

EMS Minute

ClinchValleyHealth.com

CLINCH VALLEY HEALTH + SUMMER 2021



Your Health Means Everything: Taking Care of Yourself in a Post-Pandemic World

Life has changed in ways both big and small over the last year. Plans were suspended and priorities shifted as we cautiously made our way through a situation that we had never experienced, much less imagined would happen. There is one priority, however, that we have all shared during the pandemic that should remain high on your list: your health. If there is one thing we have been reminded of over and over the last year it is that your health means everything.

We put a lot of time into protecting the health of others – often providing life-saving care for people in their most vulnerable times. But it's also critical that we take the time to make our own health a priority as well. The healthier we are, the more effectively we can care for others on the job and enjoy all that life has to offer during our time off.

Taking charge of your health means staying on top of any issues that arise before they become serious. It means not delaying the care we need ourselves to feel better and get healthier. Here are some of the most important ways you can keep your health a priority in the months and years to come.

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Beat the Heat

Heat is the number one weather killer in the U.S. As temps begin to rise, it's a good time to remember some easy tips to stay cool and beat the heat, whether on the job or on the beach:

- Always use an SPF-15 or higher sunscreen that protects against both UV-A and UV-B rays
- Stay hydrated and drink lots of low or no-sugar beverages (water is best!)
- Take breaks when exercising
- Take advantage of cooler areas outside
- Stay aware of temperature and humidity levels and modify your activity accordingly

Contact Us

with a call or a click.

Lesley Wilcoxson, MD
ED Medical Director
Phone: 276.596.6153
Email: Lesley.Wilcoxson@teamhealth.com

Sharon Vickers, MSN, RN, CEN, RN-BC
ED Nurse Manager
Phone: 276.596.6151
Email: Sharon.Vickers@lpnt.net

Barry Alley
EMS Liaison
Phone: 276.971.3216
Email: Barry.Alley@lpnt.net

Terry Ray
Unit Clerk
Phone: 276.596.6129
Email: Terry.Ray@lpnt.net

Beth Stiltner, RN, BSN, MBA
Chief Nursing Officer
Phone: 276.596.6026
Email: Beth.Stiltner@lpnt.net

Online:
ClinchValleyHealth.com

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Schedule screen time

No, not *that* kind of screen time. We're talking health screenings that are important road markers on your health journey – like annual mammograms if you're a woman who's 40 and up, regular colonoscopies if you're 45 and older and low dose CT screening if you're a current or former smoker. Screenings like these can help detect cancer early and allow for easier and more effective treatment. And remember, if you're at higher risk, you may need to start screenings like mammograms and colonoscopies earlier. Talk to your doctor about your risks and the right timing for you. It's no surprise that American Cancer Society researchers estimate that almost 1.9 million new cancer cases will be diagnosed in 2021, and the ACS is projecting an increase in late-stage diagnoses and preventable cancer deaths due to delayed care. If you've been putting off your screening during this last year, now's a great time to get it on the calendar and get the peace of mind it can bring.

Check in with a check-up

Like regular screenings, annual well visits with a trusted primary care provider play a key role in your overall health and well-being. That goes for all ages. They help you and your provider establish a trusting and informed relationship that can help you both stay up to date on your unique health needs and stay on top of any issues that may arise. Knowing your family medical history and health risks, your provider can help you keep track of those annual screenings, as well as any potential issues to watch out for.

Don't gamble with your health

As emergency medical professionals, we know that emergencies are called emergencies for a reason. When one puts your health at immediate risk, it is vital to get care as soon as possible. That goes for us, too. If you're experiencing chest pain or any emergency, minutes do matter. It is critical that you get to the hospital and get the care you need *right* when you need it.

Live healthy

Creating good habits and routines can go a long way towards keeping you healthy and ready to tackle the challenges and joys of life and career. Eating healthy, engaging in regular physical activity, getting enough sleep, reducing stress and taking care of your mental health all have major benefits for your health, and can help reduce your risk for certain diseases. If you're struggling in any of these areas or just aren't sure where to get started, talk with your primary care provider. They can help you with advice or point you in the direction of any specialized care you may need to feel your best

Your health affects every other aspect of your life. Without it, it's a lot more difficult to enjoy the people and things in your life that you love. So, don't make your health wait. Get the care you need. Start a new healthy habit. Schedule that check-up and screening. Take care of your health. It means everything. 🌸



Have You Been Vaccinated?

As front-line healthcare workers, it's important that we ensure we're doing everything we can to protect ourselves and others from COVID-19. That includes getting vaccinated. COVID-19 vaccines have been proven effective in reducing the risk of getting infected with the SARS-CoV-2 virus that causes COVID-19, decreasing the likelihood of having a severe case of COVID-19 and reducing hospitalization and deaths due to COVID-19. These vaccines have gone through the same rigorous process to gain FDA authorization that all vaccines available in the U.S. have gone through, and potential side effects are mostly mild to moderate. If you haven't been vaccinated, there's no better time than now. Even if you have already had and recovered from COVID-19, it's important to get vaccinated – for you, your loved ones, your colleagues and your community. Don't miss your shot at helping to put an end to the pandemic! 🌸

EMS Mission Moment Spotlight

Our community's first responders and EMS crews play an essential role in Making Communities Healthier. In this issue, we want to spotlight **New Garden Rescue**.

Captain Brian Lowe recently announced that New Garden Rescue is the first EMS system in Virginia to implement the Tempus ALS system. The Tempus ALS system is a connected pair of devices (an advanced patient monitor and professional defibrillator). The solution allows encrypted connections wirelessly to share data and transfer vitals, waveforms and images with hospitals while allowing better management of resources by emergency medical teams.

The first day the Tempus ALS system was on the ambulance, one of the first calls was a motor vehicle accident with occupants ejected. Medics on-scene performed Rapid Sequence Intubation (RSI) using the integrated video-laryngoscopy in the Tempus ALS to manage the patient's airway. 🌸



Meet your ED Team.

Marcy Childress, RN, was recently surprised by New Garden Fire and Rescue when they honored her with gifts of appreciation for 15 years of outstanding performance and dedication at Clinch Valley Health. Marcy said, "When they came in I said, 'Oh, that is cool! Who is it for? And they said: You!'" She was totally surprised.

Marcy went on to say that she doesn't take compliments well and, while she is grateful to be recognized, she feels that taking care of patients is simply part of her job and it's what she loves. 🌸

Skilled Reliable Caring EMS

We honor and thank our Emergency Medical Services teams for your work in saving lives and your commitment to Making Communities Healthier.®

**Celebrating
National EMS Week
on May 16 – 22**



Clinch Valley Health celebrated National EMS Week by honoring the life-saving care EMS provides to the community by delivering a special lunch, giving out EMS themed shirts and distributing complimentary meal vouchers for Clinch Valley Health's Basement Bistro.

Thank you for the steadfast commitment to Making Communities Healthier.® 

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.