

GREAT NEWS

APRIL 2021

Shorter Incision Leads to Long-Lasting Results in Back Surgery

When board-certified spine surgeon Dalip Pelinkovic, MD, joined Orthopaedic Specialists in 2020, he brought minimally invasive spine surgery to southeast Iowa.

With more than 20 years of experience and training with leaders in his specialty, he uses the technique to perform neck, mid- and lower-back fusions and disc replacements, and to correct previous back surgeries.

"I have been doing this procedure for 12 years. I saw the benefits from the beginning and decided to become proficient at it," Dr. Pelinkovic said. "I did this to develop the best possible skills to serve the community."

After his orthopedic surgery residency, Dr. Pelinkovic completed Rush University's spine surgery fellowship program. The Chicago fellowship is one of the top four in the country.

The lower back is a strong and flexible part of the spine, which makes it more susceptible to pain and injury. The largest nerve in the body – the sciatic nerve – originates here. Minimally invasive spine surgery can relieve pain from compressed nerves and correct abnormal spinal anatomy.

"Prior to any treatment, I always obtain the accurate diagnosis," Dr. Pelinkovic said. "When surgery is necessary, I prefer to use a one-inch incision technique using specialized instruments and



Dr. Pelinkovic explains minimally invasive spine surgery to a patient.

address the problem in a less disruptive fashion. As a result, patients have less pain during recovery because there is a smaller incision and a shorter time to heal."

Patients experience less blood loss, less anesthesia and a smaller risk of infection compared to traditional back surgery. Some patients who cannot have traditional surgery because of their weight, age or other concerns may be candidates for this procedure.

"Surgery isn't always the solution," Dr. Pelinkovic said. "The majority of the time, we may begin with conservative treatment like physical therapy, medication or observation. In some cases, minimally invasive surgery is the best choice."

Benefits of minimally invasive spine surgery

- Faster recovery
- Less pain
- Less anesthesia
- Less soft tissue and muscle damage
- Less risk of infection
- Reduced blood loss
- Shorter hospital stay

Hospital Honors Gifts of Life

Great River Medical Center had seven tissue donors in 2020. Tissue includes skin, heart valves, blood vessels, bones and tendons. Each tissue donor can help the lives of 50 to 300 people.

April is National Donate Life Month. The hospital was recognized recently by the Iowa Donor Network for its commitment to tissue-donation procedures. Last April, Great River Medical Center had its first honor walk for a tissue donor.

In recent years, honor walks have become a symbol of respect to patients or families who have chosen organ, tissue or eye donation. Hospital employees silently line the hallway as the patient whose brain death has been certified is moved from the Intensive Care Unit to the operating room.

"An honor walk allows our staff to honor the life of the patient and demonstrate our respect for the patient and family who have chosen to give an extraordinary gift," said Jennifer Lueders, director, Surgical Services. "Participating in an honor walk is a compassionate experience."

An Iowa Donor Network coordinator confirms consent for organ, tissue or eye donation and obtains permission for an honor walk from the patient's family.

More than 108,000 people of all ages are waiting for life-saving transplants in the U.S. – about 500 in Iowa. About 77% of Iowans 18 years and older are registered donors, compared to 58% nationwide.

In recognition of National Donate Life Month, Great River Medical Center will participate in Light Up For Life, a statewide celebration to raise awareness about the need for registered organ, tissue and eye donors. The outside of Mercy Plaza will light up green for the month.

You can register to become an organ, tissue or eye donor by signing the back of your driver's license or clicking below:

- [Iowa](#)
- [Illinois](#)

One-Stop Care. Nonstop Quality.

Why Orthopaedic Specialists?

Our patients know.

We are the only Des Moines County health care provider that offers clinical care and surgical treatment in one location.

Click on Debra's and Ben's photos to learn their stories.

Debra Martin

Ben Thomas

New Providers



Lynette Prickett, ARNP

Nephrology

Eastman Plaza, Suite 205
1223 S. Gear Ave.
West Burlington
319-768-4380

Education: Master of Science in Nursing degree, Chamberlain College, Chicago



Joginder "Joe" Singh, MD

Hematology & Oncology

1225 S. Gear Ave.
West Burlington
319-768-3434

Medical degree: Government Medical College, Amritsar, India

Residency: Harlem Hospital Center-Columbia University, New York City

Fellowships:

- Bone marrow transplant – University of Arkansas, Little Rock
- Hematology and medical oncology – Montefiore Medical Center Albert Einstein College of Medicine/Yeshiva University, New York City

Certification: American Board of Internal Medicine (medical oncology and hematology)

Health care scholarship

The Matteson Scholarship provides financial help for southeast Iowa students pursuing health care and other careers. Applicants must live in or graduate from high schools in Des Moines, Henry or Lee counties, or Wapello Senior High School. The renewable scholarship is worth up to \$12,000. The application deadline is Tuesday, May 4. Get more information and apply at matteson scholarship.org.

We're Celebrating Patient Access Week

Patient Access Week is Sunday, April 4 through Saturday, April 10. The week marks the anniversary of the founding of the National Association of Healthcare Access Management, the only national professional organization dedicated to promoting excellence in this field.

Patient Access services are:

- Scheduling
- Registration
- Admissions
- Insurance prior authorization
- Patient estimates
- Point-of-service collections

About 125 Great River Health employees at Great River Medical Center, Fort Madison Community Hospital and clinics support processes that help patients, providers and payers.

April Casual Days

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The March casual days and organizations they benefit are:

April 9 **Great River Hospice**
April 23 **Make-A-Wish Foundation**

Letter

On behalf of the Burlington Area Homeless Shelter, our board of directors would like to thank everyone that participated in the casual day during November 2020. We have not been able to have our typical fundraisers during the pandemic, and our organization relies on fundraisers and community support. Your kindness and donation of \$358 are much appreciated.

— Desiree Stumpf, vice president
Board of Directors

NATIONAL VOLUNTEER WEEK

APRIL 18 TO 24

Thank you, volunteers!





People

M.J. Boeding, Day Surgery, retired March 31, after working at Great River Medical Center for 30.5 years.

Gale Jacks, Diagnostic Imaging, will retire Thursday, April 8, her 40th anniversary of working at Great River Medical Center.

Brenda Pollock, Environmental Services, retired March 12. She worked at Great River Medical Center for 22 years.

Andy Smith was named Nurse Manager for the Cascade Falls and Heritage Hill neighborhoods at the Klein Center.

Put Your EAP to Work

Great River Health has a free Employee Assistance Program (EAP) through Employee & Family Resources. It can help guide you and your family members through difficult life phases. If you, your child or other family member are experiencing difficulties in life, please call at 877-883-1387. To learn more about your EAP, visit efr.org.

Fidelity Planner at Hospitals in April

Fidelity financial planner Ben Wright will be at Great River Medical Center and Fort Madison Community Hospital this month:

- Wednesday, April 14 and Thursday, April 15 – West Burlington, Human Resources Conference Room
- Friday, April 16 – Fort Madison, Accounting Conference Room

You can make an appointment to discuss investments and financial planning. If you need basic information, such as tips for using Fidelity's website, please call Human Resources at ext. 3750.

To schedule an appointment:

- Visit <https://digital.fidelity.com/prgw/digital/wos>
- Click Schedule a time to talk.
- Under Appointment Search, enter "Great River Health System" and the date of your desired appointment.
- On the left side of the screen, click "in-person."
- Choose a time and enter the required information.





Name or Update Retirement Beneficiaries

It is important to name beneficiaries for your workplace savings plan to ensure your benefits would be distributed according to your wishes in the event of your death. Without naming beneficiaries, benefits would be paid according to plan rules, which may be different than your wishes.

To navigate to your beneficiary designations online:

- Log on to **www.netbenefits.com/atwork**.
- Click Profile.
- Click Beneficiaries, then follow the instructions.

After designating your beneficiaries, you can view them on NetBenefits. Please review your choices regularly and update them after life events such as marriage, divorce, birth of a child or death.

If you have questions, please call Fidelity at 800-343-0860.

ONE-STOP CARE NONSTOP QUALITY

Orthopaedic Specialists

 **Great River**
MEDICAL CENTER





New Employees

Kaisha Anderson

Assistant, Training & Development

Lilly Carr

Registration Clerk, Keokuk

Salvador Cavazos

Patient Care Technician, Medical-Surgical Unit

Justin Clark

Housekeeper, Environmental Services

Ramona DeSotel

House Supervisor, Nursing Administration

Caroline Forbes

Phlebotomist, Laboratory

Isabella Gillespie

Patient Care Technician, Medical-Surgical Unit

Terry Grant

Shuttle Driver, Klein Center

Belinda Gresham

Licensed Practical Nurse, Klein Center

Robert Griesman

Phlebotomist, Laboratory

Jacelyn Halliburton

Patient Care Technician, Medical-Surgical Unit

Morgan Kenel

Patient Care Technician, Medical Care Unit

Courtney Kephart

Medical Assistant, Physicians & Clinics

Jennifer Koranda

Cook, Klein Center

Abbagail Lambin

Patient Care Technician, Medical-Surgical Unit

Shannon Leffler

Phlebotomist, Laboratory

Andrea McVey

Registration Clerk, Universal Therapy, Fort Madison

Halima Meisner

Housekeeper, Environmental Services

Debbie Patterson

Secretary, Health Fitness

Sidney Pence

Patient Care Technician, Medical-Surgical Unit

Susan Perez

RN Case Manager, Hospice House

Joy Roth

Patient Care Technician, Progressive Cardiac Unit

Susan Roth

SSP Technician, Surgical Supply & Processing

Tristan Scovel

Secure Car Driver/Constant Observer

Superior Ambulance

Amanda Sorenson

Chaplain, Spiritual Care

Breanna Stevens

Social Worker, Care Continuum

Toni Tumer

Occupational Therapist Assistant, Klein Center

Sara Weis

Phlebotomist, Hematology & Oncology

Jayla Williams

Constant Observer 1, Nursing

Brianna Wolfe

Certified Nurse Assistant, Klein Center

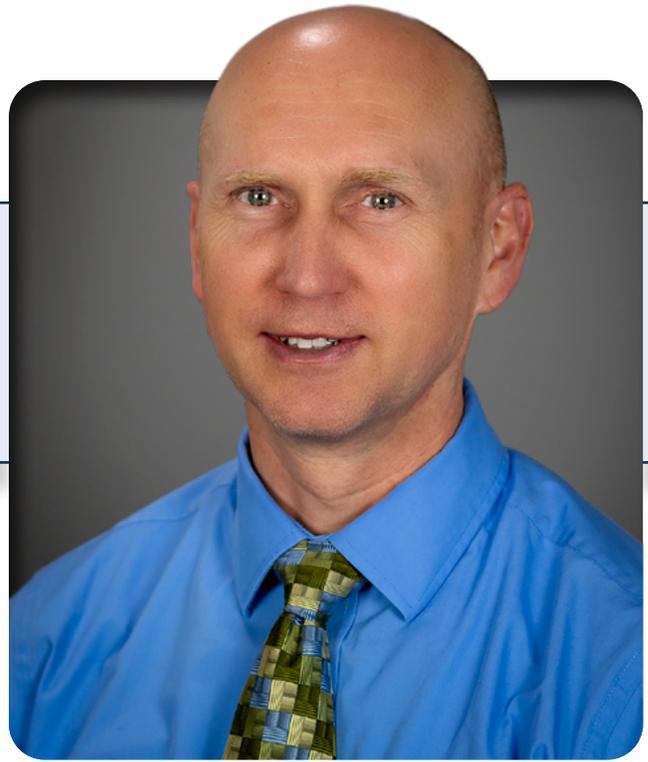
Liberty Wright

Nutrition Services Aide, Nutrition Services

Employee Profile

Todd Morehead

Human Resources Generalist
Human Resources



Start date:

Aug. 19, 2019

What a typical day looks like for me:

It starts with looking at my calendar, and answering messages and emails. Then it is off to meetings, interviews and orientations. I love my job because every day is different and I get to work with many different people. I support the Facilities, Legal, Compliance and Spiritual Care departments, and our clinics.

What I wanted to be when I grew up:

A commercial diver. I obtained my scuba certification when I was 14.

Hometown / Where I live now:

Neosho, Missouri / Burlington IA

Family:

- Spouse – Teresa Morehead, who also works at Great River Medical Center
- Three boys – Isaac, 19; Sam, 16; and Aaron, 13
- Pets – We have a bearded dragon and are adding a dog this spring.

Things I enjoy:

Traveling, movies, being outdoors, camping, hiking, running, spending time with family, learning new skills

If I could choose anyone, my mentor would be:

My mom; she was amazing. She had a full-time job but she also was our church's janitor, had a

cake business and volunteered in the community. She made all sorts of cakes – wedding cakes with fountains, birthday cakes. She even made a cake that was 8 feet x 8 feet when our fish hatchery had its 100-year anniversary. No matter how busy she was, she was always there for us. She was the most selfless person I have ever known.

My motto or personal mantra:

Cub Scout motto: "Do your best."

My favorite line from a movie or television show:

"You" from "Conan the Barbarian" with Arnold Schwarzenegger

Who I root for:

I have always been a KC Chiefs fan, so the last few years have been really fun to watch.

People would be surprised to know:

I have run in the New York City Marathon and the last three Chicago Marathons.

My biggest achievement:

Proposing to my wife. The actual day of the proposal did not go as planned, but we have been married for almost 27 years and have three great, creative boys.