



# Community Connection

*A quarterly newsletter about your community hospital*

Summer 2006

Elizabethtown Community Hospital

## CT Scanner Up & Running

After months of preparation and training, Elizabethtown Community Hospital now offers computed tomography (CT) scanning. Typically, 6-10 patients each day were transferred to neighboring facilities for a CT scan, inconveniencing them with a minimum 90-minute roundtrip drive. This will be a great time saver for patients.



“CT scanners have become a standard in primary care today,” stated Rod Boula, Hospital Administrator. “To provide our residents with quality health care that is close to home, we need to make high-tech diagnostic tools available. Although ECH is located in a rural area, its residents need and deserve the quickness and skill of a large hospital, but with a hometown touch.”

### Quality Diagnostic Tool

A CT scanner is a diagnostic tool used to identify a variety of conditions such as stroke, kidney stones, appendicitis, bowel obstruction, chronic obstructive pulmonary disease, herniated discs, brain aneurysms, lung cancer, and more. In cases of trauma, CT can quickly identify injuries to the liver, spleen, kidneys, or other internal organs.

For an exam, the patient lies on the exam table and travels through a ring. Within the ring, an x-ray tube rotates around the patient's body using x-rays to

produce images. These images are reconstructed into detailed, cross-sectional pictures of the body, allowing for rapid examinations. A CT scan creates a clear, two-dimensional picture of structures within the body and is the test of choice for diagnosing various conditions.

### Staff Well-trained for CT Use

With the addition of the CT scan service, Radiologic Technologists Brent LaDuke and Suzanne Denton have received extensive training. The two, who are currently the primary operators of the unit, have been learning how to operate the unit and perform the variety of tests that it can do. Additional support and training is being provided by CVPH Medical Center during the early stages of the CT exams.

Along with the radiologic technologists, registered nurses Julie Tromblee and Meredith King received training and gained expertise on providing care to patients before, during and after contrast injections.



### What to Expect at an Exam

According to radiologic technologist Brent LaDuke, “the procedure is painless. A patient simply lies on the exam table and the part of the body that is to be examined is moved through the tube.” Metal objects can affect the image, so it is advisable to wear clothing that does not have zippers or snaps. As well, a patient may be asked to remove hairpins, jewelry, eyeglasses, or hearing aids.

### Making an Appointment

To schedule an appointment for an exam, obtain an order from your physician and then call the Radiology Department at 873-9192.

## Parking Expansion

The parking lot at ECH will soon get a much needed face lift. The Hospital has recently purchased the land adjacent to the hospital, formerly owned by Essex County.

Throughout the months of July and August, the town of Elizabethtown will be installing new water lines from Park Street to the back of the Hospital. This will be run along the employee driveway and should not pose any inconveniences for patients or

visitors. Following the completion of the water line, crews will begin to take down the barn and old sheds to clean up the area and provide for more parking spaces. Once removed, the property will be blacktopped.

It is anticipated that approximately another 86 parking spaces will be created with the lot expansion. When visiting the Hospital, please remember that ECH is a smoke-free campus.

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## Crowningshield Awarded by Peers

Karen Crowningshield, R.N. has been recognized by her peers for the compassion she shows for her patients and the respect she has for her fellow co-workers. Karen is this year's recipient of the Florence Nightingale award, an annual award given each May to a nurse at ECH.

"This award means a lot to me because it was voted on by my peers," said Karen. "They are recognizing me for doing a good job and they know that I am here to help them whenever they need it."

Originally from Westport, Karen began working at ECH in 1969 as an L.P.N. In 1979 she graduated from Clinton Community College as part of the first graduating class of the nursing program.

In her 37 years at the Hospital, Karen has worked throughout the facility. She currently works in the Emergency Room and enjoys helping people in emergency situations.



*Pictured, Karen Crowningshield, R.N. (right) accepts her award from Bonnie Rata, R.N., Director of Nursing.*

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## New Hours for Health Centers

### Elizabethtown Community Health Center

Monday	8 a.m. to 4:30 p.m.
Tuesday	8 a.m. to 6 p.m.
Wednesday	7:30 a.m. to 4 p.m.
Thursday	8 a.m. to 6 p.m.
Friday	7:30 a.m. to 4 p.m.

### Westport Health Center

Monday	8 a.m. to 6:30 p.m.
Tuesday	8 a.m. to 4:30 p.m.
Wednesday	8 a.m. to 6:30 p.m.
Thursday	8 a.m. to 4:30 p.m.
Friday	7:30 a.m. to 4 p.m.

To schedule your next appointment, call 873-6896.

To schedule your next appointment, call 962-2313.

## Essex County Fair Schedule

When you go to the Essex County Fair this year, be sure to stop by the ECH booth in Floral Hall. From Noon to 5 p.m. each day you can get your blood pressure checked, enter to win a gift basket, and get health information on a variety of topics.

**Wednesday, July 16** from Noon to 2:30 p.m. check out all that our Laboratory Dept. has to offer and learn how to become a Medical Laboratory Technician. From 2:30 p.m. to 5 p.m. meet Dr. Bharat Magu and staff from the Elizabethtown Community Health Center.

**Thursday, July 27** from Noon to 5 p.m. learn about the V.A. Clinic at ECH. Eligible Vets will be able to start the application process.

**Friday, July 28** from 2:30 p.m. to 5 p.m. meet Dr. Bharat Magu and staff from the Westport Health Center.

**Saturday, July 29 & Sunday, July 30** the booth will have members of the nursing staff on hand providing health information and speaking about the services available at the Hospital.

***Kids activities available.***

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## Early Birds Wanted

The 6<sup>th</sup> Annual Elizabethtown Community Hospital Golf Tournament has been scheduled for Tuesday, August 15, 2006 at the Westport Country Club. This year, there is a double shotgun start with the first tee at 8 a.m. and the second at 1 p.m. **The afternoon tee time has been sold out but there are still openings for the 8 a.m. tee time.**

The fee is \$85 per golfer and includes 18 holes of golf, a cart, lunch, on-course beverages and snacks, a post-tournament dinner, goodies and awards. The tournament also features several contests, games, and raffles.

Proceeds will benefit the ECH Emergency Room. To reserve a spot and/or be a sponsor for the tournament, call 873-3003. Teams of two and singles are welcome.




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## Spotlight on Specialty Clinics

### Ophthalmology Clinic



**Dennis Lu, M.D.**

Eye Care for the Adirondacks  
Margaret Street, Plattsburgh  
566-2020

Board Certified: Ophthalmology

Medical School: Minnesota Eye Consultants  
University of Vermont College of Medicine

Training: Long Island Jewish Medical Center of Albert Einstein Medical College  
Cornell University Medical Center—New York  
Presbyterian Hospital

*Dr. Lu is replacing Dr. Carl Wille's clinic. He is scheduling appointments at ECH the first Thursday of each month.*

*To make an appointment with Dr. Lu, call 566-2020.*

### Surgery Clinic



**Michael Hill, M.D.**

Adirondack Surgical Group  
Route 74, Saranac Lake  
891-1610

Board Certified: General Surgery and Thoracic Surgery

Medical School: Georgetown University Medical School

Training: Albany Medical Center

*Dr. Hill will be scheduling appointments at ECH on the third Friday of each month. To schedule an appointment for his ECH clinic, call patient registration at 873-6377.*

## Additional Therapists Expand Program

With the addition of two occupational therapists and a speech therapist, ECH now offers a sub-acute program. Patients receive treatment on a one-on-one basis to ensure that each patient is given the care and attention they need for their recovery. This program is ideal for patients recovering from:

- a stroke
- total hip or knee replacement
- post-surgical conditions
- debilitating states associated with acute illness
- post trauma/traumatic injury

Patients in the program will receive therapy from physical therapists who help patients rebuild their strength and mobility; occupational therapists who teach alternate methods to complete everyday tasks such as getting dressed or cooking a meal; speech therapists who often work with patients recovering from a stroke so they can improve their speech and ability to communicate; and a recreational therapist who provides patients with an assortment of programs to meet their social, psychological and cultural needs while they are staying at ECH.

Together, this team of therapists work with the nursing staff to ensure a patient can return home safely. Equally important, staff work with each patient's family to help them understand what the

patient is going through, how their life may be changed, and what steps should be taken at home to ensure a safe and successful transition.

For more information about the sub-acute program at ECH, call Victoria Savage, R.N., Case Manager, at 873-6377.



*Occupational Therapist Rhonda Baker and Physical Therapy Assistant Wendy Doherty work with Delores Anderson on her depth perception and hand-eye coordination as she hits a tennis ball.*

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## Mark Your Calendar for these Upcoming Events

- ✓ July 26-30      **Essex County Fair in Westport, NY**
- ✓ August 15      **Annual ECH Golf Tournament at Westport Country Club**
- ✓ September 19      **Diabetes Support Group Meeting**
- ✓ September 21      **Annual Hunter's Screening, 4-7p.m.**

*For more information about any of these events, call 873-6377.*

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Elizabethtown Community Hospital is a 25-bed Critical Access Hospital located in Elizabethtown, New York. Its services include a 24-hour emergency department, acute and long-term inpatient care, physical therapy, laboratory, and radiology services. It also operates health centers in Elizabethtown and Westport.

**For comments, suggestions, or questions about this newsletter, please contact:**

**Community Relations Department  
Elizabethtown Community Hospital  
75 Park Street, P.O. Box 277  
Elizabethtown, NY 12932  
(518) 873-3003**

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**Visit us on the web at  
[www.ech.org](http://www.ech.org)**

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