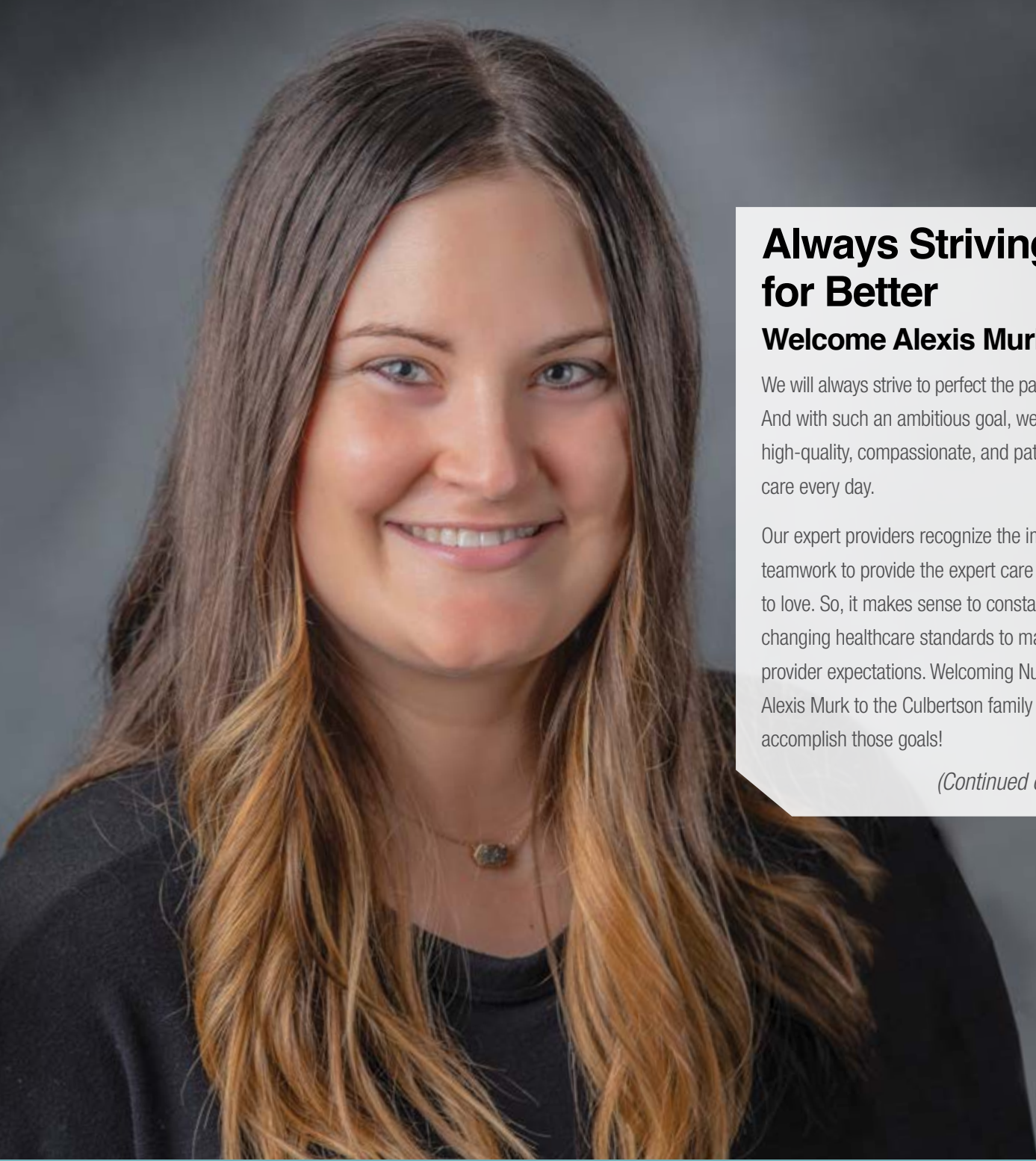


CULBERTSON CONNECTION

Your Health. Your Hospital.



Always Striving for Better

Welcome Alexis Murk, DNP-FNP

We will always strive to perfect the patient experience. And with such an ambitious goal, we aim to provide high-quality, compassionate, and patient-centric care every day.

Our expert providers recognize the importance of teamwork to provide the expert care you've grown to love. So, it makes sense to constantly adapt to changing healthcare standards to match patient and provider expectations. Welcoming Nurse Practitioner Alexis Murk to the Culbertson family will help us accomplish those goals!

(Continued on page 2) >>>>

Why Nursing?

Becoming a nurse was no small feat. Alexis explains, “I always knew I wanted to be in the medical field and nursing just seemed like the best fit for me. It combines medicine with hands on patient care.”

Alexis knew pursuing her dreams was worth the temporary discomfort of nursing school. Receiving her BSN from the University of Missouri - Columbia, Alexis grew to love her career path and how it led to some incredible opportunities. “With my experience in both primary care and emergency medicine, I’ve been able to see both sides of patient care—the preventative and acute settings side. So, it’s great to be able to see how they worked together and use those skills for my new patients at Culbertson!”

Choosing Your Provider

As a nurse practitioner, Alexis describes her role as “a great middle ground.” Since both medical doctors and nurse practitioners share the primary role in their patient’s care, it’s an effective partnership to maximize patient satisfaction. “I get to have a primary role in my patient’s medical treatment, but it’s also great working alongside the doctors to have that constant resource.”

“I always knew I wanted to be in the medical field and nursing just seemed like the best fit for me.”

– Alexis Murk

Choosing a provider is an important decision. Alexis recommends, “Find the right provider for you! Everyone practices medicine a little differently and it should be in a way you are comfortable with and fits you and your family’s needs.”

Behind the Scenes

A day in the life of a nurse practitioner means constantly building a stronger relationship with her patients as she helps them through their healthcare journey. Alexis explains, “I primarily spend my day listening and checking in with my patients.

I may also review lab work, x-rays, and procedures ordered for the patient, and even help determine the next steps in their healthcare plan.”

Like all Culbertson providers, Alexis believes in holistic patient care. “As a rural health area, Culbertson is a great resource for patients and gives access to high-quality care. The outpatient clinics even make it possible for patients to see specialists without needing to travel long distances!”

You Come First!

Alexis believes patient access to quality healthcare allows continuity of care which ensures no major (or minor) healthcare changes occur without proper treatment.

Culbertson’s diverse lineup of specialists and variety of convenient locations provide critical access alongside a friendly, welcoming atmosphere. 🏥



Sherry Wells, LPN
Alexis Murk, DNP-FNP
Mariah Callihan,
Patient Access

Get UP and Get Active




Finding it difficult to get your kids up and moving? Well you're not alone. Parents everywhere are struggling to balance their child's love for technology with a healthy, active lifestyle. It may seem harder to fit in more active playtime as the summer sun turns to classroom fluorescents. So, try any of these helpful tips to keep the energy high and excitement flowing throughout the school year!

- 1. Enroll your child into an organized activity.** There's a variety of ways to stay active—even from the comfort of your backyard or local park! Organize a day of hopscotch, jump rope, dodge ball, golf, or your family's personal favorite!
- 2. The fun doesn't stop when the sun isn't out!** Bad weather doesn't mean additional sedentary time. Plan trips to the local bowling alley, indoor rock-climbing wall, trampoline park, or roller-skating rink. There's many fun, weather-independent activities all around!
- 3. Join a competitive sport!** There's no better time to let your kids explore new interests than in seasonal athletics. Jump into a youth soccer league or participate in competitive cheer or dance. Plus, as your kids grow, the sport can grow with them to keep their interest and activity levels appropriate for their changing bodies.



- 4. Get active as a family.** Lead by example! Active play isn't just for kids. In fact, if you are willing to actively engage with your kids, you'll not only keep them moving, but you'll positively associate active playtime with family bonding. Plus, who doesn't want to feel like a kid again?
- 5. Chore time!** Not only do chores help teach kids responsibility and life skills, but it can also get them moving to burn calories! Age-appropriate chores from cleaning up their toys, making the bed, sweeping the kitchen, organizing their rooms, clearing snow, or washing the car will show them the value of earning their keep & staying physically engaged.

Your friends at Culbertson Memorial Hospital understand even the best parents need support. Want some more helpful tips to keeping your child active and healthy? Contact us for more information. 

KEEPING CANCER CARE CLOSE TO HOME

It's no secret receiving a cancer diagnosis can be difficult on the patient and their loved ones. Beyond state-of-the-art medical treatments, you need additional support from a wide range of specialists. Culbertson Memorial provides oncology services close to home with the same dedication, compassion, and experience as larger regional oncology centers.

Liz Wood, Patient Access Clerk, working with patients at Rushville Family Practice was initially diagnosed with pancreatic cancer. Unfortunately, it had also spread to her liver, "I had a scan in July and it showed a tumor on the outside of my liver had grown 60% in the last 3 months."


Looking for the best treatment center, Liz landed far from home, "I was receiving treatments from Siteman Cancer Center in St. Louis that is nearly 3 hours away." Eventually, the additional stress of constant travel and a desire to return home led Liz to transfer treatment to Culbertson Memorial Hospital.

And it's a relief to be back! Liz can now return to her normal routine while receiving advanced treatment from providers that care for her, "The staff treated me like their own family. Plus, I don't have to worry about a long commute!"

Working together, Dr. Karthik Kuduru of Quincy Medical Group Oncology contacted the providers at Siteman to keep Liz on the same track towards healing and recovery. Now, Liz is on the pathway

to success in the comfort of her hometown, "The oncology staff is awesome! In the morning, they call to remind me to take my pain pills to take the edge off before my treatment. It's the little things that make a big difference."

Liz trusts her Culbertson providers and wants others to appreciate the high-quality, convenient care, "I think Rushville and the surrounding counties are very fortunate to have oncology services so close to home. I think the doctors and staff are excellent in their field and truly care for their patients' well-being."

You can expect nothing but the best care at Culbertson Memorial. Through advanced tests, accurate diagnoses, and additional support services, the oncology team works with you for the best possible outcome for your cancer diagnosis. 

"The staff treated me like their own family. Plus, I don't have to worry about a long commute!"

— Liz Wood



Liz Wood

**Front Row: Launi Klitz, CNA and Bertie Taylor, RN
Amy Moon, RN, Debbie Fuqua, RN and Jane Veith, RN**



GOLF OUTING RAISES OVER \$41,000!

The 15th Annual Dr. Russell Dohner Memorial Golf Outing was held on June 7, 2019 at Scripps Park Golf Course. We had 34 teams who participated, 194 individual donors and sponsors, and over 30 volunteers who helped us raise \$41,430!



INTRODUCING THE 340B PROGRAM



Dr. Sarah Brockhouse
PharmD


A part of striving for the better means reevaluating current programs for their ability to make our patients' healthcare experiences more efficient, cost-saving, and enjoyable. We also look for ways to introduce new programs that will add to the expected patient experience of reliable, compassionate care.

Who qualifies for 340B?

The qualification extends to any current or future patients of Culbertson Memorial Hospital or its affiliated clinics. The patient also needs to use any of the contracted pharmacies, which currently include the Rushville, Beardstown, Mt. Sterling, and Virginia locations of Moreland & Devitt Pharmacy.

How will this program benefit Culbertson patients?

Sarah explains, "Participating in the 340B program will allow Culbertson providers to continue to provide comprehensive healthcare services to our community and potentially expand services in the future."

For any questions or more information, please contact Dr. Brockhouse at 217-322-4321. 

What is the 340B Program?

Dr. Sarah Brockhouse, PharmD for Culbertson Memorial Hospital explains, *"by participating in 340B, funds are generated for the hospital to maintain and potentially expand patient services. If a patient doesn't have prescription insurance or a medication is not covered, 340B could potentially help lower the out of pocket cost for that medication."*



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"PAMPERED PINK"

WEDNESDAY
OCTOBER 23RD
5-8 PM

OLD HOMESTEAD BARN
21850 Beardstown Road,
Rushville

5 pm — Doors open
5-6:30 pm — Spa services,
vendor boutique &
healthcare exhibits
6:30-8 pm — Light dinner
& speakers



EAT, SHOP,
LEARN AND GET
HEALTHY!

FEED YOUR MIND

Alexis Murk, DNP-FNP
will be speaking on
Women's Health Guidelines.

Lynn Henderson,
Registered Dietician will be
speaking on Women's Unique
Nutritional Needs.

RESTORE YOUR SOUL

- Instant manicures
- Relaxing massages
- Shopping, door prizes,
chocolate & FUN
- Wine tasting