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COLORADO'S ONLY **SIX TIME TOP 100** RURAL & COMMUNITY HOSPITAL



The Hearts Behind the Masks

2020 Report to Our Community, May 2021

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MONTROSE 
MEMORIAL HOSPITAL
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To the Friends and Family of Montrose Memorial Hospital

It's easy to take many things in our lives for granted; the beauty of the mountains, friends and family, good health. It's important to take time periodically to remember all the great things including our wonderful hospital. Montrose Memorial Hospital is a place of excellence with a wide range of services and outstanding employees and medical providers. Our hospital has been nationally recognized and awarded for its outstanding quality numerous times.

During an especially difficult year for all hospitals, ours received the following rankings and awards:

- #1 Small Hospital in Colorado, receiving an overall grade of A+ by the Lown Institute
- 2020 5 Star rating (the highest possible) by the Centers for Medicare and Medicaid
- Placed in the Top 100 Rural and Community Hospitals in the United States again and is the only Colorado hospital to receive this award for the 6th consecutive year
- "A" rating by the Leapfrog Group

These awards and rankings are due to the compassionate and quality care provided by our dedicated employees and medical providers. Despite significant challenges presented by Covid, we ended the year with a positive bottom line and upgraded our Standard and Poor rating from BBB- to BBB+. We have been able to expand services offered to our community and have recruited talented new physicians including Dr. Virginia Tjan, Oncologist, Dr. Mark Noel, Otolaryngologist and Dr. Andrew Hersh, Pulmonologist. Alpine Woman's Centre is offering a wider range of services including a new 3D Ultrasound, cancer patients can join the Hustle for Hope Exercise Program and Mountain View Therapy has expanded the Pelvic Health Program.

We are excited about continuing to provide the best health care services and recognize that it would not be possible without the overwhelming support we receive from the community. During this unprecedented year our employees were supported with kind words, cards, letters, coffee, food and more food, demonstrating again that we are a community where friends and family care for friends and family.

We thank you for your support and are committed to continuing to provide the best health care with excellent service, compassion and fiscal responsibility.



Dr. Kjersten Davis
Chairperson, Board of Directors

MMH Alpine Women's Centre Offers New View of Babies in the Womb

Whether patients want the comfort of a quick glimpse of their baby in the womb – or a check-up with 3D views – the MMH Alpine Women's Centre has them covered.

Now available to all established Alpine Women's Centre patients, the clinic offers elective ultrasound services to provide soon-to-be moms and dads new ways to view their babies in the womb.

The 3D ultrasound service, available starting at 26 weeks, lets participants view their unborn baby with a "3D" view – allowing for much greater detail of the baby. Many parents are eager to see their baby's face for the first time. Previously, many Montrose area parents would drive to Grand Junction to receive 3D ultrasound services.

"3D ultrasounds are great because they allow for more detailed, accurate and immediate imaging results for our obstetrical patients," said Dr. Sheena Wisler, physician at Alpine Women's Centre. "It is especially helpful in visualizing anatomical structures more clearly."

"One of your most exciting doctor visits during pregnancy is getting the ultrasound to see your baby for the first time," said Nichole Leonard, patient at Alpine Women's Centre.

"3D ultrasounds bring a whole new level of joy when you can actually see some of their features before they are born. It makes the experience so much more surreal."



Comfort Glimpse, available starting at 20 weeks, is another new ultrasound service available at Alpine Women's Centre. Comfort Glimpse allows for a 10-minute check-in on the baby in utero. This service utilizes traditional 2D ultrasound technology. Participants receive black and white photo prints and digital photos provided on a USB drive. For many parents, Comfort Glimpse offers peace of mind for those wanting to see how their baby is progressing.

Since these services are elective ultrasounds, they are not covered by insurance.

For more information, contact 970.249.6737.

Meet Dr. Andrew Hersh: MMH's New Pulmonologist and Critical Care Specialist

Andrew Hersh grew up in New Jersey but headed west for college in Colorado. After graduation he worked in the Ouray/Ridgway area in a program for troubled teens based out of Montrose. While there he met his future wife, Ali, a psychologist, also working in the program. "We love western Colorado and are really thrilled to return," Hersh said. "We love the community, the access to the mountains and especially that Montrose is such a great place to raise our kids."

The couple has two children, Sam, 6, and Emmett 18 months. "Sam may be the most excited of all about the move," he added. "We went camping and fishing in the Cimarrons and he loved it so much. When we told him that we were going to move here when my time in the military was up, he hurried and packed his suitcase the same night. It was tough trying to explain that it would be a year before we moved."



Andrew Hersh, MD

"While working in the teen rehabilitation program I became its field medic and spent a lot of time with the medical director, a former emergency department doctor," Hersh continued. "It was that time with him that made me think that medicine as a career might be a good way to marry some of my strengths and interests and be of help to people." He is currently completing 9 years of active duty with the Air Force and is stationed at Brooke Army Medical Center in San Antonio and will continue as a reservist.

"My area of responsibility in the military is as a Critical Care Air Transport Team doctor, assisting in the transport of critically ill and injured troops in a flying intensive care unit in the back of a big cargo plane," Hersh continued. "In this capacity I have been deployed to the Middle East, deployed in this country for hurricane relief and am regularly on call to pick up any critically ill patients who needed transport to BAMC. While the deployments were memorable, this last year dealing with the Covid crisis was even more so. In addition to my medical responsibilities, I was part of the hospital's inpatient planning committee in charge of identifying and tracking key equipment and personnel, planning the hospital's response and establishing protocols for dealing with the virus."

"As a pulmonary and critical care doctor, (typically you train in both), I work in the clinic taking care of patients with lung disease and in the ICU taking care of patients that are critically ill from a wide range of problems," Hersh said. "Pulmonology by itself is an incredibly broad specialty. The lungs interact with the outside world more than any other organ, including the skin. All the blood filters through the lungs, so pretty much all disease that affects the body can affect your lungs. This can include COPD and emphysema, occupational lung disease, asthma, chronic lung infections, rheumatological diseases and chronic heart disease to name a few."

"As a pulmonologist it is very rewarding to be able to form long term relationships with patients and help people breathe better. As a critical care doctor I get to be part of a team caring for the sickest patients in the hospital. Sometimes we are successful and help them to recover and go home. Sometimes we are not but we can help people die with dignity and without undue suffering."

Hersh is excited to join Dr. Gilbert in Respiratory Services along with the rest of the staff at Montrose Memorial and the entire Montrose Medical Community. "We've wanted to come back to this area ever since we left," he said. "My family enjoys all of the outdoor activities of the Western Slope—camping, fishing, hiking, skiing. To be able to combine that opportunity with work that I love in a first rate hospital and a dynamic medical community is truly a gift."

MMH Expanding Respiratory Care Services

MMH is expanding our services to help our community. When you need to ensure your lungs are on the path to great health, Montrose Memorial Hospital is your home for great care! Whether you are looking into a potential problem or need advanced lung care, MMH will feature the latest technology to ensure your needs are met.

Coming Late Summer:

Comprehensive Lung Cancer Screenings

We will be performing low dose CT scans looking for suspicious nodules. By offering this service to those who are at high risk of lung cancer, patients have an increased chance of success if cancer is found - since early detection is key.

Nodule Tracking Program

What is nodule tracking? CT scans can find "spots" on the lung, and it's unclear if they will be harmful or not. Most are not harmful but knowing they are there can be a source of anguish for the patient. By offering nodule tracking we can identify nodules for your provider so that they can be tracked over time and decisions can be made about which ones can be watched and which need to be biopsied.

"E-BUS" and Navigational Bronchoscopy

MMH has invested in advanced technology to ensure our community receives top notch lung care not available anywhere else on the Western Slope. Endobronchial Ultrasound, or "E-BUS," will allow us to biopsy places in the chest that previously were only accessible through surgery. This will be a same day procedure, allowing you to go home within a few hours after your procedure. Additionally, we will be offering Navigational Bronchoscopy. This technology is like your car's GPS system: our equipment will use your CT scan to develop a "road map" of where to go in the lung. This will allow us to biopsy suspicious modules deep in your lungs.

We'll also be helping smokers by attacking the problem of nicotine addiction with multiple strategies simultaneously, increasing the likelihood of success.

Some of the Services Offered at MMH

- 3-D Mammography
- Acute Rehabilitation Unit
- Breast Feeding support and classes
- Bronchoscopy suite
- Cardiac Cath Labs
- Cardiopulmonary Rehabilitation
- CareFlight Air Ambulance
- Childbirth and Sibling Classes
- Colonoscopies and Endoscopies
- Complete Cancer Care: Chemotherapy and Radiation Treatments
- CPR and 1st Aid community classes
- Family Birthing Center
- Intensive Care Unit
- Joint Replacement Center
- Laboratory
- Level III Trauma Center
- Medical Imaging: (MRI, CT, Mammography, Ultrasound, and Nuclear Medicine)
- Medical/Surgical Unit
- Minimally Invasive and Same Day Surgery Options
- Mountain View Therapy:
 - Occupational Therapy, Pelvic Health, Physical Therapy, Speech Therapy
- Mountain View Therapy at Montrose Recreation Center and at the Ridgway Clinic
- Nutrition Services
- Outpatient Surgery
- Respiratory Care Services
- Robotic Assisted Surgery
- Sleep Study Lab
- Stroke Telehealth
- Support Groups
- Surgical Services
- Wound Care Clinic

Kayla's Story: Robotic Hysterectomy with the DaVinci Xi Robotic System

Kayla is 38 years old. She has had several abnormal pap smears, which could indicate a possible cervical cancer risk. Because of her age and the fact that her family was complete, after discussion with Dr. Derick Fenton, her gynecologist at Alpine Women's Centre, it was determined that a hysterectomy was the best choice for resolution of the problem.

"Dr. Fenton is easy to talk to and has a great bedside manner," Kayla said. "I had a lot of concerns and questions and he was very thorough and reassuring. He explained everything clearly to me including the benefits of robotic surgery." Advances in surgical procedures today are nothing short of phenomenal and Fenton describes the DaVinci Xi Robotic Surgery System used for Kayla's hysterectomy as "fantastic".

"We are able to complete more complex surgeries laparoscopically without having to do open surgery," he said. "Also, the view is much better, blood loss is less and recovery time is significantly faster. The robot can be used for prolapse treatment and releasing adhesions as well as hysterectomies and I have also used it for sentinel lymph node dissection. (A sentinel node is the first lymph node to which cancer cells are most likely to spread from a primary tumor). We use a special light that allows an injected dye to glow and helps focus the surgery on specific lymph nodes for uterine cancer patients."

"I was really nervous about having surgery but I would like to reassure other women and encourage them to discuss their concerns with their doctor," Kayla added. "I checked in to Same Day Surgery in the morning and was home by that afternoon. Everyone at the hospital from Admissions to Recovery made me feel at home. The whole time I was in the hospital I felt safe and well cared for. When you are worried, small things can mean a lot and I really appreciated that in the surgery area I was constantly checked on to make sure I was comfortable and warm."

"My recovery was amazing," she continued. "I only took pain medication for a couple days and a week after surgery I was going for walks. After 3 to 4 weeks I was back to running and biking. I couldn't have had a more positive experience and I feel so much better now about my health and the future."



Jenny's Story: MAKO Robotic Knee Surgery

Jenny McIntyre and her husband Jason Graham have operated Five 50 Fitness in Montrose for the last nine years. As a personal trainer and longtime fitness buff, Jenny is in great condition and well versed on the many health benefits exercise provides. But long term, heavy duty exercise can also result in too much wear and tear and incredible overuse of the body. For Jenny, after years of running, aerobics and weight training, the problem was her knees.

For help she turned to Dr. Thomas Dwyer of Western Slope Orthopaedics in Montrose. "Jenny needed total replacement of both knees," Dwyer said. "Most patients typically have one knee replaced at a time. In Jenny's case, her knees were equally bad and she wanted to do both surgeries at the same time. Fortunately she was at a healthy weight and in peak physical condition, which makes a big difference in a successful rehabilitation and recovery. We were able to utilize the MAKO Robotic Surgery System which is a very precise cutting instrument that allows us to make very fine adjustments to the position of the components. When doing knee replacement surgery we can more precisely get the appropriate tension on the ligaments which stabilize the prosthesis without having to release the soft tissues as much, which may improve a patient's pain and early rehabilitation."

In October of 2020, Jenny had both knees replaced during one operation. She spent a night in the hospital and followed up with 6 weeks of outpatient physical therapy. "I couldn't be more pleased with the result," she said. "The whole experience was beyond my expectation. Dr. Dwyer was amazing and spent a lot of time informing me about the Mako procedure and the consequences of doing both knees at once. I felt that he really listened to me and respected my decision to do them at the same time. Everyone at the Joint Replacement Center at Montrose Memorial was wonderful. Honestly, I felt like I was staying at a friend's house rather than in a hospital. The physical and occupational therapists at Mountain View Therapy were outstanding as well."

"Did I have much pain after surgery? I would have to say mine was more on the level of discomfort, as I went through the rehab and healing process. Was it worth it and would I do it again? Absolutely. My best advice to anyone with knee or other joint problems is to not wait. Get evaluated and ask questions. Even though I knew better, I waited two years too long. Constant pain and the inability to use your joints correctly affect your entire body. I'm so happy to have my active life back without the pain."





Go Online for More Info:

MontroseHospital.com  

Special thanks to Brad Wiersma, Burg Communications, Cathy White and Leann Tobin



Kjersten Davis, DVM
Chairperson



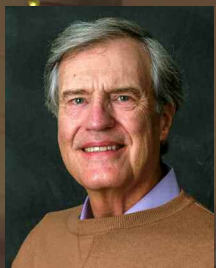
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