

RCHD HONORS VETERANS

On November 9th, RCHD honored three veteran employees for their service and dedication to our country. Ernie Cruz, Dora Williams, and Vidal Torres each served in the United States Army before joining the RCHD team. The veterans were presented with certificates commemorating their service, followed by personalized gifts made possible through a generous donation. Local veteran and Purple Heart Recipient, Mel Longwell, gave a touching presentation promoting the Honor Flight and the impact it makes in veteran's lives. For more information, please visit www.permianhonorflight.org



Dora Williams, Ernie Cruz, Vidal Torres, and Mel Longwell display their commemorative certificates.

RCHD Health Hints WITH BRANDON SUE, MPAS, LP, PA-C

Diabetes Awareness

As the holiday season approaches our mouths begin to water and our stomachs begin to prepare for the deliciousness that is soon to descend upon us. The turkey, the dressing and the desserts galore, an amazing assortment of goodies that sky rockets our blood sugars to the moon and back. Not only does November bring us Thanksgiving it brings us Diabetes Awareness Month as well. Diabetes Awareness is an essential cue to us all for healthy living, eating, exercising, and portion control. It is a painful reminder to not overindulge which is easier said than done I agree, however, an over loaded belly from all the goodies can be more painful at the end of the day and even more so later on down the road. Diabetes Awareness Month each and every year brings the cold hard truth and facts to light. With jaw dropping statistics that unfortunately worsen every year, it is a disease process that has to be taken seriously by all. Diabetes must be aggressively monitored and managed to prevent the potential devastating and life altering complications that can soon follow the diagnosis.

The facts:

- There are currently 29 million Americans with diabetes.
- There are 86 million Americans at risk for diabetes.
- 1 in every 11 Americans has diabetes today.
- Every 23 seconds, someone in the United States is diagnosed with diabetes.
- Diabetes is the 7th leading cause of death as it causes more deaths than AIDS and breast cancer combined.

The facts are astonishing as this healthcare crisis drastically grows and spreads like wild fire across our country. Education and awareness is the solution to containing this ailment, thus Diabetes Awareness Month every November.

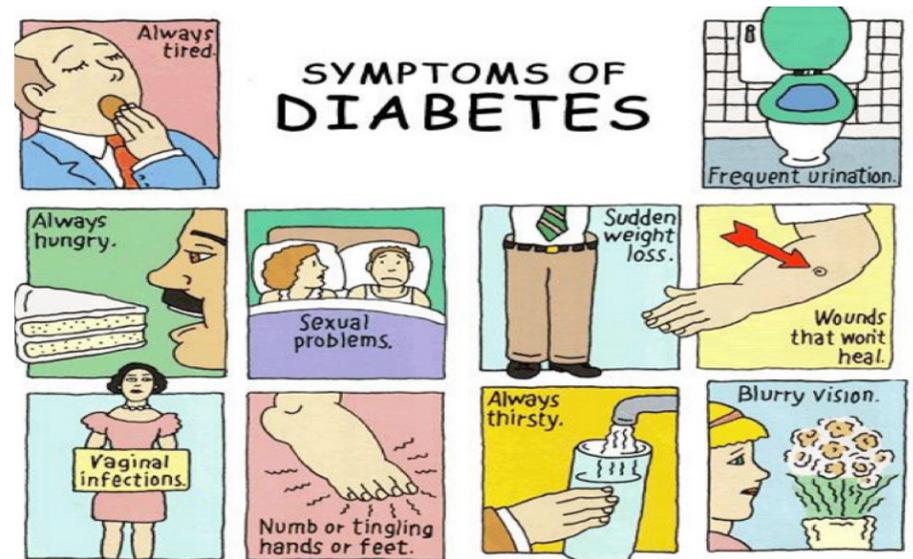
What is diabetes? Well there are 4 types.

- Type 1 is insulin dependent diabetes. It is due to the inability of one's own pancreas to produce enough or any insulin at all for that matter which is required to survive.
- Type 2 is the most common type. It is known as insulin resistant diabetes. It is due to the body's inability to use the insulin produced by one's own pancreas properly.

- Gestational diabetes is high blood sugar levels during pregnancy.
- Pre-diabetes is above average blood sugar levels that are not quiet high enough to be classified as Type 1 or Type 2 diabetes. Typical causes are unhealthy eating habits and inadequate exercise, and unless these things are corrected one could quickly progress to full blown diabetes.

What are the symptoms I should look for? Here are a few of the most common.

- In some cases...there are no symptoms at all!
- Diabetes type 1 and type 2 symptoms are closely similar, although, type 1 is often worse in severity.



How do I prevent and or control diabetes? Prevention and control all starts with a better lifestyle.

- eating healthier
- being active
- taking medicine as directed
- taking care of your body
- regularly scheduled follow-up visits as directed with your primary care provider

As you all know Diabetes Awareness Month is vital to the well-being of our country as it not only raises awareness it creates a sense of urgency in managing the day-to-day triumphs and challenges of diabetes. Healthy living, eating and exercising is the key, therefore, feel empowered to take control of your life and don't let diabetes control you. I wish you all a happy and healthy Thanksgiving and Diabetes Awareness Month!!!

RCHD Paramedic Earns Tactical Medic Certification



Care.” This training emphasized four areas of victim care including (1) Care Under Fire, (2) Tactical Field Care, (3) Extended Care, and (4) Evacuation to Definitive Care.

In the Care Under Fire phase, bleeding control is performed when an active battle is in progress. During the Tactical Field Care phase, you have evacuated the casualty to a point of cover and are performing treatments to attempt to keep the victim alive. After the threat has been eliminated, the casualty or casualties are moved to a CCP (Casualty Collection Point) according to severity based on triage status. The Extended Care and Evacuation phases are done simultaneously, during in which the how, what, where, and order of transporting victims is determined.

We were taught to use the “March” acronym:
M- Massive Hemorrhage (massive hemorrhage needs to be controlled or the victim will die within 10 minutes)

A- Airway (airway needs to be secured in order for the victim to breathe)

R- Respiratory (respiratory quality of breathing is assessed and managed)

C- Circulation (circulation is monitored in the limbs; by maintaining a radial pulse, the systolic blood pressure is at least 80, and perfusion of the brain and vital major organs can be sustained)

H- Hypothermia (keeping the victim warm decreases the chance of hypothermia, which can result in the inability of blood to clot)

In today’s society, it’s essential to train all first responders, hospital staff, and school faculty members with “Stop the Bleed” tactics.

Thank you for your time,
Larry Miles
FF, Paramedic, Tactical Medic

Good afternoon. For those of you that don’t know who I am, my name is Larry Miles. I have been in the Fire and EMS profession for the past 21 years. Ten of those years have been as a paramedic and a resident of Upton County. My career began in 1995 with the Big Spring Fire Department. I received training in structural firefighting and pre-hospital paramedicine. In the beginning, training was relatively basic. You would work the medical calls, some of which were highly intense and mentally draining. Every once in a while you would get a call for an assault, gun shot, or stabbing victim. EMS would be called to stand by a few blocks away and wait until law enforcement had cleared the scene and deemed it safe for the EMS crew to come. Unfortunately, this sometimes put the victim in need of medical care in an even more life-threatening state.

This way of operating has begun to change.

Over the past 10 to 15 years, through actual military battlefield casualties, it was found that 80% of combat deaths are the direct result of uncontrolled limb bleeding at the time of injury. Massive blood loss deaths usually take place in an average of 3-5 minutes from the time the injury occurred. This finding, paired with the rise of active shooter and hostage situations, Tactical Medical Operators have joined forces with SWAT (Special Weapons and Tactics) and SRT’s (Strategic Response Team) to provide a more complete response to these situations.

I recently had the opportunity to attend a week-long, high-intensity scenario training course where I received certification in “Tactical Combat Casualty

November Provider Calendar

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

November Wellness Center Calendar

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1	2	3	4	5
	2PM Functional Fitness Kickboxing		Kickboxing	2PM Functional Fitness		
6	7	8	9	10	11	12
	2PM Functional Fitness Kickboxing		Kickboxing	2PM Functional Fitness		
13	14	15	16	17	18	19
	2PM Functional Fitness Kickboxing		Kickboxing	2PM Functional Fitness		
20	21	22	23	24	25	26
	2PM Functional Fitness Kickboxing		Kickboxing	Closed For Thanksgiving		
27	28	29	30	1	2	3
	2PM Functional Fitness Kickboxing		Kickboxing			

The highly qualified medical team of registered nurses, LVNs, and mid-level providers are available 24 hours a day, seven days a week to meet your emergency medical needs. The new fully equipped treatment, trauma and observation rooms can accommodate a wide range of emergencies. RCHD provides you with an initial evaluation, stabilization, treatment, diagnostic capabilities and transfer to a higher level of care when necessary. When it comes to compassionate care, nobody knows it better than the nursing team at RCHD. Knowledge and dedication to providing excellent care is what you will receive from Rankin County Hospital District.



October Department of the Month

Brandy Cruz, RN, Director of Nursing

Vidal Torres, RN, BSN

Afton Ellison, RN

Kylie Wrinkle, LVN

Michelle Tipton, RN

Samarya Villarreal, LVN

Daniel Perez, CNA

Luis Rodriguez, CNA

Gary Sparks, RN

Angelica Cura, LVN

RCHD RED RIBBON WEEK ESSAY CONTEST WINNERS

- 1st Place: Chris Whitehead
- 2nd Place: Emilee Groh
- 3rd Place: Valerie Gaddis
- 4th Place: Ricky Cura
- 5th Place: Shay McDonald