

staying
HEALTHY



**HORIZON
HEALTH**



Scribes give providers more patient time

Medical scribes across the nation are helping patients get more one-on-one time with their healthcare providers by serving as personal assistants in the exam room.

Providers use scribes to document their interactions with patients in real time. Once details of the visit are documented, they are reviewed and signed by the provider, and included in the patient's electronic health record (EHR).

Additionally, scribes help retrieve patient testing results, nursing notes, and other relevant health information that is part of the patient's EHR. Performing many of the duties that once were a physician's responsibility allows providers to spend more time on patient care.

Having scribes accompany providers in the exam room benefits both providers and patients in several ways, including the following:

- Documentation is faster and more accurate. Providers no longer have to split their time between recording details of the

visit and diagnosing and treating patients.

- Information gathered from patient visits is more readily available and patient records are updated more quickly. Many providers previously would spend additional hours doing documentation at the end of the day or during off hours.
- Scribes save providers time, which can expedite the ordering of prescriptions and testing.
- With a streamlined documentation process, providers can spend more time on direct patient care and less time on documentation.

More medical providers nationwide are relying on scribes to help fulfill the numerous documentation requirements that come with maintaining complete, accurate electronic health records. The American College of Medical Scribe Specialists estimates there are more than 20,000 scribes in the US. That number is expected to grow to 100,000 by 2020.

Several doctors and nurse practitioners in the Paris Clinic utilize scribes, which allow them to spend more time with their patients.

Kumar Sodvadiya, MD

Dr. Kumar is a full-time family practice physician in the Paris Clinic. He joined Horizon Health in September 2014.

Dr. Kumar sees patients of all ages with all types of health conditions.

His scope of practice includes well baby checkups, women's health, men's health, and geriatric medicine. He also performs cardiac stress tests and interprets Holter monitor readings.

Dr. Kumar earned his medical degree at Surat Municipal Institute of Medical Education and Research in Surat, India. He earned an MBA in healthcare at the University of Findlay in Findlay, Ohio. He completed his medical residency in 2014 at the University of Nebraska Medical Center in Omaha. During that time, he also participated in the Norfolk Rural Track Training Program.

Dr. Kumar is a member of the American Academy of Family Physicians. His hobbies include playing cricket, volleyball, and tennis. His wife, Hetal, is a doctor of physical therapy at Horizon Health. They live in Paris with their two children.



Paris Community Hospital
721 E. Court St., Paris, IL 61944

Oakland Clinic
5 S. Walnut St., Oakland, IL 61943

Chrisman Clinic
112 W. Madison Ave., Chrisman, IL 61924


EZ Care—Marshall *Coming soon!*
1602 N. Illinois Hwy 1, Marshall, IL 62441

Paris Clinic
727 E. Court St., Paris, IL 61944

EZ Care
1 Phipps Lane, Paris, IL 61944

Senior Care
15323 US Highway 150, Paris, IL 61944

Do I really need antibiotics?




SAY YES TO ANTIBIOTICS
when needed for certain infections caused by **bacteria**.

SAY NO TO ANTIBIOTICS
for **viruses** such as colds and flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.

Antibiotics are only needed for treating certain infections caused by bacteria.

Antibiotics do not work on viruses.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



Antibiotics not always the answer

Antibiotics are not always the answer to treating an illness. That message comes from the Centers for Disease Control and Prevention (CDC), which urges consumers to “Be Antibiotics Aware” and understand the proper use of antibiotics.

Antibiotics can save lives, the CDC says. However, they are not always needed and can cause side effects. In fact, reactions from antibiotics cause one out of five medication-related visits to the emergency department.

Antibiotics are only needed to treat certain infections caused by bacteria. These include strep throat, whooping cough, urinary tract infections, pneumonia, and life-threatening conditions including sepsis, the body’s extreme response to an infection.

Antibiotics do not work on viruses that cause the common cold, flu, or a runny nose (even if the mucus is thick, yellow, or green). Additionally, antibiotics will not help some common bacterial infections, including most cases of bronchitis, many sinus infections, and some ear infections.

Antibiotic overuse can lead to antibiotic resistance, the CDC states. That means that bacteria no longer respond to the antibiotics designed to kill them. At least two million Americans become infected with antibiotic-resistant bacteria each year, and at least 23,000 people die as a result.

- To help prevent antibiotic resistance, the Illinois Department of Public Health recommends the following:
- Ask your healthcare provider if there are other steps you can take to feel better without using an antibiotic.
 - Do not ask for antibiotics when your healthcare provider thinks you do not need them.
 - Take antibiotics exactly as prescribed.
 - Stay up-to-date on your recommended vaccines to help prevent illness.
 - Wash your hands regularly to stop the spread of disease.

DECEMBER & JANUARY Community Health Programs

HOLIDAY HOURS/CLOSURES December & January

- » Paris, Chrisman & Oakland Clinics
(Note that regular business hours may vary at each clinic)
Monday, Dec. 24 – Close at noon
Tuesday, Dec. 25 – Closed
Monday, Dec. 31 – Regular business hours
Tuesday, Jan. 1 – Closed
- » EZ Care
Monday, Dec. 24 – 9 am to 5pm
Tuesday, Dec. 25 – Closed
Monday, Dec. 31 – 9 am to 7 pm
Tuesday, Jan. 1 – 9 am to 7 pm
- » NAL Clinic
Monday, Dec. 24 – 8 am to noon
Tuesday, Dec. 25 – Closed
Monday, Dec. 31 – 8 am to 4 pm
Tuesday, Jan. 1 – Closed

VOLUNTEERS’ CHOCOLATE SALE December 3 & 4

- » The PCH Volunteers will hold their South Bend Chocolate Company sale from 8 am to 4 pm by the rotunda entrance to the Paris Clinic.

MONTHLY HEALTH SCREENINGS January 4

- » Blood sugar, blood pressure, and lipid panel (HDL, LDL, and tryglicerides) screenings from 7 to 9 am. Fasting for eight hours in advance required. Cost is \$25. Call 217-466-4228.

NATIONAL CRNA WEEK January 20-26

- » Horizon Health recognizes the valuable contribution of its four Certified Registered Nurse Anesthetists (CRNAs) during National CRNA week. CRNAs providing care at Horizon Health include: David Grazaitis, CRNA, APN; Lovie Cotton, CRNA, APN; Adam Schneider, CRNA, APN; and Lee Webber, CRNA, APN.