

Health Update

HCHC'S
learning to live well

MOUNT PLEASANT, IOWA
AUGUST / SEPTEMBER 2009



HCHC's new General Surgeon offers full range of services

Henry County Health Center welcomed Michelle Tansey, M.D., Board Certified General Surgeon, to HCHC's Medical Staff this summer. Dr. Tansey moved to Mt. Pleasant from the Chicago area and offers patients a wide range of surgical services.

"I chose Henry County Health Center based on my perception of the supportive and patient-centered orientation of the facility. The hospital staff and physicians are all very positive and friendly," commented Dr. Tansey. "Further, I feel that there is a real sense of caring and compassion at HCHC that is rarely seen in the modern health care environment."

Some of the most common procedures performed by Dr. Tansey include laparoscopic cholecystectomy, laparoscopic appendectomy, selective laparoscopic partial colon resections, hernia repairs (inguinal, ventral), skin biopsies, breast lumpectomy, mastectomy, and hemorrhoidectomy.

"As part of the excellent general surgery team at HCHC, I look to offer my time and services to assist in the fight against cancer. I have a specific emphasis

in the treatment of breast, colon, and certain skin cancers, like melanoma. In addition, I will also be a member of the trauma team to treat people who require immediate surgical evaluation and intervention," she explained.

Dr. Tansey's experience in breast health is extensive and is evident by her work with colleagues to develop a Breast Center in the Chicago area. The center focuses on treating both the physical and psychological needs of women diagnosed with breast cancer, a learning experience she brings with her to HCHC.

"I hope to begin a program for patients that not only increases awareness of breast health, but is at the forefront of treating breast cancer. In addition to providing information about the importance of mammograms, I will offer sentinel lymph node biopsy in addition to the standard axillary lymph node dissection for the prognosis of breast cancer," she said. "I will be involved in offering immediate breast reconstruction by coordinating with a local plastic surgeon. Ultimately, I hope to offer women a

Michelle Tansey, M.D., received her Bachelor of Science Degree in Biology from Creighton University in Omaha, Nebraska, and earned her medical degree from Loyola Stritch School of Medicine in Maywood, Illinois. She completed her preliminary surgical residency in the Rush Presbyterian Training Program at Rush Presbyterian, St Luke's, and Cook County Hospitals in Chicago, Illinois. Dr. Tansey fulfilled her general surgery residency and was chief resident of the General Surgery Program at the University of Illinois at Peoria, Illinois.

Dr. Tansey is a Board Certified General Surgeon and has been in private practice in the Chicago area since 2002. She most recently served as a general surgeon of Midwest Surgical Associates in Elmhurst, IL. In addition to offering a broad spectrum of surgical procedures, she also specializes in breast health.

As a Fellow of the American College of Surgeons, Dr. Tansey also has several professional memberships which include membership in the Society and

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HCHC in the news

HCHC Named 'Most Wired' for third consecutive year

Henry County Health Center has been named to the nation's **MOST WIRED**, according to the results of the 2009 Most Wired Survey and Benchmarking Study released in the July issue of *Hospitals & Health Networks* magazine, which has named the 100 Most Wired hospitals and health systems since 1999. This is the third consecutive year that HCHC has received the award.

What does "Most Wired" really mean? H&HN (Hospitals and Hospital Networks) sponsors this annual survey and benchmarking measure to all members of The American Hospital Association (AHA), which has over 5,000 hospital members. Literally thousands of hospitals participate in this survey for a variety of reasons, but at or near the top for all participants, is the opportunity to independently validate their state of the practice in the implementation of Information Technology in Healthcare.

Henry County Health Center has long participated in this annual survey, being named a top 100 hospital in 2007 and most recently in 2009, and a top 25 Most Wired Small and Rural Hospital in 2008. These are magnificent achievements for the entire hospital team, but more importantly, represent a continued journey on the part of HCHC to provide the very best care possible for our patients and their families. Achievements such as this would not be possible without the full cooperation of every constituency of HCHC. Medical Staff, Nursing, Clinical Services, Ambulance Services, Administrative and Business Services,

Dietary, Maintenance, Housekeeping, Board of Trustees; literally each and every constituent group of HCHC plays a very significant role in getting to these levels.

There are four major reasons that hospitals look to implement Information Technologies:

- 1) **Enhance Patient Safety, Quality of Service and Patient Service**
- 2) **Provide for a continuity of care for patients**
- 3) **Favorable impacts on operating costs due to technology applications**
- 4) **Increased operating efficiencies**

However, of the four, Patient Safety, Quality of Service and Patient Service is by far the major reason for technology implementations.

The annual survey for 2009 consists of 50 topical areas wherein an individual hospital's metrics are compared to all other participants. Survey participants are required to sign an affidavit of accuracy of the report and are subject to independent audit of the results so reported.

Surveys are reviewed and scored by H&HN and annual awards given in the following categories:

- 1) **Top 100 Most Wired Hospitals overall:** The 100 Most Wired organizations are hospitals and health systems that scored the highest on the survey questions. Each survey is scored using a



methodology emphasizing the use of information technology.

- 2) **25 Most Wired Small and Rural Hospitals:** Rural hospitals, those located outside a metropolitan statistical area designated by the U.S. Office of Management and Budget as a geographically defined, integrated social and economic unit with a large population nucleus, and hospitals with 100 or fewer beds qualify for this category.
- 3) **25 Most Improved Hospitals overall:** The 25 Most Improved are organizations whose score improved the most from the previous year.
- 4) **25 Most Wireless:** The 25 Most Wireless are those organizations scoring highest on survey questions focused on wireless applications. It is possible for organizations to appear on both the 100 Most Wired and 25 Most Wireless lists.

The recognition HCHC has received for the last three years is really the result of a long planned journey to enhance healthcare for Henry County. The journey traces its first steps to the recognition of the value of such a trip back in 1999. At that time HCMS (Henry County Medical Software, LLC) and its affiliate HCMIS (Henry County Management Information

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HHCC in the Community

Healthy Communities celebrates 10 year anniversary RED WAGON AWARDS HONOR HHCC PARTNERS

Healthy Henry County Communities (HHCC) has enhanced the quality of life in Henry County over the past ten years by providing leadership and programming to build a better community for the continuum of life stages and ages of area residents. This year, as part of Healthy Henry County Communities (HHCC) tenth anniversary celebration, HHCC held a special awards event to recognize individuals who have been instrumental in making youth programming a success in Henry County.

In 2007, Henry County was selected as an Iowa Community of Promise in recognition of its collaborative programs on behalf of children and youth. "Healthy Henry County Communities, A Community of Promise" strives to build character and competence in all children and youth through the delivery of the Five Promises of America's Promise: Caring Adults, Safe Places, Healthy Start and Future, Marketable Skills, and Opportunities to Serve.

"This year we have recognized individuals and organizations who, along with

HHCC, are delivering the five promises to youth in Henry County," explained Nancy Hahn, HHCC Program Coordinator. "Young people with the benefits of the Five Promises do better in school, are more likely to pursue higher education and enjoy better relationships with their peers and families. They are less likely to engage in risky behaviors, and are five to 10 times more likely to become productive citizens in their communities."

Award recipients who were presented with Red Wagon Awards included the following: HNI Charitable Foundation, KILJ AM/FM Radio, Susan Mast of the Mount Pleasant Public Library, Anita Hampton, Coordinator of Project REACH, Toi Mears of New London Community Schools and Mentoring Program, Representative Dave Heaton, and Chris SyWassink of the Henry County Sheriff's Office.

"Although Healthy Henry County Communities provides beneficial programming for all ages, so much of our programming is based on positive youth

d e v e l o p m e n t .

These organizations and individuals who received the Red Wagon Awards have been instrumental in strengthening youth programming and building awareness around local youth development efforts in the c o m m u n i t y , " explained Hahn.

Iowa Department of Public Health Director Tom Newton joined in celebrating the 10 year anniversary of Healthy Henry County Communities by attending the June event held at HCHC. He praised the Healthy Communities model and explained the benefits of HHCC programming.

"There are two key benefits to the citizens of Henry County from the Healthy Communities model that stick out in my mind. First and foremost is that there are stakeholders in health partnering to ensure that the most pressing health needs of the community are being met. Secondly, the various partners have come together in collaboration with the intent of best using limited resources to serve the citizens and minimizing duplication," explained Director Newton.

He continued to say that the Healthy Communities model recognizes that it takes more than access to health care treatment in order to keep people healthy.

"While access to care is important, there are a number of other more important determinants of one's health, like early childhood development, teaching parenting skills, access to opportunities to be physically active, health education about healthy eating, vaccinations, and more. I have always said that having a doctor and insurance card will not guarantee that a person is healthy. Healthy Henry County Communities epitomizes the 'health system' necessary to keep people healthy!"

Director Newton believes that HHCC serves as a potential model for other communities across Iowa on how to bring stakeholders together and build partnerships to improve the health of a community.



Red Wagon Award recipients honored at Healthy Henry County Communities 10 year anniversary celebration included (l-r): Theresa Rose (receiving the award for KILJ), Toi Mears, John Kuhens (receiving the award for KILJ), Susan Mast, Representative Dave Heaton, Anita Hampton, and Chris SyWassink. (Not present but also receiving an award was HNI Charitable Foundation.)

HCHC Foundation

There when it matters most

This past Memorial Day weekend will be one that I won't soon forget. Besides the numerous graduation parties, sunny days and tons of yard work, I got to experience firsthand many of the services offered by Henry County Health Center.

My nine year old daughter, Sami started Sunday morning with complaints of a stomachache. That afternoon wasn't much better as evidenced by her unwillingness to eat as

received from Henry County Health Center made me so proud to be of this organization!

From the moment we entered the Emergency Department door we were supported by calm, professional staff that showed their compassion and concern for my daughter with each comment, procedure and test. Fears of the unknown subsided with caring explanations. I was helpless but felt reassured by physicians and staff that knew what to do and how to do it.

But I was most thankful for the fact that all these skilled people were available to me right here in Henry County. I didn't have to travel far from home to receive professional help. It was easy to run back to my house and pack a few overnight items. I was able to park my car near the front door and find my way through the hospital without needing a map. Our friends were readily accessible and popped in to see how we were doing.

These events made me extremely grateful and keenly aware of the importance of local healthcare. Henry County Health Center is here to serve each of us. The doctors and staff are here because they care about us. They save our lives. The equipment and technology is here to help improve the quality of care given to us. The programs offered through the hospital, specialty clinics and departments are here to improve our own wellbeing. All this for me, my family and each one of you! To that I want to say THANK YOU, THANK YOU, and THANK YOU!

Support of HCHC should not be a difficult choice for anyone. The importance of HCHC to our area is clearly evident. What could be more important than saving lives and keeping people healthy? Maintaining local and accessible healthcare is not only a basic value of the HCHC Foundation, but for me personally too. You can show your commitment to the future strength of HCHC services and to the wellness of our communities by supporting the Foundation. Please join our efforts to develop and deliver important health initiatives for the benefit of individuals and families of our area. Call or email anytime to learn more about what you can do to support this winning organization.

Michelle Rosell, Foundation Director, rosellm@hchc.org or 319/385-6541.



Pictured are (l-r): Sally Brauman, Gloria Fear, Jim Hetherington, Dr. Beth Hothan-Zielinski, Dan Walderbach, Sami Rosell, Prudy Mallams, Laurie Hoyer and Jim Zielinski.

many pieces of graduation cake as possible. By Monday morning, Sami was complaining of a lot more pain in her stomach.

Now I was a bit more worried and decided to head to the HCHC Emergency Department. After the physical exam, lab work and radiology test, we (well Sami) needed to have her appendix removed sooner than later. The surgical team was called in, Sami was prepped for the procedure and away she went. Once awake, she was moved upstairs to the Med-Surg floor to spend the night. We were back home Tuesday afternoon and she's doing wonderfully well now.

This experience may not sound like that big of a deal. In the scheme of things an emergency appendectomy might not be considered all that serious by some. But for my family and I, this was a big deal. And the care and service that we

A Star Is Born Baby Wall

We know there's nothing that compares with the birth of your child. No matter how many times you experience the miracle of birth, there will always be anxious moments, unforgettable memories and unbridled joy. To help your family celebrate this unforgettable moment, the Henry County Health Center Foundation has developed *A Star Is Born Baby Wall*. The wall is located on the second floor of HCHC in the Maternity Services Department.

BABY RECOGNITION – PERSONALIZED STARS

Stars may be purchased for \$50 by parents, grandparents, family members or groups of friends to honor the birth of a child at HCHC. A star will be engraved with the child's name, birthday and the contributor's name. Once your star has been engraved, it will be displayed for 12 months on the Baby Wall. Parents will be given the star at the baby's first birthday.

All contributions received from A Star Is Born Baby Wall will support health initiatives of the HCHC Foundation. Such initiatives can include OB equipment purchases, continuing education for our nurses, doctors and other health professionals, and family wellness programs.

Star orders may be placed on line at www.hchc.org (click on HCHC Services, Maternity Services and then Baby Wall) or directly with the Maternity Services Department.

SPECIAL RECOGNITION

The HCHC Foundation wants to thank Foundation Board Member Rick Campbell and MPCHS student Karley Ruschill for their work on the display board. Their craftsmanship and artistry truly shines and is greatly appreciated!



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greater choice in how their breasts will appear one, two, or even 10 years down the road, offering surgical treatments relying on evidence based medicine that allow the best survival outcomes and least recurrence.”

“To cure sometimes, to heal often, to comfort always” is the philosophy that Dr. Tansey stands by. She makes every attempt to have patients participate in their own care by providing them with information, understanding and awareness so that each patient is able to make an informed decision about the procedure that is required. She also encourages questions and information that patients have found online for discussion.

“I am pleased to be in the Mount Pleasant area working closely in collaboration with the local primary care physicians as a participant in comprehensive treatment planning. I anticipate that I will have many new and wonderful opportunities to learn more about the area and become a part of the community. I am excited about meeting the residents of Henry County and learning how I can improve their health care experiences.”

Dr. Tansey's office is located in HCHC at 407 S. White St., Suite 103, Mt. Pleasant. Appointments may be made by calling her office at 319-385-6770.

continued from page 1 Michelle Tansey, M.D.

Association of General Endoscopic Surgeons, the Association of Women Surgeons, and the American Medical Association, to name a few. She was also recognized in 1996 as one of the “100 Top Women in Chicago.”

“We are pleased to welcome Dr. Tansey to HCHC and we feel fortunate that Henry County Health Center will now be able to offer area residents the medical services of two general surgeons. As a full-time Mt. Pleasant based general surgeon, Dr. Tansey offers patients a wide range of surgical services, and her specialty in breast health will add to the scope of services that HCHC is able to provide to area women,” commented Robert Miller, HCHC Interim CEO.

Learn to Live Well

Massage Therapy at HCHC

BY JUDY STEVENS HCHC Licensed Massage Therapist

Massage therapy has its roots in ancient Chinese, Greek, Roman, Indian and Egyptian cultures. Chinese records 3,000 years-old document its use and many benefits.

Massage throughout world history attests to its naturalness. From the parent who hugs a child who has fallen, to a massage therapist who helps people relieve the stress and strains of the day, giving and receiving nurturing touch is an innate human behavior.

BENEFITS OF MASSAGE

Massage can help release chronic muscular tension and pain, improve circulation, increase joint flexibility, reduce mental and physical fatigue and stress, promote faster healing of injured muscular tissue, improve posture, and reduce blood pressure as well promote better sleep, improve concentration, reduce anxiety and create an overall sense of well-being.

Many people have regular massage therapy to relieve the stress and tension of everyday living, maintain good health and reduce stress. Also, massage is accepted as part of many physical rehabilitation programs, which has proven beneficial for many chronic conditions, including low back pain, arthritis, bursitis, fatigue, high blood pressure, diabetes, and fibromyalgia. The Massage Therapy Foundation www.massagetherapyfoundation.org advances scientific research for massage therapy that documents many of the benefits of massage mentioned in this article.

Children's muscles are flexible and recover quickly from exercise. Once reaching adulthood, skeletal muscles start to shorten with exercise or injury. Many people over thirty have difficulty running a block or two without feeling achy the next day. Massage can help thirty-something adults regain and maintain vigorous activity well into their thirties and beyond.

WHAT IS MASSAGE THERAPY?

Massage is the application of various techniques to the soft tissues of the body. Many variations of massage therapy account for several different techniques. The application of these techniques may include, stroking, kneading, tapping, compression, vibration, rocking, friction, and pressure to the muscular structure of the body. This may also include



non-forceful passive or active movement. The use of oils or lotions may also be included to reduce friction on the skin.

It is standard practice for the massage therapist to provide a comfortable, private room and perhaps play soft music to help you relax during the massage. When you come for a massage, you will lie on a table especially designed for your comfort. It is entirely up to you what you want to wear. You should undress to your level of comfort. The massage therapist will leave the room while you undress, relax onto the table, and cover yourself with a clean sheet. You will be properly draped during the entire session. Only the area being worked on will be exposed.

You and the massage therapist will discuss the desired outcome of your session. This will determine which parts of your body require massage. A typical full body session will include work on your back, arms, legs, feet, hands, head, neck, and shoulders.

What a massage feels like depends on the techniques used. Many massage therapists use a form of Swedish massage, which is often a baseline for practitioners. In a general Swedish massage, your session may start with broad, flowing strokes that will help calm your nervous system and relax exterior muscle tension. As your body becomes relaxed, pressure will gradually increase to relax

Learn to Live Well

specific areas and relieve areas of muscular tension. You should communicate immediately if you feel any discomfort so that the massage therapist can adapt to your needs.

The average full-body massage or bodywork session lasts approximately one hour. A half-hour appointment allows time for a partial massage session, such as neck and shoulders, back or legs and feet.

After a massage, most people feel very relaxed. Some experience freedom from long-term aches and pains developed from tension or repetitive activity. After an initial period of feeling slowed down, people often experience increased energy, heightened awareness, and greater productivity, which can last for days. Since toxins release from your soft tissues during a massage, you should drink plenty of water following your massage.

If you have any medical conditions that you think make massage inadvisable, consult with your doctor. Before you begin your session, the massage therapist will ask a few general health questions. It is important that you inform the massage therapist of any health problems or medications you are taking. If you are under a doctor's care, the massage therapist may require a recommendation or approval from your doctor.

Judy Stevens, Licensed Massage Therapist at HCHC, has been practicing massage therapy since 1988. Her initial training was at the Soma School of Massage in California. In 1996, she advanced her massage skills by completing a three-year mentoring program at the Guild for Structural Integration in Boulder, Colorado. Judy graduated from Wayne State University, Detroit, Michigan, majoring in health and physical education. She taught high school P.E and coached swimming and tennis. She also has a Master of Education degree in counseling.

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Services LLC) were founded for the purposes of promoting and collaboratively funding the beginning of such a journey. Progress along the way has been steady, consistent and unwavering. The end result is where the hospital finds itself today.

This journey, however, is one that has no end. As the world of healthcare continues to become ever more complex and demanding, and technology continues to advance to meet these demands and complexities, there is always more that can and will be done.

The February 17, 2009 signing by President Obama of the American Recovery and Reinvestment Act (popularly known as the "Stimulus Bill") accelerates the impetus to move forward on this journey. Significant government funding is now becoming available to further this implementation of technology. President Obama said, "Our recovery plan will invest in electronic health records and new technology that will reduce errors, bring down costs and save lives." Newt Gingrich said, "Widespread adoption of interoperable health information technology is a cornerstone of creating a 21st Century Intelligent Health System." From widely differing points of the political spectrum, the message is the same: technology implementation makes sense to quality of care, patient safety and cost containment.

With the ongoing support of our various constituencies, it is the intent of HCHC to continue this journey well into the future. We find ourselves well ahead of the average hospital in this area. In fact, our level of adoption likely places us in the top 4.7% nationally. We have no intention of resting on our laurels, however. We plan to continue this journey that has no end, because it simply puts our patients' safety first, and is a responsible economic endeavor.

HCHC Massage Therapy ensures a relaxing massage experience. Judy Stevens, HCHC's Licensed Massage Therapist, is available for appointments Monday through Friday from noon to 6 p.m. Judy offers a variety of massage therapy treatments, which include:

- Swedish Massage
- Sports Massage
- Partner Massage
- Foot & Leg Massage
- Structural Integration
- Chair Massage
- Mother/Baby Massage
- Neck, Face & Hand Massage

Massage therapy treatments are \$25 for 30 minutes, and \$40 for 60 minutes. For more information on massage therapy and the different treatment options, or to schedule an appointment, please call 319-385-6102.



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Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Friday, August 21, Noon

Program: Sleep Apnea

Lunch provided

Health Education Center, HCHC

DIABETES SUPPORT GROUP

Tuesday, September 8, 6 p.m.

Health Education Center, HCHC

DIABETES REFRESHER CLASSES

Thursday, August 27, 3:00-5:00 p.m.

Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, August 18 and

Tuesday, August 25

Call 385-6518 to register

Health Education Center, HCHC

Tuesday, September 22 and

Tuesday, September 29

Call 385-6518 to register

Health Education Center, HCHC

HCHC JEWELRY FAIR

Friday, September 18

7:30 a.m.-5 p.m.

Health Education Center, HCHC

HCHC BOOK FAIR

Thursday, September 24

9 a.m.-4:30 p.m.

Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, August 10

9:00 a.m. Monthly Meeting

Classroom A-1

Monday, September 14

9:00 a.m. Monthly Meeting

Classroom A-1



Henry County Health Center's Outreach Clinics

serving the primary healthcare needs of the
Winfield and Wayland Communities

WAYLAND COMMUNITY CLINIC

Sylvia Graber, ARNP

227 W. Main

319.256.7100

Clinic held on Mondays and Thursdays
8:30 a.m.-Noon and 1 p.m.-5 p.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP

110 W. Pine

319.257.6211

Clinic held on Tuesdays and Fridays
8:30 a.m.-Noon and 1 p.m.-5 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have a medical question, consult your medical professional.

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