

Summer 2016

health + care

A PUBLICATION FROM MERCY REGIONAL MEDICAL CENTER AND MERCY HEALTH FOUNDATION



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Mercy Regional Medical Center



INSPIRE HEALTH



Children and adults join in the Hokey Pokey during 10-year anniversary event.

10 years, 10,000 babies, and the HOKEY POKEY

THAT'S WHAT IT'S ALL ABOUT

A jubilant music festival took place Saturday, June 25, in celebration of Mercy Regional Medical Center's 10-year anniversary of its current location in Three Springs. For those who have lived in the Four Corners for a decade or more, it may come as a shock that 10 years have come and gone since Mercy moved to the Grandview area. Even more staggering, however, is the number of babies born at the hospital from 2006 to 2016: nearly 10,000.

With an average of 945 babies delivered each year at Mercy's Family Birth Center, the opportunity to celebrate these children was one not to be missed.

"When we talked with Mercy about this celebration, we decided one of the most exciting things to happen over these 10 years, and something that should be celebrated, were all the babies

"...one of the most exciting things to happen over these 10 years...were all the babies born at Mercy."

born at Mercy," said Tim Zink, real estate portfolio manager of the Three Springs community. Three Springs also celebrated its 10-year anniversary at the June 25th festival.

Upon arrival to the festival, children born at Mercy received various gifts, including "I'm a Mercy Baby" stickers and refreshing popsicles. Children were even invited in front of the stage to join local Gypsy band Carute Roma in the Hokey Pokey.

"I had my baby at Mercy in May," Nicole Mosher, trumpet player and vocalist with Carute Roma, explained at the conclusion of the Hokey Pokey. "My experience was awesome. I want to thank all the nurses, midwives, doctors and staff who made the experience so wonderful." Now that's what it's all about.

Foundation on the move

Mercy Health Foundation recently relocated to suite 248 on the second floor of the medical office building on Mercy's main campus, located at 1010 Three Springs Blvd., in Durango. As Mercy expands services in the region, the hospital continues to seek ways to improve patient care and keep access to physician clinics and other patient services

convenient for those they serve. The Foundation's previous location, in suite 110 of the medical office building, will be occupied by patient financial services.

✚ For more information, or to contact Mercy Health Foundation, call 970-764-2800.



Morgan Manulik, PA-C,
and Dr. Jessica Hannah.

A warm welcome

MERCY OPENS NEUROLOGY CLINIC, EXPANDS SPECIALTY SERVICES

Mercy recently welcomed fellowship-trained, board-certified neurologist **Jessica Hannah, M.D.**, and announced the opening of Centura Health Physician Group Southwest – Neurology, a full-service neurology clinic. Dr. Hannah joins certified physician assistant **Morgan Manulik, PA-C**, to provide diagnosis and treatment for a wide range of brain and nervous system conditions.

Mercy specialists are trained in caring for acute and chronic neurologic disorders, including epilepsy, stroke and transient ischemic attack (TIA), myasthenia gravis, multiple sclerosis, Parkinson’s disease, neuropathy, headache, movement disorders, neuromuscular junction disorders, dementia, idiopathic intracranial hypertension, Guillain-Barré syndrome, pediatric neurology, concussions, and more.

CONTACT US

CHPG Southwest – Neurology

By phone: **970-764-9225**

The clinic is temporarily located in Mercy Family Medicine’s clinic at 1 Mercado St., suite 160, in the Mercy Medical Plaza.

In May, fellowship-trained, board-certified gastroenterologist and hepatologist **Todd Sheer, M.D.** joined **Orlando Lopez-Roman, M.D.**, and **Nathan Voise, D.O.**, fellowship-trained and board-certified gastroenterologists of Centura Health Physician Group Southwest – Gastroenterology.



Dr. Todd Sheer.

The specialty clinic provides comprehensive services to screen for, diagnose, and treat a range of disorders of the digestive system, including the esophagus, stomach, intestines, liver, gallbladder, pancreas and colon. Physicians specialize in minimally invasive endoscopic procedures used to diagnose and treat these conditions.

CHPG Southwest – Gastroenterology

By phone: **970-764-3800**

The clinic is located in suite 270, of the Mercy Medical Plaza.



On the Cover:
Children watch as the Flight For Life Colorado helicopter takes off during Mercy’s 10-year anniversary event.

Read more on page 2.

Cover photo courtesy of Daniel Brown.

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John Peel is a contributing writer to *Health+Care*.



Mike Burns,
Board Chair

CHAIRMAN'S LETTER

Connectivity of care

Looking back on the last fiscal year, I am struck with a sense of accomplishment for Mercy's many achievements—several of which are highlighted elsewhere in this annual report. A common thread I see in Mercy's achievements is the connectedness that now pervades the hospital and its clinics. I think connectedness in health care is a good thing—it enables what can sometimes be a fractured, inefficient, and complicated system to be more cohesive, collaborative, efficient, safe, and cost effective.

One example of being better as a result of being more connected is Mercy Family Medicine, which received the prestigious *Nicholas E. Davies Enterprise Award of Excellence* for its care coordination initiative.

In a nutshell, the initiative created a better connection between Mercy Family Medicine and the hospital to ensure that a patient who is discharged from the hospital receives an appointment—and hopefully new care relationship, if they did not have one—with a primary care doctor.

The care coordinators in the hospital and clinic also work with others in the community who help manage other psycho-social factors that may have contributed to the patient repeatedly returning to the Emergency Department for care. This initiative has proved to be exceptional not only for patients' health, but also for containing health care costs. Data show that this initiative so far has helped save more than \$1 million in unnecessary spending.

The program's success resulted in part from the use of an electronic health record, which allows multiple health care providers to view information about a given patient. Diagnostic test results, hospitalization records, and medications a patient may be taking are a few examples of information that may be shared.

Looking forward, Mercy and the other Centura Health hospitals have embarked on an ambitious initiative to replace the system-wide electronic health record. The new system, Epic, is widely regarded

as the top-tier electronic health record. Prestigious hospitals and systems such as Johns Hopkins, Mayo Clinic, Duke University Health System, and others have chosen to use Epic.

Mercy's "go-live" date is October 30, and much training and preparation has already taken place. Adopting the new system, like other major changes, will not be without its challenges, but when the implementation is complete, Epic will enable unprecedented levels of connectivity at Mercy—between departments, between the hospital and community providers, between Mercy clinics and their patients, and more.

I am optimistic and excited for Mercy's future, when a state-of-the-art

medical record will enable even more connectivity as Mercy expands and provides more convenient ways and places to access care. This connectedness will allow the talented professionals who work at Mercy and in other communities in the region to better work together in caring for the sick and injured and improving the health of those we serve. Durango and the surrounding communities are, in my opinion, a better place to live and work as a result of the diligence of this high performing group of health care professionals.

Mike Burns, Chairman,
Board of Directors,
Mercy Regional Medical Center

By the Numbers

With more than 1,300 dedicated employees and health care professionals working to provide care, the following statistics show how many individuals turned to Mercy Regional Medical Center in fiscal year 2016 (July 1, 2015, to June 30, 2016).

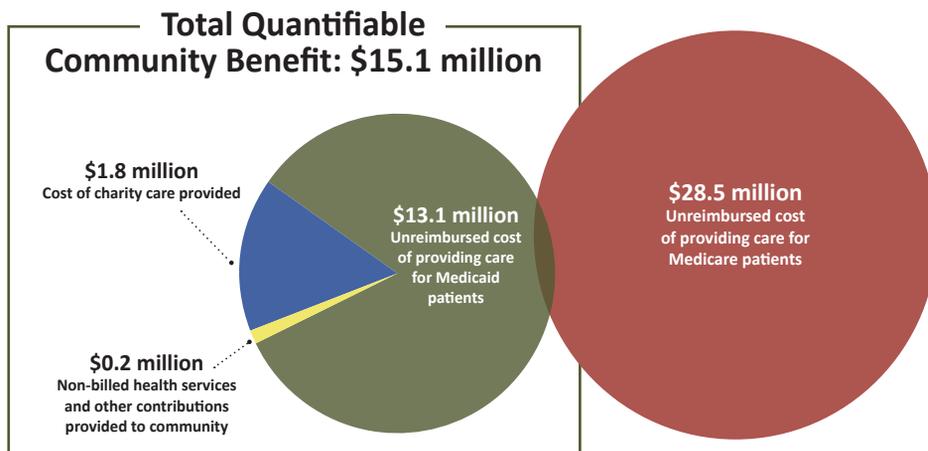


Community Involvement and Giving

(For the 12-month period ending June 30, 2016)

Caring for the community has been an integral part of Mercy Regional Medical Center since it was founded in 1882. Mercy is not reimbursed for a significant portion of the cost incurred in providing care. In fiscal year 2016, Mercy Regional Medical Center provided community benefits at a total value of more than \$15.1 million. Much of this involved providing care to patients with no insurance or to patients with insurance that did not fully reimburse Mercy's costs.

Mercy also provided care for thousands of patients covered by Medicare. The total cost to Mercy of providing that care far exceeded the payment Mercy received from the Medicare system.



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Mercy Milestones

Fiscal Year 2016 (July 1, 2015, to June 30, 2016)

August

- Opened Mercy Orthopedic Associates, a physician clinic specializing in treatment of injuries and diseases of the bones, joints, and muscles.

September

- Opened Centura Health Physician Group Southwest – Endocrinology, a full-service clinic providing diagnosis and treatment for disorders affecting the endocrine system.

October

- Recognized by Healthgrades® as one of *America's 100 Best™* hospitals for Orthopedic Surgery and Spine Surgery, making it the only hospital in Colorado to be named one of *America's 100 Best* for orthopedic and spine surgery four years in a row (2013-2016) and placing it among the top five percent of hospitals in the nation.

December

- Opened southwest Colorado's first wound care center, Mercy Wound Care Center, an outpatient clinic that offers specialized therapies for treatment of non-healing wounds.
- Named by The Leapfrog Group as one of *24 Top Rural Hospitals* in the nation.
- Mercy Home Health recognized as a *Top 100 HomeCare Elite™* agency by National Research Corporation and DecisionHealth.

February

- Mercy Family Medicine honored with *Nicholas E. Davies Enterprise Award of Excellence* from the Healthcare Information and Management Systems Society.
- Mercy Home Health recognized by Medicare as a five-star provider of home health care, based on patient experience survey data.

April

- Hospice of Mercy and Mercy Health Foundation celebrated groundbreaking for the new Mercy Hospice House, the region's first dedicated hospice facility.
- Named by Healthgrades® among the top five percent in the nation for *Outstanding Patient Experience* for eight years in a row (2009/2010-2016) and *Patient Safety* in 2016.
- One of only 798 hospitals in the nation to receive an 'A' grade for patient safety from industry watchdog The Leapfrog Group. It was the eighth consecutive 'A' grade Mercy has received.

June

- Recognized as one of the nation's 100 Great Community Hospitals by *Becker's Hospital Review*.
- Celebrated 10-year anniversary of Mercy's current location in the Grandview area.



3D adds new dimension to breast care

3D sounds so much better than 2D. But is it really? Well, in the case of mammography, the answer is “absolutely.”

Thanks to continuing community support for breast care, Mercy Health Foundation has purchased a new machine that will instantly give area women (and some men) a better shot at heading off and battling an all-too-common disease.

Using state-of-the-art technology, the Hologic Selenia Dimensions 3D Tomography System is capable of finding 30 to 40 percent more cancers than two-dimensional machines. As of August, the new 3D system is up and running at the Mercy Regional Breast Care Center. It is the best breast imaging system available and is quickly becoming the new standard.

Picture the difference this way: 2D imaging is like looking at a side-view picture of a loaf of bread, while 3D is like cutting the bread into multiple slices and viewing each slice—or the whole loaf—from any angle, making it much easier to see small details

“inside” the loaf. Now it’s possible to see 1 millimeter slices of the breast, with the upshot being that many cancers that once were hidden are now visible with 3D technology.

“We are excited that the Mercy Health Foundation has once again funded the latest technology for our community,” says Mary Howell, manager of Mercy Regional Breast Care Center. “We are all very proud of our Breast Care Center and it is so important to give women the best service possible close to home.”

From the patient’s perspective, the Selenia Dimensions 3D machine operates about the same as a 2D machine. One major difference is the X-ray arm swings around the breast. That’s what provides the extra angles to create the 3D image. The 3D scan will take just a few seconds longer than 2D.

The benefits of the new 3D system are many: Smaller lesions can be detected, thus allowing treatment to begin sooner. Howell said the extra images will provide a clearer analysis of the breast tissue, and the need for biopsy will be more accurately considered. For women with dense, large breasts, it’s especially helpful for radiologists to get more layered views.

Mercy believes it’s important for everyone to have access to this type of care, and the hospital will make sure all women can get it, regardless of ability to pay, said Shawn Putman, director of imaging and cardiovascular services at Mercy. Furthermore, patients’ out-of-pocket costs will not increase with the new technology.

The Center also offers convenient access to breast ultrasound, breast MRI, and specialized breast cancer lab diagnostics.

GENESIS OF THE BREAST CARE CENTER

It may be hard to imagine now, but before a few forward-thinking hospital leaders and community members joined forces a decade ago, this facility did not exist. At that time Mercy realized the need for a new digital mammography machine. But that wasn’t the only need. Lab work was being sent out-of-state, often leading to delays in receipt of patients’ results. And, waiting only added to the stress of worried patients and their loved ones. The need to improve access to diagnostic breast care services became more urgent than ever.



Mary Howell, manager of Mercy Regional Breast Care Center.

So in January 2007, the community boards of Mercy Regional Medical Center and Mercy Health Foundation together set an urgent goal: to build a breast care center that would provide cutting-edge technologies in a central location and in a comfortable environment.

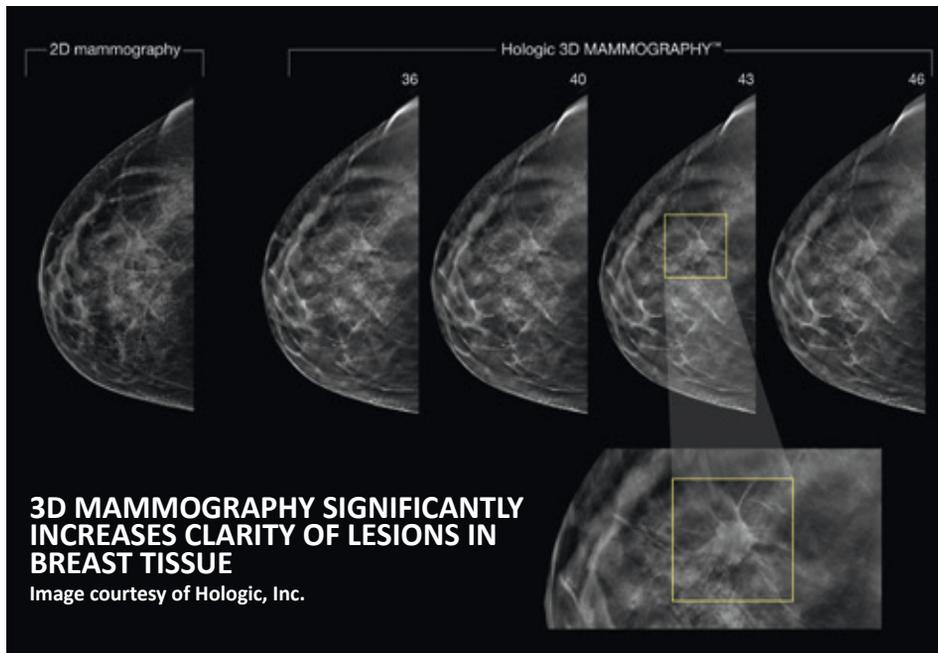
That set off the Foundation's "Yes Ma'am" campaign which raised the \$3.4 million needed for equipment and construction to build the comprehensive center. Mercy Regional Breast Care Center opened in January 2009. It brought to the region digital mammography, a dedicated radiology reading room, laboratory tissue staining equipment, a breast ultrasound machine, breast MRI, top-notch breast biopsy capabilities, as well as a new 3,500-square-foot spa-like facility complete with fireplace,

waterfall, beautiful art and sculpture, and a refreshment bar in the waiting area.

"I think the Center really does make women feel much more comfortable and not so anxious," said Linda Campbell, campaign chairwoman for the "Yes Ma'am" campaign. She praised the Foundation for the latest drive to purchase the 3D machine. "It is truly a top-notch breast care center."

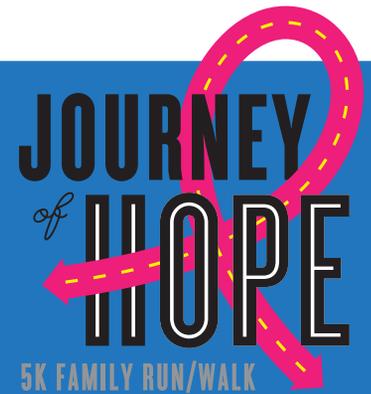
The world-class service and convenience continues thanks to community support.

"Fundraising is ongoing and never stops, as is evident with the expanding comprehensive services and acquisition of the latest technology," says Joy Hess, Foundation development officer. "And it's all thanks to our donors."



✚ Contact the Mercy Regional Breast Care Center at **970-764-2500** (*general info*) or **970-764-2525** (*appointments*).

To contribute to the Mercy Regional Breast Care Center or the Journey of Hope Fund, contact Mercy Health Foundation at **970-764-2802**.



JOURNEY OF HOPE IS OCTOBER 1ST

The 22nd annual Journey of Hope is coming Saturday, Oct. 1, and it will bring tears, laughter and celebration to Mercy Regional Breast Care Center, the start of the perennial event's 5K.

Journey of Hope honors women and their families who have been touched by breast cancer. Proceeds from the Journey of Hope 5K Family Run/Walk go to a fund administered by Mercy Health Foundation that provides free mammograms to women who cannot otherwise afford them.

Share your stories, prayers, and messages of hope before and during the event, and then enjoy music, food, prizes, and activities for the kids at the post-race gathering at the Three Springs pavilion on Mercado Street.

DETAILS:

Journey of Hope 5K starts at 9 a.m.

Race start is located in the parking lot just north of the Breast Care Center.

Entry for adults: \$25. The event is free for children under 12 (or \$25 if race gift is desired).

TO ENTER: To register or for more information, call **970-764-2800** or visit the Mercy Health Foundation website at mhffnd.org and click on the Events tab. You can also register on the morning of the event near the start, or during packet pickup Friday evening, Sept. 30, in the main lobby of Mercy.

FLIGHT FOR LIFE'S not-so-average day

A typical day? Well, that's just the thing about air medical transport: You're in it because you know there really isn't a typical day.

Flight For Life Colorado is ready to respond, any moment of any day, to an emergency. Under the Centura Health umbrella, Flight For Life has five helicopter bases around the state. Lifeguard 5 operates from Mercy Regional Medical Center, and

being part of the hospital's operations is unique in the realm of medical transport.

The base's nurses, paramedics and pilots keep plenty busy, averaging more than one call per day, says Travis McGrath, base manager for Lifeguard 5. With both a helicopter and airplane to keep ready for action, there's little down time. A typical day is anything but slow.

6 A.M.

Two-member crews work 12-hour shifts, beginning at 6 a.m. or 6 p.m. The outgoing crew briefs the incoming crew on major developments, and perhaps about a hospital patient who is likely to need transport. There is always a two-person crew on duty at Mercy, within sprinting distance of the Eurocopter A-Star B3. Several days a week there is also a two-person crew at Durango-La Plata County Airport, where the Beechcraft KingAir 200 airplane is at the ready.

Each crew member has a personal helmet, survival bag, coat and other gear that is loaded onto the helicopter "so we're mission ready," McGrath explains. They also check to ensure all equipment, supplies and medications are stocked on the A-Star.

State-of-the-art equipment on the aircraft includes monitors/defibrillators to check vital signs and restore a heartbeat, night vision goggles, and I Stat machines, which can conduct several crucial laboratory tests in flight. Mercy Health Foundation, through generous community donations and grants, funded the hospital helipad in 2006 and \$202,000 worth of equipment when Flight For Life began operating in Durango in 2011. The Foundation—grateful their donors have once again contributed to the health and safety of our communities—continues to raise funds for such needs.

Crew members step on a scale every morning, and not just for their health. Especially at high altitude, each ounce on the 4,700-pound helicopter is critical. The combined weight of the crew, fuel, and extra equipment determine what the maximum weight of a patient/passenger can be each day. If a patient weighs more than the maximum, then in order to complete a rescue, the pilot may have to burn off fuel (at six pounds per gallon) or leave a crew member at a staging area, McGrath says.

MID-MORNING

There might be a patient chart to complete from a previous mission, or inventory to take. Crews might make hospital rounds just to keep in touch with emergency, intensive care, and other department staff with whom they often work hand-in-hand.

They can help out around the hospital when not on a call, which is fairly unique to Flight For Life Colorado. This ability not only gives the hospital—particularly the emergency department—another resource, but it also allows Flight For Life crews to hone their skills and keep up their patient contact.

Training and safety, both ongoing and daily, are huge priorities for crew members, McGrath says. Mental status and operational rules are reviewed daily. Among those rules, for instance, is that, because the helicopter cabin is not

pressurized, the crew and pilot must use supplemental oxygen when operating at altitude (30 minutes or more above 10,000 feet) to remain sharp.

"Especially the pilot," McGrath says. "We want their head to be clear as possible when they're in command."

AFTERNOON

Emergency flights come at all hours, but most typically between noon and 10 p.m. It's when people are most active, and in the case of a rescue of a mountain climber or backcountry skier, it might take a few hours for those needing help to just get the word out. Thursdays through Sundays generally are the busier days. Lifeguard 5 gets requests from physicians, ambulance services, fire departments, law enforcement and search-and-rescue agencies.

After each mission a debriefing is held. Safety issues, what went well, and what needs improvement are all discussed to improve the process and make the next mission better.

So whether it's a pregnant woman, a tiny child, or a skier with a broken leg who needs help, these highly trained pilots, nurses and paramedics are standing by to bring life-saving skills and equipment wherever they are needed in the region.



Travis McGrath, base manager, and Katy Watson, flight nurse, for Flight For Life Colorado.

Are you ready for an emergency?

Hurricanes and earthquakes may be unlikely around here, but there are plenty of other natural and man-made disasters that, unfortunately, could strike the region. Try these for starters: Floods. High winds. Blizzards. House fires. Lightning strikes.

Think you're immune from disaster? Many people do. But it's important to take time and think about your location-based risks, emergency professionals say.

"There's an assumption that it's never going to happen to me," says Mary Jo Seiter, clinical nurse coordinator at Mercy Regional Medical Center's Emergency Department and Mercy Urgent Care. "Most people are not prepared."

People should have a plan for a variety of risks, and those risks depend on where one lives, says Andrew Miller, manager of security at Mercy and, along with Seiter, member of the hospital's emergency preparedness committee. Some areas, for example, are flood-prone, while others are wildfire-prone. People become accustomed to having emergency services available instantly, but in a disaster, that might not be the case. Miller suggests: "If emergency medical services aren't able to reach you, consider what you need to do to sustain yourself in the home."

Preparedness experts recommend that a household have three days' supplies in case of an emergency. Depending on the situation, it could take emergency personnel that long to come to your rescue, or it could take that long (or longer) before power is restored. Food, water and medications should top everyone's list, and don't forget your pet, Miller says.

Seiter emphasizes having a plan. In an emergency, that plan will at least lessen the chaos and panic. Two things each family can set up beforehand:

- **Know whom to call, and have the phone numbers.** For a child, this could be a parent, neighbor, out-of-state relative, or all the above. Keep in mind that texts get through easier than phone calls in a large emergency.
- **Have a rendezvous point.** Where will you meet if you have to escape the house quickly? Pick a spot in the neighborhood (Aunt Mary's down the block) and outside the neighborhood (a library or business, perhaps). Draw a map for everyone to have.

It's a good idea to conduct drills with your children, Seiter says, and to get them involved in the plan more as they age.

"You don't have to scare them," she says. "Drills can be fun."

Mercy has its own comprehensive emergency operation plan that it is continually honing and practicing, either through drills or educational opportunities, Miller says. Mercy, as other agencies in the region do, focuses on the four phases of emergency management: mitigation, preparedness, response and recovery.

✚ ON THE INTERNET

These online resources can serve as good tools to help you evaluate your family's situation and to plan for an emergency:

Ready.gov
ReadyColorado.com

A HEAD'S UP on concussions

For myriad reasons, athletic concussions are at the forefront of many people's minds these days. When a Hollywood movie ("Concussion," released in December) is made about a medical condition, you know it's a hot issue. And as the 2016-17 school year begins, it's one that every athlete and their parents will address.

Colorado was ahead of the curve, passing the Jake Snakenberg Youth Sports Concussion Act in 2011. Coaches must be educated about concussions, students must be removed from play if a concussion is suspected, and a health care professional must approve the student's return to play.

"It's not just a 'ding to the head' and something you shake off anymore," says Luke Angel, manager of rehabilitation at Mercy Integrated Physical Therapy and head of the concussion program at Mercy Sports Medicine. The science has gone far beyond that.

YOUTH SPORTS

Mercy Sports Medicine has been stepping up its knowledge and outreach to youth athletes for several years, and now offers a comprehensive program of testing,

evaluation and rehabilitation not just for athletes, but for anyone who has suffered a concussion.

It has full-time athletic trainers at four local high schools (Durango, Bayfield, Ignacio and Cortez) and part-time trainers at two more (Mancos and Dolores). It also works closely with youth soccer, cycling, and ski/snowboard clubs, and helps youth football as well.

It all begins in the preseason, when each youngster is given a 25-minute neurocognitive test that measures thinking speed and memory. If a concussion occurs, or one is suspected during the season, the athlete is tested again. The new test, compared with the baseline, can be an indicator of the concussion's severity. Test results are one of the factors that can help medical professionals evaluate how long a student should be held out of school, kept away from reading or using a computer, and ultimately, when the student can return to playing sports.

Angel says recovery is a full team approach, involving doctors, athletic trainers, physical therapists, and school administrators, counselors and nurses. And it requires the patient's patience.

"Everyone has to be on board," he says. "The sooner we can get symptoms down, the sooner they can get back. It makes no sense to push people faster in their recovery."

Athletes with concussions lasting more than two or three weeks generally are given physical therapy and rehabilitation. Often with concussions, something called the vestibulo-ocular reflex (VOR) is affected. When working properly, the VOR helps your eyes track an object when you're moving. If the VOR is out of whack, you can get headaches or a sense that you're moving when you're not, Angel explains. Exercises such as visual training and gaze stabilization can help fix the VOR.

Angel, who earned a doctorate in physical therapy, was recently certified in Vestibular Rehabilitation at Emory University in Atlanta.

+ Contact Mercy Sports Medicine, 3206 N. Main Ave. in Durango, at **970-259-9530**.

CONCUSSION SERVICES

For athletes: injury assessment; neurocognitive testing (pre- and post-injury); concussion care coordination; physical rehabilitation; and supervision of return to activity. For schools, sports leagues, clubs, and teams: concussion education and training; group neurocognitive testing; event coverage; and injury assessment.





Amy Haggart, community outreach at Mercy, presents to youth during Gray Matters Helmet Program event, May 2016.

GRAY MATTERS

a brainstorm that hasn't ended

You can't catch every falling kid to prevent a potential brain injury, but maybe you can do something to head off the problem.

Mercy Regional Medical Center's Emergency Department was noting several years ago that the traumatic brain injuries of many patients were potentially preventable, or could have been lessened – if the injured had worn a helmet. To increase helmet use and raise the knowledge of traumatic brain injury, or TBI, Mercy Trauma Services and Mercy Health Foundation in 2009 put their heads together and launched the Gray Matters program, a three-pronged effort:

- Promote traumatic brain injury awareness and education.
- Encourage people to use sport-appropriate, properly fitted helmets.
- Provide free helmets to those in need.

Since its inception seven years ago, Gray Matters has donated \$49,111 in helmets and educational materials. It has purchased and distributed 2,311 bicycle helmets and 724 ski/snowboard helmets, for a total of 3,035. It has also distributed \$13,928 worth of educational materials at Gray Matters events, and another \$840 in promotional banners.

“Besides getting kids in our community properly fitted helmets, the team knew it was equally important to educate about TBI and the importance of wearing a helmet,” says Joy Hess, Mercy Health Foundation development officer.

Children are particularly vulnerable to TBI and concussions because their brains aren't fully developed.

The Foundation has fundraised through individual donations, sponsorships and grants, and by being the beneficiary at local events. It continues to accept donations to meet the need for helmets.

“The support, as always, has been amazing,” Hess says, “but the need for funding is ongoing.”

+ Please consider supporting active youth in our community by making a contribution to the Gray Matters program. For information or to contribute, contact Mercy Health Foundation at **970-764-2802**.

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