

GRMC

HEALTH CURRENTS

ADVANCED MEDICINE. PERSONAL TOUCH.

High-tech advantage

WE BRING THE BEST OF
BIG-CITY TECHNOLOGY TO
OUR HOMETOWN

More than 1,200 robotic surgeries have been performed at GRMC over the past four years by our board-certified general surgeons and gynecologists.

We believe in continuing medical advancements for our facility, and this year is no different. We are pleased to announce the recent acquisition of the da Vinci Xi Surgical System and are proud to be the only healthcare facility in the region performing procedures with this most advanced robotic surgical technology.

The da Vinci Xi System was designed with the goal of further advancing the technology used in minimally invasive surgery, thereby bringing the best of big-city technology to our hometown.



From left, Alyson Kirchner, MD; Clint Burrus, MD; Elizabeth Beste, MD; and George Mannel, MD

Better benefits with the da Vinci Xi

With the da Vinci Xi, the surgeon is 100 percent in control of the robot-assisted surgical system, which translates the physician's hand movements into smaller, more precise movements of tiny instruments inside the patient. The system's immersive

3D, high-definition vision system provides surgeons a highly magnified view, virtually extending their eyes and hands into the patient.

The more compact and sleek design provides enhanced vision definition and clarity for the surgeons, while the newly designed, smaller, thinner and more flexible surgical instruments offer a greater range of motion than with previous surgical systems.

Our multidisciplinary team of specialists—including general surgeons and OB-GYN physicians—will continue to provide high-quality and safe care to each patient with one of the most advanced surgical systems to date. We are truly thrilled to be a leader in this field and look forward to continuing to offer Seguin and surrounding communities minimally invasive surgical options.

Guadalupe Regional
MEDICAL CENTER

Advanced Medicine. Personal Touch.



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SPRING 2018

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Keeping the lines of communication open

When healthcare professionals communicate well and engage patients and their families in the patient's care, safety and quality improve. This is why we are enhancing the way staff and patients communicate with state-of-the-art Patient and Unit CareBoards™.

Patient CareBoards

These high-tech digital monitors make it easier to involve patients and families in the care process by displaying essential information, such as:

- Prescribed medications, doses and time required between medications
- Precautions, allergies and patient status
- Next steps in the patient's care plan so they can communicate with other GRMC staff, if necessary
- Names of providers and nurses during each shift and who to contact if there is a concern about safety or quality of care
- Important care information, such as blood sugar or pain levels

Unit CareBoards

Each Unit CareBoard is located at the nurse's station. The large-screen monitor displays the current status of each patient; the caregiver assigned to him or her; and other information, such as room availability. This is extremely beneficial for nursing staff and physicians to stay informed regarding care plans, precautions, ongoing treatments and more.



Telestroke: Quickly connecting patients to quality treatment

Stroke is one of the top five leading causes of death in the United States and the leading cause of long-term disability. Approximately 800,000 people experience a stroke each year in the U.S. And about 66 percent of the total hospitalizations for stroke occur among adults age 65 and older. Successful management of a stroke is extremely time-dependent.

Time-saving care

GRMC's Telestroke program makes care convenient and easily accessible for patients. Telestroke is a high-quality videoconferencing call for face-to-face interactions and remote viewing of images between the GRMC ER physicians and the neurology team at Methodist Healthcare.

Based on collaboration between these healthcare providers, lifesaving medications can be provided immediately to reduce stroke symptoms or permanent disability. Telestroke is just another way GRMC offers some of the most advanced medicine in our region.



Enhancing care for sinusitis

Chronic sinusitis affects approximately 29 million American adults, making it one of the most common health problems in the U.S. The symptoms of sinusitis—facial pain and pressure, headaches, fatigue, loss of smell, and sinus infections—detract from a person's quality of life.

Surgical assist

Ear, Nose and Throat Physician Jennifer Hennessee, MD, now offers game-changing treatment with the Fiacon Sinus Navigation System. This technology uses an electromagnetic tracking system to correlate with the patient's CT scan. The navigation helps physicians significantly lower patient risk and shortens surgery time, thus becoming more effective at offering relief to sinusitis patients.



Zooming in for clearer vision

It's disturbing when vision blurs, colors seem faded and headlight glare makes it hard to drive at night. These and other symptoms—double vision in one eye or needing more light to read, for instance—could be due to cataracts.

Cataracts, a clouding of the eye lens, affect more than 24.4 million Americans age 40 and older. By age 75, approximately half of all Americans have cataracts. By 2050, the number of people in the U.S. with cataracts is expected to double, from 24.4 million to about 50 million.

Critical precision

A true revolution in the quality of eye care procedures at GRMC involves the OPMI Lumera® T Surgical Microscope. The flexible surgical microscope can be used in all ophthalmic surgical procedures, enhancing the ability of the surgeon to see critical details during procedures on the retina.

Improving interventional cardiovascular medicine

Our cardiology and vascular team offers the very best in cutting-edge technology, being the first hospital in our region to offer intravascular lithotripsy. The intravascular lithotripsy system is an innovative therapy used to treat calcified plaque in patients with peripheral arterial disease (PAD). This condition prevents blood flow to the legs and feet, causing significant pain and limited mobility and potentially leading to surgery, or even amputation in severe cases.

Sonic waves

The hardened structure of calcium restricts normal vessel movement and makes the rigid vascular tissue resistant to traditional balloon therapies. Intravascular lithotripsy technology uses a small generator to produce therapeutic sonic pressure waves from a catheter that is threaded through the vascular system to the site of the blockage to selectively target hardened calcium in patients with cardiovascular disease.

The pressure waves pass through the soft vascular tissue, only disrupting the calcified plaque inside the vessel wall. After the calcium has been broken up, the vessel can be expanded using a low-pressure balloon, thereby enabling patients to be treated effectively with minimal injury to the vessel. This is just one of the many ways our cardiovascular team ensures our patients have excellent outcomes by alleviating pain, reducing or eliminating blockages, and helping them feel better and recover quickly.





Robert G. Haynes,
FACHE, CEO

Technology with a human touch

GRMC's motto is "Advanced Medicine. Personal Touch." This issue of *Health Currents* focuses on the wide range of advanced technology used by our highly skilled healthcare professionals. Just as the technology boom of past decades has transformed the communications field, so too has technology revolutionized the methods by which we diagnose and treat patients.

But regardless of the machines and their increased precision; regardless of the fascinating achievements that have been implemented in medicine—the one true, universal, unchanging and necessary premise of all excellent medical care is the one that GRMC prides itself on: Personal Touch.

It continues to be our honor and privilege to care for our community—through our growing facility, advanced technology and, most importantly, through our personal touch.

HEALTH CURRENTS is published as a community service for the friends and patrons of GUADALUPE REGIONAL MEDICAL CENTER, 1215 E. Court St., Seguin, TX 78155, 800.506.6394 or 830.379.2411. Website: grmedcenter.com.

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CEO of Guadalupe Regional Medical Group

James Lee, MD, GRMC Governing Board Chairman

Health Currents Editor: Chelsea Grayson, Director of Marketing

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GUADALUPE
REGIONAL
MEDICAL
FOUNDATION

Building success

ANSWERS TO COMMON QUESTIONS ABOUT THE HOSPITAL'S FOUNDATION

Ever wondered what the Guadalupe Regional Medical Foundation (GRMF) is and its relation to Guadalupe Regional Medical Center (GRMC)? GRMF plays an important role in supporting GRMC. Below are some FAQs.

Q What is the Foundation?

A: You can think of the Foundation as the fundraising arm of the hospital. It helps obtain the financial resources needed to accomplish our mission of providing the best possible care to each life we are privileged to touch.

Q How does the Foundation benefit the hospital?

A: The Foundation raises money to support the hospital's programs and services, supply needed medical equipment, provide scholarships to employees pursuing a degree in the medical field, enhance facilities and help pay for direct medical care. The Foundation is a resource for the hospital to grow and impact the community.

Q How does the Foundation raise funds?

A: The Foundation raises funds in a variety of ways. We hold special events, pursue grants and organize capital campaigns. We also seek donations from individuals and businesses.

Q How can I give to the Foundation?

A: There are many options. For instance, you can make a cash donation, either as a one-time gift or on a recurring basis. If you'd like, these donations may be made in honor or in memory of a loved one.

Planned giving—including gifts of stocks or bonds, real estate, retirement assets, and life insurance policies—is an ideal way to leave a long-lasting, valuable legacy.

Q Can a small gift make a difference?

A: Yes, gifts of all sizes help support the work of the hospital.

Q Is my donation tax-deductible?

A: Yes, we operate as a 501(c)(3) nonprofit. This means your donations are tax-deductible to the extent allowed by law.

Q How can I learn more about the Foundation and making a donation?

A: You can visit our website at grmedfoundation.org. Or call us at 830.401.1385.