

# the Pulse

February 2018

News for Kalkaska Memorial Health Center Medical Staff

## Chronic Disease Management Programs for Patients

In the last year, Kalkaska Memorial Health Center (KMHC) has developed several new programs to help patients manage chronic diseases, such as diabetes. Below is an overview of the current chronic disease management programs available at KMHC.

### Adult Wellness Visits

- All Medicare beneficiaries qualify for one free Adult Wellness Visit
- Visit can occur once per year
- Requires a physician face-to-face
- Review personalized prevention plan making sure patients are up to date with preventive screenings (colonoscopy, bone density, mammogram, PSA, lipids, etc.)
- Complete a PHQ9, Minicog, TUG, and health assessment
- Discuss diet, exercise, and support network
- Identify any barriers to health

### Care Management

- Improve the health management of patients through self-management support, health promotion, connecting resources, and coordinating care
- Patients must have 2 or more chronic conditions that will last longer than 1 year
- SIM (State Innovation Model): Care Management services free to Managed Medicaid plans
- Target population: BCBS, Priority Health

- If you have a patient that falls outside of the above criteria, please contact Katie Daman
- Contact with the patient will be by phone and/or face to face (depends on situation)
- TCM (Transitional Care Management): continues to be performed by Pam Vesey
- Referral required

### Diabetes Management Clinic

- Once a month clinic for patients who are interested in managing their diabetes better
- Will see Dr. Gary Ziegler for lab review, medication management, and plan of care; will also see the Medical Assistant, Diabetes Educator, and Registered Dietitian during the visit
- Can see once for consult or continue to manage diabetes
- Now accepting patients outside of Kalkaska Medical Associates
- No referral required; please notify us that you'd like us to see your patient

### Diabetes Prevention Program (DPP)/Lifestyle Change Class

- 12 month lifestyle change program
- Now accepting all patients (pre-diabetes diagnosis not required)
- Focuses on eating, exercise, and behavior modification
- Ask about next available class
- No referral required



### Diabetes Self-Management Education (DSME)

- Available to anyone with Type 1 or Type 2 diabetes
- If new to diabetes education, patient can receive 1 hour 1:1 initial assessment and 9 hours of group class
- If previously received diabetes education, patient can receive 2 hours of refresher classes
- Referral required

### Medical Nutrition Therapy (MNT)

- 1:1 with Registered Dietitian
- Coverage depends on insurance
- Referral required.

All programs are independent from each other so you can select which program(s) work best

for your patient. Our Chronic Disease Management Team is working to add more programs to meet the needs of patients, employees, and the community. We always welcome your input and suggestions.

For questions or to refer a patient into one of our programs, please call 231-258-3091.

### Chronic Disease Management Team

- Jennifer Cannon, RN; Adult Wellness and Care Management
- Carina Conklin, DPP; Trainer
- Daniel Conklin; Director
- Katie Daman; Manager
- Pam Vesey, RN; Transitional and Care Management
- Rebecca Zielinski, RD; Registered Dietician
- Laura Zingg; Director



# Kalkaska Facility Again Named U.S. News Best Nursing Home

Kalkaska Memorial Health Center has been named a “top performing” U.S. News and World Report Best Nursing Home for 2017-18. The magazine evaluated more than 15,000 homes nationwide.

The 104-bed long-term care facility rated 4.8 stars out of 5 overall and was rated a top nursing home in the magazine’s 2016-17 list as well.

“Kalkaska Memorial Health Center has consistently remained a top quality performer and it’s exciting that U.S. News recognizes our efforts,” said Renee Cunningham, MSN, RN, CDON, director of the hospital’s long-term care. “This ranking shows how committed our staff members are to being the leader in providing quality care to our residents.”

To qualify as a Best Nursing Home, facilities had to earn an average of 4.5 stars or better during the 10 months of federal reports ending August 2017 and meet performance standards set by U.S. News during the period. U.S. News evaluated 15,215 nursing homes and just



15 percent met the criteria for Best Nursing Home.

As an Eden facility, Kalkaska Memorial’s Long-term Care honors each resident’s individual needs and encourages a home-like culture that involves care plans and goals for residents. As part of providing that culture, staff members are assigned to care for specific residents.

The facility also ensures ongoing training and education for staff so they stay current with all safety, nursing, and infection prevention practices.

“Our leadership values the importance of continuous education and measurement. This allows us to be on top of the latest advances in long-term care,” Cunningham said. “The residents and family members



can be reassured when they come to stay with us that they will be served by staff members who value excellence.”

Nursing homes in the U.S. News ranking were evaluated on health inspection and complaints, staff, medical care quality measures, and fire safety.

The hospital’s long-term care includes a 60-bed legacy unit, 24-bed memory care unit, and two 10-bed Green House homes. Registered nurses are on duty every shift and personal care staff members are all certified nursing assistants.

In addition to the U.S. News recognition, Kalkaska Memorial’s Long-term Care also recently received a certificate of achievement for its quality from MPRO, a national health care quality improvement organization. The Centers for Medicare and Medicaid Services (CMS) also rates the facility with a top five stars.

For more information on Kalkaska Memorial Health Center’s Long-term Care, go to [munsonhealthcare.org/kmhlongtermcare](http://munsonhealthcare.org/kmhlongtermcare).

## Provider News

### No Longer on Medical Staff

- **Kelly Donovan, DO**; Kalkaska Medical Associates (moved out of state)

[munsonhealthcare.org/physicians](http://munsonhealthcare.org/physicians)

## Kalkaska Memorial Health Center Contacts

The Pulse is published six times a year.

We welcome your feedback and topic suggestions: [pulse@mhc.net](mailto:pulse@mhc.net)

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