



Spotlight On:

# Plains Regional Medical Center

**Cardiology services  
now available**

**Offering  
important skin  
care services**

**Our impact  
to the community**

**Meet our  
providers**

A Message from Bill Priest, Hospital Chief Executive

# Welcome to our second edition of Spotlight on Plains Regional Medical Center

In this issue of Spotlight on PRMC you'll learn about our efforts to provide care close to home. We are excited to announce that this now includes cardiology (heart care) services. Heart disease is the leading cause of death in the United States. Often a cardiac catheterization lab (cath lab) is needed to view the arteries of the heart and re-open closed arteries so blood can flow smoothly again. Because of the technology needed and the specialized staff required in a cath lab only about 30% of the hospitals in the United States offer these services. We are proud to offer patients of PRMC more heart care services including cath lab services, outpatient cardiology services and cardiac rehabilitation.

The scope of medical care offered at PRMC continues to grow and now also includes behavioral health services and Family Medicine Skin Care services. With the added services at PRMC one thing that has not changed is our commitment to the community and providing care close to home.

If you or your family need primary care, OB/GYN services, cancer care, orthopedic services, or other medical needs PRMC is here to serve you.

Sincerely,



Bill Priest  
Hospital Chief Executive



# Cardiology is at the heart of our care in Clovis.

For many communities, access to specialized healthcare can be a significant challenge, particularly in rural areas where patients often travel long distances to receive the care they need. Here in Clovis, Plains Regional Medical Center (PRMC) is resuming and expanding



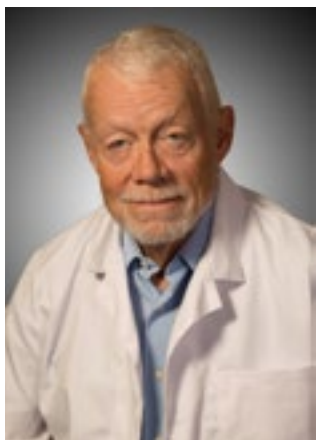
our cardiology services to help bridge this gap and so residents can receive heart care closer to home. David H. Church, MD, an independent community healthcare provider and seasoned cardiologist with more than 35 years of experience, and Michelle Dean, CNP, have been instrumental in this effort to bring heart care to the community.

Dr. Church notes the importance of having access to preventive care close to home. "Catching heart disease early is crucial. Many people don't realize the severity of their condition until it's too late. By offering local care, we can monitor symptoms closely and catch issues before they escalate." Having access to care close to home allows our patients to receive more timely evaluations, tests, and follow-ups, which can significantly impact their overall health outcomes. And for those with conditions like congestive heart failure, frequent follow-up and ongoing management are crucial.

Common conditions we treat include coronary heart disease, hypertension, heart failure, and atrial fibrillation. For those at risk or already diagnosed with heart conditions, Dr. Church emphasizes the importance of lifestyle changes and compliance with medical recommendations.

"Bad habits like smoking, lack of exercise, and poor diet are prevalent issues," he explains. He encourages patients to monitor their blood pressure regularly, take medications as prescribed, and make healthier lifestyle choices to prevent the progression of heart disease. While these recommendations may seem straightforward, they are vital in helping patients manage their conditions and avoid complications.

Dr. Church notes, "Lifestyle changes might seem overwhelming at first, but small steps can lead to big improvements in heart health. I always tell my patients, 'Start where you are, use what you have, do what you can.' Every bit counts."



As the cardiology program at PRMC continues to grow, Dr. Church is optimistic about the potential to serve the community's needs. While some complex cases may still require referral to larger centers, the availability of local care for routine follow-ups and less severe conditions is a significant step forward. Dr. Church and his colleagues are not only improving patient outcomes but also strengthening the healthcare infrastructure of the community.

Presbyterian Medical Group  
Cardiology  
2421 W. 21st Street, Suite B  
Clovis, NM 88101  
(575) 769-7577, Option 1

**Nearly half of U.S. adults (more than 122 million) have high blood pressure.**

(Source: American Heart Association)

**42% of U.S. adults and 20% of children and teens are obese. Obesity is a risk factor for heart disease.**

(Source: American Heart Association)

**Heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups.**

(Source: CDC)



# Caring for your skin has always been important. Now it's convenient.



With the recent arrival of skin care specialist Shala Caudill, CNP, residents no longer need to make a long journey out of town for skin care.

Caudill, a seasoned certified nurse practitioner with more than 12 years of experience, recently made the move from Wichita, Kansas, to Clovis, driven by her husband's Air Force deployment. Her background in acute care, including ICU and ER, eventually led her to specialize in skin care – a field that has always fascinated her.

"I've had an interest in skin care and aesthetics for a long time," Caudill says. "The skin is fascinating, and helping people prevent skin cancer is very important to me."

In just a few months of practicing in Clovis, Caudill has already encountered a variety of common skin conditions treating patients, including eczema, psoriasis, and various types of skin cancer. "This climate exacerbates skin conditions like eczema and psoriasis due to the dry air and heat," she explains.

One of her key responsibilities is conducting skin checks to identify

precancerous conditions, such as actinic keratosis, which can lead to basal cell carcinoma if left untreated. "I've already seen three or four rare types of skin cancers, including two melanomas, since I started here," Caudill notes. "It's extremely important that people get checked, and I don't think they always understand how real the risk is."

Preventive care, including the use of sunscreen, is another topic Caudill is passionate about.

## The ABCDEs of Skin Cancer

Caudill emphasizes the importance of knowing the ABCDEs of skin cancer detection:

- Asymmetry: One half of the mole doesn't match the other.
- Borders: Edges are irregular or blurred.
- Color: Varied shades of brown, tan, or black.
- Diameter: Greater than 6mm (about the size of a pencil eraser).
- Evolving: Any change in size, shape, color, or elevation.

"Dermatologists recommend using a mineral-based sunscreen, which might not be popular because it leaves a white residue, but it's the safest option," she advises. For those who spend a lot of time outdoors (like farmers, ranchers, and construction workers) Caudill recommends SPF 30 or higher, wide-brimmed hats, and long-sleeved shirts.

"It's particularly important in this region where the sun is strong, and people are outside a lot," she adds. "I've seen the toll it takes on those who don't protect their skin."

Skin care is constantly evolving, with new findings and treatments emerging regularly. Caudill stays current by attending conferences, such as the upcoming annual course in dermatology and malignant melanomas in Arizona. "It's important to continue my education constantly, especially in a field that changes so much," she says.

The presence of a local skin care provider has already made a significant impact on the Clovis community. "The biggest thing I hear on a daily basis is, 'I'm so glad that you're here so I don't have to travel,'" Caudill shares.

"For many Air Force families, the availability of specialized care in Clovis can be a deciding factor in whether they can be stationed here," Caudill points out. "My husband is excited because it means more families can be stationed here now that skin care services are available."

### The Value of Having a Local Skin Care Provider

Localized care isn't just convenient, it's crucial. Frequent follow-ups, necessary for conditions like rashes or skin cancers, are much easier when patients only need to travel a short distance. "If a patient needs a follow-up, I'm just five minutes away. That makes a huge difference in their care," Caudill emphasizes.

With her extensive background in nursing and a genuine passion for skin care, Shala Caudill is already making a difference in Clovis. Her approach to patient care, grounded in empathy and thorough communication, ensures that patients feel heard and understood. "I believe in treating patients with dignity and respect," she says. "It's important that they feel like a person, and that I'm invested in what they're saying."

As she continues to serve the community, Caudill is excited about the future of skin care in Clovis. "We're here and ready to serve the community's skin care needs," she concludes. "I'm thrilled to be a part of this journey."



Shala Caudill, CNP, is a certified nurse practitioner who is passionate about skin conditions and educating her patients about their skin and preventive care. She has registered nurse experience in emergency, surgical and medical units with a focus on critical care, patient assessment, and medication administration. Ms. Caudill graduated with a bachelor's degree in nursing from Southwestern College in Winfield, Kansas. She received her master's degree in nursing and her certified nursing practitioner certification in family medicine from Walden University in Minneapolis, Minnesota.

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Family Medicine Skin Care  
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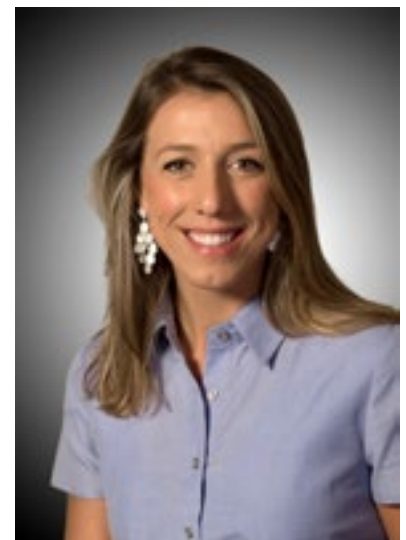
# Better health starts with mental health.

Danielle Davey, DO, a psychiatrist based at Plains Regional Medical Center, emphasizes the importance of mental healthcare amid the state's ongoing mental health crisis. After completing her medical education at the Chicago College of Osteopathic Medicine, Dr. Davey moved to Clovis with her husband, who is stationed at Cannon Air Force Base. She is passionate about psychiatry, drawn to the field through her early medical rotations and the desire to help patients facing trauma and emotional struggles.

Dr. Davey stresses that early intervention in mental health is crucial. She provides medication management for adults 18 and older with mental health conditions including depression, anxiety, and bipolar disorder, while providing additional services or talk therapy when needed. "It's never too early to seek out help," Dr. Davey advises. "Psychiatric illness often has physiological reasons, just like hypertension or diabetes. It's a medical illness that needs treatment, not something you can think away."

Dr. Davey advocates for the importance of mental healthcare, and regularly refers patients to area therapy counselors if additional care, such as talk therapy, is needed. For Clovis residents, she is a resource for behavioral health close to home and reminds those who have mental health needs deserve the same attention as physical health issues.

Presbyterian Medical Group  
Behavioral Health  
2421 W. 21st Street, Suite B  
Clovis, NM 88101  
(575) 769-7577, Option 1



# Celebrating ten years of providing pharmacy services to our patients and the community.

For the past decade, the PRMC Pharmacy has helped make life a little more convenient by offering walk-in and drive-thru services for a variety of needs. Whether you are picking up a prescription after a hospital stay or need traditional drugstore services, we are here for you.

Our pharmacists and staff can help with:

- Prescription requests and refills
- Health advice and questions about your medications
- Assistance with prior authorization needs
- Immunizations and TB testing
- Over-the-counter medications, vitamins, diabetic supplies, nebulizers and supplies, durable medical equipment (braces or crutches, etc.), and more

Plains Regional Medical Center Pharmacy  
2401 W. 21st Street  
Clovis, NM 88101  
575-769-7680



Monday – Friday, 9 a.m. to 6 p.m., Saturday, 9 a.m. to noon, closed Sundays and holidays

## Make a local impact. Volunteer at Plains Regional Medical Center.

Our auxiliary is a volunteer organization dedicated to serving the hospital, its patients and the community through education, communication, resource networking and participation. Volunteers contributed almost 12,000 hours in 2023.

Are you interested in volunteering at your hospital? If you are interested, please contact **Elaine Adams** at (575) 769-6332 or [eadams@phs.org](mailto:eadams@phs.org).





# Caring for high-risk pregnancy to support growing families in Clovis.

With a new partnership between Plains Regional Medical Center (PRMC) and Perinatal Associates of New Mexico (PANM), expecting moms now have access to high-risk obstetrical care, close to home. Michael Ruma, MD, MPH, and the maternal-fetal medicine team at PANM work together with your obstetric (OB) provider and other members of your care team at PRMC to provide the best possible care for you and your baby during pregnancy, labor and delivery, and after birth.

Maternal-fetal medicine (MFM) specialists, often called perinatologists, are board certified OB/GYN physicians who have advanced training and specialize in the care of high-risk pregnancies. Access to specialists with expertise in maternal medical conditions and/or fetal abnormalities is essential when the unexpected arises, especially in rural communities. "Our goal is to help keep pregnant patients in their local communities in as many circumstances as possible, but to also ensure seamless access if issues arise that may better be served outside of their community," said Dr. Ruma.

You may be referred to an MFM specialist if your pregnancy is high-risk or if you have any existing medical conditions. Your care team will monitor you closely, in case you develop complications that could affect the health of you or your baby. "We commonly see patients who are of advanced maternal age, pregnant with twins or other multiple gestations, or mothers with medical complications such as diabetes or hypertension," says Dr. Ruma. "Our goal is to ensure the best possible outcome for the mother and her unborn child with early access to genetic counseling, high quality obstetric ultrasound, medical consultation, diabetes management and maternal mental health care. We know the earlier care for complicated pregnancies begins, the greater the likelihood for improved outcomes."

Pre-pregnancy consultation is also an important service provided by PANM. Patients can work with their MFM on a plan that can optimize their care and allow them to achieve the best possible outcome for their pregnancy. "Pre-pregnancy care is especially important for patients with pre-existing diabetes and we are well equipped to help prepare these mothers anticipating their first or their next pregnancy."

Along with a review of your medical history, evaluation of different tests or procedures, and a 3D or 4D ultrasound, MFMs can help identify if your baby is at risk for a genetic disorder or birth defect, such as Down syndrome, a congenital heart defect, cystic fibrosis or spina bifida. "Diagnosing these conditions early helps us know what to expect during your pregnancy and delivery, as well as helps us coordinate the care you and your baby need after birth," says Dr. Ruma. "We often pull in additional specialists to develop the best care plan for mom and her unborn child." Many times, corrective surgery or other procedures can be performed on the baby by surgical specialists during or after pregnancy.

As women's care services at PRMC continue to grow, our OB/GYN team and PANM partners are excited to have services focused on improving maternal health and supporting pregnant and new moms, infants, and children.

*"With numerous offices in small towns throughout New Mexico, PANM is excited to enhance the care for patients in Clovis and the surrounding area."*

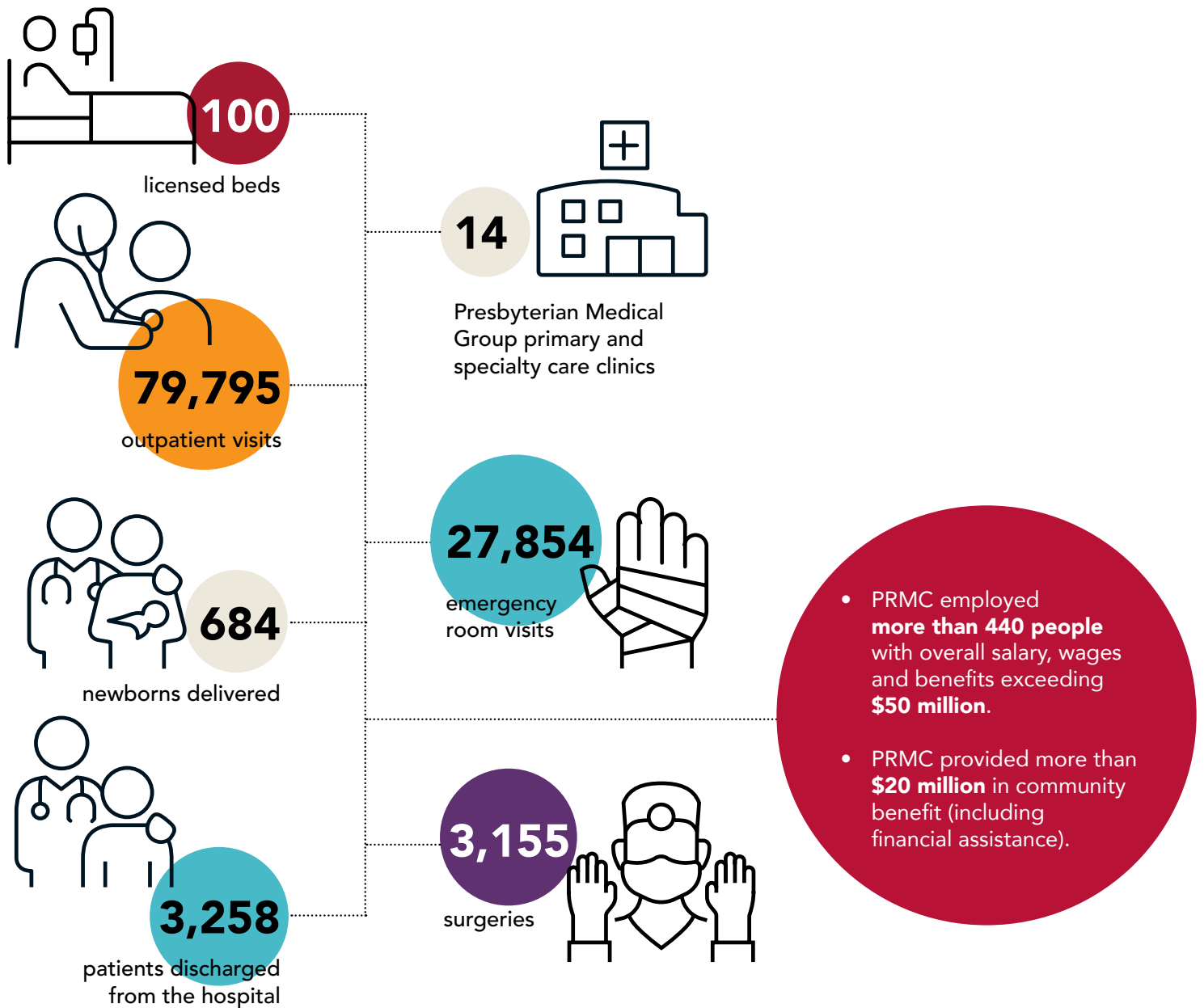
Presbyterian Medical Group  
Obstetrics and Gynecology  
2200 W. 21st St., Suite B  
Clovis, NM 88101  
(575) 769-7577, Option 2

Perinatal Associates of New Mexico  
(505) 764-9535



# PRMC Impact to the Community

2023 by the Numbers



# We provide care for the whole family.

## Behavioral Health



Danielle Davey, DO

## Cardiology



David Church, MD\*



Michelle Dean, CNP

## Family Medicine



Kristin Benavidez, CNP



Amber Lott, CNP



Michelle Oetjens, CNP

## Family Medicine & OB/GYN



Natasha Beachum, MD

## Family Medicine Skin Care



Shala Caudill, CNP

## Gastroenterology



Firouzeh Kasaie, CNP

## General Surgery



Raul Lugo, MD



Rosebella Agola, MD

## Hematology/Oncology



Donna Thibodeau, MD

## Infusion Services



Charla Dunn, PA-C

## Internal Medicine



Kalyan Saginala, MD



Brian Willmon, MD

## Nephrology



Parikshit Thakur Hameer, MD, FASN, FNKF

## OB/GYN



Lillian Browning, CNP



Timothy Harkins, MD

## OB/GYN



Cristi Lubera, CNM

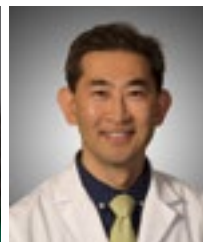


Reese McGee, CNP

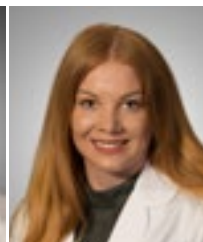


Brenda Pereda, MD

## Orthopedics



Horim Choi, MD



Chelsey Jorde, CNP



Lorena Kroeger, CNP

### Orthopedics



Titus Plomaritis Jr., MD

### Pediatrics



Adora Anudu, MD



Leopoldo Cabrera,  
MD



Kathryn Winters, MD  
Pediatric Hospitalist

### Pulmonology



Arnel Bobadilla, MD

### Radiation Oncology



John Truitt, MD

### Same Day Care Clinic



Aha Hagan, CNP

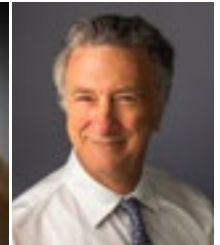


Brittnee Sharp, CNP

### Urology



Stacey Chavez, CNP



Richard Tushman, MD

*\* Independent community healthcare provider.*

## Join us on Tuesdays for Doc Talks!

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

All events will be from 5:30 p.m. - 6:30 p.m. and will be held in the Cannon Room at Plains Regional Medical Center, located at 2100 M.L.K. Jr. Blvd., Clovis, NM 88101. 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**.

### 2025 DOC TALK SCHEDULE

- January 14 - Family Medicine
- February 11 - Cardiology
- March 11 - Pediatrics
- April 8 - Behavioral Health
- May 13 - Nephrology
- September 9 - Gastroenterology
- October 14 - Women's Care
- November 11 - Orthopedics

Plains Regional Medical Center  
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Presbyterian Medical Group is a department of Plains Regional Medical Center.

 **PRESBYTERIAN**  
Plains Regional Medical Center

