



September 4, 2020

New Direction

Internal medicine specialist joins NMPG, Memorial team

This week you may have seen a new face wandering the halls at Nacogdoches Memorial Hospital. The new addition to our medical staff, Dr. James Otto, is board certified in internal medicine, with 27 years of experience. He joins us from his most recent post with Baylor, Scott and White Health system in Waco.



The newly arrived internist is intent on giving personalized healthcare to each of his patients. His particular interests are in weight management, cholesterol maintenance and diabetes intervention and he is currently completing an obesity fellowship. As all internal medicine specialists, Dr. Otto is focused on identifying any possible future illnesses for his patients in the interest of prevention. He's available to publicly speak about

these and other internal medicine topics, so if your club or organization needs a speaker, feel free to reach out.

Dr. Otto attended the University of Texas Southwestern Medical School and did his internship and residency at Baylor University Medical Center. His professional societies include Alpha Omega Alpha Honor Medical Society, Phi Beta Kappa Honor Society, American College of Physicians, American College of Lifestyle Medicine and The Obesity Society.

Dr. Otto is excited to be an active member of his new community and has already signed up for the Leadership Nacogdoches class through the Chamber of Commerce. We've begun the process of getting ready to introduce him, starting with a photography session this week.

He's eager to meet you, so book an appointment with him by calling 936-205-4357 or stop by the office at 1023 N Mound St., Suite H.

Chance to win 18k in prizes

Teams can shed COVID-19 pounds with HealthyWage weight loss challenge

Are you interested in participating in the upcoming HealthyWage weight loss challenge? To sign up, go to the HealthyWage website or download the app. Each team is made up of five players. If your team doesn't have enough participants, HealthyWage will match you with team members and vice versa if you do not have a team. The app will help you keep up with teammates and encourage each other throughout the challenge. If you would like to participate but don't need to lose any pounds, you may enter as a cheerleader (only one per team).

The 12-week team challenge starts Sept. 18, and ends Dec. 11. Cost to enter is three monthly payments of \$25 or a \$75 one-time payment. You can earn back this fee by losing 10% of your initial weight (or more) within nine months. Prizes are \$10,000 for first place, \$5,000 for second place, and \$3,000 for third place. Prizes will be split five ways, or six ways for teams with a cheerleader. More cash prizes are available by completing achievement ribbons. For more information, call Joanna Perez in community relations at ext. 4124.



New return to work policy instituted hospital-wide

With the ongoing coronavirus pandemic, it can be hard to keep up with the changing procedures in daily life, so it's important to note that Memorial Hospital's return to work policy and procedure recently changed.

Simply put, employees diagnosed with COVID-19 will be isolated for at least 15 days and before returning to work will need to be cleared by a primary care provider (use your personal PCP or you can schedule an appointment with Care First Clinic). You will no longer be required to have two consecutive negative tests at least 24 hours apart in order to return to work.

Any employees who feel they've been exposed, have a positive household family member or are experiencing any symptoms outside of their normal, including but not limited to the symptoms listed below, should contact Amanda Meshell in Infection Control (Ext. 4601) for further screening and instructions. She'll be happy to help you navigate through all the steps and guide you through the process so you're not stumbling through it alone.

Any new symptom onset should be reported to Amanda in infection control (Ext. 4601). The currently recognized symptom list includes:

- Loss or change in sense of taste or smell
- Fever > 100.4 °F
(Or an increase greater than 1 degree of your normal temperature)
- Subjective fever – (felt feverish)
- Chills
- Muscle pain/aches (myalgia)
- Tiredness/fatigue
- Congestion or runny nose
- Sore throat
- Cough
- Shortness of breath (dyspnea)
- Nausea or vomiting
- Headaches
- Abdominal pain
- Diarrhea (> three loose/looser stools than normal in a 24 hour period)
- Any symptoms out of your normal

Don't forget that all employees are required to wear a mask at all times while in the facility.



The plant operations crew spent time and effort battening down the hatches in preparation for Hurricane Laura last week, securing the facility against damage.



Ryan Stalcup, unit director for Crothall Biomedical Services, hosted a coffee break last Friday to celebrate his one year anniversary working at Memorial with coffee, pastries and prizes. Lynnae Perdue, surgery, and Kylie Whittington, pharmacy, won coffee and mugs. Laura Dean and Betty Williams, both from surgery, won Chick-Fil-A gift cards. Marie Custead, dietary, Annie Edwards, physical therapy and Jacob Hiller, security, all won Chili's gift cards.

November board election cancelled

Nacogdoches County Hospital District Board of Directors cancelled their upcoming November election, because all incumbents are unchallenged this year. Because no challengers filed to run for the two at-large positions held by Lisa King and James Stockman, the Precinct 2 seat held by Sean Hightower or the Precinct 3 seat held by Dr. Ryan Head, the hospital district will save more than \$10,000 in the election that will not be. All incumbents will be re-sworn into office in November.