



Paris
Community
Hospital
• Family
Medical
Center

March 2016

At the touch of a button

staying
healthy

EHRs streamline healthcare experience

The days of pen and paper are rapidly giving way to technology as the preferred method for managing patient medical information.

While electronic record keeping is nothing new to healthcare, the Affordable Care Act (ACA) – often referred to as Obamacare – mandated that healthcare providers adopt and demonstrate “meaningful use” of electronic medical records by Jan. 1, 2014. Financial incentives were included in the law to offset costs and ensure compliance on a national level.

“Meaningful use” of electronic health information is defined as using digital medical and health records to achieve the following:

- Improve quality, safety, efficiency, and reduce health disparities
- Engage patients and family
- Improve care coordination
- Maintain privacy and security of patient health information

1 Under the ACA, federal lawmakers view electronic health records (EHRs) as being the

core of an emerging health information technology infrastructure that will improve the nation’s healthcare system. EHRs, they say, decrease medical costs and improve quality of care. For example, medical errors can be reduced by improving the accuracy and clarity of medical records. Additionally, making health information more readily available can reduce duplication of tests and delays in treatment. It also empowers patients to stay informed and make better decisions about their healthcare.

2 An EHR consists of a detailed account of a patient’s health information, generated by multiple healthcare providers. An EHR typically contains information such as the patient’s demographics, contact information, vital signs, allergies, medical history, current and past medications, immunizations, radiology reports, and laboratory data.

3 EHRs are designed to be shared across the spectrum of a patient’s providers to help deliver a more comprehensive health experience with the most accurate information possible. They offer a single source for multiple providers to rely upon for viewing

results, processing claims, and storing records. For insurers this can help reduce duplication and speed up payments.

4 The ultimate goal of EHRs is to allow doctors to access and share detailed health information. Patients benefit by being able to obtain thorough and up-to-date reports on their health status and care. This can be especially useful for a patient who becomes sick while traveling, as the patient can obtain his or her records in a distant city for the benefit of unfamiliar healthcare providers. Additionally, people who change doctors – or receive care from more than one provider in the same town – can easily and securely have their records forwarded and shared.

The Paris Family Medical Center implemented a new EHR in January 2016. The system, called athenahealth, has greater functionality with interactive features for patients. The system will be expanded to the hospital side this year, providing patients with the convenience of having one EHR system for their healthcare needs. The current hospital system has been in place since 1999.

Elisha Farmer, RT



Elisha Farmer, RT, is the system administrator for PACS (picture archiving and communication system), as well as the transfer

network that enables PCH/FMC to send radiology images to other facilities.

She also is the clinic implementation lead for athenahealth, the new electronic health records system (EHR) in the Family Medical Center.

In addition to help building clinical content for the athenahealth system, Elisha ensures staff and physicians receive proper training for the new system. She also troubleshoots potential issues with the system to enhance performance.

Elisha has worked at PCH/FMC since 2001. She has an associate’s degree in radiology and pre-professional medicine from Parkland College in Champaign.

She is a professional photographer and enjoys creative photography and shooting landscapes. Elisha lives in Oakland with her husband, Brad, and son Ethan, age 7.



Short on time? Try mini workouts

Want to reap the benefits of exercise but don't have much time? Mini workouts, also called micro workouts, can help you get active without a huge time commitment. These workouts are short durations of exercise done several times throughout the day.

The Centers for Disease Control and Prevention (CDC) recommends getting 150 minutes of moderate-intensity, aerobic

activity per week. That may sound like a lot of time, but it is only two hours and 30 minutes, about the same amount of time spent watching a movie.

The good news is that activity can be spread out during the week, and does not have to be done all at once. The CDC recommends doing what works best for you, as long as you are physically active at a moderate or vigorous pace for at least 10 minutes at a time. The CDC states that these short workouts can be just as healthy as one longer session.

The Journal of the American Heart Association confirms the benefits of exercise, even if it is in short durations. For example, physical activity is equally heart-healthy, whether it lasts longer or less than 10 minutes, in helping people keep their weight in check.

Examples of moderate-intensity, aerobic activity as defined by the CDC include the following:

- Walking briskly (three miles per hour or faster, but not race-walking)
- Water aerobics
- Bicycling slower than 10 miles per hour
- Tennis (doubles)
- Ballroom dancing
- General gardening

According to the CDC, about half of all adults get enough aerobic physical activity. Walking is the most popular activity. About six in 10 people say they walk for transportation, fun, relaxation, exercise, or for activities, such as walking the dog.

The CDC states that people who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers.



Paris Community Hospital Family Medical Center

721 East Court Street
Paris, IL 61944
217-465-4141

staying healthy

PCH/FMC's Community Healthcare Programs March & April

Free Adult CPR/AED/Heimlich Class

March 7; April 29

These free, non-healthcare provider courses teach basic CPR, the use of an automated external defibrillator (AED), and the Heimlich maneuver used in choking emergencies. Free classes are made possible by the Rural Access to Emergency Devices Grant. Classes take place from 8:30 am to 12:30 pm in Conference Room D. To register, email Rachel Kelley at RKelley@pchfmc.com or call 217-465-2606, Ext. 320. When calling, leave your name and you will automatically be registered.

Medical Weight Loss Seminar

March 15

A free informational session regarding PCH/FMC's new Medical Weight Loss Clinic will take place at 5:30 pm in the Family Medical Center. The program utilizes a medically supervised, scientifically based approach that promotes fat loss while supporting muscle mass. To register, call 217-465-CARE (2273).

Monthly Health Screenings

March 16; April 5

Blood sugar, blood pressure, and lipid panel (HDL, LDL, and triglycerides) screenings will be held in the Family Medical Center from 7 to 9 am each day. Fasting for eight hours in advance is required. The cost is \$25. To register, call 217-465-2606 (or toll free 1-866-465-4141), Ext. 228.

Doctors' Day

March 30

Join PCH/FMC as it celebrates National Doctors' Day. Be sure to thank your physician for the care that he or she provides.

National Volunteer Week

April 10-16

Join PCH/FMC as it recognizes the invaluable contributions of its volunteer staff during National Volunteer Week.

Healthcare Scholarships

April 11 deadline

Applications are due for healthcare scholarships offered by the PCH Volunteers. Scholarships are available to PCH/FMC employees and graduating high school seniors in Edgar County. Applications are available at school guidance offices, the Paris Community Hospital admissions desk, Paris banks, and online at ParisCommunityHospital.com/Scholarships.

Free Diabetes Foot Clinic

April 12

In recognition of National Foot Health Awareness Month, Dr. Philip Holloway, podiatrist, will offer a free foot clinic for new diabetics from 8 am to 4 pm in the hospital's Wound Care Center. Blood glucose testing and foot screenings for neuropathy (nerve damage) will be available. The event will include education on foot care and proper footwear, as well as referral assistance for diabetic shoes and inserts. An appointment is required. Call Leslie Brown at 217-465-2606, Ext. 570.

Free Caregiver Event

April 21

Paris Community Hospital, in cooperation with the PCH Caregivers Support Group, will offer "Caring Together...Caregiver Support," a free program for the community at 7 pm at the Fine Arts Center at the new Paris high school. The speaker will be Barry Petersen, CBS News correspondent, who will discuss his wife's diagnosis of Alzheimer's disease at age 55. Call Cindy Belt at 217-465-2606, Ext. 734.