Two Louisiana Leaders Named to National 67 Rural Hospital CEOs to Know in 2022 List

Union General Hospital CEO Evalyn Ormond and Richland Parish Hospital-Delhi CEO Michael Carroll have been named to Becker’s Hospital Review’s 67 Rural Hospital CEOs to Know in 2022 list. The national list features rural hospital chief executive officers who are leading small, but strong institutions and have worked tirelessly to serve patients throughout the ongoing COVID-19 pandemic. While rural hospitals across the country have struggled in recent years, leaders included on the list have developed a model for not only surviving, but thriving.

“Union General Hospital is working daily to expand health equity, improving access to health care for the communities we serve. Thanks to Becker’s Hospital Review for recognizing us. We are doing everything we can to improve the health and wellness, elevate hope and advance healing for ALL,” said Union General Hospital CEO Evalyn Ormond.

Evalyn Ormond. CEO of Union General Hospital (Farmerville, LA). - Ms. Ormond has led Union General Hospital for the past 30 years. In 2021, she received the Founders Award from the Healthcare Service Excellence Conference for her exemplary record of leadership and community services.

Michael Carroll. Administrator of Richland Parish Hospital-Delhi (LA).- Mr. Carroll is a licensed nurse home administrator who has led the hospital since 2003. He has held several leadership roles, including president of the Northeast Louisiana Rural Alliance and secretary of the Delta Medical Society.

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The Pulse is also available on the Union General Hospital website www.uniongen.org and is published quarterly for staff and the community. News and other information may be submitted to Claudia Wade cwade@uniongen.org. Your comments and recommendations for improvement of this publication are welcomed.
Becker's Hospital Review is a go-to source for health care decision-makers and one of the fastest-growing media platforms in the industry. In addition to a print magazine, Becker’s Hospital Review publishes an e-newsletter with 1.1 million subscribers and a website with 3.5 million monthly visitors.

**About Union General Hospital**

Union General Hospital is committed to its mission of providing quality service through compassionate care.

Union General Hospital, a critical access hospital with 20 beds, serves Union Parish, Louisiana.

The hospital provides acute inpatient and 24-hour RN skilled rehabilitation, 24-hour physician staffed emergency room, laboratory + blood bank, radiology/CT scan, 3D mammography, mobile dysphagia diagnostics, physical, occupational and speech therapy for pediatrics and adults, outpatient mental health for eligible Medicare patients, post COVID outpatient therapy, early intervention and school readiness program for pre-k through 3rd grade students, ultrasound, respiratory therapy, endoscopy services, telehealth in partnership with Ochsner/LSU Shreveport, medicaid enrollment, diabetic foot care, KidMed, medical nutrition therapy, telecardiology, telepsychiatry, telemedicine and operates a rural health clinic. The hospital also offers the following community programs to the community in partnership with several community organizations: Anti-Bullying and Suicide Prevention, It’s a Girl Thing, Making Proud Choices (Teen STD/HIV Pregnancy Prevention), Teen Drug, Tobacco and Alcohol Prevention, Breast Cancer Prevention, Colorectal Cancer Prevention, Heart Disease and Diabetes Prevention and Nutrition Education Program in partnership with LSU Ag.

Throughout its 47-year history in the community, Union General Hospital has remained dedicated to enhancing health and wellness for individuals throughout the parish through nationally recognized quality care, community health initiatives and collaborative partnerships. For more information, please visit [www.uniongen.org](http://www.uniongen.org).
1. Immune system begins attacking one’s own organs along with the virus
2. Original virus infecting never dies, just stagnates, destroying nerves or other areas of the body
3. If the virus replicates and spreads causing endothelial damage - the damaged blood vessels decrease blood flow in the brain and blood flow in the heart, both becoming targets for clotting.
4. There are no clear answers, only guesswork. Symptoms may come in as acute waves, persistent, or never experience an episode again.

Discomforts following the first bout may be:

1. Tiredness
2. SOB/chest tightening
3. brain fog
4. joint pain
5. flu-like symptoms
6. taste and smell diminished
7. dry cough
8. heart racing
9. headaches
10. vibrations in legs
11. ear feels stopped up daily
12. Sense of touch decreases.

Other odd symptoms such as:
1. vision issues
2. gut disorders
3. slight decrease in brain function, visible after infection
4. lung abnormalities
5. hair loss or
6. rashes.

Long haulers testing for COVID-19 may test negative with a **confirmed infection** but mimicking symptoms of the pre-**active infection** when once positive one or more times.

Long Haulers are prevalent in: 35-49-year-olds, immunocompromised, and women. Long-COVID favorable in people working in healthcare settings, social care, people living in close unsanitary conditions, and educators.


The exact length of time long haulers symptoms last is speculated to be six (6) months in theory.

There are 3 categories for Long COVID:
1. direct cell damage
2. ongoing muscle weakness and cognitive brain
3. symptoms appearing after recovery-immune system and recovery inflammatory markers working together in overdrive.

Systems fall into 2 entities: **physical and neurologic**.

What will help prevent or ease long COVID? Vaccines being up to date have shown beneficial. Vaccination is a choice! Ask yourself, which of the two evils are the worse of the two? Long haulers can be anybody and no organ is spared with this infection.
News and Updates

NEW HIRES

Brad Adcock    Assistant CFO
Caroline Alford  RHC LPN
Tama M. Cole    RHC LPN
Christi Conti   ER RN
Marquita Pitts  Dietary
Brandon Rosson  Maintenance
Ulanda Watson   Dietary
Mylika Traylor  Lab
April
National Occupational Therapy Month

What is occupational Therapy?

Occupational Therapy is defined as a form of therapy for those recuperating from physical or mental illness that encourages rehabilitation through the performance of activities required in daily life.

In its simplest terms, occupational therapists and occupational therapy assistants help people across the lifespan participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from injury to regain skills, and providing supports for older adults experiencing physical and cognitive changes. Occupational therapy services typically include:

* An individualized evaluation, during which the client/family and occupational therapist determine the person’s goals,
* Customized intervention to improve the person’s ability to perform daily activities and reach the goals, and
* An outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Occupational therapy services may include comprehensive evaluations of the client’s home and other environments (e.g., workplace, school), recommendations for adaptive equipment and training in its use, and guidance and education for family members and caregivers. Occupational therapy practitioners have a holistic perspective, in which the focus is on adapting the environment to fit the person, and the person is an integral part of the therapy team.
Union General Hospital offers comprehensive therapy services to help both hospitalized patients and for those who are being treated on an outpatient basis. After a thorough assessment of the patient's condition, our experienced team creates a customized treatment plan that is designed to maximize the benefits of therapy and achieve specific goals.

Therapy Services include:
- Physical Therapy
- Occupational Therapy
- Speech & Language Therapy
- Dry Needling
- Lymphedema Therapy
- Post COVID Outpatient Therapy
- Early Intervention and School Readiness Program for Pre-K Through 3rd Grade Students

Contact us: 318-368-7092 | www.uniongen.org

901 James Avenue, Farmerville, LA 71241
AUGUST
NATIONAL AUTISM AWARENESS MONTH

SUPPORT  EDUCATE  ADVOCATE

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WWW.UNIONGEN.ORG
318-368-9751
Lymphedema Therapy
Live at Your PHYSICAL BEST

@ Union General Hospital Outpatient Therapy Clinic

Treatment
✓ Compression Bandaging
✓ Manual Lymph Drainage
✓ Compression Garments
✓ Meticulous Skin Care and Hygiene
✓ Patient and Caregiver Education
✓ Remedial Exercises

Kendal Kimbell, MOT, LOTR, CLT
BOOK A SESSION NOW!
318.368.7092

When your first appointment is booked, you’ve taken the first step to improve your quality of life.

Your dedicated therapist will get to know your story during your very first visit, ensuring we understand your medical history, and the goals you’re setting for your future.

www.uniongen.org

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Farmerville, LA 71241
THE TEAM BEHIND THE RESULTS
24 HRS SERVICE

NATIONAL LABORATORY WEEK

901 JAMES AVENUE
FARMERVILLE, LA

APRIL 24-30, 2022

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"Providing Quality Service With Compassionate Care"

WE CHANGED OUR SCHEDULE TO FIT YOURS

**Hours:**
Monday through Thursday - 8:00 AM - 12:00 PM
1:00 PM - 7:00 PM
Friday - 8:00 AM - 12:00 PM
1:00 PM - 5 PM

**Extended Hours:**
Monday through Thursday
5:00 PM - 7:00 PM

WALK-INS WELCOME EVERYDAY

**Our Services:**
- Family Medicine - All Ages
- Routine Health Screenings
- Women's Health
- Pre-Employment
- Athletic Physicals
- Medicaid Kidmed
- Diabetes Foot Care

Transportation Services Available to Qualified Patients

Make an Appointment
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1025 Marion Hwy
Farmerville, LA 71241

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MAY
MENTAL HEALTH awareness

UNION GENERAL INTENSIVE OUTPATIENT PROGRAM AVAILABLE TO ELIGIBLE MEDICARE PATIENTS

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24-HOUR PHYSICIAN STAFFED EMERGENCY ROOM

TELEHEALTH IN PARTNERSHIP WITH OCHSNER/LSU SHREVEPORT TELECARDIOLOGY TELEPSYCHIATRY

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WWW.UNIONGEN.ORG
Be Stroke Aware

Each year, stroke kills twice as many women as breast cancer. Yet, only 1 in 4 women can name more than two of the six primary stroke symptoms, according to the National Stroke Association. Taking time to learn the signs of stroke might save someone’s life, maybe even your own.

6 Primary Stroke Symptoms:

1. Sudden numbness or weakness of face, arm or leg, especially on one side of the body
2. Sudden confusion or trouble understanding
3. Sudden trouble speaking
4. Sudden trouble seeing in one or both eyes
5. Sudden trouble walking, dizziness, loss of balance or coordination
6. Sudden severe headache with no known cause

80% PORTION OF STROKES THAT ARE PREVENTABLE

Ways to Prevent a Stroke:
- Maintain a healthy weight.
- Control your blood pressure.
- Don’t smoke.
- Get tested for diabetes.
- Have your cholesterol and triglyceride levels checked.
- Find healthy ways to cope with stress.
- Drink no more than one alcoholic beverage per day.

Source: U.S. Department of Health & Human Services Office on Women’s Health, National Stroke Association
EAT WELL
BE WELL
MEDICAL NUTRITION THERAPY

Our outpatient program offers one-on-one education sessions for anyone with diabetes who meets certain blood sugar requirements. Each patient is allowed up to three 1-hour visits with the dietitian for the first year. The sessions are individualized and can be scheduled at your convenience. Most insurance companies cover the entire cost of this service. Don't delay, ask your provider about getting an appointment at Union General Hospital for Medical Nutrition Therapy.

CALL TODAY: (318) 368-9751

901 James Ave., Farmerville, LA

- Are you Diabetic?
- Do you have high blood sugar?
- Do you want to improve your health?
- Do you need a refresher on how to count carbohydrates?

Personalized strategies FOR HEALTHY LIVING www.uniongen.org
Did you know?

1 in 3 women with high blood pressure doesn’t know she has it.

High blood pressure is the biggest risk factor for a stroke. A woman can have a stroke at any age.

Heart disease is the leading cause of death among American Indians and Alaska Natives.

Each year, stroke kills twice as many women as breast cancer. Up to 80% of strokes can be prevented.

General Tips

- Lose extra pounds and watch your waistline. Blood pressure often increases as weight increases.
- Learn to manage stress and get check-ups regularly. Talk to your doctor if your blood pressure is high and take the prescribed medications.

Nutrition Tips

- Incorporate garlic, herbs, and other spices
- Don’t add salt
- Avoid alcohol and smoking

WIC is an equal opportunity employer and provider.
HAPPY NURSES WEEK!
MAY 6-12, 2022

WE APPRECIATE THE WORK YOU DO!

www.uniongen.org
Take charge of your health!

See a doctor for regular checkups even if you feel healthy. This is important because some diseases and health conditions don't have symptoms at first. Plus, seeing a doctor will give you a chance to learn about your health.

Eat healthy and get active.

If you drink alcohol, drink only in moderation.

Quit smoking.

Know your family's health history.

Get screening tests to check for health problems before you have symptoms.

Make sure you're up to date on your shots.

June is Men's Health Month

RURAL HEALTH CLINIC
318-368-9745
COMMUNITY OUTREACH

FREE
UNION GENERAL
RURAL HEALTH CLINIC
COVID-19 TEST DISTRIBUTION

Christ Centered Ministries

Cognitive Development

FOR UNION PARISH RESIDENTS
For More Information: (318) 368-9745 OR (318) 368-7075
www.uniongen.org
A combined effort between Dr. Unkel and Union General Hospital introducing a community-based collaboration to spread COVID-19 information and tools created so as through interaction amongst families and friends, and businesses, everyone in the Town of Farmerville will have a better understanding of when to wear a mask in public or when to receive their next scheduled COVID-19 vaccine.

Small healthcare practices can be intimate. Advantages include getting to know all the staff by their first names or feeling welcome every time you walk inside the clinic door. Dr. Unkel is a doctor who takes his time talking with the patients and allows them to help make decisions in their own care. The employees all have a kind spirit that engulfs the work environment. A huge thanks to Dr. Unkel and his team for sharing the day with all of us.

Below, starting from the left is Dr. Steven Unkel, Brittany Unkel, Peggy Millsap- IP&C, Whitney Johnson- Reception, Montie Reynolds- Triage, Stephanie Gates- Billing, Tina Fuller- Lab/Nurse, Lisa McVicker-Reception.
Monthly Meeting Feb. 2022
Monthly Meeting March. 2022

HEALTHY SNACKS...
MAKING WORKSHOP
WEIGHT ASSESSMENT
Monday, March 28
5-7pm
UNION GENERAL HOSPITAL
EDUCATION BUILDING

LOTS OF FUN, DOOR PRIZES
GIRLS 6TH - 12 GRADE
NEED PARENT OR GUARDIAN CONSENT TO ATTEND
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www.uniongen.org

Brittany Smith, RDN, LDN, MS
Registered Dietitian
Food Service Director
Union General Hospital
IT'S OK TO TELL!
If someone hurts you:

Say NO like you mean it
Don't ever keep a secret that upsets you!

GO to a safe place
TELL a trusted adult
STRESS LESS WITH MENTAL HEALTH

Jenequa Jones-Hicks, LMSW
IOP Program Director
Union General Hospital

Monday, April 25
5-7pm

UNION GENERAL HOSPITAL
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LOTS OF FUN, DOOR PRIZES

GIRLS 6TH -12 GRADE
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

901 James Avenue, Farmerville, LA 71241
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ACCEPTANCE

Guest Speakers

Monday, May 23
5-7pm
 UNION GENERAL HOSPITAL
EDUCATION BUILDING
LOTS OF FUN, DOOR PRIZES

GIRLS 6TH -12 GRADE
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

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(318) 368-7075
www.uniongen.org
HEALTH AND WELLNESS
WITH A TWIST

Monday, June 27
5-7pm

UNION GENERAL HOSPITAL
EDUCATION BUILDING

LOTS OF FUN, DOOR PRIZES

GIRLS 6TH -12 GRADE
NEED PARENT OR GUARDIAN CONSENT TO ATTEND

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(318) 368-7075

www.uniongen.org
COMMUNITY OUTREACH SUPER FUN SATURDAY 2022 DRAGON BOAT FESTIVAL KICK OFF
Union General Hospital was a proud sponsor again of the Cancer Foundation League’s Annual Cancer Gala "An Evening of Southern Elegance". The CFL provides financial assistance to local cancer patients to help with such things as utility bills and medications. It is such a great cause to support. In the picture from left to right: Claudia Wade, Brandi Miller, Toshia Hyatt Laing, Monica Austin Benoit and Dany Benoit.
On March 31st, Brittany Smith, RDN, LDN, MS, Registered Dietitian & Foodservice Director for Union General Hospital put together some beautiful baskets to celebrate our medical providers on DOCTORS DAY. Thank you to all physicians and other medical staff for your unwavering dedication and inspiring passion in caring for patients in our community each day.
### April
- ALFORD, SHANA 04/02
- BRANCH, CYNTHIA 04/15
- DAVIDSON, DIANNE 04/27
- ELLIS, SABRINA 04/15
- GINN, CONNIE 04/21
- JOHNSON, BARBIE 04/09
- ROBINSON, REAGAN 04/14
- SANDOVAL, TERESA 04/08
- THOMPSON, JOSIE L. 04/09
- TRAYLOR, DELOIS 04/24

### May
- CHANDLER, GINGER 05/16
- COLE, TAMA 05/21
- CUMMINGS, ALISTINE 05/31
- DENDY, TINA 05/21
- GRIGSBY, SHEREKA 05/01
- DENDY, TINA 05/21
- GRIGSBY, SHEREKA 05/01
- HARRIS, HANNAH 05/03
- HUFF, CLYDE M. 05/24
- LOYD, JODY 05/09
- TOWNS, JENNIFER L. 05/18
- WADE, KAITLIN 05/10

### June
- ALBRITTON, BREN 06/24
- BANKS, RANDALL 06/16
- BARLEY, GINGER 06/12
- BREWSTER, KOMOCKA 06/22
- CARNES, SANDRA 06/20
- DUNN, RAVEN 06/30
- EVERETT, NIKKI 06/18
- HOLMAN, SUSAN 06/25
- JOHNSON, NICOLE 06/02
- KIMMERLING, KOURTNEY 06/21
- LUMSEY, CANDICE 06/17
- NUTT, CALLIE 06/07
- PEARSON, MELANIE 06/26
- RAWLS, AMY 06/30
- TURPIN, LISA 06/22
- WILSON, ALLISON 06/16
QUESTIONS AND/OR CONCERNS CONTACT
PRIVACY OFFICER JULIE DUTY
COMPLIANCE OFFICER 318-368-7077 jduty@uniongen.org

advice for
STAYING HIPAA COMPLIANT
when using social media

What can healthcare providers do to help ensure HIPAA privacy and security rules are adhered to when posting online?

Here are five tips to avoid disclosing PHI when using social media.

NEVER POST ABOUT PATIENTS
It’s extremely difficult to anonymize patients - even the slightest identifier could land you and your practice in a lot of trouble.

DON’T TRUST MESSAGING SERVICES
Privacy of messages relies on the recipient keeping the information to themselves and not leaving themselves logged into public or office computers. Best to avoid private messaging altogether.

EDUCATE YOURSELF AND OTHERS
Staff should always be trained and kept up to date with HIPAA compliance best practices and company social media policies.

DON’T MIX WORK AND PERSONAL LIFE
Healthcare professionals should keep their personal and professional lives separate. Interacting with a patient online could result in PHI inadvertently being exchanged in the public domain.

WHEN IN DOUBT, DON’T POST
People can make mistakes in the heat of the moment. Always take a minute, read the post back to yourself, and consider the potential consequences before hitting the ‘post’ button.

scrypt.com

Work confidential.
On March 25th, we stood together with our brothers and sisters in Ukraine. Organized by Julie Duty, Compliance Director and Michael Williams, IT Director leading us in prayer, we prayed for protection over Ukraine and the attacks to cease. We pleaded the blood of Jesus over the Ukrainian people and called for peace. For those who have been injured, or lost loved ones, we prayed for comfort and God’s overwhelming love to fill them. We all prayed together in the Name of Jesus Christ!
Pain relief for the patient is our first priority. Dry needling is a technique physical therapist use for the treatment of pain and movement impairments. The technique uses a "dry" needle, one without medication or injection, inserted through the skin into areas of the muscle.

Dry needling is not acupuncture, a practice based on traditional Chinese medicine and performed by acupuncturists. Dry needling is a part of modern Western medicine principles, and supported by research.

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WHO: Pre-K through 3rd grade students

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What is AmPCare?

AmPCare provides a new alternative for treating patients who suffer from swallowing difficulties, also known as dysphagia. AmPCare utilizes Neuromuscular Electrical Stimulation to create a more effective and effortless swallowing exercise for patients.

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3D DIGITAL MAMMOGRAPHY
AT UNION GENERAL HOSPITAL

Together We Can Make a Difference

Radiology Department
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901 James Avenue
Farmerville, LA 71241
DOCTOR’S ORDER IS REQUIRED
OAT BARS RECIPE

INGREDIENTS:

- 2 cups oats
- 1 cup honey
- 25 grams butter
- 1/4 cup raisins
- 1/2 cup chopped nuts
- 1 tsp cinnamon powder

PROCEDURE:

1. Toast oats in the oven for 20 minutes @150 degrees centigrade.
2. In a pan, melt butter, add in honey and cinnamon powder.
3. Pour and mix hot mixture over oats, add nuts & raisins then transfer to a square pan, press down to make it compact.
4. Refrigerate for at least 2 hours, slice into bars.
WORD SEARCH CROSSWORD

In the garden

Z W E P S H O V E L
Q B E V I N H Q O F
M U I R F E N C E S
M C H I V E W P Z W
H K R K G Y A Q Y G
E E S E D S B F S
Q T J A O U T H X Z
F L O W E R S O R M
D B V B O O T S B E
W B H Q N Y F M P N