

ENGAGE

Connecting the community to health

Full Service
Pediatric Therapy
Center now at HMH!



Howard Memorial
hospital

Spring 2021

Comfort & Fun are Key at our New Pediatric Therapy Center



Big things are happening at Howard Memorial Hospital! The upcoming opening of our Pediatric Therapy Center will allow children of all ages to thrive in their rehab treatments.

As we've seen the need for pediatric therapy grow in our community, we couldn't be happier to have a safe and comfortable space for younger patients to receive care.

Speech and Language Pathologist, Morgan Miller, can't wait for the opportunity to work with her young patients in this new space. "Our community has such a growing need for pediatric therapy, which is evident as we have outgrown our current facility," she shared. "We are looking forward to providing these much-needed services close to home for Howard and surrounding counties. HMH Pediatric Therapy Center will provide integrative and comprehensive therapy for all ages."

The new therapy center will allow children recovering from sports injuries or surgeries, in need of speech therapy, or facing other challenges, to receive personalized, one-on-one care from our fantastic therapy team in an environment designed specifically for kids. Bright colors, toys, and games abound in the new facility—a welcoming and engaging space that allows children to flourish. Plus, the new center is centrally located, making it easy for parents and caregivers to access therapy appointments.

Therapies can help children with:

- Developmental disabilities
- Sensory deficits
- Delays in language development milestones
- Pediatric feeding, swallowing, and sensory integration
- Trouble with sitting, crawling, walking, or coordination
- Injury or surgery recovery
- Any other diagnosis contributing to delayed development

By combining the knowledge and passion of our HMH therapy staff with a state-of-the-art, child-focused facility, we will be able to help pediatric patients progress in their overall development and learn skills to live healthier, more active lives.

“When patients first walk in HMH PTC, they will be greeted with a fun and inviting atmosphere filled with bright colors and smiling faces,” Morgan explained. “We will have a therapy gym specifically for kiddos complete with a ball pit, slides, a swing, and more. For kiddos who need a little extra sensory experience, we will have a sensory room, complete with calm, sensory-friendly lighting, seating, and equipment.”

Full Service for Kids

The new facility will be able to accommodate kids of all different ages, skill levels and care needs. And kids will have access to physical therapy, occupational therapy, and speech language pathology all in one place. Plus, it's large size allows for social distancing to keep therapy sessions safe.

And perhaps the biggest benefit of a pediatric-only center is that it will make therapy sessions seem more welcoming and enjoyable thanks to the kid-centric design. When children are in an environment geared to their ages and interests and see other children also receiving treatment, we believe therapy sessions are more effective and kids are more confident and successful.

One-on-One, Personalized Care

Above all else, we believe that kids will be successful at the new center because they will receive treatment from our team of experienced, accredited therapists who specialize in treating pediatric patients with personalized treatment plans based in play therapy. Patients will be able to form relationships with their therapists and will work with the same therapists throughout their one-on-one treatment, so there is a sense of comfort at each appointment. This creates a strong foundation of trust and makes young patients more receptive to care and better able to progress towards their treatment and development goals.

Easy to Access

The new therapy center is centrally located and easy to access at 1315 S. 4th St. Nashville, AR.

What makes HMH Pediatric Therapy a great choice?

- Child-centric design aids in comfort and therapy effectiveness
- You support your local, non-profit community hospital
- Large, expert & fully licensed staff who specialize in working with children
- Physical therapy, occupational therapy, and speech and language pathology all in one place
- Always receive one-on-one care
- All insurance plans accepted



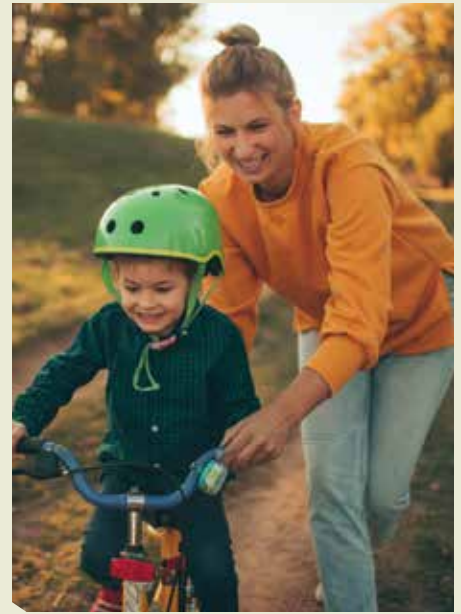
A Patient's Perspective

Junior was referred to therapy at HMH in 2019 at just 18 months of age due to concerns for developmental delay. At this time, Junior was unable to communicate his basic wants and needs due to his limited vocabulary and often showed great frustrations as a result. He was dependent on his parents for most basic skills such as feeding and dressing, and was unable to walk safely and independently.

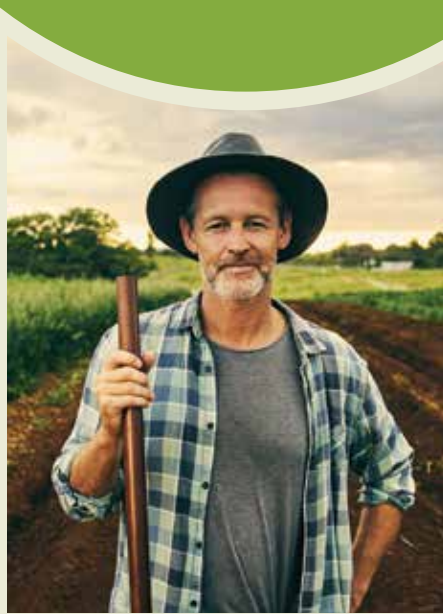
In Junior's time here, he has made huge advancements in his speech, language, and motor skills. As far as his speech therapy goes, Junior is now using single words to communicate as well as simple, basic sign language. He no longer shows frustration in communication attempts as he is most often able to communicate functionally and is now working on his articulation/pronunciation in order to say words more clearly.

In OT, he has learned to dress/undress himself, is proficient in shape recognition, and is now working on pre-writing skills as a part of his fine motor development. In PT he has gained better mobility and balance as he has learned to walk without stumbling, is running everywhere, and is now learning to walk up and down stairs with increased balance and stability.

Junior has been such an excitement to have in therapy and brings a smile to everyone's face as he greets anyone he meets with the sweetest "Hi!". Junior is such a ray of sunshine and we have loved watching his personality blossom over the past year. We are so thankful for his parents, Ricardo and Mireya, for being so dedicated to his therapy journey and have let us be a part of his success! Junior is a kiddo with endless potential and we are excited to see his continued success as he grows and progresses in his development!



**New Year,
Healthy You**
Make Your Health
a Priority in 2021



When you listed your goals or resolutions for the new year, was focusing on your health one of them?

Staying on top of your health through annual wellness exams and regularly scheduled screenings can be the difference between early detection and treatment, and a lengthy health battle. Howard Memorial Hospital reminds everyone to take charge of their health with proper primary care.

Don't worry if it's been a while since you've met with your provider—sometimes life happens. The uncertainty of the last year upset routines and left us all feeling a little lost, but there's no better time than the now to get back on track.

HMH has all your major primary care needs covered with the following services and screenings:

- Annual wellness exams
- Mammograms
- Colonoscopies
- Lab Work
- Blood pressure monitoring
- Cervical cancer screening
- In-house allergy testing
- Retinal exams

Kaitlyn Gunn, HMH Clinic Director, shared why she believes people should focus on preventive care, rather than waiting until they're already sick to come in for help.

"Early detection is the key. These appointments are meant for you to keep an established relationship with your provider as well as stay up to date on screenings, so you can feel confident in your health or get help for an illness before it's too late," she said. "Plus, insurances cover annual wellness exams 100% compared to non-preventive care that can be costly for patients."

Why HMH Primary Care?

To help make it easy for people to access primary care services at HMH, the clinic offers extended appointment hours. Appointments are available starting at 7AM and through 5PM to fit into busy work schedules. The clinic also offers an after-hours nurse line where clinic nurses can answer questions and provide information that may help you avoid a trip to the emergency room.

Our clinic is part of Comprehensive Primary Care Plus (CPC+). This ensures that all staff is trained to provide better quality care, with a select team specializing in keeping patients out of the hospital when possible.

For Kaitlyn, she believes the exceptional provider team at HMH can make all the difference for people who may be anxious about coming in for a wellness exam, particularly if it has been a while.

"Find a clinic that makes you feel like family...from the front desk all the way to the provider. Understand that the doctor is there to help and wants the best for their patients," she advised. "All our providers truly care about their patients and just want them to be as healthy as they can be."

Now's the Time

As we slowly but surely put 2020 in the rearview mirror, we can continue to do our best to keep ourselves and our community safe—while still taking the needed steps to live the healthiest lives we can.

Taking stock of where your health is now, addressing any pressing issues, and committing to regular wellness exams and screenings is a great way to make this a healthier, happier year.



Schedule an Appointment

To learn more about primary care at HMH visit us online at www.howardmemorial.com/our-services/primary-care or call **870-845-6060** to set up an appointment

The Safe & Easy Way to Get the Care You Need

Howard Memorial Hospital Telehealth Services



To further improve access to high quality healthcare in the community, Howard Memorial Hospital introduced telehealth services last year. These virtual appointments allow people to get the care they need from the comfort of their own home.

Because of the ongoing pandemic, we still need to be smart with our health and safety—while making sure to stay on top of needed healthcare appointments. Otherwise, putting

off necessary medical care can lead to worsening chronic conditions, mental health struggles, late illness diagnoses, and more.

Fortunately, HMH telehealth services are available to both new and existing patients and are easy to access from a smartphone, tablet, or computer—all you need is a valid email to access the telehealth portal.

Telehealth appointments are available for:

- Medical clinic visits (except wellness visits and injections)
- Compass Behavior Health Clinic
- Dietician and nutritional services

Kaitlyn Gunn, HMH Clinic Director, explained the positive impact it's had so far in the community.

“I think it has been a great asset during COVID-19. I think patients have been open to an alternative visit type to keep them safe and prevent exposure. Plus, working individuals can use their break at work to complete their visit without having to take off work early or go in later so it better fits their schedule.”

How to get started

Setting up your first telehealth appointment is easy! Speak to your provider directly or call the medical clinic or Compass Behavioral Health to let them know you're interested in a virtual appointment. You'll get set up with our telehealth system, and then we'll work with you to find an appointment time that fits your schedule and care needs.

Telehealth medical clinic appointments follow the same structure as when you meet in person. First, a nurse will join the appointment to get your health history, and then the provider will join the portal for the video visit. Just like when you come into the clinic, these visits are for you to ask any questions and discuss any health concerns you have with your provider. Telehealth appointments are ideal for medication refills, following up on a surgical procedure, existing condition management, and more.

HMH's Compass Behavioral Health telehealth services allow you to take care of your mental health on your time with a schedule that works for you—with the increased safety and comfort of receiving care at home. Whether you've previously had regular behavioral health appointments you want to keep up with or feel that talking to someone about new or worsening mental health struggles might be a step in the right direction for your health, we encourage you to learn more about our telehealth offerings.

To learn more, visit our telehealth page or call **870-845-6069** for Compass Behavior Health and **870-845-6060** for the Medical Clinic and **870-845-6935** for Nutritional Services.



A Patient's Perspective

For **Shannan Friend**, choosing telehealth services was an easy decision.

“I actually called them [HMH] to see if they offered telehealth,” she shared. “I’m high risk for COVID and care for my mother and other family members so I need to be as safe as possible.”

Shannan needed to meet with a dietician at HMH and said that the virtual appointment was both easy to access and as helpful and informative as an in-person visit.

“I can certainly get by but don’t consider myself overly ‘techy’, but it was really easy! Plus, Denise [Graves] checked in to make sure everything worked, which was super helpful,” Shannan said. “During the appointment she had everything set out like an in-office appointment and continued to check in to make sure I could see everything and that I was getting everything out of the appointment that I should.”

And Shannan’s response when asked if she would utilize telehealth services again?

A simple and resounding, “Yes!”

The safety, flexibility, and ease of our telehealth services makes them ideal for families who have children at home all day, immunocompromised individuals, caretakers, and more.

Don’t wait to take care of your health—meet with your provider safely and easily with a telehealth visit.



Howard Memorial
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The exam is **FREE**—taking care of your health is priceless!

If you have Medicare and have been enrolled for at least a year, you're entitled to an annual preventative care visit—absolutely free. No co-pay, no deductible! Get the screenings you need to help you stay healthy all year long.

Exams typically include:

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- Physical exam
- Preventable screening review and referral
- Medication review
- Preventative lab work
- Fall risk assessment
- Diet and exercise recommendations

Scheduling your FREE exam is simple!

Call **870-845-6060** to learn more or make an appointment.