

Cheyenne Regional Medical Center Now Offers Free Valet Parking Service

Cheyenne Regional Medical Center is providing free valet parking to patients and visitors to the hospital and the medical office building attached to Cheyenne Regional. "This new service is part of our ongoing efforts to provide quality care and service to our patients as well as their visiting family members and friends," said David Squires, a senior vice president at Cheyenne Regional. Valet parking is offered from 6:30 a.m.-5:30 p.m., Monday-Friday, in the semicircle driveway located on the south side of Cheyenne Regional's main facility, located at 214 East 23rd St. "As an additional service, valet staff can direct people to various locations within the hospital, or can help them find our information desk in the main lobby if they require wheelchairs or need other assistance," said Squires. The valet station is located on the west side of the drive, near Cheyenne Regional's security office. "It is highly visible, marked by signs and a podium," said Squires. The service is run by Avascend, which provides valet parking and other hospitality services to more than 120 hospitals nationwide.

Statewide HIT/HIE Conference

Do you have an interest in healthcare information technology and the electronic exchange of healthcare information? Then, please join the Wyoming Health Information Organization (WyHIO) and the Wyoming Healthcare Commission (WHCC) for a statewide conference on January 24th in Casper at the U.W. Outreach Center, 951 N. Poplar.

Topics will include Healthcare IT (HIT), Healthcare Information Exchange (HIE), and Telehealth activities in Wyoming; organizing a statewide coordinating effort; raising awareness of HIT and HIE; identifying statewide HIT/HIE needs; and strategies for funding HIT, HIE, and Telehealth statewide. There will also be an open forum for you to showcase the HIT, HIE, and Telehealth activities and needs at your hospital. There is no charge for the conference and lunch will be provided courtesy of the WHCC. For further information, or to register, please contact the Wyoming Health Information Organization at 109 East 17th Street, Cheyenne, WY 82009, e-mail, lbiggio@bresnan.net or call 307-432-4025.

Rock Springs Hospital Receives Diabetes Education Program National Recognition

The Diabetes Self-management Education Program at Memorial Hospital of Sweetwater County has been awarded continued recognition from the American Diabetes Association. The program was originally recognized November 2001. This program offers education services to the patients it serves. The goal of the program is for patients to assume a major part of the responsibility for their diabetes management with the support of the health care team and increased knowledge and awareness. People who follow the program should prevent unnecessary hospital admissions and some of the acute chronic complications of diabetes. Programs that achieve recognition status are required to have a staff of knowledgeable health professional that can provide state-of-the-art information about diabetes management for participants.

Tobacco Cessation Counseling

Wyoming EqualityCare (Medicaid) will now reimburse healthcare providers for providing tobacco cessation counseling to clients through the new "Pay for Participation" program. To support this effort, the Wyoming Department of Health EqualityCare program, Cheyenne Regional Medical Center and APS Healthcare invite you to an educational event "Tobacco Cessation Session II: *Practical Skills Training for Motivational Interviewing*, Participants can earn one (1) CME or CEU credit for attending. The program will be held Thursday, January 10, 2008, from 12:15 pm to 1:45 pm and is available via AT & T web

meeting (on the internet) and live at Cheyenne Regional Medical Center – Meeting Room D. Topics will include: Strategies for incorporating smoking cessation interventions into in-person protocols; Strategies that can be used for cessation and harm reduction and Case scenarios of smokers at different stages of change. RSVP by January 8, 2008, at www.WYHealthyTogether.com/cme.htm. For more information on the Pay for Participation program, contact Michelle or Lisa at APS Healthcare, 307-433-0970.

Free Radon Testing Kits Available - January is National Radon Action Month

The Wyoming Department of Health is encouraging Wyoming residents to test home radon levels and is offering free test kits in January to mark National Radon Action Month. Radon is a naturally occurring radioactive gas that is odorless, colorless and tasteless. According to the U.S. Environmental Protection Agency (EPA), radon is the second-leading cause of lung cancer after smoking. EPA estimates that radon is responsible for approximately 10 percent of all lung cancer cases in the United States. A special Radon Action Month coupon offering free short-term radon test kits in January is available on the Wyoming Department of Health's website at <http://www.health.wyo.gov/PHSD/radon/index.html>. To receive a free test kit, Wyoming residents are asked to print the coupon, fill in the necessary information and mail the coupon to the indicated address. Free kits can also be obtained from the Department of Health by calling 307-777-6015. Radon comes from the natural decay of uranium, which is found in the soil throughout Wyoming, the United States and around the world. The gas enters buildings from the soil through cracks and other openings in foundations. More information about radon dangers, testing and corrective strategies is available online at <http://www.health.wyo.gov/PHSD/radon/index.html> or by calling 307-777-6015.

Department of Health Promotes Cervical Cancer Screening

Wyoming women are being reminded by a representative of the Wyoming Department of Health that routine screening can help prevent cervical cancer. "Cervical cancer is a preventable cancer. Regular Pap tests can actually detect cervical changes before cancer has a chance to develop," said Denise Padilla, health educator with the Wyoming Department of Health's Breast and Cervical Cancer Early Detection Program. According to the 2006 Wyoming Behavioral Risk Factor Surveillance System (BRFSS) survey, about 27,000 women in Wyoming who should be getting regular Pap tests had not had one in the past three years. The survey indicated women who are uninsured, women with no personal doctor, low-income women, women with less than a high school education and women age 65 and older are less likely to have had a recent Pap test. Free Pap tests and pelvic exams are available for women who qualify through the Wyoming Department of Health's Breast and Cervical Cancer Early Detection Program. Women 50 through 64 years of age with low incomes and without health insurance may be eligible. Women under 50 years of age may also be eligible if they have not had a Pap test within the past five years. Call 1-800-264-1296 for information about program eligibility.