In December 2008, Community Hospital-Fairfax reached another milestone. The fundraising initiative to raise $1.5 million dollars for the hospital’s new facility exceeded its half-way mark.

This milestone brings the hospital’s capital campaign, Investing In Our Healthy Future, closer to its goal of providing our emergency services with the best possible space and equipment.

The new ER at Community Hospital-Fairfax is separated from the nurses’ station, making it difficult to communicate and share resources for the staff members. Linda Kahle, Director of Nursing, says that although Family Nurse Practitioners are available 24 hours a day, the nurses from the second floor must also assist in caring for patients as needed in the ER on the first floor.

“The new hospital’s ER will be more user friendly which means the best care can be given to the patients,” Kahle explains.

Dina Johnson, a full time staff RN, knows a new hospital means enhanced care and attention to patients.

“The new emergency room will allow the ER nurses to be more dedicated to the ER patients rather than share their space with out-patients. More space will enable us to do our jobs better and make it more comfortable for the patients,” Johnson said.

Other features in the new hospital include a Triage Room, which is a private area where nurses, doctors and patients’ families can visit privately. There will also be rooms equipped to treat patients with serious injuries. These rooms will be separate from the treatment rooms so trauma related injuries can be handled in a specialized area.

Emergency Room Family Nurse Practitioners at Community Hospital-Fairfax: Bret Bullard, Theresa Blanc, Allison Godchaux and Connie Anderson.

In recognition of Heart Healthy month in February, Community Hospital-Fairfax wants Northwest Missouri to know what we are doing to keep your heart as healthy as possible.

During our 2007-2008 year, we assisted almost 800 patients with cardiac related care in our Cardiopulmonary Department with Nuclear Medicine treatments, ECHO cardiograms, and cardiac rehab services. This year, we also added a pacemaker clinic to further serve our patients.

Last year, Community Hospital-Fairfax’s Emergency Services treated nearly 3,000 patients. Of those cases, one condition stands out from the rest. Cardiac related problems are one of the most common reasons patients come to the ER.

Our emergency services staff is prepared to treat cardiac patients and knows how to work together to ensure the best care possible is provided.

“Teamwork is critical to ensure the patient receives the needed care in an efficient and timely manner,” says Rhonda Evans, Chief Operating Officer at Community Hospital-Fairfax.
The truck parked in front of the hospital twice a month is the Nuclear Medicine Truck that travels from BryanLGH in Lincoln, Nebraska. Patients visit the Nuclear Medicine truck for heart scans. The scans take about 20 minutes each. Patient undergo a pre scan, then are taken to exercise to increase their heart rate and dilate the heart vessels. The scans tell specialists if any blockage exists in the coronary arteries. It also checks heart wall motion and ejection fractions. The Nuclear Medicine truck has been providing this service for 4 years at Community Hospital-Fairfax and works in conjunction with cardiologists Dr. Ryan Whitney and Dr. Scott Coatsworth.
Recommended Adult Immunization Schedule

Note: These recommendations must be read with the footnotes that follow.

<table>
<thead>
<tr>
<th>VACCINE</th>
<th>AGE GROUP</th>
<th>19–49 years</th>
<th>50–64 years</th>
<th>≥65 years</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tetanus, diphtheria, pertussis (Td/Tdap)*</td>
<td></td>
<td></td>
<td>1 dose Td booster every 10 yrs</td>
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*Covered by the Vaccine Injury Compensation Program.

For all persons in this category who meet the age requirements and who lack evidence of immunity (e.g., lack documentation of vaccination or have no evidence of prior infection)

Recommended if some other risk factor is present (e.g., on the basis of medical, occupational, lifestyle, or other indications)

Report all clinically significant postvaccination reactions to the Vaccine Adverse Event Reporting System (VAERS). Reporting forms and instructions on filing a VAERS report are available at www.vaers.hhs.gov or by telephone, 800-822-7967.

Information on how to file a Vaccine Injury Compensation Program claim is available at www.hrsa.gov/vaccinecompensation or by telephone, 800-338-2382. To file a claim for vaccine injury, contact the U.S. Court of Federal Claims, 717 Madison Place, N.W., Washington, D.C. 20005; telephone, 202-357-6400.

Additional information about the vaccines in this schedule, extent of available data, and contraindications for vaccination is also available at www.cdc.gov/vaccines or from the CDC-INFO Contact Center at 800-CDC-INFO (800-232-4636) in English and Spanish, 24 hours a day, 7 days a week.

Use of trade names and commercial sources is for identification only and does not imply endorsement by the U.S. Department of Health and Human Services.

Figure 1. Recommended adult immunization schedule, by vaccine and age group
United States, October 2007 – September 2008

Regular health screenings and immunizations:
Your tools to a healthy lifestyle

Women
Adults should have their weight, blood pressure and cholesterol levels checked regularly. They should also have a Pap Test at least every 3 years to screen for cervical cancer starting at the age of 21 or after becoming sexually active.

After the age of 40, mammograms should be scheduled every 1 or 2 years. Women with a family history of breast cancer should start screening with regular mammograms 10 years before the age at which their family member was diagnosed. (Example: If your mother was diagnosed at 45, you should start screening at 35).

At age 50, women should also be tested for colorectal cancer. Ages 65 and older should be tested regularly for osteoporosis.

Men
Adults should have their weight and blood pressure checked regularly. If there is a history of heart-disease risk factors, such as diabetes, hypertension or cardiovascular disease, men ages 35 and older should have their cholesterol checked.

Men older than 50 should be tested for colorectal cancer and prostate cancer. Watch for information regarding Community Hospital’s prostate screenings held twice a year.

Check Community Hospital’s monthly clinical calendar in local papers or www.fairfaxmed.com

CDC Adult Immunization Chart

Recommended Adult Immunization Schedule

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Women

Men

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Dear Friends of Community Hospital-Fairfax,

Happy New Year from your friends at Community Hospital-Fairfax! We look forward to another rewarding year of caring for our friends and neighbors in 2009.

As in 2008, one of our top priorities this year will be the continued search for a Family Practitioner. We currently have three recruitment firms helping us search as well as the in-house recruiter at The Nebraska Medical Center. There are fewer Family Practitioners who provide obstetrical care, so this makes our search more difficult. We are pleased that Dr. Maria Espejo is starting her practice in Mound City and joining her husband, Dr. Fernandez, in serving our patients in Northwest Missouri.

This spring will bring a lot of steel and concrete. Construction for the new hospital continues to excite us as we watch the landscape of our new home change. The dirt work for the new hospital has been nearly completed. The mound of dirt (surcharge) will be removed once the compacting is complete. The architects are continuing to work with staff to finalize the layout of various departments. A trip to Jefferson City to the Department of Health for approval of the preliminary drawings will take place in early 2009.

We continue to welcome any questions about all aspects of the hospital and are happy to meet individually or with any group to discuss the progress on the building project or services provided at Community Hospital-Fairfax.

Thank you to everyone who has supported the hospital during 2008 whether it was participating in the Celebrity Waiter Dinner, the golf tournament, our annual appeal, memorials or the capital campaign, Investing In Our Healthy Future. Because of your generosity we continue to provide Compassionate Care. Close to Home.

Sincerely,

Myra L. Evans
CEO