

# Health Update

HENRY COUNTY  
HEALTH CENTER  
CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA  
APRIL / MAY 2011

## HCHC helps patients get back in the swing of living

### SWING BED PROGRAM TRANSITIONS PATIENTS FROM HOSPITAL TO HOME

Patients receiving short-term medical treatment from an illness, injury or surgery often find themselves discharged from hospitals before they feel physically ready to return to independent living. Henry County Health Center's Swing Bed Program helps patients transition from hospital to home by caring for patients who are not sick enough for acute care, but are not yet well enough to go home.

#### WHAT IS SWING BED?

Swing Bed, or Skilled Nursing Care, is a Medicare program designed to provide additional inpatient care to patients needing extra time to heal or strengthen before returning home. This skilled nursing program provides patients short-term rehabilitative therapy. The term "swing bed" is used when an inpatient is receiving acute care and is staying in the same bed, but being transferred to a "skilled" level of care. This can occur as an inpatient on HCHC's Medical-Surgical Unit, or patients can transfer from a larger facility back to HCHC to receive swing bed care.

"These patients often require treatment like skilled rehabilitation for orthopedic surgeries or stroke, long-term IV antibiotic therapy, wound management, and other 'skilled' type services," explained Kevin Engle, HCHC Medical-Surgical Director.

#### BENEFITS OF SWING BED CARE

The benefits of the Swing Bed Program to patients are significant. Receiving care at HCHC means that patients are treated by their family physician and other highly skilled healthcare professionals they know and trust. Patients are close to family so there is less travel time, less money

spent on fuel, and no lodging or hospital parking expense. Receiving care in their community hospital can also mean faster recovery time for patients.

"We have patients at larger facilities who transfer back to HCHC for their skilled care because they want to be treated by their family physician, nurses they know and trust, and to be closer to family. Recently we had a patient in need of specialized care, so the nurses participated in an in-service given by our respiratory therapists so we were knowledgeable and prepared to treat his specific healthcare situation when he arrived," commented Engle.

*"We are always seeking to serve area residents and our surrounding communities," said Engle. "As a Critical Access Hospital, HCHC makes such a difference in the lives of our patients, and skilled care is just one aspect of the inpatient nursing service that we provide that can truly heal our communities."*

The interdepartmental teamwork that occurs for this level of skilled care is essential to the full recovery of patients and the overall success of the program. The Med-Surg Department works with Medical Staff and several hospital departments to ensure the highest quality care for each patient with the overall goal to help the patient return to independent living.

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# Emergency Services at HCHC

## Emergency Department makes positive transition to Henry County Emergency Physicians group



Having a core group of physicians dedicated to treating patients in Henry County Health Center's Emergency Department has been a positive transition for the physicians, the hospital, and the patients we serve.

Dr. Ryan Van Maanen, Dr. Andrew Walter, Dr. Alexa Narro-Garcia, Dr. Suzy Roefer and Dr. Daniel Miller are the five Emergency Department Physicians. Dr. Van Maanen has been serving as Medical Director of HCHC's Emergency Department since August of 2010, while Dr. Walter and Dr. Garcia had experience working in the department prior to the transition to the new Henry County Emergency Physicians group.

Andrew Walter, M.D., graduated medical school from the University of Iowa, and has worked in HCHC's Emergency Department since 2008.

"I decided to join the team of Henry County Emergency Physicians primarily because of the consistent high quality of the nursing and support staff. They are very knowledgeable and enjoyable to work with," commented Dr. Walter. "The hospital-based EMS paramedics are also excellent, and I am always confident that a critically ill patient will arrive at the hospital in the best possible condition as a result of their care."

Dr. Walter is board eligible in Emergency Medicine, as well as residency trained and board certified in pediatrics. During his 12 years as a pediatrician, he directed a Level II neonatal nursery and a neonatal transport service. He has worked for over 16 years as an emergency room physician.

Dr. Walter recalled how he got his start in emergency medicine. "Early in my pediatric career, I responded to a 'Code Blue' in an adult intensive care unit. Out of

that experience I started getting involved in many adult trauma, intensive care, cardiac, pre-hospital courses, and began teaching extensively through the Emergency Medicine Services Learning Resource Center (EMSLRC) at the University of Iowa Hospitals and Clinics. The director of EMSLRC convinced me that since I taught emergency medicine that I should make a career change, and I did."

Alexa Narro-Garcia, M.D., graduated medical school from the University of California-Davis School of Medicine, and has worked in HCHC's Emergency Department since April 2009.

"HCHC has been by far the best rural Emergency Department that I have worked in. The staff physicians are easy to work with and supportive of the department. The nursing staff is exceptional, and Emergency Medical Services staff invaluable. Now that we have a core group of physicians working in the E.D., I believe that quality of care will improve even more in our department," said Dr. Garcia.

Dr. Garcia was drawn to emergency medicine because she enjoys the variety of patients and medical conditions that present in the department. She particularly enjoys working in a small town emergency room setting because she gets to know the community.

"Although I trained in Family Medicine, I have worked in emergency medicine for five years. When the Emergency Department is not as busy, I enjoy having the opportunity to interact with patients and spend time on patient education. I really believe that what makes HCHC's Emergency Department special is the nursing, EMS and Communications staff – they are outstanding."

To learn more about HCHC's Emergency Department, go to [www.hchc.org/KILJ\\_Radio/](http://www.hchc.org/KILJ_Radio/) and click on "February 18, 2011" located under the heading "Robb on the Radio." This interview with Emergency Department Director Vicky Oge gives important information about the services provided.

*(Look in future issues of Health Update for additional articles introducing each of the Henry County Emergency Physicians.)*

# Surgery at HCHC

## Biopsy procedure at HCHC reduces risks to breast cancer patients

Recent national headlines have highlighted a new study suggesting that some breast cancer patients may be able to avoid aggressive lymph node surgery. This move toward less radical surgery could spare women the lasting complications of lymphedema (arm swelling), stiffness and pain.

Michelle Tansey, MD, FACS, HCHC's Board Certified General Surgeon, offers sentinel lymph node biopsy which has proven benefits to breast cancer patients. This type of biopsy does not cure breast cancer or affect the overall incidence or stage of breast cancer. However, sentinel lymph node biopsy does reduce certain risks to patients.

"The reason we look at lymph nodes in breast cancer is to determine the stage of cancer a person has, which also helps determine how frequently the cancer will come back and if the patient will require chemotherapy," explained Dr. Tansey. "Sentinel lymph node biopsies also reduce the risk of lymphedema, swelling of the arm, and reduce other co-morbidities of the arm and shoulder. There is less pain and soreness after this surgery than a standard axillary lymph node dissection."

The sentinel lymph node biopsy technique can decrease the risk of lymphedema to around 5%, whereas the risk of taking out most of the lymph nodes through a standard axillary lymph node dissection means it is possible for up to 25% of women to experience lymphedema.

### BENEFITS OF SENTINEL LYMPH NODE BIOPSY

The benefits of sentinel lymph node biopsy are significant. Surgery for standard lymph node removal involves removal of most of the lymph nodes in the area of the axilla. The removal of multiple lymph nodes may cause the patient to experience negative side effects such as lymphedema, numbness, and infection, to name a few. However, because sentinel lymph node biopsy involves the removal of fewer lymph nodes, the potential for side effects is lower.

"Many years ago when a woman was diagnosed with breast cancer her whole breast and all the lymph nodes were removed. Now, we look at the lymph nodes and are able to remove less breast tissue and less lymph nodes with the same rate of survival," said Dr. Tansey. "Sentinel lymph node biopsy does not affect the rate of mastectomy or lumpectomy. Sentinel node is an additional procedure that is recommended but not mandatory. This means less surgery, less risk for patients, and a greater benefit to women."

To learn more about the sentinel lymph node biopsy procedure, go to [www.hchc.org/biopsy](http://www.hchc.org/biopsy).



# HCHC Foundation

HCHC Foundation: List of Donors DONATIONS BETWEEN 3/1/2010 AND 2/28/2011

We thank the following individuals and organizations who have made gifts to the HCHC Foundation from March 1, 2010 – February 28, 2011. Every effort is made to ensure the accuracy of this information. If for some reason your listing is inaccurate, please contact the Foundation at 319-385-6541 or email [rosellm@hchc.org](mailto:rosellm@hchc.org).

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# HCHC in the Community

HCHC Lab staff gives hands-on, life changing experience for area student

*HCHC believes in the importance of educating our youth about healthcare and the various careers in the medical field.*

HCHC's Laboratory has a history of guiding students in these educational opportunities. The department sponsors at least one student per semester from area colleges to school districts. So when 13 year old Central Lee student Micaela Bryant, daughter of Randy and Michelle Bryant, approached HCHC's Laboratory to request assistance with her science fair project, HCHC recognized the value and agreed.

"I felt this was a great opportunity to support a young student who has an interest in microbiology. We had all of the equipment and expertise that she needed in our Lab, and I hope that the experience will encourage Micaela with her academic and career goals," explained Brian Bocking, HCHC's Laboratory Director.

## WHY HCHC?

Why would a Central Lee student travel to HCHC for clinical assistance with her science fair project? According to Michelle, the family's positive history with the Henry County hospital was the deciding factor.

"I grew up in Mt. Pleasant and HCHC has always been our Emergency Department of choice," she explained.

And after Micaela's experience working in Lab, Michelle realized the true value of that department as well. "HCHC has a state-of-the-art Lab, and the hands-on experience that she received is life changing. It is a wonderful lab with great staff, and both Brian and Dawn Heald, Micaela's mentor, were terrific to work with," commented Michelle.

"For Micaela to have the opportunity to go into a lab and do actual lab work exposed her to career options she may not have considered. Such an experience is life-altering. The project was cost and labor intensive and would not have been feasible without the support of HCHC. We are so grateful for this phenomenal experience."

## LESSONS FOR LIFE

Micaela came away from the experience with a greater knowledge of working in a lab setting, specifically in the area of microbiology, thanks to Dawn who is a Medical Laboratory Scientist at HCHC. "This experience opened me up to a new world of different types of science," said Micaela.

The experience was also eye-opening for Dawn as she agreed that Micaela's science fair project was impressive for a student in the eighth grade. "My role was to guide Micaela and work on the cultures



Pictured are (l-r): Micaela Bryant and HCHC Associate Dawn Heald.

with her in Lab's microbiology area. I was surprised to have a 13 year old come in with that knowledge. There are only a certain few of us who specialize in micro and do that on a regular basis. It's important for students to learn about the different opportunities and have exposure to different areas of healthcare," commented Dawn.

Bocking also feels that it is important to encourage students and expose them to the various occupations within the clinical laboratory setting. In addition, he knows the importance of growing a qualified and knowledgeable workforce for future generations.

"I want to expose the community to job opportunities that are right here in their backyard. There is a shortage of qualified lab techs, and I feel we should employ our own county residents if possible," he said. "Each one of our students is a walking advertisement for HCHC. They can share with others the stories of our great staff members and a hospital that supports the local community... and that is priceless!"

# Living Well

## HCHC offers free Chronic Disease Health Coaching Program

Henry County Health Center is offering a free Chronic Disease Health Coaching Program to help you and your caregivers manage your condition(s) and enjoy better quality of life. Any patient with a diagnosis of high blood pressure and/or high cholesterol whose provider is affiliated with HCHC is eligible to take part in this program with a referral from his/her physician. The program is designed for individuals who would like additional education and coaching on self-management for these two chronic conditions.

The program is designed to closely monitor your health, intervene early if problems arise, and help you improve your self-management skills.

### CLOSE MONITORING

Your health will be monitored very closely with the help of telephone

calls from the health coach. This telephone monitoring is available wherever you are.

In addition, regular communication between you, your provider, and staff members is an important part of early intervention. Your provider and health coach will develop a plan to deal with potential problems.

During the close monitoring of your health and early identification of problems, you will be taught a number of skills to help you manage your health, which include activity, diet, medication guidelines, monitoring weight, and knowing when to seek assistance from your provider or health coach.

### ABOUT HCHC'S PROGRAM

- The program complements care you get from your provider, it does not replace it.
- While in the program, your care is

directed by your provider.

- You have access to your provider at any time.
- There is no charge for this service; however, there may be charges for items such as laboratory tests, treatments, and medications.
- Services are flexible and can be reduced or increased according to your needs.
- With your permission, regular reports will be sent to your provider and others involved in your care.
- You may remain in the program as long as needed. You may withdraw at any time.
- Any patient with high blood pressure and/or high cholesterol whose provider is affiliated with Henry County Health Center is eligible to take part in this program.

*A physician referral is required to be eligible for participation in the program so interested individuals should contact his/her physician. For additional information about the program, Contact Maureen Ewinger RN, BSN, CEN, Chronic Disease Health Coach, at 319-385-6702 or email [ewingerm@hchc.org](mailto:ewingerm@hchc.org).*



## HCHC ensures patient safety and security

Patient safety has always been top priority at Henry County Health Center, and in addition to that, HCHC is also committed to ensuring patient security. When patients register for services at HCHC, they have the opportunity to have a photo taken to be placed on their electronic medical record.

Having a photo included in each patient's electronic medical record helps decrease the possibility of identity theft and assures HCHC's compliance with the Federal Government's Red Flags Rule (RFR). The RFR is a set of United States federal regulations that require certain businesses and organizations to develop and implement documented plans to protect consumers from identify theft. This picture will not be used for any other purpose than for the hospital to correctly identify the patient when they present for services, and/or assure that while they are a patient at HCHC that their safety and security is maintained.



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# Upcoming Events

## CARDIAC/PULMONARY SUPPORT GROUP

Wednesday, May 18, Noon  
**Healthy cooking demonstration**  
by Elise Klopfenstein, RD, LD, CDE  
Lunch provided  
*Classroom A-1, HCHC*

## DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, April 7, 5-7 p.m.  
*Health Education Center, HCHC*

Thursday, May 5, 2-4 p.m.  
*Health Education Center, HCHC*

## DIABETES GROUP TRAINING

Tuesday, April 19 and  
Tuesday, April 26  
Call 385-6518 to register  
*Health Education Center, HCHC*

Tuesday, May 24 and  
Tuesday, May 31

Call 385-6518 to register  
*Health Education Center, HCHC*

## PRE-DIABETES CLASS

Thursday, May 12, 12-1 p.m.  
Call 385-6518 to register  
*Health Education Center, HCHC*

## DIABETES SUPPORT GROUP MEETINGS

Tuesday, April 12, 6 p.m.  
**"Sit & Be Fit"**  
*Health Education Center, HCHC*

## HCHC FOUNDATION BOOK FAIR

Wednesday, May 11, 9 a.m.-4:30 p.m.  
*Health Education Center, HCHC*

## HCHC AUXILIARY

**\$5 JEWELRY SALE**  
Friday, April 29, 7 a.m.-5:30 p.m.  
*Health Education Center, HCHC*

## HCHC AUXILIARY MEETING

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

## PHYSICIANS & CLINICS of HCHC

### 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.  
Tess and Sylvia to conduct clinic on Fridays.)*

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*  
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