

Only one within about 30 miles

Rockcastle Hospital launches Cardiac Rehab program

Fact: Thirty percent of deaths in Rockcastle County are attributable to heart disease.

Fact: Eleven - 32 percent of people who could benefit from cardiac rehab participate in it.

Fact: One of the reasons people don't participate in cardiac rehab is the travel time required to use distant, out-of-town programs.

Solution: Start a state-of-the-art cardiac rehab program for people in the region.

Rockcastle Hospital and Respiratory Care Center, Inc. has established a cardiac rehab program to help area residents reduce the debilitating effects of heart disease. The program is run by a multidisciplinary team that spent months researching, planning, purchasing technology and equipment and preparing space in the Rockcastle Medical Arts Building.

Kevin Rowe, M.D., who serves as cardiac rehab medical director, said the new program is needed in this area.

"When you live in 'coronary valley' as this part of the nation has been dubbed, heart conditions are a significant health concern," Rowe said.

Rockcastle Hospital's cardiac re-

hab program is a safe way for these patients to start a sound exercise program in a controlled environment, rather than just instructing them to go out and exercise at will, which could be detrimental," he said.

The program follows guidelines recommended by the American As-

sociation for Cardiovascular and Pulmonary Rehabilitation as well as other professional standards, including the US Agency for Healthcare Research and Quality, and the American College of Sports Medicine.

Rockcastle Hospital physical therapy director Steve Coy spear-



Cardiac Rehab nurse Patti Halcomb checks Lillie Barron's vital signs following exercise on the treadmill and stationary bike. During Barron's session, Halcomb used sophisticated telemetry system to monitor how her heart responded to the exercise.

headed the program's development, and says the monitoring and education that go with the exercise are part of what set cardiac rehab apart from other physical therapy services.

Rockcastle's program incorporates an individualized exercise program, medical monitoring and education on nutrition, stress management, smoking cessation, exercise, diabetes and prevention. It includes up to 36, 90-minute sessions over 10-12 weeks.

"During each session, participants are monitored through new telemetry technology that allows us to watch on a computer how participants' hearts respond to the exercise," Coy said. "In addition, we generate clinical reports that are sent to patients' physicians so they can see the progress being made. We will be comparing the progress of our patients to others around the country."

Prior to and following each exercise session, Patti Halcomb, R.N., checks blood pressure and oxygen and blood glucose levels, since these are important health indicators. One of the standards required for a cardiac rehab program is having personnel trained in advanced cardiac life support (ACLS) in the area. Both Halcomb and Coy are ACLS certified.

Steve Estes, Rockcastle Hospital CEO, said he became committed to filling the void for people suffering from heart disease and is optimistic that the new program will draw people from a large region.

"When we realized that people from this area were driving to Lexington three or more times per week for a program we could offer here, or worse yet, that they were choosing not to participate at all, we decided it was something we had to do," said Estes. "In addition, since there is no cardiac rehab program in Somerset, Berea, or Corbin, we anticipate that many people from these areas will be pleased to have access to this nearby program."

The need for cardiac rehab was further underscored by John M. Johnstone, M.D., a cardiologist who sees patients in the Rockcastle Medical Arts Building.

"I think it is a wonderful thing that the hospital saw this need and decided to invest in the program for the local area," Johnstone said. "It is well documented that patients who participate in cardiac rehab are much less likely to have recurrences of symptoms and that they will lead a higher quality of life than those who don't. The program will be a tremendous asset to this community."

To qualify for cardiac rehab, an individual must have had a heart attack or bypass grafting in the past 12 months or have stable angina, which is heart pain that is stable despite increasing or lowering exercise such as

that done in a stress test.

For more information about Rockcastle Hospital's cardiac rehab program, call Coy at 606-256-2195. Rockcastle Hospital and Respiratory Care Center, Inc. is a not-for-profit community hospital that operates inpatient and outpatient acute care programs, 60 long-term care beds for ventilator-dependent patients, a home health care service, the Medical Arts Building and Rockcastle Health and Rehabilitation Center, Inc. The hospital was established in 1954, is accredited by the Joint Commission on Accreditation of Healthcare Organizations (JCAHO), and treats patients from across Kentucky, Tennessee and several other states. For more information, log on to: www.rockcastlehospital.org.

Church News

Gospel Singing

There will be a Gospel Singing at Corpus Christi Church on June 19th, beginning at 7 p.m. The Sons Family will be featured. Bro. Dwayne Carpenter, pastor, and the congregation invite you to attend.

Homecoming

Lighthouse Baptist Church Homecoming will be held at Lighthouse Baptist Church on Gabbardtown Road in Berea on June 8, beginning at 11 a.m. Featuring the Murry Family from Bowling Green. Potluck lunch will follow the morning service.

Gospel Singing

Lighthouse Baptist Church will hold a Gospel Singing on June 14, beginning at 7 p.m., featuring the Burke Family from Neon, Ky.

Vacation Bible School at Ottawa Baptist

Vacation Bible School "The Great Kingdom Caper" will be held at Ottawa Baptist Church, June 15-20 from 6:30 to 9 o'clock nightly. For more information or transportation, call 758-8453. There will be a Bible School Kick-off at the Ottawa Baptist Church, featuring a FREE Car Wash, on Saturday, June 14 from noon to 3 p.m. Come along for a jolly good time at Vacation Bible School!

Benefit Auction

There will be a Benefit Auction for the Vester McGuire family at Brush Creek Holiness Church on Saturday, June 7, beginning at noon. Plate lunches will also be sold. Bro. Olen McGuire, pastor, and the congregation welcome everyone.

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ROCKCASTLE COUNTY BOARD OF EDUCATION

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Meeting Location - Rockcastle County Board of Education Administration Building

Regular Meeting

DRAFT

AGENDA

June 10, 2003

7:00 p.m.

1. CALL TO ORDER

- A. Silent Prayer
- B. Roll Call
- C. Reading of Board Team Commitments

2. ADOPT AGENDA/ACTION

3. COMMUNICATIONS

4. OPERATIONS/ACTIONS

- A. Approve minutes of the May 13, 2003 special monthly meeting
- B. Approve bills for payment
- C. Approve Superintendent/Designee to declare the following surplus items as junk (no bids received): 1 Xerox 5028 Copier Serial #68H556211; 1 Compaq Computer 433 Serial #A310HER121390; 1 Apple ILE Computer Serial #E740223A262128; 1 Apple Color Monitor Serial #T148849; 1 Epson Monitor Serial #MB-70306027; 1 Samsung Color Monitor Serial #H50B502008; 1 NEC MultiSyn Color Monitor Serial #68C01338U; 1 Chalkboard 12 foot long (2' x 6' pieces)
- D. Approve construction of outdoor classroom bid to Shepherd Excavating (only bid received)
- E. Approve garbage bid to Bee Garbage
- F. Approve construction of concrete walk bid to Newland Construction (BES/RCHS)
- G. Approve 2003-2004 Southeast/Southcentral Educational Cooperative Membership
- H. Approve revisions to 2003-2004 Code of Acceptable Behavior and Discipline Booklet
- I. Approve 2003-2004 Substance Awareness and Deterrent Services Agreement with POINT (Pursuing Other Interests, Inc./formerly Interquest)
- J. Approve 2003-2004 KECSC Memorandum of Agreement
- K. Approve 2003-2004 Comprehensive School & District Improvement Planning Guidebook Supplement

5. DISCUSSION/ACTION

- A. Review/approve District Facility Plan Amendment

6. DISCUSSION/REVIEW

- A. Review Monthly Financial Report
- B. Review Month 9 Attendance Report
- C. Review Superintendent's Personnel Actions Report
- D. Other: KSBA District Board Member Training Report

7. ADJOURNMENT

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