

# PLATEAU VALLEY CLINIC NEWS

Volume 2, Issue 2

May 04

**Scott Rollins, MD & Erika Woodyard, MD**

*Specializing in Wellness, Medical Illnesses & Emergency Services*

### **CLINIC SERVICES**

Laboratory

Pharmacy

X-Ray & EKG

Emergency Care

- Fractures
- Lacerations
- Medical Emergencies

### **PROVIDERS**

Physical Therapist

Massage Therapist

Chiropractor

Orthopedist



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## Scenic Byway Clinic to Open Soon.

We are delighted to announce the formal opening of our outreach clinic in Mesa. It should be up and running within 1-2 months.

We intend to close the Collbran office 3 afternoons each week to be available in Mesa for the clinic. No matter where you live in the Plateau Valley, you will still be able to schedule an appointment M-Fr or access after hours care 24 hours/day at the Collbran office.

The Mesa clinic is expected to offer the same services as Collbran, i.e. Xray, pharmacy, lab, and treatment of the usual urgent

care needs such as lacerations, fractures and emergent medical conditions.

Our primary goal is to establish a wider patient base in the Mesa end of the valley, by making our services more easily accessed.

A major secondary goal is to provide care for the many visitors to the Grand Mesa. For example, Powderhorn has a large need for urgent medical services and historically patients have gone to the valley for care as opposed to turning out of their way to come to Collbran (which makes sense since they mostly live in the sur-

rounding valley...).

It is our hope that the convenience and accessibility of the Scenic Byway Clinic will provide injured or ill persons a more immediate medical evaluation that may allow them to continue with their planned activities on the Grand Mesa. We suspect just being along the scenic byway will catch more folks coming off the Mesa for medical needs.

The clinic is provided by the Plateau Valley Hospital District, and will be staffed with our current family of employees.

## \$141,000 Energy Impact Grant Approved

Hooray! The Hospital District has received a grant from the Energy Impact Fund, through a division of local government.

The original grant was approved for an assisted-living facility. The proposed objectives were changed to reflect the current short and long-term goals of the hospital district. The grant money may only be directly applied to the existing building.

In the short-term, the district hopes to continue the current level of medical clinic services.

Long-term objectives vary depending upon our short-term success. The issue of maintaining, leasing, or selling the current hospital building is a main topic. An already completed roof repair was immediately necessary unless the building was to be demolished, and is part of the \$88,000 spent by the district in "matching" funds to qualify for the grant.

The proposed project expenditures are intended to improve the clinic operations and increase patient satisfaction. We intend to remodel the front lobby to accommodate better privacy and effi-

ciency, and to provide a more aesthetic area for patients.

As the building is not owned by the District no grant dollars may be used directly for the new Mesa clinic; however, we will be able to purchase a new Xray machine for our Collbran office and place the existing machine in Mesa.

The clinic will change over to electronic medical records. The system will cut overhead and improve patient care.

*(Continued on page 3)*

# DOCTORS' OFFICE SCHEDULE

## May 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 EW
2 EW	3 EW	4 EW	5 SR	6 SR	7 SR	8 SR
9 SR	10 SR	11 SR	12 EW	13 EW	14 EW	15 EW
16 EW	17 EW	18 EW	19 SR	20 SR	21 SR	22 SR
23 SR	24 SR	25 SR	26 EW	27 EW	28 EW	29 EW
30 EW	31 EW					

## June 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 EW	2 SR	3 SR	4 SR	5 SR
6 SR	7 SR	8 SR	9 EW	10 EW	11 EW	12 EW
13 EW	14 EW	15 EW	16 EW	17 EW	18 EW	19 EW
20 EW	21 SR	22 SR	23 EW	24 EW	25 EW	26 EW
27 EW	28 EW	29 EW	30 SR			

## July 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 SR	2 SR	3 SR
4 SR	5 SR	6 SR	7 SR	8 SR	9 SR	10 SR
11 SR	12 SR	13 SR	14 SR	15 EW	16 EW	17 EW
18 EW	19 EW	20 EW	21 SR	22 SR	23 SR	24 SR
25 SR	26 SR	27 SR	28 EW	29 EW	30 EW	31 EW

## August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 EW	2 EW	3 EW	4 SR	5 SR	6 SR	7 SR
8 SR	9 SR	10 SR	11 EW	12 EW	13 EW	14 EW
15 EW	16 EW	17 EW	18 SR	19 SR	20 SR	21 SR
22 SR	23 SR	24 SR	25 EW	26 EW	27 EW	28 EW
29 EW	30 EW	31 EW				

**Appointments: 487-3565 – After Hours Emergencies: 248-0222**  
 Doctors available for emergencies 24 hrs/day, 7 days/wk (Schedule subject to change)

## Business News: Pharmacy cash only; medical records; new hours

**Cash only.** Due to the strangle-hold insurances are placing on consumers we can no longer bill insurances for medication from our outlet pharmacy. Medications from our pharmacy must be paid for at the time of receipt.

Thanks very much to Palisade Pharmacy for recently jumping through many hoops to help us try to keep billing for patients, but it has become too much to justify.

Reminder: Palisade Pharmacy delivers to us daily, around 2 pm, so any medication can be called before noon and delivered the same day.

**Medical records.** Ever consider where your medical chart travels? It starts out stored in a chart room, then is pulled when you call for an appointment. The right paperwork is then attached. When you arrive, the medical assistant records your vitals and the physician will refer to your chart during the exam. After you leave, the physician dictates a note for permanent record and your chart is returned to the receptionist for filing. If you have any medications, bloodwork, Xrays, consultations with other physicians or make a

call to us, your chart is pulled again for each of these events as well.

The whole process requires a lot of time and resources. Even if done well, it is not a perfect system. Other than actually seeing patients, the doctor and staff spend the largest amount of time working this paper system.

Electronic medical records (EMR) are the inevitable next step in harnessing the out of control paperwork, regulations and rules that medical providers must endure.

An EMR is a database on the computer that replaces the paper chart. The same information is collected and stored, just without the paper. This data is more quickly entered, and instantly retrieved, anywhere within our system. The data can be sorted and pulled to help physicians review quality of care markers. The computer can be used for billing information, to fax prescriptions, and generate a variety of commonly typed letters.

With an EMR, a patient chart at least becomes more efficient, organized, and saves staff time in simply managing the papers.

The less obvious benefits are perhaps even greater. An EMR is a tool. It allows better documentation by the doctors, which leads directly to better reimbursement. It allows prescriptions to be written and sent electronically which is much more efficient. It allows a physician to expand the use of the chart to a disease management tool, for example culling certain patients or diagnoses to track success of treatment office-wide.

For physicians and patients, the EMR is something to be very pleased about. It improves medical care, improves revenue and brings down medical costs. Finally, a win-win.

**New Hours.** The Collbran office is now open for appointments at 7 am on Tuesdays.

Remember that **insurance information** is your responsibility and must be kept updated. You also need to know what services your insurance will cover. We will kindly remind you for new card or insurance plan numbers!

## Annual Check-ups

Why does your doctor want to have you come into the office for a check-up when you feel well? There are many health conditions that don't give us trouble, until many years later, often when its too little too late to treat.

For example, with high blood pressure or high cholesterol, a person usually feels fine until the first heart attack or stroke. With diabetes (high blood sugar) years of damage can occur to eyes, heart and kidney, before a person has outward symptoms.

We focus on lifestyle issues that can

be modified to help prevent illness, such as weight-control, exercise, moderation of alcohol and tobacco. These are probably the hardest things we treat. Ironically, for all of us, doctors included, some of these simple changes require some complex efforts.

## Grant...

*(continued from page 1)*

The existing upper parking lot and driveway will be resurfaced. This is similar to the leaking roof - an expensive "must do" improvement just to maintain the grounds properly.

The brick portion of the building, and the middle section, are being considered for exterior renovation, to improve the energy efficiency and upgrade the appearance. Two inches of foam insulation and stucco, for example, would improve the existing block and brick walls.

The overall goal of the grant is to help the district thrive, and provide health care services to the citizens of Plateau Valley and its visitors. The proposed items are hoped to 1) improve the financial viability of the clinic while expanding and improving on the services and 2) enable the district to consider more options for the existing building in the future by maintaining the structural integrity of the building and making it more feasibly leased or sold.

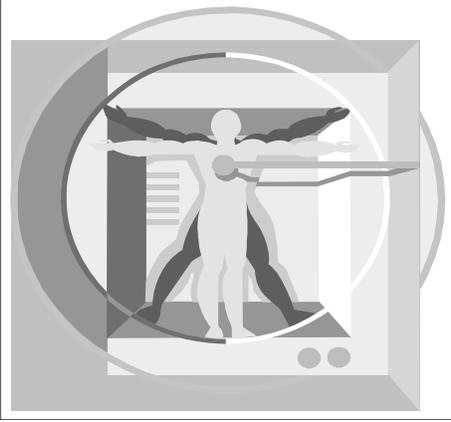
The district owes a big thanks to Tim Sarmo, representative for the division of local government, department of local affairs, for his efforts in helping secure

this grant. Mr. Sarmo also helped the district with several strategic planning sessions and his expertise was immeasurably helpful and very appreciated.

**Prescriptions** filled in the clinic must be paid for at the time of service - please plan ahead.

### MEDICATION REFILLS

Call your pharmacy at least 48 hours before you need a refill on your routine medications.



Plateau Valley Hospital  
District  
58128 Highway 330  
Collbran, CO 81624

Nonprofit Org  
US Postage PAID  
Permit No. 4  
Collbran, CO

BOXHOLDER  
DEBEQUE, CO  
81630

### PLATEAU VALLEY CLINIC NEWS

A service of the Plateau Valley Hospital District  
Written and produced by Drs. Rollins & Woodyard

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Website: www.pvhealth.com

#### Regular Appointments

Monday-Friday 9 am - 5 pm **487-3565**  
(Tuesdays open for appt at 7 am)

After Hours Answering Service **248-0222**  
(24 hr/day, 7 days/week)

## May 4 - VOTE!

Please remember to vote in the May 4 election. Your input is critical.

The District is "asking voters to return the mill-levy to the 8-mill level approved in 1992, and to allow the District to keep and spend all revenues from taxes, grants, gifts and other forms of income without being subject to the limitations on revenues and spending in the CO Constitution and CO statutes. This means the District may seek grants and collect fees without worrying about the impact on its tax revenues."

The district has 3 board seats open, with 4 candidates, and has placed on the ballot a question that needs the entire community's input. Absentee ballots may be obtained and questions answered via Sharon Hill, election coordinator, at 487-0211.

Election sites are at Mesa Community Center and Grand Valley National Bank in Collbran.

## Allergy Season

It is that sneezing time of year. The trees are in full swing, and grasses coming soon. If you have allergies, now is the time to get treatment. Try over-the-counter Claritin. Come see your doctor for a variety of Rx options. Don't suffer another year!

## West Nile Virus

This might be Colorado's worst season for West Nile Virus (WNV). Be aware of the serious symptoms with WNV. 99% of people who get WNV will be just fine, and might feel like they have a viral infection, with fever, muscle aches, fatigue, headache, and nausea. Rarely a rash or lymph node swelling occurs. Less than 1% of people have encephalitis or brain inflammation, with mental status changes, nerve paralysis or seizures. The biggest risk factor is being over 50 years old. If you think you have WNV infection, contact your doctor for confirmation by a simple blood test.

## Mission Statement

The **Mission of the Plateau Valley Hospital District** is to provide family practice / 24-hour urgent care medical services and health related community resources to citizens of and visitors to Plateau Valley and those of surrounding communities through the provision of an adequately and equitably funded, community owned, medical facility operated by licensed physicians and qualified staff and paid for with public and private financial resources and fees.

The Hospital District board, along with staff and community input, crafted our mission statement to serve as a concise guide to set priorities. The statement reflects the District's commitment to continuing our current services, while allowing for a variety of other health related services to grow.

**The Hospital District Board meets on the 3rd Wed of every month, at 5:15 pm, upstairs above the clinic. The public is always welcome.**