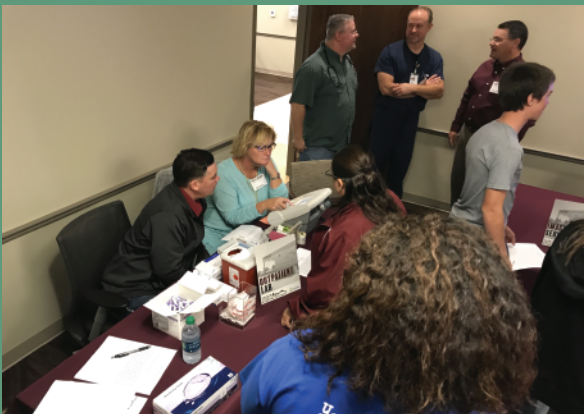
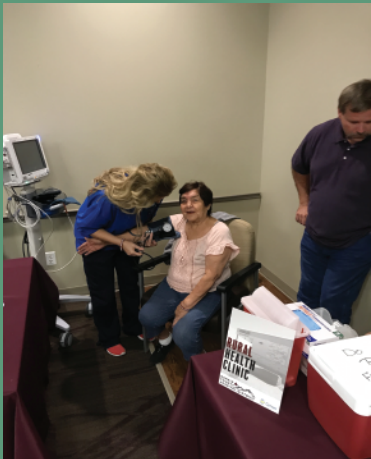




RCHD Hosts First Annual Health Fair



Thank you for your support!!!

RCHD *Employee Spotlight* VERONICA VENEGAS

HOMETOWN: McCamey, TX
HIGH SCHOOL: McCamey High School
CHILDREN: Yliana, David Daniel, Abby, Brooklyn (grandaughter)

FAVORITE THING ABOUT WORKING AT RCHD:
Awesome co-workers!!!

INTERESTS: Reading, Movie Buff, Dallas Cowboys Super Fan

November 2017



RCHD EMS Crew, and Medical Staff Takes Part in RISD “Shattered Dreams”



The RCHD EMS crew and medical staff teamed up with Rankin ISD students and Rankin First Responders to hold a “Shattered Dreams” presentation. This presentation is designed to simulate the aftermath of impaired driving. The entire community came together on October 20th to witness this impactful event.

RCHD Health Hints : Carbon Monoxide Poisoning

Autumn is in full swing and winter is around the corner. Days are getting shorter, nights getting longer and weather turning colder. This is about the time of year most folks begin turning on their heaters in their homes and utilizing heating devices. Therefore, it’s a good time to talk about carbon monoxide exposure and poisoning. Carbon monoxide is a colorless, odorless and tasteless gas that can be harmful when inhaled in larger than normal amounts. Carbon monoxide poisoning is most common in winter but can occur in all seasons and environments. Smoke inhalation is responsible for most unintentional cases. Other potential sources of carbon monoxide include poorly functioning heating systems, improperly vented fuel-burning devices, and motor vehicles operating in poorly ventilated areas.

Carbon monoxide is dangerous because it binds to the parts of the blood that carry oxygen, displacing oxygen, and therefore decreasing the amount of oxygen to the cells, tissue and organs. Ultimately, this will lead to organ failure and potentially death. The amount of time a person is exposed, amount of carbon monoxide they are exposed to, and how much a person breathes in affects the severity of symptoms. The most common symptom experienced in carbon monoxide poisoning is headache. Other symptoms include a general ill feeling, lack of interest, tiredness, nausea and dizziness. In extreme cases a person can experience mental changes, seizures, coma and even death. Many times the affected person, and even medical personnel treating the patient, can confuse these symptoms with a viral infection like the common cold or flu.

In the event a person feels they have been exposed to carbon monoxide, it is important they seek medical attention. In some situations all that is needed is observation and evaluation of the environment in which person was exposed. In other situations, lab tests and high doses of oxygen are required. Medical personnel can make the best decision for you. In all cases, the best action is prompt removal from the environment of concern. A person affected can sometimes be safely discharged from the ER after treatment and observation, and in other cases hospitalized is required for more aggressive care.

Determination of the source of exposure is of highest importance to fix the problem and limit the exposure to others. It is important to check for properly functioning heater systems in homes, fuel burning devices and ventilation in which carbon monoxide may be a problem like garages and shops. Carbon monoxide detectors are a great way to help prevent over exposure or poisoning. The city of Rankin can assist with an assessment of carbon monoxide levels. Rankin EMS can check a patient’s carbon monoxide level with the RAD 57. All of the providers at Rankin County hospital have experience taking care of victims exposed and poisoned with carbon monoxide. Therefore, when carbon monoxide exposure or poisoning is of concern, it is important to seek immediate medical attention, leave the environment, and have the environment evaluated to limit future exposures and harm.

-TROY WILBORN, NP-C

Provider Schedule

Nov 3rd-5th
Bownds

Nov 6th-10th
Bownds & Sue

Nov 10th-12th
Baldree

Nov 13th-17th
Graham & Wilborn

Nov 17th-19th
Baldree

Nov 20th-24th
Bownds & Sue

Nov 24th-27th
Baldree

Nov 27th-30th
Graham & Wilborn

*Happy Thanksgiving From the
RCHD Family to Yours*

