

Community Newsletter

Skilled Care Reopens

Providing Quality Patient Care and Rehabilitation Services



*Justine Jahn, DPT, BCH Rehab Services,
works with a patient who had knee surgery*

Boone County Hospital (BCH) is pleased to announce their Skilled Care Unit reopened October 10th. This separate unit is dedicated specifically to the rehabilitation of our patients and allows the hospital much more flexibility in how staff resources are utilized at BCH.

Medicare and Medicaid approved skilled nursing care is available to BCH patients of all ages in private and semi-private rooms for both long- and short-term stays. Swing beds are available on the second floor acute care area of the hospital; seven skilled beds are available on the third floor.

“We are excited to have our Skilled Care Unit open,” says Joe Smith, BCH CEO. “The timing is perfect with the flu season upon us and the winter months ahead. The additional beds on the third floor will allow us to be much more flexible with our bed usage and will greatly reduce the instances when a patient might need to be transferred to another facility for care.”

“Our goal for skilled patients is to provide quality patient care and rehabilitation services so they can obtain a high level of independent functioning before returning home,” says Denise Turner, Director of Inpatient Services at BCH. “An operation or an illness can take its toll. We are here to help the patient gain back some of the strength that may have been lost due to their illness or surgery.”

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*—Denise Turner,
Director,
BCH Inpatient Services*

Even if you have surgery at a hospital other than Boone County Hospital, you can ask your physician to refer you to the BCH Skilled Care Unit. “For residents of Boone County, it’s a big benefit to have a skilled care unit available at the local hospital,” says Denise. “It seems to put people at ease knowing they can recuperate close to home and family.” Skilled care team members include the patient’s physician, nurses, physical, occupational and speech therapists, respiratory therapists, social workers, an activities director and discharge planner.

Many benefits are offered through BCH Skilled Care including easy accessibility to services, goal-oriented physical, occupational and speech therapy, planned activities, weekly care conferences with the patient, family and healthcare workers, family involvement and input, and 24-hour RN coverage and pharmacy coverage.

Licensed physical, occupational, and speech therapists work closely with each skilled patient in the hospital. Occupational therapy can also be provided in the comforts of the patient’s home once they have left the hospital. In addition, if the patient needs extended care beyond the hospital, BCH’s Home Care Services is available. Home care provides an easy transition for the

patient to return home after skilled care.

BCH recognizes that the patient and family members are essential to the care plan. Family plays a special role in their loved ones recovery. Weekly conferences are scheduled that involve the patient and the family so the staff can share with them the patient’s progress and goals, and allow the patient and family to give input on the treatment plan. In addition, informal meetings among the staff are held daily to coordinate and review the patient’s progress.

Should you or someone you love need skilled care services in the future, remember that Boone County Hospital has everything you need to provide you the best possible care, close to home and family. A referral from your physician will get you one step closer to regaining your independent daily living skills.

For additional information on Skilled Care at Boone County Hospital, please call BCH Utilization Review, Jennifer Clubine or Sherry Michalski, at (515) 433-8465.

Urinary Incontinence in Women

Don't Be Embarrassed. It's More Common Than You Might Think.

More than 13 million men and women of all ages in the United States experience urinary incontinence. But, women experience it twice as much as men. Mild leakage can affect many women at some time in their lives; one in ten women are affected by severe leakage.

Needless to say, urinary incontinence can be frustrating. Statistics show more than half of the women who have symptoms don't seek medical care because they learn

to deal with it, while others are too embarrassed to discuss it with their doctor.

Urinary incontinence is not a normal part of aging and for women tired of dealing with it, there are treatment options available. For women in and around Boone County, help is as close as Boone County Hospital (BCH). Dr. Emily Chang, an obstetrician/gynecologist at the hospital, has a special interest in surgical and gynecological issues. She is seeing more patients with incontinence issues.

Dr. Chang considers herself the "initial gatekeeper" for incontinence and other gynecological issues such as prolapse, a weakness in the muscles and ligaments of the pelvis that supports the uterus, bladder and bowel; she will refer on to a specialist if a more extensive evaluation is needed.

"Urinary incontinence is more common than one might think," says Dr. Chang. "It's nothing to be embarrassed about. The first step towards treatment is taking an active role and calling your doctor to schedule an evaluation. The sooner you take a

proactive role, the quicker treatment options can be considered and started."

Urinary incontinence refers to involuntary loss of urine and there are five types. Stress incontinence is the most common. It causes urine leakage when a woman strains. Urge incontinence or overactive bladder gives a woman the urge to void before she gets to the bathroom. Mixed incontinence occurs when a woman has both stress and urge symptoms. Overflow incontinence occurs when the bladder is overfilled. And, functional incontinence causes leakage because of health issues that limit a person's mobility, such as a stroke or arthritis. Risk factors for urinary incontinence may be pregnancy, overweight, prolonged straining, or heredity.

"Patients need to understand most incontinence can't be resolved after one office visit," says Dr. Chang. "The problem took years to develop and it will take some time to correct."

There are many treatment options available such as lifestyle modifications, medication, surgery and physical therapy which depend on the type of incontinence. The Women's Health Program through BCH Rehab Services is an option. The program is overseen by Chandí Kelsey, DPT. Chandí can assess the severity of the issue and help figure



*Pictured:
Dr. Emily Chang,
OB/GYN, visits
with a patient*

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BCH Anesthetists

Offering the Latest in Pain Control

If you've ever had a surgery, whether planned or unexpected, you might have been a little apprehensive about the procedure and pain control afterward. At Boone County Hospital (BCH), a group of CRNAs (certified registered nurse anesthetist) trained in anesthesia and pain control, are behind the scenes making sure you receive the pain control you need to keep you comfortable and your body functioning properly. BCH is fortunate to have three highly skilled CRNAs—Larry Lee, Rebecca Clark and Chris Hanson. Together they have 43 years of experience and have brought new pain control options to BCH including procedures not available anywhere else within a 50-plus mile radius, including Ames, Des Moines and Fort Dodge.

The newest CRNA, Chris Hanson, brought a new technique to Boone from his work across the globe. Chris learned TAP (transversis abdominis plane) blocks, a form of anesthesia for post-operative pain control, from working with other international authorities on the forefront of anesthesia procedures through his years in medical mission work in the Dominican Republic and Ghana. They are used for abdominal surgeries such as hernia repairs, appendectomies, cesarean sections, hysterectomies and prostatectomies. "TAP blocks are a new, upcoming technique, and offer great pain relief," says Chris. "The biggest



benefit is the patient has reduced pain after surgery allowing them to get up and move more easily, often resulting in a shorter hospital stay, preventing complications like pneumonia or blood clots, and in the case of obstetric patients facilitating activities like care of newborns."

A TAP block is a local anesthetic injection in the muscle plane on the side of the abdomen and is performed under ultrasound making it very safe. The block offers pain relief to the front and side of the abdomen, and when performed under ultrasound has a low risk of complications. It is named after the muscle it is injected into, the transversis abdominis muscle, which is the deepest of the three muscles at the injection site.

Another new pain control option at BCH is the continuous femoral nerve block which works best for knee replacement surgery, and quadricep tendon repair. It is a basic nerve block technique that carries a low risk of complications and provides great pain management after surgery. A catheter is placed close to the femoral nerve which allows sensation to the front and side of the thigh as well as most of the knee. Local anesthetic is used to block the sensation of pain from these areas of the leg, helping with pain control.

Even though the CRNAs are behind the scenes, their work does not stop in the operating room.

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*"TAP blocks are a new, upcoming technique, and offer great pain relief."
— Chris Hanson, CRNA*

Education is extremely important and the three of them make sure nursing and rehab staff are educated on caring for a patient after all forms of anesthesia. "If you are pregnant and worried about your pain control during labor, anesthesia attends most birth classes to inform you of your options. The free birthing classes offer you the opportunity to meet with a CRNA to discuss concerns you might have about labor pain relief options," says Rebecca. The CRNAs are on-call throughout the day and night—it doesn't matter if it's the middle of the night. They are there to assist if needed.

All three CRNAs have been enthusiastic about offering these new pain control methods. Both blocks and the additional techniques offered by the anesthesia department including nerve blocks, epidurals, and intrathecal narcotic injections have been very successful. "We have an impact on each patient and we quietly do it. We also have an investment in the community which makes for a great working environment," says Chris. "The biggest compliment we can receive is if a patient is doing so well they are able to go home to their family a day early!"

out the best plan of treatment. Women ranging in age from 30 to 90 have had success with the program since it began in 2011. Success is seen after a patient has been consistent with the provided home exercises and making lifestyle changes, if needed.

There is hope for women with incontinence and prolapse. They are treatable, however, you need to be willing to put forth the effort it takes to keep them under control. If you feel you may have one of these issues, don't be embarrassed. Call Dr. Chang for an evaluation, (515) 433-8700. Dr. Chang also sees patients for amniocentesis, office ultrasounds, cyst aspirations, bladder evaluation, contraceptive IUDs and implant replacements. For more information about the BCH Women's Health Program, call Chandi, (515) 432-7729.

Healthcare Heroes



As healthcare providers, Boone County Hospital (BCH) aims to make a difference in the lives of our patients. The Healthcare Heroes Program encourages patients and their families to let the BCH Foundation know if one or more of the BCH staff made a positive impact on their hospital experience. Healthcare Heroes offers patients

and visitors the opportunity to say thank you to a BCH employee or volunteer for going above and beyond what was expected. Nominated employees and volunteers will be recognized for the exceptional care they receive.

If you have had a positive experience as a patient or visitor at BCH and would like to nominate an employee/volunteer for a Healthcare Heroes award, fill out one of the red, white and blue forms located in patient rooms and around the hospital and put it in the drop box by the east elevator off of the Atrium, log on to www.boonehospital.com or email the BCH Foundation office at sbehn@bchmail.org.

Harvest Festival



Tickets are now on sale for the Boone County Hospital (BCH) Foundation's Annual Harvest Festival which will be held November 3rd, 5:30 p.m. at Cedar Pointe Golf Course. Enjoy a fabulous meal, dueling pianos, a live and silent auction, and a dance. To register, log on to www.boonehospital.com and click on Foundation. All proceeds from the event will benefit BCH.



Festival of Trees



& Holiday Open House

The holiday season is just around the corner and that means the Boone County Hospital's (BCH) Festival of Trees and Holiday Open House will be held in November. Come to the BCH Atrium and Gifts Galore on November 10th from 9 a.m. to 4 p.m., and 11th from 11:30 a.m. to 4 p.m. and enjoy 20 percent off in Gifts Galore and bid on beautifully decorated trees and wreaths. Also enjoy homemade goodies, free gift wrapping, and holiday music. Santa Claus will also be visiting on November 10th from 11 a.m. to 2 p.m., and on the 11th from 12:30 to 2 p.m. Take pictures of your children with Santa.

All trees and wreaths are decorated by hospital departments and area businesses. They will be on display until 2 p.m. on November 17th. Winners of the bids will be contacted and can pick up their items from 2 to 4 p.m. on November 17th or 1 to 2 p.m. on November 18th. All proceeds from the event will be utilized by the Auxiliary to benefit BCH.



To your



HEALTH

Programs & Services



Basic Infant and Child CPR

November 8, 6:30 to 8:30 p.m., BCH 4th Floor Conference Room. This free educational class is for parents & will be taught by BCH EMTs/paramedics. No certification will be given. Call the Family Birth Center at 433-8400 to register.

Big Brother/Big Sister Sibling Class

November 28, 6 p.m., BCH 4th Floor Conference Room. This sibling class for 2 to 10 year olds helps children prepare and accept the arrival of a newborn. To register, call the Birth Center, 433-8400.

Blood Pressure Checks, FREE

- **BCH Specialty Clinic—Every Friday, 8 a.m. to noon, BCH.**
 - **Madrid Family Practice Clinic Every Monday, Wednesday, Friday, 8 to 9 a.m., MFPC.**
- No appointment is necessary.

Boone Community Blood Drive

To schedule an appointment for the monthly blood drive, call (800) 287-4903. Sponsored by the BCH Auxiliary.

Boone County Nutrition Programs

Boone County provides meals to individuals 60-plus & older throughout the county. For more information on the Home Delivered Meal & Congregate Meal Programs, call 432-1127.

CPR Classes

CPR classes are provided as requested. Call 433-8190.

Car Seat Safety Checks

If you would like a car seat safety technician to check your child's car seat & make sure it's installed correctly, call 433-8196 to schedule a time.

Childbirth Preparation Class

November 3, 8 to 4 p.m., BCH 4th Floor Conference Room. During this day-long class, you will take part in childbirth preparation, infant care & breastfeeding. Lunch is provided. Wear comfortable clothes & bring two pillows. To register, call the Family Birth Center, 433-8400.

Diabetes Support Group

November 13, 5:30 p.m., BCH 4th Floor Conference Room. The program topic is "Managing Diabetes—Taking the Next Step" & will be presented by an A1C Champion. A light meal will be served at 5:30 p.m. followed by the program at 6 p.m. Registration is required. Call 433-8624.

Educating & Empowering U

November 20, noon, BCH 4th Floor Conference Room. "Parkinson's Disease" will be presented by Jake Stotts, BCH Rehab Services. Gain a better understanding about Parkinson's & learn how to manage it with exercise. Lunch will be provided. Register by calling the BCH Foundation at 433-8470.

Festival of Trees & Holiday Open House

November 10, 9 a.m. to 4 p.m. & November 11, 11:30 a.m. to 4 p.m., BCH Atrium & Gifts Galore. Refer to page 6 for more details.

Harvest Festival

November 3, 5:30 p.m., Cedar Pointe Golf Course. Enjoy a night out with a fabulous meal, dueling pianos, & a live & silent auction, & a dance. To make reservations, log on to www.boonehospital.com & click on Foundation.

Lab Wellness Profiles

Offered seven days a week, 6:30 to 10:30 a.m., BCH Lab. Seven different blood tests are available. Cost is low; no insurance filed. Call 433-8170.

SHIIP

A SHIIP (Senior Health Insurance Information Program) volunteer is available to assist you with your Medicare Prescription Drug Plan. To schedule an appointment, call 432-1127.

Small Steps to Managing Your Diabetes

November 14, 7 p.m., BCH 4th Floor Conference Room. This is a program for individuals with pre-diabetes or those at risk of developing type 2 diabetes. Learn about healthy eating & physical activity, as well as other factors that play a role in diabetes prevention. Registration is required. Call 433-8624.

Volunteer Auxiliary

The BCH Auxiliary is currently looking for volunteers to work in the Coffee Shop. To become a volunteer, please fill out a volunteer application at www.boonehospital.com.



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Visit the Boone County Hospital web site at www.boonehospital.com

BCH ALLIED HEALTH & MEDICAL STAFF

Anesthesia433-8358

- Rebecca Clark, CRNA, MS, ARNP
- Christopher Hanson, CRNA
- Larry Lee, CRNA, ARNP

Clinical Psychology

- William Martin, Jr., Ph.D.433-0343

Emergency433-8150

- Tammy Chance, D.O., ED Medical Director
- Rick DesCamps, D.O.
- Katie Howe, D.O.
- Brent Liebert, M.D.

Family Practice

- Joshua Anderson, D.O.432-2335
- Caleb Glawe, M.D275-2417
- Brian Mehlhaus, M.D.432-4444
- Sascha Parsons, M.D.432-4444
- Eric Peterson, M.D.432-2335
- Jerald Phipps, D.O.432-2335
- Jason Sheffler, D.O.432-2335
- Scott Thiel, M.D.432-2335
- Alexandra Vander Meide, M.D.432-4444
- Joel Vander Meide, D.O.432-4444
- Richard Vermillion, D.O.275-2417
- Paul Volker, M.D.432-4444
- Nicole Goliber, PA-C795-4300
- Kris Shaver, PA-C432-2335

General Surgery

- Richard Unger, Jr., D.O.433-8500

OB/Gyn

- Emily Chang, D.O.432-7766
- Tracey McIntire, D.O.432-7766

Orthopedic Surgery

- James Mueller, M.D.433-8500

Pathology

- John Cook, M.D.433-8173

Radiology

- Tom Gleason, D.O.433-8160

BCH OUTREACH SERVICES

General Surgery

- Jeffrey Maire, D.O.433-8500

Podiatry

- Todd Miller, D.P.M.433-8500

Ophthalmology

- Nicolas Hamouche, M.D. ..239-4460

BCH SPECIALTY CLINIC, 433-8300

Allergy

- Jay Brown, M.D., McFarland Clinic

Audiology

- Kent Weaver, AuD, Woodard Hearing Center

- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Jeffrey Boyd, M.D., Iowa Heart
- Amar Nath, M.D., Iowa Health Cardiology
- Teresa Sieck, MPAS, PA-C, Ph.D., Iowa Heart

Dermatology

- Kathy Cook, M.D., Skin Solutions Dermatology
- Scott Green, M.D., Mid-Iowa Dermatology
- Katherine Blomgren, PA-C, Mid-Iowa Dermatology

Ear, Nose, Throat

- Cory Mineck, M.D., Mercy ENT
- Matt Morgan, M.D., Mercy ENT

Nephrology

- Jacob Alexander, M.D., McFarland Clinic

Neurology

- Michael Kitchell, M.D., McFarland Clinic

Oncology

- Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

- Daniel Vos, M.D., Wolfe Eye Clinic

Pain Management

- Clay Ransdell, D.O., Metro Anesthesia & Pain Management

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic/Reconstructive Surgery

- Kyle Ver Steeg II, M.D.

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic
- Mark Wetzell, D.P.M., Foot & Ankle Center

Pulmonary Medicine

- Greg Hicklin, M.D., The Iowa Clinic
- Katrina Guest, M.D., The Iowa Clinic

Spine Surgery

- Daniel McGuire, M.D., Iowa Spine Care

Urology

- Brian Gallagher, M.D., The Iowa Clinic

Vascular Surgery

- Doug Massop, M.D., Iowa Clinic