



RCHD CAREER DAY

Rankin High School students recently visited RCHD to see firsthand the many different careers found within the hospital setting. Each department provided an overview of professions found within the department, educational requirements for these positions, and the average salaries of these positions.



Each year, many West Texans wonder if they should get the flu vaccine. I believe it is in the best interest of most patients. However, there are those who advocate against it, and they site concern for the ingredients of the flu shot. In addition, there are side affects, adverse reactions, and contraindications to the flu vaccine to consider. I believe, in most cases, the pros outweigh the cons.

Influenza, the "Flu", is an acute respiratory illness caused by Influenza A or B viruses. The typical flu season ranges from October through March of each year. People become infected with the flu when they come into close contact with a person infected with the flu virus. The flu is transmitted by respiratory secretions of those infected individuals. These secretions can be aerosolized and transmitted through sneezing and coughing. Transmission can also occur by coming in contact with secretions on surfaces, then trans locating those secretions to the eye, nose or mouth. Typical symptoms of the flu are fever, cough, sore throat, runny nose, muscle aches, and headache.

Complications with the flu can be very serious. The most common complication is pneumonia. However, the muscle and central nervous system can be affected as well. Ultimately, infection with the flu virus can even lead to death and in some cases cause massive death rates. One of the best examples of this is the 1918 Influenza pandemic.

The flu vaccine has been recommended by the United States Advisory Committee on Immunization Practices, Centers for Disease Control (CDC), World Health Organization (WHO), along with many other health experts. In the United States, two types of Influenza vaccines are available. Inactivated (dead) "the shot" Influenza vaccines and a live-attenuated influenza (weakened) nasal spray vaccine.

In conclusion, I believe it is important to monitor and keep up with the most current research and recommendations by health experts and organizations. It is also important for you to speak to your health provider to see if the flu vaccine is right for you. The CDC and WHO work together to bring us the best vaccines through a scientific approach; however, there are many influenza viruses which can mutate or change making it very difficult to manage. Considering the pros and cons, I feel it is best for most patients to get the flu vaccine after speaking with their health care provider.

TROY WILBORN, NP-C

October Fitness

Kickboxing

MONDAY & WEDNESDAY, 6:30PM

Functional

Fitness

MONDAY & THURSDAY, 2PM

Yoga

MONDAY, 5:30PM

Awareness

Domestic Violence Awareness Month

Health Literacy Month

National Breast Cancer Awareness Month

National Bullying Prevention Month

National Down Syndrome Awareness Month

National Physical Therapy Month

Sudden Infant Death Syndrome Awareness Month

TAME

(Texas Alliance for Minorities in Engineering)

Trailblazer



ROCHD, Rankin ISD, and the Texas 4-H Foundation, contributed funds allowing TAME (Texas Alliance for Minorities in Engineering) to bring its mobile STEM lab to Rankin ISD. Students in grades 3-8 had the opportunity to participate in hands-on experiments highlighting careers in the areas of Science, Technology, Engineering, and Mathematics.



October 2016 PROVIDER CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
25	26	27	28	29	30	1
Baldree	Bownds & Graham through Friday at 8AM					
					Baldree	
2	3	4	5	6	7	8
Baldree	Bownds til 8AM					
	Graham & Wilborn till Friday 8AM					
					Bownds	
9	10	11	12	13	14	15
Bownds					Baldree through Monday at 8AM	
					Bownds til 8AM	
16	17	18	19	20	21	22
Baldree through Monday at 8AM						
	Graham & Wilborn till Friday 8AM					
					Wilborn through 8AM Monday	
23	24	25	26	27	28	29
Wilborn through 8AM Monday					Baldree through Monday at 8AM	
	Bownds and Sue					Bownds til 8AM
30	31	1	2	3	4	5
Baldree through Monday at 8AM						

Department of the Month

SEPTEMBER 2016

RCHD HOUSEKEEPING

The RCHD Department of the Month for October, 2016 is the Housekeeping Department. No department in the hospital is more important than housekeeping. A clean hospital prevents hospital acquired infections and the spread of bacteria such as MRSA. Patients will not come to a dirty hospital, no matter how good the medical staff is. I am proud to announce that over the past 12 months RCHD has not had one single case of a hospital acquired infection. Our hospital is the cleanest of any hospital I have seen and we are very proud of the staff who work so hard to keep it that way. Ernie, Delia, Gloria, Leticia, Jan, and Maria... GREAT JOB!! Thank you for your hard work and dedication to make RCHD the cleanest hospital in Texas! Your hard work has not gone unnoticed and we are proud to honor you as the RCHD Department of the Month.

-CEO, Jim Horton

