



## Cultivating GOOD health

### A Commitment to Quality Care

**N**urturing good health requires the right health care environment, from wellness-focused education to state-of-the-art services, facilities and care.

Yadkin Valley has excellent health care resources, and available services are growing right along with the community. Whether you need high-tech health care, expert surgery, fast-response emergency care, a routine sports check-up, or TLC for minor cuts and scrapes, you can be assured of excellent care.

From orthodontia to orthopedics, from eye care to eyewear, from emergency services and diagnostic clinics to state-of-the-art surgical facilities, high-quality medical services are close at hand.

#### **HUGH CHATHAM HEALTHCARE SERVICES**

Hugh Chatham HealthCare Services (HCHS), located in Elkin, serves a seven-county population providing state-of-the-art health care that is compassionate and cost effective, too. Chartered as a hospital in 1932, Hugh Chatham has a longstanding tradition of outstanding commitment to community health care.

HCHS delivers a complete continuum of services, including birthing facilities, acute-care facilities, a skilled-nursing center, a retirement

community, and home health and hospice services.

Patients trust in HCHS for skilled care with a personal touch. Registered Nurses (RNs) make up nearly 90 percent of the nursing staff, in addition to Licensed Practical Nurses (LPNs), providing a high level of expert, clinically skilled and personalized care. Patient care is always the top priority. Continuing education and clinical skills advancement for staff help maintain consistently high standards.

#### **A Warm Welcome for Newborns**

The Birthplace, a unique birthing center, is just one of many patient-centered services. "Special Beginnings" offers high-tech neonatal care and high-touch pampering for babies, moms and the whole family. The special treatment ranges from state-of-the-art medical equipment to a Jacuzzi and VCR.

Single-room suites enable Mom to labor, deliver and recover in the same room with family nearby. Each suite has state-of-the-art equipment for mother and baby. Mothers can also choose continuous mother-baby care that allows the baby to remain in the suite. The nursery, staffed with certified obstetric nurses, is also available for the newborns.

The Birthplace has earned a certificate from the American Academy

of Pediatrics/American Heart Association: Neonatal Resuscitation Program. The center was recognized for its commitment to education and to the practice of neonatal resuscitation skills among its staff.

### Assisted Living and Skilled Nursing

Hugh Chatham Nursing Center offers skilled and intermediate care in a single-level, garden-style building. Comprehensive care includes nursing services; physical, occupational and speech therapy; social services; group and individual activities; and dietitian-planned meals based on physician instructions and individual preferences. Other conveniences include a dining room, personal transportation, and access to on-site barber or salon services.

### Brighter Days: The Eden Alternative

Aging residents can still enjoy a more fulfilling daily lifestyle, thanks to the innovative Eden Alternative program. A team-based management philosophy fosters a positive environment that can improve the outlook and even the physical health of residents. Each new day can bring big hugs from little children or a gentle nuzzle from a friendly golden retriever. Seniors can appreciate feeling needed again as they care for a cheerful yellow canary or tend to a leafy green ficus tree.

### Parkwood Place Retirement Community

Parkwood Place, which is affiliated with HCMH, is one of the region's best retirement communities and is located in one of the state's most beautiful settings. Beautifully landscaped gardens and grounds, a private lake, and a scenic walking trail add to its appeal.

Spacious, stylish apartments have full kitchens and many amenities, including maid service. Residents enjoy independent living with shared features, too, including a library, parlor, game rooms and sitting rooms, a fitness room, and a community dining room.

Each apartment has an emergency call button, and Hugh Chatham Memorial Hospital and the Medical Parks are nearby for easy-access health care. If assisted living or nursing care services are needed, residents have priority consideration at Hugh Chatham Nursing Center.

### Lifeline for Home Health Care

Yadkin Valley Home Health administers the Lifeline services for those who are living at home. Seniors and their families appreciate the added peace of mind. A small "Help" button on a neck chain can be used to summon help as needed. HCMH then contacts predetermined family or friends.

### Alzheimer's Care Center

Other senior-friendly services are available through HCMH. These services include a new long-term Alzheimer's care center. This full-service unit offers compassionate and specialized treatment and care, customized to the unique needs of Alzheimer's patients.

### Building Projects:

#### Blueprints for Today and Tomorrow

HCHS never stops investing in the future, ensuring that excellent health care will always be available. Recent expansions included a major, \$19.8 million new construction and renovation project.

New construction and facility expansion in 2004 has brought the regional health care community an entirely new Imaging Services department with state-of-the-art imaging equipment and a self-contained women's imaging center. The newly expanded surgery department has doubled the hospital's operating capacity and includes the newest, most innovative surgical equipment available anywhere.

Other departments are expanding, too — all focused on keeping pace with health care innovations and community growth.

A complete continuum of specialized services helps to keep high-quality care accessible. The HCHS Oncology Services provides a new Radiation Treatment Center that enables patients to remain close to home for cancer assessment and treatment.

### Serving the Community

HCHS serves the Yadkin Valley community in countless ways. Free health screenings, wellness and health care education events help people to stay healthy. Many volunteers lend their hearts and hands-on help to the hospital; patients and others serve as

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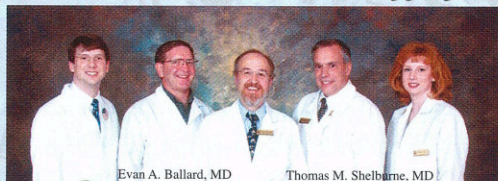
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community ambassadors to bring health education and outreach closer to home. The hospital's foundation raises funds to provide much-needed services and equipment so that the innovation and improvements can keep on growing well into the future.

#### **FULL-SPECTRUM SERVICES**

##### **Emergency Department**

Responsive, highly skilled physicians are available 24 hours a day, seven days a week. Emergency Air Care, helicopter and ambulance services are available to the Wake Forest University Baptist Medical Center and Forsyth Medical Center in Winston-Salem, North Carolina.

##### **Surgery**

Includes general surgery; thoracic; endocrine; trauma; orthopedic; ear, nose and throat; dental; urology; ophthalmology; plastic surgery; and OB/GYN.

##### **Wound Care Center**

Provides state-of-the-art care for chronic, treatment-resistant wounds. Specialized physicians and nurses provide individualized treatments and therapies for wounds, resulting in an 88 percent healing rate.

##### **Outpatient Care**

Procedures include endoscopy (upper and lower gastrointestinal screening), pain management, diagnostic cardiac catheterization, bronchoscopy (lung screening), IV therapy, blood transfusion, and surgical pre-admission testing and care.

##### **Cardiac Rehab**

Includes medical evaluation; prescribed exercise; cardiac risk factor modification; and education, counseling and behavioral interventions.

#### **Medical Specialties**

Specialties include: Anesthesiology, Asthma/Allergy, Cardiology, Endocrinology, Endocrine Surgery, Emergency Medicine, Gastroenterology, Geriatrics, General Surgery, Integrative Medicine, Internal Medicine, Neurology, Obstetrics/Gynecology, Oncology/ Hematology, Ophthalmology, Oral Surgery, Orthopedic Surgery, Otolaryngology, Pain Management, Pathology, Pediatrics, Plastic Surgery, Podiatry, Radiation Oncology, Radiology, Thoracic Surgery and Urology.

#### **Family Physicians**

Physician services are available via Elkin Pediatric & Adult Medicine, Foothills Family Medicine, Jonesville Family Medical Center, independent practitioners, and Yadkin Valley Adult Medicine. Expert physician assistants and nurse practitioners offer additional health care services.

#### **Imaging Services**

- Diagnostic radiography, including computerized/filmless imaging and digital fluoroscopy
- FDA and American College of Radiology (ACR) accredited mammography
- A state-of-the-art, 16-slice, ultra-high-speed CT scanner with CT angiography
- Diagnostic and vascular ultrasound and biopsy services
- Nuclear medicine, including SPECT imaging and coincidence scanning capabilities
- Magnetic resonance imaging (MRI) with ultra-high-speed scanning, including cardiac imaging

#### **Rehabilitation Services**

Skilled physical therapists, occupational therapists and speech/language pathologists offer state-of-the-art therapy, treatment and educational services.

#### **Industrial Rehabilitation**

These programs help those who've been injured on the job to regain their strength, endurance and mobility. Prevention-oriented programs are also provided to help make work sites safer.

#### **Respiratory Therapy**

Services include patient assessments and protocols, ICU life support, and rehabilitating therapy. From neonatal emergencies to asthma intervention, skilled respiratory therapy is available 24 hours a day, seven days a week.

#### **Clinical Laboratory**

Services include diagnostic testing, including bar coding for sample identification and round-the-clock computerized reporting, administered by fully certified medical technologists and phlebotomists. The

laboratory is accredited by the Joint Commission of Accreditation of Hospitals and the American Association of Blood Banks, and is authorized by the Clinical Laboratory Improvement Act to perform highly complex testing.

#### **Pharmacy**

The pharmacy offers complete pharmaceutical services, seven days a week, including prescriptions; medication review; and monitoring for side effects, drug interactions and effectiveness.

#### **Yadkin Valley Home Health**

This is a full-service, fully accredited home health agency affiliated with HCMH. Services include comprehensive care customized to individual needs based on physician-ordered services.

Hospice of Yadkin County and Hospice of Surry County are both affiliated with HCMH. Services include medical, emotional, social and spiritual support to those facing a fatal illness.

#### **Therapeutic Pools**

The area offers two indoor, warm-water pools; a wellness pool; and a therapeutic pool to reduce edema, relieve pain and promote overall well-being.

#### **Diabetes Program**

This program helps those with diabetes develop and maintain skills that can enhance and prolong the quality of life while lowering the risks of complications.

Alternative & Integrative Medicine (AIM) for Health is a program that integrates traditional and complementary medicine. Professionals from multiple disciplines cooperate in educating and treating patients. Varied approaches may be used, such as aromatherapy, relaxation, meditation, music therapy, Bowen therapy, massage therapy, yoga, acupuncture, Chinese Qigong exercise, Tai Chi and Tae Bo.

#### **Health Care Resources in Nearby Winston-Salem**

HCMH is well known and respected throughout the region. When referrals are sought, HCMH patients are well cared for by neighboring health care centers, such as Wake Forest University Baptist Medical Center and Forsyth Medical Center in Winston-Salem.

#### **Additional Information**

Hugh Chatham HealthCare is miles ahead but not miles away. For questions regarding services, call 336-527-7000 or visit the HCHS Web site at [www.hughchatham.com](http://www.hughchatham.com).