

# JCMG Group Talk

February 2011 Vol. 15 / Num. 2



## Dr. Mettu Named Shareholder



There's a sleep medicine physician who has done anything but rest since he has been at JCMG. Krishna Mettu, M.D., JCMG Sleep Medicine & Neurology, was recently named a shareholder following 15 months with the group.

Shareholder status in JCMG is conferred by a vote of the board of directors. It requires a growing medical practice and a high level of achievement in their medical field. Factors affecting this decision include professional excellence, patient satisfaction, and collegial working relationships with their peers. It is quite the accomplishment for a physician to realize this endeavor in a little more than a year.

Dr. Mettu joined JCMG on October 1, 2009. Prior to coming to Jefferson City, he completed a fellowship in clinical neurophysiology (autonomic neurology) at Beth Israel Deaconess Medical Center, Harvard School of Medicine in Boston, Mass. His neurology

residency and clinical sleep medicine fellowship was completed at the University of Missouri-Columbia.

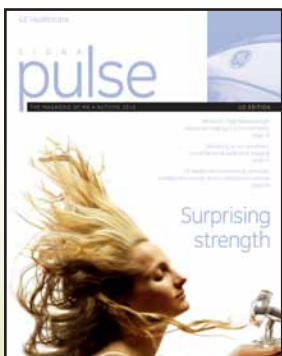
He truly enjoys what he does. "JCMG is an amazing place to practice sleep medicine. I feel very excited to get out of bed every day and to improve healthy sleep around this area," says Mettu. "Nothing is more satisfying than to hear from patients about the positive impact in their quality of life. Sleep is one of the basic needs of the body. Sleep disorders, if not intervened, could lead to persistent life long problems.

Treatment can make a difference not only for the patient, but also for their families. There is an intricate bidirectional relationship between sleep disorders and medical conditions. Education of the disease process and individualized treatment is very critical in the outcome."

When he's not helping people put their sleep problems to rest, he spends time with his wife, son and newborn daughter. Who better to relate with the sleep-deprived than a parent of an infant!

To schedule an appointment with Dr. Mettu, please call 635-JCMG.

## Imaging Featured in International Magazine



JCMG Imaging is pleased to offer some of the best technology available nationally to the residents in this community. What's even more rewarding is to be acknowledged among peers internationally for the level of image quality found at JCMG.

As only the seventh site in the country to install a top-of-the-line MRI, JCMG was recently featured in an international magazine and became a show site for GE, the worlds' largest manufacturer of medical equipment. JCMG's experience with the new MRI was featured in GE's Signa PULSE magazine, which is seen by health care professionals around the world. Also featured were Creil Hospital in Creil, France, and Methodist Medical Center of Illinois, Peoria, IL. The three organizations shared their sentiment regarding the Optima MR450w 1.5T spectacular image quality, unparalleled field of view, exceptional patient throughput, and high level of patient comfort.

The new, wide-bore MRI enables early detection of the most subtle lesions and cancer. "Our expectations have been met and exceeded. The Optima MR450w 1.5T provides dramatically better image quality than the other wide bore systems available," Jeffrey Patrick, M.D., Medical Director of Imaging. In fact, he prefers the wide bore for every MR study.

Signa PULSE is published bi-annually by GE Healthcare to report on clinical utility and business excellence in the field of MR imaging for radiologists, administrators, business managers and technologists. Nearly 20,000 copies are distributed worldwide to readers and MR industry leaders. A link to the issue may be found on the radiology page of the JCMG website, <http://www.jcmg.org/jcmg.nsf/web/Radiology>.

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## Heart Walk Team to Offer Trivia & Bowling

Are you full of useful or even useless information? We have the event for you. JCMG's Heart Walk team will host a trivia night and dinner on Saturday, March 12 from 6 to 10 p.m. at the American Legion Hall. Trivia and a chicken dinner are \$20 per person or \$140 for a table of eight. Dinner starts at 6 p.m., followed by trivia at 7 p.m. There will be a first place cash prize, silent auction and cash bar available. To register, please call Teresa or Dianne at 635-0234, ext. 5330. A form is available on the Intranet and may be faxed to 761-4611.

Not big on trivia? Come for dinner. The all-you-can-eat chicken dinner is available for \$10 per person and \$5 for children under five years of age.

Another fun activity that is being planned is bowling. Help "Strike Out" heart disease on Sunday, April 3 from 1 to 4 p.m. at Westgate Lanes. The cost is \$15 per person, which includes shoes, lane and three games of bowling.

Door prizes will be awarded every 15 minutes. Teams with the most wins and least wins will go home with prizes. Teams of five or less must register and provide payment by March 28.

To register, please call 635-0234, ext. 4102.

## JCMG Apparel Sale

Logo wear in a variety of styles, sizes and colors will be available for you to order during a sale taking place in the Board Room on Tuesday, Feb. 22 from 11 a.m. to 5 p.m. and Wednesday, Feb. 23 from 7 a.m. to 1 p.m.

## Picture Perfect Upgrade



Cameras have been popping up throughout the JCMG Medical Building and area clinics. No, it's not the paparazzi. In fact, it's quite the opposite. Cameras are being set-up in patient registration and clinic reception areas in an effort to take patient photos.

An EHR upgrade last April enhanced the ability to include patient photos in the health record. "Our EHR system allowed us the ability to include photos but the recent enhancement provided an easily accessible location known as

the patient banner," says Ron Rockwood, EHR Clinic Coordinator.

The photo enhancement offers many benefits. It provides physicians and staff with a visual of the patient, making it easier to recall past information. It features improved patient safety and security. "Identity theft is prevalent in various industries. We have safety measures in place to keep this from happening at JCMG. This enhancement keeps a patient from presenting as someone else," said Rockwood. "We've been looking forward to providing this technology for some time. Not only is this an added safety feature for us but in the tragic event that law enforcement or officials need a photo of a patient we'll have it available." Photos of patients age six months to 18 years will be taken annually, those over the age of 18 will be taken every five years.

Cameras will be installed in all clinic areas in coming weeks and months. "Staff has picked up on usability of the application very quickly. We've received enormous amounts of positive feedback," says Nikki Ahart, EHR Analyst.

## Enjoy Lunch Indoors

There's no need to go out for lunch during these harsh winter days. Stay inside and enjoy a warm cup of soup or hearty sandwich from First Cup Cafe.

First Cup Cafe is excited to offer an expanded menu. You can now order a club/combo sub on whole wheat hoagie or roast beef and cheddar on ciabatta and let's not forget tuna salad on croissant. Sandwiches are available for \$5.99 or get a meal deal with chips and a drink of soda or tea for \$6.99.

If your sweet tooth needs a fix, check out the selection of cheesecake. You can choose from turtle, carmel, chocolate/orange and vanilla.

There is something for everyone's tastebuds at First Cup Cafe. To place an order, please call 635-0234 ext. 5800.

## What's Happening!



## JCMG's Mission

*To advance the health of the patients and communities we serve through a culture of compassionate care, cost-effective health care management, and comprehensive community health care services, which are easily accessible, and of the highest quality.*

# Get Ready to Take "NOTES"

by Leon Robinson, MD  
JCMG Surgery, 556-7722



Natural orifice transluminal endoscopic surgery (NOTES) is an experimental surgical technique whereby "scarless" abdominal operations can be performed with an endoscope passed through a natural orifice (mouth, urethra, anus) then through an internal incision in the stomach, vagina, bladder or colon, thus avoiding any external incisions or scars. The last surgical innovation with such radical changes was Laparoscopic surgery which was introduced in the late 1980s. Unlike Laparoscopy, which was treated with much disdain and as a passing fad by most nationally recognized academic institutions, NOTES is being embraced by several Universities nationally. The general impression is that NOTES, or a derivative of its technology will be accepted as the newest frontier in minimally invasive surgery.

Anthony Kalloo of Johns Hopkins University in Baltimore, and Venkat Rao, and Nageshwar Reddy of the Asian Institute of Gastroenterology in Hyderabad, India, are credited with conceiving the natural-orifice abdominal surgery. The Indian doctors performed the first such operation on a patient, an appendectomy through the mouth in 2004. Since that time, in mostly animal models, not only have appendixes been removed, but also the gallbladder, ovaries, spleen, and fallopian tubes have been tied. In late 2008 surgeons from Johns Hopkins School of Medicine removed a healthy kidney from a woman donor using NOTES. The surgery was called transvaginal donor kidney extraction. Furthermore, researchers have reached into the chest cavities of animals through the esophagus, raising the possibility of through the mouth heart surgery someday.

Potential advantages include lower anesthesia requirements, faster recovery, shorter hospital stays, in addition to avoidance of potential complications of transabdominal wound infections, less immunosuppression, and better pulmonary and diaphragmatic function. Proponents envision using natural orifice surgery when an incision in the abdominal wall would be risky or difficult. Such cases would include the morbidly obese, people with mesh in their abdomen from a hernia repair or critically ill patients who need a procedure to ease their pain. For instance, there have been over two dozen gastric bypass revisions, an operation to repair a failed gastric bypass, performed to date. One case study shows a patient who underwent revision of her gastric bypass by natural orifice surgery who was discharged home ninety minutes after her procedure. It is imagined that this new advance could allow doctors to operate at bedside, or even at the site of a car accident, or perform exploratory battlefield surgery for wounded soldiers and operations in impoverished areas, where it is hard to establish a sterile setting. Who knows someday there could be a whole new reason to say "ah".

## Notable News & Calendar of Events

- Congratulations to employees receiving Signature Care customer service cards since the last GroupTalk. Employees eligible for the quarterly drawing: Linda Glascock and Scott Hall. Thank you to Betty Jo Halas, Lana Jennett, and Donna Wieberg for a job well done.
- Congratulations to Sara Bohn, D.O., for completing the necessary requirements to be awarded a Certificate of Added Qualifications in Hospice and Palliative Medicine. She is the medical director of Hospice Compassus in Jefferson City.
- Trivia: This JCMG family medicine physician recently competed on the Jeopardy game show and came in second place. Who is Dr. Nina Kiekhaefer? Congratulations!
- Women's Clinic of JCMG is selling milk chocolate covered strawberries to benefit March of Dimes. Orders for a half dozen are \$7 and \$12 for a full dozen. Orders will be taken until Feb. 10. To place an order, please call 636-5248.
- March of Dimes campaign kick-off will be held from 11 a.m. to 1 p.m. on Wednesday, Feb. 23 in the Employee Lounge.



1. JCMG and Pfizer partnered to host a "Get Quit" smoking cessation class for the community.
2. Several JCMG employees were recognized for successfully completing the 2,845 mile, Route 66 walking challenge. The challenge began in February 2007 and ended in December 2010. The winners were awarded \$200 and two days vacation.
3. New Employees (front L to R): Sherry Hirschvogel, DRM; Bethny Nichols, ORTHO; (back L to R): Scott Hall, OSC; Carrie Holohan, FM; Charles Denny, IM; Lakeisha Carlisle, IM.
4. JCMG was a major sponsor of Deal or No Deal to benefit Easter Seals United Cerebral Palsy. More than \$27,000 was raised with an attendance of about 130 people.

## Tax Changes

by Sean Duggan, Moneta Group

Recent tax changes to try to spur economic recovery may offer some additional savings opportunities for 401(k) participants. With the two percent reduction in your social security tax that will be withheld from your paycheck, why not take advantage of this opportunity and increase your 401(k) contribution rate by one or two percent. By increasing your contribution rate, you've effectively taken money that otherwise would have gone to the government and added it to your personal retirement savings. Changes can be made by contacting Evelyn McVicker.

# JCMGroupTalk

is a monthly publication of Jefferson City Medical Group.

The deadline for submitting materials for the March issue is February 18. Send comments, suggestions and article information to the editor, Emily Mantle, Community Relations.



## February Birthdays

1	OSC	Geneva Wyatt
3	IM	Carol Schneider
3	ON/HM	Karen Goodenough
3	ENT	Peggy Buersmeyer
3	RAD	Lori Caton
4	WC	Cathy Niekamp
5	CBO	Merlita Beloncio
5	FCA	Terry Krantz
5	LVC	Diane Garber
6	SURG	Bev Cearlock
6	LAB	Tabatha Lancaster
7	PMR	Dr. Thomas Folz
7	IM	Nicole Klund
8	CBO	Linda Ridenhour
8	CBO	Debbie Chapman
9	HSK	Kim Edwards
9	ENT	Rhonda Bestgen
12	GI	Jo Stieferman
13	FCA	Donna Wieberg
13	CBO	Anne Schutt
14	FCA	Lori Smith
15	ENT	Nancy Goode
15	RAD	Ashley Smith
16	CLR	Dottie Webb
16	FCCL	Clarissa Hock
17	PEDS	Colette Lee
19	INFO	Debbie Coon
20	WC	Shawn Otto
21	RAD	Randy Fuhrman
22	LAB	Violet Mattson
22	LVC	Brandi King
22	FCA	Haven McCarty
23	GI	Lana Jennett
23	RAD	Dr. Bonnie Smith
23	CBO	Rachel Brizendine
25	CBO	Tammy Beasley Schaefer
26	SURG	Kelli Green
27	LAB	Martha Coleman
27	RAD	Stevie Flottmann
28	OSC	Tabitha Tarrant
29	IM	Diane Carey

## February Meeting Schedule

Board of Directors	Feb. 10 & 24	7:00 a.m.	Board Room
FM Staff	Feb. 15	7:00 a.m.	JCMG Lounge
EIC	Feb. 15	1:00 p.m.	Board Room
FM Physicians	Feb. 17	6:00 p.m.	Board Room
Education Committee	Feb. 22	11:30 a.m.	Training Room
Safety Committee	Feb. 24	7:45 a.m.	Training Room
Department Meeting	Feb. 24	9:00 a.m.	Board Room
Administrative Council	Every Monday	9:00 a.m.	Board Room
Grand Rounds	Every Thursday	12:00 p.m.	JCMG Lounge
Cardiology Committee	Every Friday	7:00 a.m.	Board Room

## JCMGuess Who?

Each month GroupTalk will highlight a JCMG employee. Clip off the form or send your entry on a 3"x5" card to Community Relations, by February 18. If more than one correct entry is received, a drawing will be held.

January's mystery employee was Beth Korsmeyer, POD, and the winner was Rachel Fine, RAD. They each received a JCMG lunch tote.

## Guess Who Clues

This mystery employee's favorite things include camping and fishing or just about anything outdoors. She enjoys spending time with her family. She has a passion for traveling, especially to Gulf Shores, Alabama. She hopes an upcoming voyage will land her in the Caribbean. Her most beloved pastime is cruising around in her "hot rod." This Guess Who has worked at JCMG for three years.

Name of mystery employee:

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Entrant's name & title:

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Entrant's department:

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Entrant's telephone number:

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