

Spotlight On:

Plains Regional Medical Center

March 2026

Radiation
Oncology

Women's Care

Wound Care

Cardiac
Catheterization Lab

Home Healthcare
and Hospice

pms.org/clovis

 **PRESBYTERIAN**
Plains Regional Medical Center

A Message from Bill Priest, Hospital Chief Executive

“The people in the cath lab saved my life, the people in cardiac rehab gave me my life back.”

This is a quote from a patient who had a heart attack and went to the cath lab where the cardiologist and the cath lab team opened arteries that were blocked (not delivering blood to the heart). The cath lab saved his life, and he was grateful to be alive. However, being alive is different than living a full life. Cardiac rehabilitation helped this patient get back to a full life by teaching him how to exercise safely and regain his energy level. The cardiac rehab team also taught him how to eat healthier with the goal of avoiding future cardiac issues and showed him techniques to manage his stress. These services – and much, much more – are available right here in your own backyard at Plains Regional Medical Center (PRMC).

The goal of PRMC is to provide an array of medical services to the communities we serve. In this issue you’ll learn about the depth and breadth of services we offer. From cardiology, oncology, OB/GYN and inpatient care to outpatient services such as our retail pharmacy, medical specialty clinics and home healthcare and hospice. New services will be coming soon to PRMC including a wound care clinic and an anticoagulation clinic.

We are proud of the medical services we have to offer here at PRMC. Equally important, we provide these services with care and respect. Neighbors helping neighbors and friends helping friends. Thank you for letting us provide these services to you. I hope you enjoy this issue of Spotlight on PRMC.

Sincerely,



Bill Priest
Hospital Chief Executive



Radiation Oncology

Low-Dose Radiation Therapy: An Option for Arthritis Pain

Many people living with arthritis struggle with ongoing pain, stiffness and reduced mobility—even after trying medications, injections or physical therapy. One lesser-known treatment option that may help some patients is low-dose radiation therapy.

What Is Low-Dose Radiation Therapy?

Low-dose radiation therapy (sometimes called LDRT) uses very small amounts of radiation to help reduce inflammation in painful joints. These doses are much lower than the radiation used to treat cancer and are intended to calm inflammation rather than damage tissue. This therapy has been used for decades in parts of Europe and is now gaining attention in the United States as an option for certain patients with chronic joint pain.

How Can It Help?

Arthritis pain is often caused by inflammation inside the joint. Low-dose radiation therapy may:

- Reduce inflammation
- Decrease pain and stiffness
- Improve joint movement and function

Relief usually develops gradually over several weeks and may continue to improve over time.

What Conditions May LDRT Help?

Low-dose radiation therapy is most often used for:

- Osteoarthritis
- Chronic joint pain in the hands, knees, shoulders, feet or spine
- Arthritis pain that has not responded well to other treatments



Ambrosia Simmons, MD

It is not commonly used for autoimmune forms of arthritis, such as rheumatoid arthritis.

What Is The Treatment Like?

- Outpatient treatment (no hospital stay)
- Painless, similar to getting an x-ray
- Short visits, usually only a few minutes each
- Typically given over several sessions across two to three weeks

Is It Safe?

For carefully selected patients, especially older adults, low-dose radiation therapy is generally considered safe. Side effects are uncommon, and no radiation remains in the body after treatment. Because radiation exposure carries a small long-term risk, this option is usually considered when other treatments have not worked or are not appropriate.

Who Might Consider It?

This treatment may be an option for patients who:

- Have ongoing arthritis pain despite standard treatments
- Cannot tolerate certain medications
- Are not good candidates for surgery
- Want to improve daily comfort and mobility

For more information about our Radiation Oncology services call (575) 769-7365 or visit [phs.org/clovis](https://www.phs.org/clovis).

Women's Care

We've Opened a Community Care Room

Inside our newly relocated OB/GYN clinic, we have added a Community Care room that provides meeting space which fosters seamless communication between our OB/GYNs, ultrasound techs, and maternal fetal medicine providers. It is also the perfect setup to launch group OB care, where expectant moms with similar due dates come together to learn, share experiences, and prepare for their pregnancies in a supportive, collaborative environment.

If you are interested in joining discussions with other soon-to-be moms, call (575) 769-7577.



Caring for Women Through All Stages of Life

The obstetrics and gynecology (OB/GYN) providers at Plains Regional Medical Center are focused on everything related to women's reproductive health. Our providers include board certified obstetricians and gynecologists, as well as certified nurse midwives and nurse practitioners. Through surgical and non-surgical treatments for disorders of the female reproductive system, we provide healthcare to women through all stages of their lives.

Some services we provide include:

- Minimally invasive surgeries including hysterectomy
- Urogynecology
- Menopausal and perimenopausal support
- Birth control/family planning
- Birthing services for labor and delivery
- Prenatal maternity care
- Well-woman exams and annual visits

For more information about our Women's Care program or to make an appointment, call (575) 769-7577 or visit pchs.org/clovis.

Wound Care

Plains Regional Medical Center to Open Advanced Wound Care Clinic on April 1, 2026

We are proud to announce the opening of our new wound care clinic, an outpatient service dedicated to helping patients heal complex wounds and improve their quality of life. This specialized clinic will provide a range of care for individuals with chronic or non-healing wounds, offering advanced treatments and personalized support.

What Will The Wound Care Clinic Offer?

The clinic will focus on treating wounds that require more than standard care, including:

- Diabetic foot ulcers
- Pressure injuries
- Venous and arterial ulcers
- Post-surgical wounds
- Traumatic injuries
- Radiation-related wounds

Our team will use evidence-based therapies and specialized technology to promote healing, prevent complications and reduce the risk of infection. Services include advanced wound dressings, debridement (removal of damaged tissue), infection management and patient education to support long-term health.

Meet The Care Team

The clinic will be staffed by highly skilled professionals dedicated to quality patient care:

- Dr. Jeffrey Durgin, providing specialized medical oversight and individualized treatment plans.
- Kyla Redden, BSN, RN, a wound care certified nurse, ensuring specialized nursing care and patient education.
- The extended wound care team, offering compassionate, hands-on support throughout the healing process.



Jeffrey Durgin, MD

Why Choose Our Wound Care Clinic?

Chronic wounds can significantly impact daily life and overall health. Our clinic will provide a multidisciplinary approach, combining medical expertise with advanced therapies to help patients heal faster and avoid complications. We work closely with primary care providers and specialists to ensure seamless, coordinated care.

Opening April 1, 2026

Appointments will be available starting April 1. For more information or to schedule a consultation, call PRMC's medical specialties clinic at (575) 769-7577 option 1 or visit pms.org/clovis.

Cardiac Catheterization Lab

Your Heart Is Our Priority

On January 14, 2026, Plains Regional Medical Center proudly marked the one-year anniversary of our cardiac catheterization lab. In just twelve months, our dedicated team has successfully performed 185 cases, including both diagnostic and interventional procedures, helping patients across the region receive life-saving care close to home.

Extensive Cardiac Services

PRMC offers a full spectrum of cardiac care, from advanced procedures in the cath lab to outpatient clinic services. Our goal is simple: To meet most cardiac needs under one roof with compassion, expertise and innovative technology. Our team performs stress tests, echocardiograms, EKGs and more, ensuring timely diagnosis and treatment for heart health.

Our Highly Skilled Team

The heart of our success lies in our people. PRMC's cardiology team includes:

- Payman Sattar, MD and Michael Mitschke, MD, highly skilled interventional cardiologists specializing in advanced procedures.
- Michelle Dean, CFNP, providing skilled diagnostic, follow-up care and patient education.
- A compassionate, highly trained cath lab team, committed to delivering safe, personalized care for every patient.



Michael Mitschke, MD



Michelle Dean, CNP

Beyond The Cath Lab

For patients recovering from cardiac events or procedures, PRMC also offers cardiac rehabilitation, helping individuals regain strength and confidence through supervised exercise and education.

Why Choose Us For Cardiac Care?

Heart health is vital, and we combine advanced technology with a patient-first approach. Whether you need diagnostic testing, interventional treatment or ongoing support, our team is here to guide you every step of the way.

Looking Ahead

As we celebrate this milestone, we remain committed to expanding services and continuing to provide advanced cardiac care for our community. The outpatient clinic will also add an anticoagulation clinic on April 1, 2026.

For more information call (575) 769-7577 option 1 or visit phs.org/clovis.



Home Healthcare and Hospice

Care Wherever You Call Home

Plains Regional Medical Center's Home Healthcare and Hospice provides compassionate, high-quality medical care to patients in the comfort of their own homes. Home health and hospice are two specialized types of care designed to support people during serious illness, recovery or at the end of life, while allowing them to remain where they feel safest and most at peace. Our



home health program has proudly served the community since 1979, and our hospice program since 1994, bringing decades of experience and trusted care to patients and families. Whether someone is healing after surgery, managing a chronic condition or facing a life-limiting illness, PRMC's home healthcare and hospice program brings skilled professionals directly to the patient and family.

Home healthcare is focused on helping patients recover, regain independence and avoid unnecessary hospital stays. It may include nursing care, physical and occupational therapy, speech therapy, medication management, wound care and education for patients and caregivers. Care is provided by an interdisciplinary team all working together to support the patient's medical and personal needs. Our program is nationally recognized for excellence and has received the Strategic Healthcare Program's Home Health Patient Experience Superior Performer Award for the past two years, reflecting its commitment to outstanding patient-centered care.

Hospice care is for patients with a serious or life-limiting illness who are no longer seeking curative treatment. Hospice focuses on comfort, dignity, and quality of life while addressing pain, symptoms, emotional needs and spiritual concerns. The hospice team includes nurses, doctors, therapists, social workers, chaplains, aides and pharmacists, all dedicated to supporting both the patient and their loved ones. Care is delivered wherever the patient lives, whether at home, in assisted living or in a nursing facility.

We accept most major insurance plans, including Medicare, Medicaid and many private insurance providers. In most cases, Medicare covers home health and hospice services at little to no cost when eligibility requirements are met. Our team assists families in understanding benefits and coordinating coverage so that financial concerns never stand in the way of receiving care.

For more information about our Home Healthcare and Hospice program, call (575) 769-7399 or visit [phs.org/clovis](https://www.phs.org/clovis).

Pharmacy

New Machinery Creates a Safer and More Efficient Experience

Our retail pharmacy has acquired a new pill counting machine that is revolutionizing the pharmacy industry. The BD Parata is an advanced robotic system designed to enhance efficiency, accuracy, and patient safety. The machine quickly and accurately sorts, counts, and dispenses prescription medications into vials, reducing the time pharmacy technicians spend on manual counting and filling. The system ensures that the right medication and correct dosage are dispensed every time, enhancing patient safety and significantly reducing human error. By streamlining the dispensing process, the BD Parata machine creates a safer, more efficient, and productive pharmacy.

Our pharmacists and staff can help with prescriptions, health advice, questions about medications, prior authorization needs, and immunizations and testing. We also offer various over the counter medications and supplies.

Plains Regional Medical Center Pharmacy
2401 W. 21st Street
575-769-7680

Open Monday-Friday, 9 a.m. to 6 p.m., Saturday 9 a.m. to noon. Closed Sunday and holidays.



Mark Your Calendars For...

Cardiac ROPEO



JOIN US for an evening of fun activities:

- A live stream of the PBR in Deadwood, SD
- BBQ, fixings and cash bar provided by "Coach J"
- DJ and dancing
- A selfie station
- Corn hole tournament
- Amateur bull riding
- Lasso contest
- Texas hold 'em
- Silent and live auctions

Every ticket and sponsorship helps to support our cardiac rehabilitation services benefitting the health and wellness of our community.

Secure your spot by May 19, 2026
Sponsorships and Tickets Available
Contact Tammy Phillips
Tphillips3@phs.org | 575-769-7161



PLAINS REGIONAL MEDICAL CENTER'S
2026 ANNUAL COMMUNITY EVENT

Cardiac ROPEO

Supporting Cardiac Rehabilitation Services

SAVE THE DATE

★ ★ ★
GET GUSSIED UP
in your finest Western wear and raise funds to improve the hearts of our community.

JUNE 13 2026
3:00 PM
CURRY COUNTY FAIR GROUNDS

 **PRESBYTERIAN**
Plains Regional Medical Center

Provider Listings

Behavioral Health



Danielle Davey, DO



Beba Perez-Rodriguez,
Psy-D



Michelle Dean, CNP

Cardiology



Michael Mitschke, MD



Payman Sattar, MD

Family Medicine



Kristin Benavidez, CNP

Family Medicine



Amber Lott, CNP



Natasha Beachum, MD



Stacey Chavez, CNP

Family Medicine Skin Care



Shala Caudill, CNP



Samantha Ramos, CNP

Gastroenterology



Firouzeh Kasaie, CNP

General Surgery



Jeffrey Durgin, MD



Diana Fick, PA-C



Tony Haley, MD



Raul Lugo, MD



Shawn Watts, MD

Infusion and Radiology Services



Charla Dunn, PA-C

Hematology/Oncology and Radiation Oncology



Benjamin Downie, MD



Britni Montague, PhC



Ambrosia Simmons, MD



Donna Thibodeau, MD

Nephrology



Parikshit Thakur Hameer,
MD, FASN, FNKF

OB/GYN



Natasha Beachum, MD

OB/GYN



Lillian Browning, CNP



Sandra Eastling, CNM



Timothy Harkins, MD



Cristi Lubera, CNM

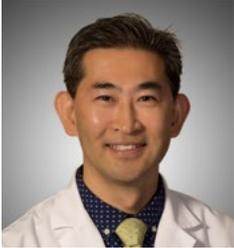


Reese McGee, CNP



Sherry Oldfield, CNM

Orthopedics



Horim Choi, MD



Chelsey Jorde, CNP



Lorena Kroeger, CNP



Titus Plomaritis Jr., MD



Adora Anudu, MD



Leopoldo Cabrera, MD

Pediatrics

Pediatrics



Amber Rose Hawkins, CNP



Kathryn Winters, MD
Pediatric Hospitalist

Podiatry



Yilma Kebelo, DPM

Pulmonology



Arnel Bobadilla, MD

Same Day Care Clinic



Aba Hagan, CNP



Brittnee Sharp, CNP

Same Day Care Clinic



Mark Standley, PA-C

Urology



Stacey Chavez, CNP



Richard Tushman, MD

Join us on Tuesdays for Doc Talk!

Come meet our providers, learn more about what services we offer, and have the opportunity to ask questions about primary and specialty care services.

All events are 5:30 p.m.- 6:30 p.m. in the Cannon Room at Plains Regional Medical Center, located at 2100 Martin Luther King Jr. Blvd.

All events are free and open to the public. Light refreshments will be provided.

If you have questions or need more information about these events, please contact Sabrina Garcia at (575) 769-6492 or sgarcia50@phs.org.

2026 DOC TALK SCHEDULE

- Tuesday, April 14
- Tuesday, May 12
- Tuesday, September 8
- Tuesday, October 13
- Tuesday, November 10

Topics will be determined closer to the event date. Schedule is subject to change.

Plains Regional Medical Center
2100 N. Martin Luther King Jr. Blvd.
Clovis, NM 88101

PRSRT STD
U.S. POSTAGE
PAID
Albuquerque, NM
Permit No. 236

phs.org/clovis

Presbyterian Medical Group is a department of Plains Regional Medical Center.
Some services may use independent community healthcare providers.

 **PRESBYTERIAN**
Plains Regional Medical Center

