

Health Update

HCHC'S
learning to live well

MOUNT PLEASANT, IOWA
AUGUST / SEPTEMBER 2010

HCHC's Emergency Department undergoes changes

Henry County Health Center's Emergency Department will experience a major change in operation. Rather than using a contracted staffing service to provide 24-hour physician coverage for the department, HCHC will instead secure physician manpower directly.

"This means that there will be the same group of physicians who are dedicated to staffing our Emergency Department," explained HCHC CEO Robb Gardner. "This is a trend among Iowa's more progressive hospitals. We evaluated the experiences of several hospitals that have made this change and found that those experiences were overwhelmingly positive."

HCHC is currently contracted with Emergency Practice Associates, Inc. (EPA) to provide physician coverage in the Emergency Department. That contract will terminate on December 31, 2010, although the transition plan will begin well before that date.

"This transition represents the continuing evolution in how hospitals meet

communities changing demands for medical services. In fiscal year 2010, Emergency Department visits have increased approximately 5 percent from 2008," said Gardner.

Gardner plans to recruit four physicians dedicated to staffing HCHC's Emergency Department. HCHC will partner in this transition with SEIMS, Southeast Iowa Medical Services, Inc., a subsidiary of Great River Health Systems. SEIMS will develop a core group of physicians, Henry County Emergency Physicians, to provide services at HCHC.

"HCHC's Administration, staff and Medical Staff will play an active role in assisting with the recruitment of these physicians for HCHC, and the way the Emergency Department is operated, in conjunction with the other pieces of the medical continuum here in our service area," said Gardner.

To read the full article on the upcoming Emergency Department change, go to www.hchc.org/edchange/.

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HCHC's Mission is to enhance the health of individuals and our communities through high quality, effective and efficient services.



HCHC in the Community

HENRY COUNTY EMERGENCY PHYSICIANS



Ryan VanMaanen, D.O., has joined HCHC's medical staff as a new Emergency Department

physician. A graduate of Des Moines University, he began his new position in August 2010, and is serving as Medical Director of the Emergency Department.



Andrew Walter, M.D., who is currently employed by EPA, will also be joining the new Emergency

Physician group. He will continue serving as an Emergency Department physician after the transition to SEIMS. Dr. Walter graduated medical school from the University of Iowa, and has experience practicing medicine as a private practice pediatrician and Emergency Department physician.

HCHC is in conversations with other physicians who are interested in joining the group. "This is a very attractive opportunity for physicians who enjoy practicing in Emergency Medicine. Our goal is to have the group in place by January of 2011," said Gardner.

HCHC partners with community groups to enhance healthcare in Henry County

HCHC is committed to meeting the healthcare needs of our communities. To be certain that we are well informed of our communities' wants and needs concerning healthcare, HCHC has developed community advisory groups representing various constituencies in Henry County.

"Our community advisory groups are organized into five groups which include employers, seniors, government officials, educators and the HCHC Foundation Board. The individuals who have agreed to participate in these groups have provided HCHC with valuable feedback on the hospital and our services, and have helped us to be more aware of the healthcare needs in our Henry County communities," explained HCHC CEO Robb Gardner.

The advisory group meetings consist of a two-way exchange of information. Group members have the opportunity to learn about the hospital, services offered, and future initiatives, while HCHC leadership gain insight and knowledge of HCHC's working relationship with our many partners in Henry County. The feedback from participants was also valuable to the hospital's strategic planning for the upcoming year.

"These group meetings have given me the opportunity to meet with individuals who live and work in Henry County, to hear their views, learn what we do well, what we can improve upon, and learn what our residents want and need from their community hospital. This input has added such value to our organization, and will ultimately benefit our area communities."



Pictured is HCHC CEO Robb Gardner meeting with the Employer Advisory Group, one of five Community Advisory Groups conducted at HCHC.

HCHC Surgical Services

Surgeon provides safe and effective surgery for cataract removal



Approximately 20.5 million Americans age 40 and older have cataracts, and more than half of all Americans develop cataracts by age 80.

Cataracts are the clouding of the eye's naturally clear lens, preventing the passage of light needed for vision. Cataracts start out small, but as the cataract develops, more of the lens becomes clouded. Symptoms include painless blurring of vision, double

vision in one eye, fading or yellowing of colors, sensitivity to light and glare, poor night vision, and frequent changes in glasses or contact lens prescriptions.

“Cataract surgery is the easiest surgery a patient will undergo in their lifetime. The surgery is painless, five minutes in length and does not require stitches. Most patients are back to normal activities within hours without restriction. Their stay in the hospital is usually under two hours thanks to the superb care from the staff at HCHC.”

Currently, surgery by an ophthalmologist (Eye M.D.) is the only treatment to remove cataracts. Cataract surgery is offered at Henry County Health Center by Reed M. Bouchey, M.D. Dr. Bouchey has been an ophthalmologist for over 20 years and has performed nearly 15,000 cataract operations on three continents. His patients come from all over the United States, primarily referred by friends and families of patients who have benefited from excellent results.

Cataract surgery is becoming the procedure of choice for patients who desire sharp distant and near vision without glasses through the use of the Restor implant. Dr. Bouchey was the first surgeon in the United States to implant a foldable multifocal implant back in 1993 at HCHC, and has been a leader in the use of these implants since.

To view the full story, go to www.hchc.org/cataract/.

HCHC SURGERY

Following is a list of surgeries offered at Henry County Health Center. For more information and a list of surgeons, call HCHC's Public Information Department at 319-385-6124.

GENERAL SURGERY

- Gallbladder Removal
- Appendix Removal
- Hernia Repair
- Breast Biopsy
- Breast Cancer Surgery
- Colon Cancer Surgery

GYNECOLOGY

- Removal Of Uterus
- Repair Of Bladder Prolapse
- Tubal Ligation
- Removal Of Ovaries
- Treatment Of Endometriosis
- D&C
- Treatment For Heavy Periods
- C-section Delivery Of Baby

ORTHOPEDICS

- Knee Arthroscopy
- Shoulder Arthroscopy
- Rotator Cuff Repair
- Carpal Tunnel Surgery
- Ankle Arthroscopy

UROLOGY

- Treatment Of Enlarged Prostate
- Bladder Biopsy
- Treatment For Urine Leakage
- Treatment Of Kidney Stones
- Hernia, Hydrocele Repair

PODIATRY

- Correction Of Bunions
- Correction Of Hammertoes
- Treatment Of Plantar Fasciitis

GASTROINTESTINAL

- Screening For Colon Cancer
- Stomach Screening For Hiatal Hernia, Ulcer
- Treatment Of Esophageal Stricture

OPHTHALMOLOGY

- Cataract Surgery
- Treatment Of Glaucoma
- Biopsies Of Lesions On Or Around The Eye

EAR/NOSE/THROAT

- Tonsillectomy, Adenoidectomy
- Ear Tube Insertion

HCHC Foundation

PARTNERS IN CARING

GRATEFUL PATIENT AND FAMILY GIFTS

Maybe it was a kind word or an extra blanket that brought you comfort. It could have been a life-saving procedure or a visit from a volunteer during your hospital stay. We are often asked by our patients, *"How can I say 'thank you' to those special people who made a difference while I was at HCHC?"*

"My doctor was outstanding! I felt so comfortable with him because he did such a good job & kept me informed on what was going on!"

We understand the value of being able to say thank you to the people who care for and comforted you or your loved one. Now patients and families will have an opportunity to express their gratitude for the care received by making a contribution to the Henry County Health Center Foundation. A designated Grateful Patient and Family Gift provides a meaningful way to thank your doctor, nurse, therapist or other healthcare team staff, while honoring the work they do.

"It was very peaceful. Housekeeping was nice & very thorough & very polite."

Upon receiving your gift, the Foundation will provide special recognition to the health care team member or department that you wish to honor. (You will receive an official receipt for tax purposes, along with our thanks!) Your contribution to HCHC Foundation not only recognizes the people who cared for you, it directly supports the care they provide - from purchasing cutting-edge equipment, to funding health education for area residents and healthcare staff.

"I love the nurses. They are all so wonderful & friendly! You have an outstanding staff!"

Grateful Patient and Family Gifts are a way to give when you feel like you've been given so much. You can show your appreciation in a way that will help others receive outstanding care. Your gift helps us to change lives.

For more information, please contact Michelle Rosell, Foundation Director at 319/385-6541 or email at rosellm@hchc.org/foundation.

Family Medicine and HCHC welcome new physician

Family Medicine of Mt. Pleasant, P.C. and Henry County Health Center are pleased to announce the addition of a new physician. Sarah Ledger, D.O. will begin her practice at Family Medicine on August 16, and she will also serve as full-time Medical Staff at HCHC. Dr. Ledger will specialize in family practice medicine with obstetrics.

Dr. Ledger graduated from Des Moines University College of Medicine, completing her medical residency at Iowa Lutheran Family Medicine in Des Moines. Dr. Ledger is board eligible for family practice. Appointments with Dr. Ledger can be made by calling Family Medicine at 319-385-6700. To read more about Dr. Ledger, go to www.hchc.org/ledger/.



We Want to Hear From You...

Based on Guiding Principles surrounding our mission — *With integrity, responsible stewardship, transparency and capacity building, the HCHC Foundation will plan, promote, develop, fund and deliver important health related initiatives for the benefit of individuals and families of Henry County and surrounding areas* — the Foundation Board of Directors is seeking your input.

Please complete this brief survey to let us know your thoughts about HCHC Foundation. Your opinion will help in the development of future projects to be addressed by the Foundation.

1. Where do you receive the most information about HCHC Foundation?

- Health Update (this newsletter)
- HCHC web site (www.hchc.org/foundation)
- Radio (specify radio station)

Newspapers (specify publication)

Word of mouth

Other (please specify)

2. Please indicate what you think the Foundation's top 3 priorities should be.

- Support Patient Education Programs (i.e., Diabetes, Heart and Other Chronic Disease)
- Support a community-wide Transportation Service (i.e, to/from doctor appointments, hospital tests, drug store, eye and foot doctors)
- Support Physician Recruitment
- Support Cancer Care and Screening Programs
- Support Staff Education Programs and Scholarships
- Other: _____

3. Are you familiar with estate and financial planning resources available on the HCHC website?

www.hchc.org/foundation — see tab "Planned Giving – Ways to Give".

Yes

No

4. What do you particularly like about HCHC Foundation?

5. What can we do to strengthen HCHC Foundation services and programs?

Thank you for your feedback!

Name: _____

Address: _____

Phone Number: _____

Answers may be mailed, emailed or called into Michelle Rosell, Foundation Director, 407 S. White Street, Mount Pleasant, Iowa 52641, rosellm@hchc.org, 319-385-6541.

HCHC Medical Staff

GENERAL SURGERY



Beth Hothan-Zielinski, M.D.



Michelle Tansey, M.D.

RADIOLOGY



Steven Davis, M.D.

EMERGENCY MEDICINE



Ryan VanMaanen, D.O.



Andrew Walter, M.D.

OBSTETRICS/GYNECOLOGY



Robert Smith, M.D.

FAMILY PRACTICE



Linwood Miller, D.O.



Steven Readinger, M.D.



Joel Ryon, M.D.



Djonggi Situmeang, M.D.



James Widmer, M.D.



William Vaughan, M.D.

FAMILY PRACTICE (with Obstetrics)



Sarah Ledger, D.O.



Kent Metcalf, D.O.



Kent Rynders, M.D.



Julie Wagner, D.O.

INTERNAL MEDICINE



Alfred Savage, D.O.

INTERNAL MEDICINE/NEPHROLOGY



Thomas Bainbridge, M.D.

OPHTHALMOLOGY



Reed Bouchey, M.D.

PODIATRY



Micki Gerdes-Boelens, D.P.M.



Tiffany Hauptman, D.P.M.



John Hart, D.P.M.

PHYSICIAN ASSISTANT



Ann Mead, PA-C

HCHC OUTREACH CLINICS



Sylvia Graber, ARNP



Tess Judge-Ellis, DNP, ARNP

HCHC SPECIALTY CLINICS

In addition to the numerous medical services that we provide on a daily basis, HCHC offers additional medical services through our Specialty Clinic. For more information on the visiting specialists, call 319-385-6512 or visit www.hchc.org/community/ and click on Specialty Clinics.

- Audiology
- Ears, Nose, Throat
- Pulmonary
- Occupational Health
- Cardiology
- Endocrinology
- Gastroenterology
- Urology
- Dermatology
- Oncology
- Neurology
- Orthopaedics
- Wound Care Clinic

Learn to Live Well

An 'exceptional' hospital with a personal touch
For Ardis Harnagel, family means everything. So after being diagnosed with breast cancer, it was essential for her to have confidence in her doctors and treatment to ensure that she would be with her family for years to come.

So Ardis chose Henry County Health Center for her cancer care. "When I was diagnosed with breast cancer, there were some who immediately said I should go to a larger hospital because of the 'reputation' in cancer care. My answer was an adamant no. I had already had surgery at HCHC and trusted the doctors and staff. The ultimate benefit is that HCHC is convenient and close to home; but more importantly, HCHC is exceptional," explained Ardis.

She noted that the highly qualified staff are current in diagnostic procedures and medical practices. Every step in her diagnosis and care were explained clearly, and the surgeons were highly skilled. Overall, the efficiency and personal treatment she experienced

from diagnosis to surgery made a strong positive impression.

"HCHC's staff is its greatest strength.

Everyone is professional,

well-trained and continually pursue personal growth.

They are real people who care about their patients and everyone else who enter the doors of the hospital."

To read Ardis' story, go to www.hchc.org/ardis/.



"Would I have trusted HCHC if there was even the slightest chance that the care I received was not going to be the best for my family's sake as well as my own?" said Ardis Harnagel of the care she received at HCHC. Her husband, John, family and friends also played an important part in her treatment and recovery. She is pictured here with daughter Rachel.

Healthcare on a personal level: HCHC MEDICAL-SURGICAL DEPARTMENT

At HCHC, our healthcare professionals communicate across departments to provide the best care for each patient. This multidisciplinary team approach is used in HCHC's Medical-Surgical Department to ensure continuity and seamless delivery of care so patients get back to good health as soon as possible.

Positive comments from patient satisfaction surveys speak loud and clear that high quality, effective care is what patients receive in our Medical-Surgical Department. Experienced medical and nursing staff recognize the unique physical, emotional and spiritual needs of each patient, and provide safe, effective and timely treatment in an atmosphere that promotes respect and compassion.

HCHC's Medical-Surgical Department provides 24-hour healthcare to medical and surgical patients ranging in age from pediatrics through geriatrics. The conditions cared for include, but are not limited to:

- Cardiovascular conditions

- Respiratory conditions
- Gastrointestinal conditions
- Telemetry monitoring
- Genital-Urinary conditions
- Diagnostic work-ups and infectious processes
- Neurological conditions
- Oncology (cancer) conditions
- Orthopaedic conditions
- Pediatrics

HCHC's Special Care Unit (SCU) is also located on the Medical-Surgical floor. Registered nurses provide 24-hour nursing care for adult patients requiring "short term" critical nursing care. The health conditions of patients admitted to the SCU are serious and require close observation and/or intervention by hospital health care professionals.

To learn more about HCHC and the services we offer, go to www.hchc.org/services/ and click on **Inpatient Services**.



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Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Friday, August 20, Noon
"Seasonal Flu/How to Stop
the Spread of Disease"

Lunch provided
Health Education Center, HCHC

DIABETES SUPPORT GROUP

Tuesday, September 14, 6 p.m.
"Find the Missing Fiber"

Health Education Center, HCHC

DIABETES 2-HOUR FOLLOW-UP CLASS

Monday, September 13, 2-4 p.m.
Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, August 24 and
Tuesday, August 31
Call 385-6518 to register
Health Education Center, HCHC

DIABETES GROUP TRAINING

Tuesday, September 21 and
Tuesday, September 28
Call 385-6518 to register
Health Education Center, HCHC

PRE-DIABETES CLASS

Thursday, September 9, 4-5 p.m.
Call 385-6518 to register
Health Education Center, HCHC

BOOK FAIR

Thursday, September 23
9 a.m.-4:30 p.m.
Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, August 9
9:00 a.m. Monthly Meeting
Classroom A1, HCHC

Monday, September 13
9:00 a.m. Monthly Meeting
Classroom A1, HCHC

Henry County Health Center's Outreach Clinics

servicing 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.,
Wednesday 8:30–11:30 a.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.,
Wednesday 1–4 p.m.

(Sylvia Graber to conduct clinic on Wednesdays)

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.

Chief Executive Officer: *Robb Gardner*

Editor: *Shelley L. Doak*

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