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NOTE FROM THE CEO



Happy New Year! It is good that the year 2021 is now behind us. We look into the future and this new year with hope. Hope for a healthy, happy year. Here at MGRMC we continue to advance and grow the healthcare services in our community, and prepare to adapt to the unexpected. We will continue to provide quality care whenever you need us because it's about our community.

-Roland Knox, CEO



WE NEED YOUR HELP

Our community's healthcare is on the verge of a crisis.

The number of COVID-19 cases continues to increase; we anticipate record daily cases over the next several weeks. This is due to the characteristics of the new Omicron variant; data shows us it is much more contagious than previous variants. We need your help to keep our community safe and healthy.

Our healthcare workers are stretched thin; each of them has given their all, every day for almost two years, to keep our community members safe.

We want to be here, for each of you, when you need us. Care in our hospital is safe, but our ability to provide safe care is in jeopardy, and we need your help!

How can you help?

We need you to do your part, talk to your doctor, get your COVID-19 vaccination, your booster, along with your flu shot. These will help you avoid serious illnesses.

Get the right care when you need it.

We will always be here when you need us. While we are experiencing a surge in patients, consider your options. If you do not need emergency care, talk to your Primary Care provider requiring your

"As a hospital staff, we have been pushed beyond our previous limits in order to care for the community. We have many who have been saddened, stressed, and exhausted while working through the various surges of this pandemic. There have also been wins, and because we're resilient and strong, we have risen as a hospital family to work as a team, learn, and grow.

Never before has this career and work environment been this challenging physically and emotionally, and we would love for the community we serve to lend us their support and understanding."

-NICOLE DUPONT, RN
House Supervisor
Wound/Ostomy Team

**MGRMC IS A LEVEL IV TRAUMA CENTER
WHAT DOES THAT MEAN FOR YOU?**



At Mount Graham Regional Medical Center, we understand that access to immediate care in the case of emergencies is crucial. The difference between stable conditions and irreparable damage could come down to the care a patient receives in the first few minutes when they arrive at our hospital. We are proud to be a designated Level IV Trauma Center.

Level IV trauma centers provide evaluation, stabilization, and diagnostic capabilities for injured patients. From here, we can treat our patients accordingly or transfer these patients to a higher-level trauma center to continue to receive appropriate care. MGRMC is fully equipped with resources to help us care for our injured patients. Resources such as emergency blood, splints, and equipment are needed in an emergent situation. Ultrasound, fiber optic intubation equipment, and a top-of-the-line CT scanner are all used to help care for trauma patients.

"We are fortunate to have great EMS personnel locally, including several volunteer agencies, that participate in the trauma program and continued training. We are also very fortunate to have several great transporting agencies (like Life Net, Air Evac, and Ponderosa) to aid us in transferring the patient when more resources are needed, and the patient must be transferred to a higher level of care," said Stacie Hinch, RN, CEN, CFRN, Director of Emergency Services.

All of our Emergency Department Physicians and mid-level providers are trained in Advanced Trauma Life Support. Many of our nurses have taken the Trauma Nursing Core Course. We have also hosted several Rural Trauma Team Development courses with the help of Level I centers from Phoenix and Tucson. We have also trained all of our staff on the activation criteria and procedures; this includes our ancillary departments as well, such as radiology, lab, and respiratory.

Part of being a great trauma center is constantly improving our processes and procedures to provide the best treatments to patients. We are always looking to better ourselves and implement new changes as needed. We also work closely with level I centers that can provide feedback.

Dr. Bart Carter, our Chief Medical Officer and general surgeon acts as our Trauma Medical Director. He and Dr. Jordan Marble, our second general surgeon, respond to our trauma critical patients. "We have a trauma team available 24/7. We are different from other rural IV centers because our surgery department is very involved in trauma. They are available when needed to respond to help the patient," said Hinch.

Rural areas are at greater risk of death and severe injuries resulting from trauma, mainly due to the time it takes to transfer patients to trauma centers. Having a level IV Trauma Center for our rural community is a great benefit to our patients present to the emergency department.

Because rural populations are at more risk, it's a great benefit to our community that our hospital has a highly trained team and the equipment needed to care for the injured patient. "Every single Department, from administration to those providing the care, are passionate about caring for our injured patients," said Hinch.

At Mount Graham Regional Medical Center, we are consistently working towards providing the best possible care for our patients and their families, especially when caring for those experiencing the hardship of a severe injury or trauma. "You won't find a more dedicated, supportive, and trained level IV rural trauma center," said Shanna Cluff, RN and MGRMC's Trauma Program Director, "We are always looking and implementing new changes as needed."

We are grateful to serve our community and be here for our patients on their worst days. After all, we are caring for our neighbors, our friends, and our families.

Bibliography:
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5118091/>
https://www.in.gov/health/files/Rural_Health_Fact_Sheet.pdf

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MEET SOME OF OUR PROVIDERS!



BART CARTER, MD, FACS
CHIEF MEDICAL OFFICER

- Graduated from the University of Arizona-College of Medicine Tucson in 1986
- Completed internship and Residency training with the Phoenix Integrated Surgical Residency in Phoenix in 1991.
- Married with 5 children
- Pima High School Graduate and Valedictorian
- Born in Mesa, Arizona

ERIC INGULSRUD, MD

- Attended medical school at the University of Minnesota Twin Cities
- Completed residency at Mount Sinai Beth Israel in New York
- Extended graduation time to practice clinical medicine in Tanzania for six months and Uganda for two months
- The newest member of the MGRMC ED team, having started full-time in January 2021
- Enjoys international travel, snow skiing, and cooking for friends



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