

HEALTH NEWS *from*

FALL 2015

fort duncan

REGIONAL MEDICAL CENTER



Welcoming your baby

A home away from home for *moms-to-be*

*Quality maternity services
and warm, friendly care*

JOY AFTER A HIGH-RISK PREGNANCY

Local mom credits
Fort Duncan Regional

AUTUMN SAFETY ALERT

Cars can still get too
hot for kids



Compliments of

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Like you, at Fort Duncan Regional Medical Center, we believe “la familia es lo primero.” In our case, the priority is every family and individual in Eagle Pass and Maverick County. Our mission, to which we’re completely dedicated, is to provide quality healthcare for everyone. For this reason we’ve focused this issue on family, especially those welcoming a new baby.

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Cars can get too hot for kids even as the temperature drops

You’ll enjoy the touching story of a Quemado mom, who entered her second pregnancy nervous because her first baby was born prematurely. We’re happy to say her second baby was delivered safely at Fort Duncan at 38 weeks. To assist women contemplating motherhood and emphasize how important it is to be prepared for pregnancy, we’ve included recommendations from an OB/GYN. And our safety story for the fall is about leaving children unattended in vehicles. According to the National Highway Traffic Safety Administration, from 1998 to 2014, 53 percent of children who died in hot cars were “forgotten” by their caregiver.

Even as summer fades, emergencies don’t necessarily do the same. If you have one, you want to be seen quickly in the Emergency Department. At Fort Duncan, we’ve formed a committee to reduce ER wait times while maintaining quality emergency care for the community. It’s a hospital-wide commitment, and we’re dedicated to improvement. Take a look at our pledge on page 3.



Richard Prati, FACHE, CPA
Chief Executive Officer



Health Records **online**

Online access to your healthcare records

Health Records Online lets you view certain medical records using your home computer, tablet or smart phone. To enroll in the service, just provide your email address the next time you visit the hospital, and we’ll email you an invitation to join. Follow the simple steps and get personal access to your records 24 hours a day, seven days a week. For more information, visit www.fortduncanmedicalcenter.com/hro.

Announcing a hospital-wide pledge to increase *ER efficiency*

In Fort Duncan Regional Medical Center's Emergency Department, we understand the importance of rapid assessment and treatment. It's something we're always looking for new ways to achieve. Here's an overview of improvements toward faster delivery of high-quality care at Fort Duncan:

MORE EFFICIENT ADMISSIONS

Having the doctor see a patient and getting tests started within 20 minutes of arrival is the goal in the Emergency Department. That's why we "fast-track" patients with non-urgent conditions that can be treated quickly. A separate area for minor emergencies like sprains, ear infections and lacerations adds to overall efficiency.

BETTER COMMUNICATION

To assist the emergency medicine physicians, a patient advocate visits each patient in the ER. Acting as a "customer service" representative, he or she talks with patients to make sure they are comfortable and have what they need. The advocates convey the information to physicians and staff so concerns can be addressed quickly.

A COMMITMENT TO QUALITY

An ER efficiency committee meets every week to discuss and develop plans for decreasing "door to doctor" times. "We acknowledge employees when they meet certain goals, which is very motivating," says Raul Casares, RN, BSN, Emergency Department Director and chairperson of the committee. "Everybody is onboard, and working together for the same result."

TO LEARN MORE ABOUT THE SERVICES AVAILABLE AT FORT DUNCAN, VISIT WWW.FORTDUNCANMEDICALCENTER.COM.





Welcoming your baby

The Women's Center

A home away from home for moms-to-be



Moms and dads want to be surrounded by dedicated healthcare providers in a warm, friendly environment when their baby arrives. You can find that kind of maternity service at Fort Duncan Regional Medical Center. Our Labor and Delivery Room is well equipped and comfortably arranged. For newborns that need extra attention for unexpected health concerns, a Level II nursery offers high-quality care and security.

If you're expecting, the Women's Center can help you get ready for baby with free prenatal classes. They cover when to call the doctor, what to expect during labor and delivery, the benefits of breastfeeding and more.

To schedule a tour, call 830-872-2710.

JOIN US FOR A FREE PRENATAL CLASS

Wednesday, November 18, 5:30 p.m.

Fort Duncan Regional Medical Center,
Conference Rooms 1 and 2

For more information and additional
dates, call 830-872-2690.



Joy after a HIGH-RISK pregnancy

Skilled OB/GYN care at Fort Duncan Regional Medical Center helped bring Jocelyn Salinas into the world.

Mayra Salinas' son Juan Carlos (JC), now 4, was born prematurely and spent time in a neonatal intensive care unit in San Antonio. When Mayra became pregnant again in 2014, she wanted to go full term so her baby would be born healthy and could be close to relatives in Eagle Pass. Thanks to Fort Duncan Regional Medical Center, she got her wish.



Carlos Hernandez, MD
OB/GYN

Mayra was considered high-risk because of her medical history and chronic high blood pressure. Her doctor at Fort Duncan Regional Medical Center was OB/GYN Carlos Hernandez, MD, and she saw a doctor in San Antonio just in case transfer became necessary. "My doctors were able to control my condition with medication and bed rest," she says.

Along with her doctor in San Antonio, Dr. Hernandez recommended Mayra stop working after 26 weeks. "We asked that she get plenty of bed rest at home, and her headaches improved,"

says Dr. Hernandez. "She came in twice every other week so we could monitor her blood pressure and the baby's growth. When Mayra made it to 37 weeks, we scheduled a cesarean section for the next week here at Fort Duncan."

"After 36 weeks, I knew I had passed the 'premature mark,'" says Mayra. She gives the staff and nurses credit for the smooth delivery of little Jocelyn on May 1, 2015.

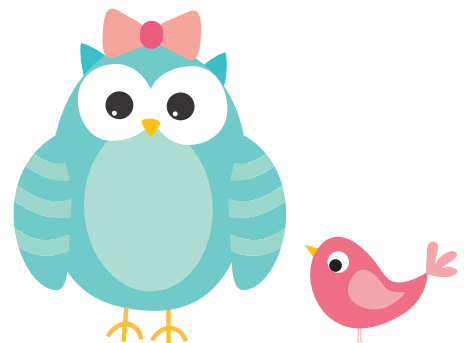
"They were always controlling my pain and making sure I was comfortable," she says. After Mayra left the operating room, a lactation consultant worked with her on breastfeeding. "The post-partum nurse, Adriana Garcia, was also great; she helped me with everything until I could do things on my own. I'll never forget her," says Mayra.

On May 4, Jocelyn and her mom joined dad Juan Carlos and brother JC at home. In July, the family went on their first long-distance outing to visit Mayra's sister in Austin. When Mayra returned to work in August, she was feeling great.



Mayra Salinas gives the staff at Fort Duncan credit for a smooth delivery of baby Jocelyn on May 1, 2015.

"I'm a very nervous person and just going to the hospital can make my blood pressure go up," says Mayra. "Everyone at the hospital was prepared and professional. We didn't have to rush this time because it wasn't an emergency. The nurses explained everything I needed to know. There was no pressure. That helped me to have a wonderful experience." ■





ASK THE DOCTOR:

Preparing for pregnancy



Having a baby is one of the most meaningful moments in life, and a healthy baby is the most important goal. By preparing ahead of time for pregnancy, you can gain health benefits for yourself and your child. **Romanus Nwana, MD**, chairman of the Obstetrics/ Gynecology Department at Fort Duncan Regional Medical Center, offers recommendations for women:

Q: Should I see a doctor before I become pregnant?

Yes. Women should have a checkup with their gynecologist to address any pre-existing conditions. Immunizations, especially the MMR (measles, mumps and rubella) vaccine, should be updated. Review medications you're taking with your doctor. He or she may want to suggest alternatives while you are in pregnancy planning.

Q: Are lifestyle changes necessary?

Women wanting to start a family should avoid alcohol and tobacco. A baby's organs begin to form in the early weeks of pregnancy – even before you may know you're pregnant. Exposure to these substances can put your baby at risk for serious health issues.* Also, getting enough folic acid and iron helps the baby develop properly. Your doctor may prescribe a supplement to achieve this.

Q: Can I continue exercising now and if I'm expecting?

Exercise is essential to good health and can decrease the risk of conditions such as heart disease, high blood pressure and diabetes.** Even after you become pregnant, you'll want to continue to stay active. For specific recommendations during pregnancy, speak with your doctor.

Q: What should I consider when deciding where to have my baby?

For many women, it's important for delivery to be as natural as possible. At Fort Duncan Regional Medical Center, the staff does everything possible to leave the timing of the birth process up to the mom. Skilled OB/GYN doctors are at hand if a cesarean section is required. Comfortable labor and delivery suites, a Level II nursery with advanced security and nurses that speak Spanish help women feel more relaxed. ■

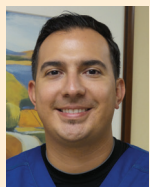
*National Partnership for Women and Families, **U.S. Department of Health and Human Services

For information about women's services and our free prenatal classes for expectant parents, visit www.fortduncanmedicalcenter.com/expecting.



DON'T LET FALL FOOL YOU.

Cars can still get too hot for kids.



On an 80-degree day, temperatures inside a vehicle can reach deadly levels in just 10 minutes. **Raul Casares, RN, BSN**, and Emergency Department Director at Fort Duncan Regional Medical Center, reviews the facts about kids and hot cars, and offers suggestions for keeping children safe.

THE FACTS:

- Heatstroke can happen in moderate temperatures as low as 57 degrees.
- Heatstroke fatalities have occurred in cars parked in shaded areas.
- A car can heat up 20 degrees in about 10 minutes.
- Rolling down windows does very little to keep the car cool.
- Heat stroke begins at a body temperature of 104 degrees; 107 degrees is lethal.
- Children's temperatures go up three to five times faster than those of adults.

HELPFUL TIPS:

- A cell phone app that sounds an alarm when the car engine stops can help you remember a child is in the car.
- Keep your briefcase or purse in the back seat so you'll have to look before leaving the vehicle.
- If a child unattended in a car appears OK, try to locate the parents.
- If the child seems distressed, attempt to get the child out (even break the window).
- If the child is unresponsive, call 9-1-1 immediately.

HOW IS OUR STATE DOING?

From 1998 through 2014, Texas had the most vehicular heat stroke deaths in the country.* Regardless of where you live or travel, never leave a child alone in a parked car – even with the air conditioning on.

Source: safercar.gov; *Dept. of Meteorology and Climate Science, San Jose State University, San Jose, California



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