbia..... 4-5

Incidence of sepsis  
on the rise..... 6

Stroke: Know the Facts..... 7

*On the Cover:*

*“Emerald Peacock” by mixed media collage artist  
Kathy Hight Fitzgerald*

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# Compare your care options

In today's market, consumers have the ability to compare health care providers across the nation at their fingertips. The majority of hospitals in the U.S. have publicly reported data available that includes complications, mortality, length of stay and other indicators for quality of care.

"Resources are now available that compile large volumes of data in a way that helps consumers easily compare their options. This data empowers patients to locate the right provider, often when they are faced with needing a service that they may not have anticipated," said Maury Regional Health CEO Alan Watson.

According to Watson, the data not only helps consumers; it helps hospitals. It enables medical centers to closely monitor their performance and enhance their quality of care. Maury Regional does so through an agreement with CareChex®, a division of Comparion® Medical Analytics.

CareChex® evaluates the performance of more than 4,000 hospitals across the nation using publicly reported data, with recognition based on cumulative performance across the most recent three years of public data. Medical quality evaluated includes process of care, outcomes of care

and patient experiences in two primary areas—medical excellence and patient safety. The results enable health care organizations to compare their performance against providers in the nation, region, state and market.

CareChex® recently ranked Maury Regional Medical Center (MRMC) number one in Tennessee for overall hospital care and overall surgical care in the areas of both medical excellence and patient safety for 2016. In addition, MRMC ranked number one in the state in medical excellence for several specific areas of care or procedures, including:

- Gallbladder removal
- Gastrointestinal care
- Heart failure treatment
- Major bowel procedures
- Orthopedic care
- Pulmonary care



For additional 2016 awards and to see how MRMC ranks in the nation, state and market, visit [MauryRegional.com](http://MauryRegional.com) or visit [CareChex.com](http://CareChex.com).



# *Art Effects returns to Columbia August 5-6*

The Maury Regional Health Care Foundation is bringing Art Effects back to Columbia on August 5-6 with the support of presenting sponsor First Farmers. This event features regional artists whose mediums include oil, watercolor, pottery, jewelry, wood and more. The event will be held at the Memorial Building, located at 308 West 7th Street in Columbia. Friday hours are 3-8 p.m. and Saturday hours are 10 a.m. until 3 p.m.

This year's featured artist is Ronald Lewis of Birmingham, Alabama who has participated in Art Effects for nine years. Since graduating from the University of Montevallo, Lewis has won more than 95 awards for his painting in oil, watercolor and acrylic and was one of 100 artists chosen to exhibit at the Smithsonian Institute with the National Park Academy of the Arts. Lewis has been an Honored Artist at the Birmingham Festival of the Arts and is represented in the collections of the Birmingham Museum of Art, the Columbus Museum in Columbus, Georgia and the Fine Arts Museum of the South in Mobile, Alabama. He is also represented in private and business collections

throughout the U.S. and abroad. His works have been published in *Revue Modeme* in Paris, *Southern Accents*, *Birmingham*, *The Artist*, *American Artist* and *American Artist Acrylic Highlights*. To view a sampling of his art, visit <http://RonaldLewisArt.blogspot.com/>.

“We are honored to have Ron Lewis as our featured artist this year and appreciate his long-term support of the Maury Regional Health Care Foundation. His works have garnered prestigious recognitions and he is among the most popular artists sharing their talent at Art Effects this year,” said Foundation Executive Director Joe Kilgore.

Joining presenting sponsor First Farmers are NHC Columbia and NHC Hillview who are sponsoring the reception on Friday evening. Proceeds from Art Effects benefit the programs and services provided by the Maury Regional Health Care Foundation. To learn more about the foundation or to make a donation, visit [MauryRegional.com/Foundation\\_home.htm](http://MauryRegional.com/Foundation_home.htm) or call 931.380.4075.

# Art Effects Participating Artists

Frank Baggett – Waverly, TN  
Beverly Basham-Smith –  
Vinemont, AL  
Annie Daniel – Williamsport, TN  
Bernice Davidson –  
Summertown, TN  
Wendy Ervin – Hendersonville, TN  
Marian Gizzi-Haynes –  
Columbia, TN  
Jerry Grubbs – Hendersonville, TN  
Dennis Harris – Goodlettsville, TN  
Carolyn Harrison – Lynnville, TN  
Kathy Hight Fitzgerald –  
Goodspring, TN  
Susan Jones – Columbia, TN  
Tim Jones – Columbia, TN  
Kay Keyes-Farrar – Columbia, TN  
Portia Lea – Columbia, TN  
Ronald Lewis – Birmingham, AL  
Sylvia McAlister – Mt. Pleasant, TN  
Sydney McClain – Columbia, TN  
Shane Miller – Nashville, TN  
Karen Philpott – Centerville, TN  
Brenda Pierce – Lewisburg, TN  
Terri Ross – Columbia, TN  
Kim Sanderson – Columbia, TN  
Carole Stevens – Lynnville, TN  
Bill Summar – Columbia, TN  
Teresa Townsend Hargis –  
Kingston Springs, TN  
Cynthia Vowell – Nashville, TN  
Jim Weaver – Florence, AL  
McKenzie Wright – Eddyville, KY

Visit [MauryRegional.com](http://MauryRegional.com) for more information and links to view the works of the artists listed above.



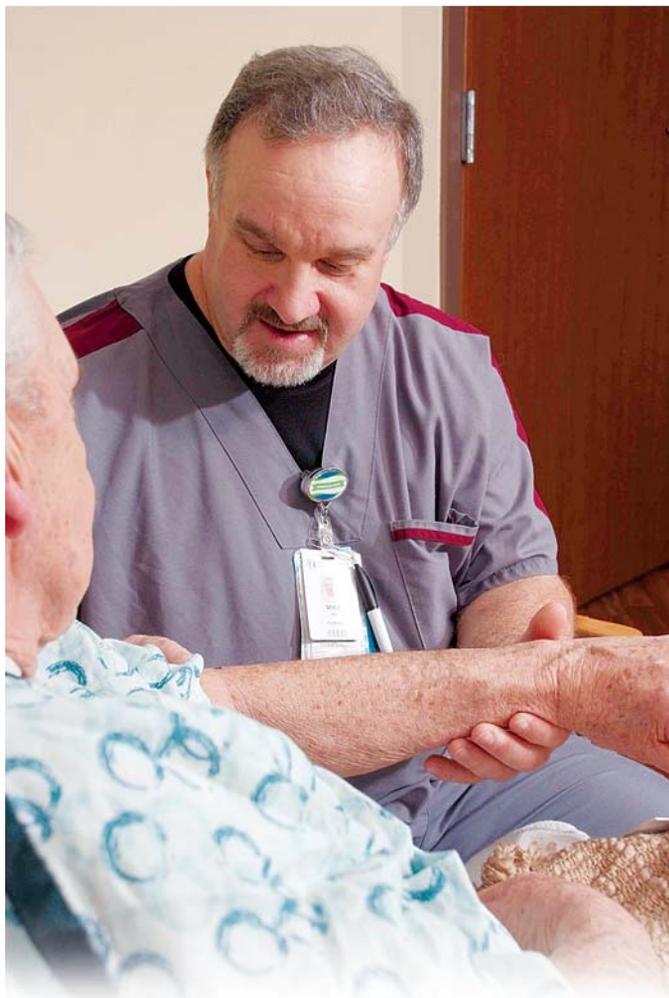
Beverly Basham-Smith – Vinemont, AL



Jerry Grubbs – Hendersonville, TN



Kay Keyes-Farrar – Columbia, TN



## *Incidence of sepsis on the rise*

Sepsis, often referred to in the media as “septicemia” or “blood poisoning,” is a toxic response to an infection. Infections from even the smallest site, such as an insect bite, may lead to sepsis or septic shock.

“Sepsis is life-threatening and can occur in anyone at any age. It can affect those who are healthy but is more prevalent among those with chronic disease states such as diabetes and those whose immune system may be compromised. Awareness about the dangers of sepsis, preventive measures and quickly seeking medical treatment is the key to better patient outcomes,” said Critical Care Specialist Thomas Quinn, M.D.

According to Dr. Quinn, even the survivors can experience life-changing challenges, including amputated limbs, organs that fail to work properly, psychological issues and more.

## *Signs & Symptoms*

While there is no single sign or symptom of sepsis, there are warning signs that should be taken seriously, including:

- Fever
- Chills
- Dizziness
- Shortness of breath
- Confusion
- Sleepiness

Anyone experiencing symptoms should seek immediate treatment. Be certain to discuss any cuts or infections with your physician or nurse. While you may think a minor cut is insignificant, it may present an opportunity to develop sepsis.

## *Diagnosis & Treatment*

Physicians work to diagnose sepsis based on an exam that includes temperature, heart rate, respiratory rate and lab tests for signs of infection. Timely antibiotics and fluids have shown to significantly decrease the risk of death from sepsis. The antibiotics fight the infection while the fluids help to make certain that adequate blood and oxygen gets into cells and tissues.

## *Preventing Sepsis*

While the exact cause of sepsis is unknown, limiting your exposure to infection is recommended by using the following practices:

- Wash your hands frequently and thoroughly
- Care for wounds by keeping them clean to avoid infection
- Obtain immunizations against illnesses, including flu and pneumonia
- Seek immediate medical attention if you exhibit any of the signs of infection, including fever

“Public awareness is crucial to reducing the incidence of sepsis and saving the lives of those who do develop this severe infection. As health care providers, we need help in sharing information about the dangers of sepsis and the importance of seeking immediate treatment,” said Dr. Quinn.

Learn more about sepsis at [Sepsis.org](https://www.sepsis.org).



## Stroke: Know the Facts

On average, someone has a stroke every 40 seconds in the U.S., according to the Centers for Disease Control. A stroke occurs when a vessel in the brain is blocked by a blood clot or ruptures. Stroke is the fifth leading cause of death and the leading cause of permanent disability.

### Risk Factors

More than half of all strokes are caused by uncontrolled hypertension. Stroke can occur at any age; however, the risk of having a stroke more than doubles each decade after age 55. Risk factors include:

- High blood pressure
- Cigarette smoking
- Atrial fibrillation
- Physical inactivity

### Signs of Stroke

The American Stroke Association encourages F.A.S.T. as an easy way to remember the sudden signs of stroke and when to call 911:

- F** Face drooping
- A** Arm weakness
- S** Speech difficulty
- T** Time to call 911

Drugs known as tissue plasminogen activator—or tPA—may help to break down blood clots if administered in the Emergency Department quickly. They have been proven to help reduce the severity of certain types of stroke.

## Free Seminar Understanding Stroke

July 28, 2016

6 p.m.

Maury Regional Annex  
1223 Trotwood Avenue  
Columbia, TN 38401

Learn the facts about stroke from a board-certified neurologist. Topics will include risk factors, signs of a stroke, treatment options and rehabilitation. Attendees will also hear from a stroke survivor. For more information, call 931.840.4446.



MEGAN RAHMLOW, M.D.

## NEW Stroke Support Group

August 25

6 p.m.

## Maury Regional Annex

Meetings will continue to be held on the fourth Thursday of each month at 6 p.m. Call 931.840.4446 for more information.

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