

March 17, 2023

THE PATIENT PRESCRIPTION

Your Health Begins Here

Provider Spotlight - Harmeet Gill, MD

A Closer Look

with HopeHealth's Dr. Harmeet Gill



We sat down with Dr. Gill to learn more about his background and the unique experiences that led him to HopeHealth. Below are a few of the highlights from the interview.

Can you tell me about your experience managing a cholera outbreak in India?

I still remember the moment in 2017 [when this outbreak began]. During the rainy season there are a lot of cholera outbreaks happening, and one of the groundwater sources got contaminated via the sewage system. I was looking after 32 villages at that time. One particular village had close to 900 people, and out of that, 600 people started showing symptoms like nausea, vomiting, and diarrhea.

There's not much infrastructure in the rural health set-up, in India especially. They don't even have a proper IV station, and there are only IV fluids for a couple of patients. All of a sudden, 600 patients showed up, and we had to act quickly. We had some funds available for emergencies, so I immediately purchased supplies at the local level and alerted the authorities. In the meantime, I assembled a team where half of them did the clinical work-ups and ran the fluids for patients. People with cholera have profuse diarrhea, so you have to replenish their fluids quickly, otherwise there is a high chance of death. The other half of the team distributed chlorine tablets throughout the village so people could start drinking purified water.

Five patients were very sick, so I drove them to the local hospital. Fortunately, none of the patients in the village I treated died, which was why I was awarded the state award for efficiently managing the outbreak.

Sadly, in a neighboring district, which was larger and had increased access to resources, there was a cholera outbreak and three died. But our response was so

well-coordinated that even with less resources, we were able to prevent any deaths.

You have mentioned before that if a patient has an unknown diagnosis, infectious diseases providers can be a helpful resource in determining the cause of the problem. Can you recount a specific situation where this occurred?

You will sometimes see uncommon diseases with patients. In a hospital setting, you do a full work-up. In the hospital, if you don't know what's going on, you call the infectious disease doctor. He can look into some rare diseases and parasites, rare tropical diseases for patients who have been traveling, pet pests, and more.

Many times I have been called to look at patients who may be in the ER and labeled with a UTI. They look sick, have a spiking fever, are 70-80 years old, have urine that looks bad, so they diagnose them with a UTI. But then I come in and examine them thoroughly, and I often will find a big ulcer on a patient's back or a sore or spot elsewhere like on the feet. This ulcer or sore can be the source of sepsis, rather than the UTI they were initially diagnosed with. That's why as an ID specialist, I completely examine that patient. That way, I don't miss anything. We're often called the CIA; we investigate thoroughly.

We are kind of like the FBI as well. We have to look for all possible causes, treating it like a mystery, and examine head to toe to treat the whole patient.

What is something we would be surprised to know about you?

I am a fun guy! I even break dance, meaning, when I dance, everything breaks around me!

[Click here to read](#) the full Q&A with Dr. Gill!

Importance of Preventive Health

HopeHealth focuses on a different quality measure each month, and March's quality is preventive health. Below, read about the importance of taking charge of your health with regular provider visits.

The Importance of Annual Physicals

Kitty Finklea

RDN, LDN, AFAA-CPT

Albert Green is a man who likes to get things done. At age 75, he stays active in his church and each month helps distribute food from Harvest Hope Food Bank to over 100 families in his hometown of Timmonsville.

In 2019, he was active but a problem developed. The smell of food made it difficult to eat, and he started losing weight. He kept putting off going to the doctor, but his family was worried and finally convinced him to go.



He went to HopeHealth in Timmonsville and began seeing Timothy Weaver, a family nurse practitioner (now serving patients at HopeHealth on Pine Needles Road in Florence). "We started seeing Mr. Green in early 2019, and his labs showed he was anemic," Weaver recalls. "We started treating him and then he began to rapidly lose weight and his sisters were very concerned. He quickly went from a very active, involved gentleman to coming in extremely weak and barely able to walk. We ended up sending him to the hospital for a blood transfusion and CT scan and found he had multiple myeloma."

Multiple myeloma is a type of blood cancer, and Green was referred to McLeod Oncology and Hematology Associates to chemotherapy treatments.

"I was very surprised that I didn't have any side effects from the chemo treatments and was able to eat again. I finished my treatments and rang the bell in August of 2020," Green said. "I still see my oncologist and am in remission. I feel like myself again, and now my appetite is too good! I followed Mr. Weaver to Florence and go to all my provider appointments and don't put it off anymore."

[Click here to read more about Albert's story.](#)



Albert Green (right) pictured with his provider (left) [Tim Weaver, FNP](#)

Medicaid Renewal Begins April 1





Have Medicaid or CHIP?



SCAN THE QR CODE TO
LEARN MORE, OR VISIT:
MEDICAID.GOV/RENEWALS

Take these steps to find out if you can
keep your coverage:

- 

Make sure your state has your current contact information.
- 

Check your mail for a letter.
- 

Complete your renewal form (if you get one).

For more information, contact one of our HopeHealth Patient Benefits Counselors at (843) 667-9414



Do you or a loved one have Medicaid or CHIP coverage? Medicaid renewals were paused due to COVID-19, but they're back! Don't wait – update! Make sure your address and other information is up to date so that you can receive critical updates and re-apply. [SC residents can do that here.](#)

[Click here](#) to view a helpful video providing information on the Medicaid renewal process!

Dr. Behling and HopeHealth Staff Recognized in Publication

Congratulations to Dr. Ed Behling, chief

medical officer, for having work published in Health Equity online! Health Equity is a peer-reviewed open access journal published by Mary Ann Liebert, Inc. that addresses health disparities and health equity among vulnerable populations.

Tammy Garris, clinical data controller, and Vicky Blankenship, clinical policy and education controller, were credited alongside Dr. Behling for their work.

Click here to read "Improvement in Hypertension Control Among Adults Seen in Federally Qualified Health Center Clinics in the Stroke Belt: Implementing a Program with a Dashboard and Process Metrics."



Information

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Wellness Class Offerings for Patients

Click here to access the full list of nutrition and wellness classes offered by HopeHealth!

Food Talk

Better Choices for Better Health

This is a **free** monthly series of 4 classes designed to help you learn effective, evidenced-based tools for a healthy lifestyle. Each session is a stand-alone class led by a registered dietitian / nutritionist.

No registration required - Join anytime!*

**No classes on 5th Thursdays of the month (e.g. March, June, August, November)*

Topics include: meal planning, portion control, nutrition label reading, healthy cooking tips, eating out strategies, exercise / movement tips, and much more!

When | Thursdays, 5:30-6:15 pm

Where | HopeHealth Medical Plaza - 360 N. Irby St. | Magnolia Room

For more information, call Sonda Jett-Clair at (843) 432-3717

Take advantage of this free class offering if you're interested in learning more about living a healthy lifestyle! For more information, contact Sonda Jett-Clair at 843-432-3717 or email sjclair@hope-health.org.

It's Your Health, Take Charge!

Healthy food doesn't have to be boring or tasteless! Join us for a monthly drop-in

nutrition class to take charge of your health.

Topics include: whole grains and fiber, portion distortion, salt and sodium, label reading, healthy cooking at home, shopping on a budget, choosing healthy options when dining out, and increasing physical activity

Timmonsville

When: Second and fourth
Wednesday of the month

Time: 1:30-3:00 pm

Where: HopeHealth in Timmonsville
Classroom

Cost: FREE!

Medical Plaza

When: Second and fourth
Wednesday of the month

Time: 10:00 -11:30 am

Where: HopeHealth Medical Plaza

Cost: FREE!

Each class includes a nutrition topic with handouts and a quick recipe of the day with samples to taste. Share with others, ask questions, and learn from a registered dietitian nutritionist on simple ways to improve your nutrition habits.

Commit to attending at least four out of the six classes and make sure to attend the final class/graduation to receive a surprise!

For more information, contact Sonda Jett-Clair at (843) 432-3717 or email sjclair@hope-health.org.

This class is sponsored by HopeHealth in partnership with SCDHEC.

Upcoming Seniors with Hope Events



Seniors with Hope at Bethea

April 6, 2-3:30 PM
157 Home Avenue, Darlington

Seniors with Hope at the Medical Plaza

April 13, 2-3:30 PM
360 N. Irby Street, Florence
Please wear a mask.

Seniors with Hope in Kingstree

April 20, 2-3:30 PM
520 Thurgood Marshall Highway,
Kingstree
Please wear a mask.

Seniors with Hope is held monthly and includes speakers, games, snacks, door prizes, and more. For more information about participating in the program, email Diane Davis or call 803-525-4241.

Access Hope: After-Hours Care

Access Hope is our convenient after-hours program for patients to receive care when life doesn't go as planned.

Why HopeHealth patients use Access Hope:

- Your primary care provider isn't available when you're not feeling well
- You are sick after-hours or on Saturday
- You are a new patient whose busy schedule doesn't allow you to be seen during normal provider hours

Our staff of health care providers at Access Hope is available to help in Florence and Manning, **Monday-Saturday from 8 am - 8 pm**. Examples of after-hours care services provided by Access Hope are minor aches and pains, cold and flu sick visits, treatment of high blood pressure, management of diabetes and other chronic conditions, immunizations/flu shots/PPD testing, urinalysis, annual and pre-employment physicals, and STD treatment.

For more information about Access Hope, [visit our website](#).



HopeHealth Volunteers Spotlight

Volunteer Janice Bynem Reaches 300 Hours!

HopeHealth volunteer Janice Bynem reached 300 volunteer hours and was congratulated with a HopeHealth Volunteers tote bag! Janice has been working with the community relations department to digitize project request records and inventory the workroom.

When asked about her favorite part of volunteering, Janice shared that she loves working with such a great crew! Congratulations, Janice!

Join HopeHealth Volunteers and assist our guests in navigating their health care experience while also growing your skills, forming new friendships, and improving your mental and overall health. By volunteering at HopeHealth, you help us provide services to those who often encounter social and financial roadblocks to receiving health care. Volunteer opportunities include greeting and guiding guests, serving special patient populations, providing social support to patients, outreach, and more.



To learn about how to become a volunteer with HopeHealth, or to encourage others to give their time, visit hope-health.org/volunteer or contact Cindy Averitt, manager of volunteer programs, at (843) 432-2942 or volunteer@hope-health.org.

Behavioral Health Seminars

Free Educational Classes

HopeHealth is offering free classes which are open to the general public. Each class serves as a 3-hour, informal lecture with handouts and time for questions and answers. These are not emotional support groups, and participants will not be asked to process personal feelings in the class setting.

Good Grief Seminar

This 3-hour educational seminar is for anyone dealing with the transition of death, chronic illness, terminal illness, trauma, divorce, job loss, career change, retirement, and/or relocation. It is helpful for individuals dealing with grief directly, as well as for those who are supporting others through the grief process.

Monday, March 20, 9 am-12 pm

Tuesday, March 28, 2-5 pm

Wednesday, April 5, 9 am-12 pm

Saturday, April 22, 2-5 pm

Building Stress Resilience Class

This 3-hour class provides interactive and practical information to better understand stress and the impact it has on our physical, mental, emotional, and spiritual health. A light-hearted, motivational approach with specific tools and strategies to help participants better manage challenging situations and receive inspiration to make changes to improve well-being.

Wednesday, March 29, 2-5 pm

Monday, April 10, 9 am-12 pm

Thursday, April 20, 2-5 pm

Healthy Communication and Conflict Resolution Workshop

This 3-hour workshop provides practical information to help participants improve their interpersonal communications and conflict management skills. It is a hands-on, interactive format with specific tools, strategies, and skills practice for strengthening relationships.

Thursday, March 30, 9 am-12 pm

Wednesday, April 19, 9 am-12 pm

Monday, April 24, 2-5 pm

Building Self-Esteem Workshop

This 3-hour workshop provides strategies and practical information to help participants improve their self-esteem, set goals to improve productivity, and strengthen relationships.

Thursday, March 23, 2-5 pm
Tuesday, April 4, 9 am-12 pm
Monday, April 17, 2-5 pm

Classes are led by Georgann O'Quinn, LPC, NCC, BCC at the HopeHealth Medical Plaza (360 N. Irby Street in Florence). COVID precautions continue, with masks required and social distancing observed. Pre-registration is required - seating limited to 22 participants. **To register, call (843) 413-3245 and ask for Hannah McCutcheon.**

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hope-health.org

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