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Boone, Iowa 50036

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To your Health

a newsletter for the community



Winter 2014-15

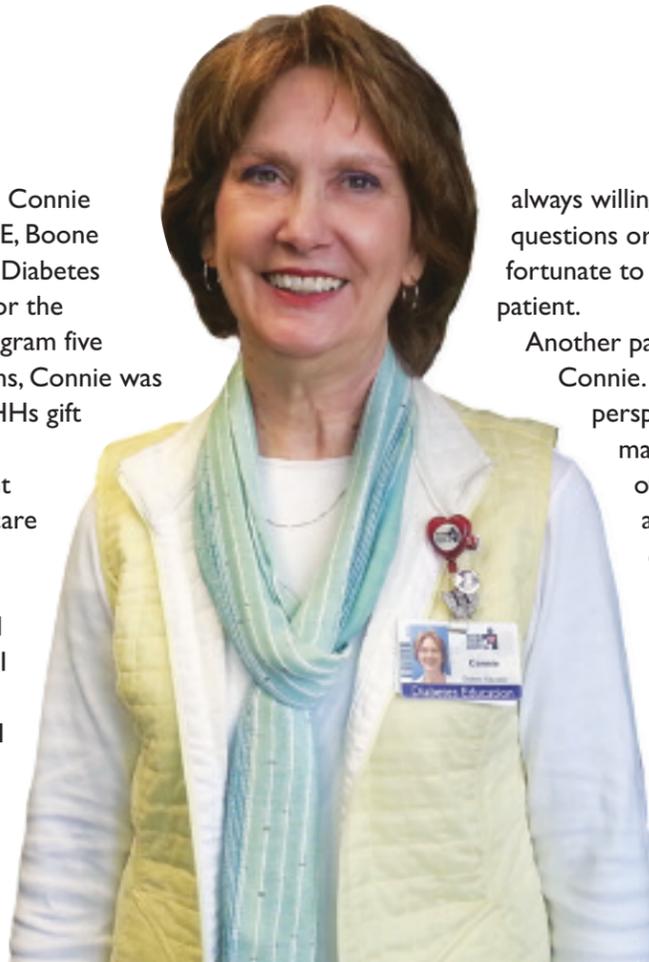


Celebrating Our Healthcare Heroes

Congratulations to Connie Buss, RD, LD, CDE, Boone County Hospital Diabetes Center, for being nominated for the Healthcare Heroes (HHs) Program five times. For her five nominations, Connie was able to select a gift from the HHs gift collection.

Following are two different patient comments about the care provided by Connie.

"I am so glad my doctor referred me to Connie when I was diagnosed with diabetes. I didn't know anything about it, but she taught me everything I needed to know. Connie is



always willing to help when I call with questions or problems. We diabetics are so fortunate to have her to educate us," says a patient.

Another patient says, "I am so glad I went to Connie. She gave me a different perspective on my diabetes and weight management. She is so supportive of me and I feel she goes above and beyond her duties as an educator. She encourages me and checks in on my progress. Boone County Hospital is truly blessed to have Connie to make patients feel important, individualized and special. Thank you!"

Nurse Practitioner

Fills New Role



Through the years, hospital services have been added to keep up with the demand for more specialized care. Those new services benefit the varying needs of each patient. One level of service Boone County Hospital (BCH) wanted to expand on in 2014 was the relationship and care provided to the residents at the area long-term care facilities.

In the fall, a new role was filled to provide more specialized care at the nursing home level, while also adding coverage at BCH. "We wanted to improve the level of services we provide to our local long-term care facilities," says Joe Smith, BCH CEO. "Our new nurse practitioner Melinda Altman now provides a direct connection between our family physicians and their patients in the nursing facilities. Before she came on board, we had to communicate between the nursing home and physicians through faxes and the phone. Now the nursing homes have a provider on site, Monday through Friday, to see residents in need of medical care and to make sure they are getting the quality care they need." He adds, "We wanted to find someone that could assist with the patients at the nursing homes and alleviate the extra steps for the

physicians, while keeping them up-to-date on the care of their patients."

Smith says the half-time

position at the nursing homes was perfect as the volumes in the new Wound and Hyperbaric Center (W&HC) were growing and a half-time provider in that department was needed. "With the Wound and Hyperbaric Center, we had growing volumes and we needed someone with an extra skill level to step in and oversee the care of the patients with Dr. Richard Unger, medical director of the W&HC, while also taking care of them when he's not available," says Smith.

Melinda has more than 20 years of direct patient care experience in the hospital and emergency room settings, as well as ambulance coverage, and recently received her nurse practitioner degree. She works in the mornings at the W&HC and provides wound care assessments and treatment, and supervises the hyperbaric oxygen therapy chambers; she works in the afternoons at Westhaven Community and Eastern Star Masonic Home. "I've really enjoyed the variety in my job since I started in September," she says. "Not only am I getting hands-on patient care in the Wound and Hyperbaric Center, but I'm also getting out and creating relationships and overseeing the care of the local nursing home residents, making sure their immediate care needs are met."

The addition of Melinda to fulfill two needed positions is one more way Boone County Hospital is meeting the growing needs of Boone County residents. Smith says, "It's a win-win situation for us as we are expanding our wound care and nursing home coverage to reach further out into the community. It's one more step in bettering our communities' healthcare."

Pictured, cover: Melinda and Dr. Unger visit with a wound care patient, the late Doris Peterson; above: Melvin Aspengren, resident at Westhaven Community, and Melinda

Providers



MEDICAL STAFF

- Anesthesia**433-8358
- Beth Brady, CRNA, MS, ARNP
- Rebecca Clark, CRNA, MS, ARNP
- Christopher Hanson, CRNA, MS, ARNP

Clinical Psychology

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

Emergency

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

Family Practice

- Joshua Anderson, D.O.....432-2335
- Trishia Filipiak, M.D.432-4444
- Caleb Glawe, M.D.275-2417
- Brian Mehlhaus, M.D.432-4444
- Sascha Parsons, M.D.432-4444
- Eric Peterson, M.D.....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.O432-4444
- Richard Vermillion, D.O. ..275-2417
- Paul Volker, M.D.432-4444
- Mel Hilsabeck, ARNP795-4300
- Melinda Altman, ARNP.....432-8740

General Surgery

- Jeffrey Maire, D.O.....433-8500
- Richard Unger, D.O.433-8500

OB/Gyn

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

Pathology

- Christopher Johnson, M.D239-4448
- Trisha Schlick, D.O.....239-4448
- Jamie Weydert, M.D.....239-4448

Radiology

- Tom Gleason, D.O.433-8160

BCH OUTREACH SERVICES

- 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**
- AJ Keiner, AuD, Woodard Hearing
- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Amar Nath, M.D., Iowa Health Cardiology

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

Hepatology

- Donald Hillebrand, M.D., UnityPoint

Nephrology

- Jacob Alexander, M.D., McFarland Clinic

Neurology

- Michael Kitchell, M.D., McFarland Clinic

Oncology

- Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

- Louis Scallon, M.D., Wolfe Eye Clinic

Orthopedic Surgery

- Steven Aviles, M.D., Iowa Ortho
- Timothy Kenney, M.D., Iowa Ortho
- Craig Mahoney, M.D., Iowa Ortho
- Benjamin Paulson, M.D., Iowa Ortho

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



To your



HEALTH



Programs



& Services

Blood Pressure Checks, FREE
BCH Specialty Clinic Every Friday, 8 a.m. to Noon, BCH.

Boone Blood Drive
The drive is held the second Monday of each month and alternates locations at Boone County Hospital and Central Christian Church. To schedule an appointment to give blood, call (800) 287-4903. Sponsored by the BCH Auxiliary.

Boone County Caregiver Support Group
First Tuesday of every month, 6 p.m., Westhaven Chapel. Every other meeting will have a speaker; alternate meetings attendees will have the opportunity to share their thoughts and experiences, if they wish. A complimentary meal will be provided. Please register if you would like a RSVP respite volunteer to watch over your loved one. For questions, call F.William Beckwith Adult Day Services, (515) 432-2275 or Sue Pratt, (515) 433-7836.

Boone County Nutrition Programs
Boone County provides meals to individuals 60-plus and older throughout the county. For more information on the Home Delivered Meal and Congregate Meal Programs, call (515) 432-1127.

CPR Classes
CPR classes are available to the public by a certified 1st aid/CPR trainer. To register for CPR, call Rick Petersen at 433-8611 or email him at rpetersen@bchmail.org

Car Seat Safety Checks
If you would like a car seat safety technician to check your child's car seat and make sure it's installed correctly, call (515) 433-8196 to schedule a time.

Childbirth Education
March 18 and 25, 6 p.m., BCH 4th Floor Conference Room. Covered topics are childbirth preparation, infant care and breastfeeding. Wear comfortable clothes and bring two pillows. Snacks provided. Call the Family Birth Center at (515) 433-8400 to register.

Diabetes Support Group
March 19, 4 p.m., BCH 4th Floor Conference Room. Program yet to be determined. No pre-registration required.

Educating & Empowering U
March 24, noon, BCH 4th Floor Conference Room. Dr. Tracey McIntire, BCH OB/GYN, will speak on "Hot Flashes, Hormones and You...A Program on Menopause." Are you approaching menopause? Learn about the many changes of menopause and available treatment options. Enjoy a complimentary meal. To register, call Sara Behn at (515) 433-8470 or email sbehn@bchmail.org.

F. William Beckwith Adult Day Services
Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals and individualized care for adults 55 years of age and older who do not need 24 hour care, but cannot be left alone for long periods of time. Call (515) 432-2275.

Living with Cancer
The third Tuesday of each month, 6:30 p.m., BCH 1st Floor Conference Room. The support group is for anyone affected by cancer. It is a time for people to discuss their situations, experiences, coping strategies and hopes. Educational programs will also be a part of the program. For questions, call Heather Cook, (515) 433-8300 or Konnie Carlson, (515) 241-4234.

Sibling Class
March 4, 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 Family Birth Center at (515) 433-8400.

ORTHOPEDIC SURGEONS

Expand Services at BCH

The Iowa Ortho orthopedic surgeons have become familiar names over the past six months at the Boone County Hospital (BCH) Specialty Clinic. Since August 2014, three new orthopedic surgeons, Dr. Steven Aviles, Dr. Timothy Kenney and Dr. Benjamin Paulson, have been providing orthopedic services at the hospital, in addition to their partner Dr. Craig Mahoney who has been providing services in Boone for 12 years.

What does this mean for residents of Boone and the surrounding communities? BCH now offers a wide range of orthopedic services, including surgeries and joint replacements, that can be performed at the hospital. In the past, it wasn't always an option to come to BCH for more extensive orthopedic surgeries. Many individuals had to travel elsewhere for surgery and follow-up care.

"We are very happy we have been able to expand our services to this level of care for our patients,"



Pictured: Dr. Aviles shows a hip arthroscopy

says Joe Smith, BCH CEO. "Prior to adding the additional orthopedic surgeons, we were limited as to the coverage and surgery we were able to offer. Since the Iowa Ortho surgeons began practicing here, each one has seen their practice in our clinic grow. We couldn't be more pleased." He adds, "The expanded coverage and surgeries were much needed. It's nice to know we have some of the best orthopedic surgeons in the state. They really have gone above and beyond in regards to our expectations."

To schedule an appointment with one of these physicians, call the Boone County Hospital Specialty Clinic at (515) 433-8300. For more information about each of these physicians, log on to iowaortho.com.

Specialties provided by each orthopedic surgeon:

- **Dr. Aviles**—sports medicine, hip arthroscopy, elbow, shoulder and elbow reconstruction, orthopedic surgery, labral repair, osteoplasty femoral neck and acetabular, spinoplasty - A.I.S., capsular plication, gluteus medius and minimus repair, psoas release, hamstring repair
- **Dr. Kenney**—general orthopedics
- **Dr. Mahoney**—hip, knee, adult reconstruction of the hip and knee, knee arthroscopy, knee replacement, hip replacement
- **Dr. Paulson**—hand and upper extremities



Dizziness

More Common Than You Might Think

Your head is spinning. You're off balance. Your vision has changed. You feel sick to your stomach. Dizzy spells are a common reason adults visit their doctors, and ranks at the top of the list of healthcare issues with chest pain and fatigue. Dizziness along with other side effects can keep you from leading a normal life and doing the things you enjoy, but it rarely signals a serious, life-threatening condition.

Boone County Hospital (BCH) Rehab Services offers Vestibular Rehab, a manual therapy and exercise program designed to regain balance. Rehab can help with a variety of vestibular problems including one of the most common called vertigo, a spinning sensation or dizziness. Even individuals who have been fighting vertigo and have undergone some form of medical treatment with little or no success may benefit from this type of rehab.

"Dizziness or vertigo is more common than you might think," says Jake Stotts, DPT, Rehab Services. "It can affect young adults on up to someone in their 90s, although older adults are more susceptible due to the general decline of muscles, hearing and vision."

When the vestibular organs are older, or damaged by disease or

"Getting each patient back to their normal lifestyle is my goal." — Jake Stotts, DPT



injury, the brain can no longer rely on them for accurate information about the equilibrium and motion, which can result in dizziness, vertigo, and balance problems, as well as other

issues. If things do not improve over time on your own, it may be time to see your physician and a rehab therapist.

"Typically, one to two

In Memory

Benches Impactful Memorial Gifts



It's not uncommon for a family member to wait for their loved one while they are at an appointment, nor is it uncommon for a patient to wait for the bus. Seating is an important asset to the hospital, so when two families approached the Boone County Hospital (BCH) Foundation about donating a bench in memory of their loved one, the gifts were ideal.

For both families, the bench was a direct reflection of the way these two individuals helped people while on earth, and now can continue to help others in a visible way.

Daryl East wanted to gift a bench in memory of his late wife, Robin East; the bench is located in the vestibule of the main entrance of BCH. Robin worked for a number of

years at local convenient stores in Boone. "People around Boone knew Robin," Daryl says. "She loved people. She was always helpful and the type of person that would give more than she received in return." Robin passed away on November 14, 2013, and since then Daryl has been looking for the right place to put a bench in her memory. Daryl says she had many treatments at the BCH Specialty Clinic during her battle with cancer.

The second bench donation came soon after from the friends and family of the late Mike Scheuermann who passed away on July 18, 2014. "Mike helped so many people in his life, it just seemed like a great way to have him continue to help others. It will be outside of Boone County Hospital for many years to come for all who knew him to remember him when they see it," says Renee, Mike's wife. Mike was a certified public accountant in Boone and the BCH Foundation Board President from 2006 to 2013. He struggled with multiple diagnosis' of cancer over the years and kept fighting. "Mike loved the hospital and the BCH Foundation and took every opportunity to share his experiences," notes Renee. "There was no comparison for him. BCH was the best."

Mike's marble bench will be placed outside of the main entrance of the hospital in the near future. The bench has been inscribed with a message from Mike and how he lived his life on earth. It says, "He left a legacy of love and generosity. His greatest joy came from helping others. Pass it on."



At the BCH Foundation, we are honored to be able to fulfill such impactful memorial gifts for people who made the difference in their own personal way.

Pictured, left: Daryl East on Robin's bench; inset: Mike Scheuermann and a rendering of his bench above

Thank you to our Corporate Sponsors



At Boone County Hospital (BCH), the Foundation provides resources to the hospital for equipment, programs and services that otherwise would not be available. These gifts will go back into the hospital for items that bring increased comfort, quality, and safety to our patients. With the support from the community, we are able to fulfill our mission.

Each year, we have three community events. This year, they are the 6th Annual Duathlon/5K/10K on June 6; the 16th Annual Golf Tournament on July 14; and the 7th Annual Harvest Festival on October 3. Rather than ask

for a donation to each event, we would like for you to consider a one-time sponsorship that will benefit the BCH Foundation, as well as your business. As you will see, there are numerous opportunities for advertisement of your business in conjunction with our events, newsletters, and digital ads. It is anticipated that thousands will see your business name and logo from these multiple exposures throughout the year.

Gold, silver, or bronze sponsorship levels are available. If you would like more information about each event, please log on to www.boonehospital.com or call Sara Behn, BCH Foundation Director, (515) 433-8470.

New BCHF Board Member

"I have enjoyed working at Henkel & Associates, P.C., in Boone as a CPA for the last five years, and have been in the accounting field since graduating from Iowa State University 14 years ago. My husband and I live in Stratford and have three elementary age boys. Although I didn't attend school in Boone, I did participate in many activities as a member of Sacred Heart Church growing up. I am currently serving as the Treasurer of the Boone County Hospital Foundation Board and enjoy the opportunity to share my financial knowledge with an organization that provides great value to the residents of the Boone community."

—Christina Bauer



appointments in Vestibular Rehab is all you need to get you on the road to a lifestyle free of dizziness," says Stotts. "Gaze stabilization exercises are typically used with the patient. These exercises aim at improving vision while the head is moving, generally while viewing a stationary object. Other techniques may be used such as ergonomics and head positioning exercises." Each treatment plan is individualized and includes specific head, body, and eye exercises to be performed in both Rehab Services and at home.

Stotts says a partnership between himself and the patient's doctor is key in the success of the patient's recovery. A referral is needed for Vestibular Rehab.

"We want people to know in and around the community, if they are struggling with this impairment we can and would like to help facilitate a return back to their previous level of functioning," says Stotts. "Getting each patient back to their normal lifestyle is my goal."

If you or a loved one has been dealing with dizzy spells, call BCH Rehab Services for more information at (515) 432-7729 and ask for Jake Stotts.

Pictured: Jake Stotts with patient Elizabeth Haberer

New Health Portal for patients

Boone County Hospital (BCH) and its affiliated clinics now have a Health Portal available for its patients. Access to the Health Portal is on your schedule, whether at home, on vacation, or at another medical office. Use the



portal from anywhere using a browser. Manage information 24 hours a day/seven days a week without waiting. View your lab and radiology results, visit history, health summary, request appointments, view statement balances, message your doctor/nurse, and much more.

All of the information in the portal comes from the BCH Electronic Health Record (EHR). This ensures that you have access to the most accurate, up-to-date information possible.

To enroll in the portal, ask for a Health Portal letter from the registration desk of BCH or one of its affiliated clinics. In your Internet browser, log on to www.boonehospital.com/portal. Click on "Click here to get registered!" and follow the steps. Once you have completed these easy steps and submitted the request, an email will be generated with a temporary user name and password. This email will be sent to you within 24 hours of the enrollment request. Once you receive this email, you will need to follow the instructions in the email to finish your registration.

Your information is completely safe. Portal passwords are encrypted and URLs are re-written so they cannot be copied and pasted. You are the only one who can access your portal. Also, a time out feature protects your information if you leave the portal page open.

To access the portal once you have registered, log on to <https://portal.boonehospital.com>. If you have problems with the Health Portal, contact portalhelp@bchmail.org or call (515) 433-8730.

While most studies focus only on medication errors in hospitals, the billions of medications prescribed annually at clinics and doctors' offices, filled at pharmacies and taken at home are also prone to error. Some mistakes are more serious than others, but all medication mistakes can be prevented.

Boone County Hospital (BCH) is encouraging every adult community member to complete a "File of Life" card. The card can be shared with your pharmacist, doctor, hospital and other caregivers as part of any routine or emergency treatment.

The card can be obtained from your local Boone physician's office or by calling the Boone County Hospital Foundation Office at (515) 433-8470. Carry the card with you in your wallet and share it with every one of your health care providers.

"A complete and accurate home medication list is very crucial to the safe and effective care of our patients," says Sondra Donald, PharmD, BCH Pharmacy Director. "It is very important for the patient to be responsible for their own medication list. There are many scenarios where the doctor's office list doesn't match what the patient is actually taking, the patient comes to the hospital after clinic/pharmacy

hours or they go to a hospital/doctor's office out of town. If any of these occur, the patient is the only one who knows what they are actually taking, so it is important to keep the list current and up-to-date. It should include prescription medications, and over-the-counter, as well as herbs and supplements."

Boone County Hospital encourages these steps to avoid medication errors with any health care provider or pharmacy:

- Use the "File of Life" card to keep track of current prescription and over-the-counter medicines, vitamins, herbs and supplements, and share with your doctor.
- Let your doctor know about any allergies or reactions.
- Ask your doctor and pharmacist whether it's safe to take medications together or to take certain vitamins, herbs and other supplements with your meds.
- Read the label on your prescription. Does it have your name on it? And, is it the correct medicine?
- Ask the doctor or nurse why you should take a medication and request written information about the brand name, generic name and any side effects.
- Speak up if you think the doctor or nurse is about to give you the wrong medicine.

MEDICATION SAFETY

Make it a priority!



- Know what time you normally take a medicine and let the doctor or nurse know if that doesn't happen.
- Tell your nurse or doctor if you don't feel well after receiving a medicine.

As part of Boone County Hospital's Medication Safety Program, the staff urges patients to take an increasingly active role in their own health care. The hospital's campaign urges patients to:
- Speak up if you have questions or concerns, and if you don't understand, ask again. It's your body and you have a right to know.
- Pay attention to the care you are receiving. Make sure you're getting the right treatments and medications by the right health care professionals. Don't assume anything.
- Educate yourself about your diagnosis, the medical tests you are undergoing, and your treatment plan.
- Ask a trusted family member or friend to be your advocate.
- Know what medications you take and why you take them.
- Participate in all decisions about your treatment. You are the center of the health care team.

Pictured: BCH Pharmacy Director Sondra Donald, PharmD, with a wallet-size and life-size "File of Life" card

Stewardship

Year Ending June 30, 2014

Patient Revenue	41,028,940
Property Tax Revenue	1,128,111
Electronic Health Record Incentive Revenue	292,293
Total Revenue	\$42,449,344

Expenses

Salaries	22,966,674
Supplies	5,092,664
Other.....	11,362,447
Depreciation	2,757,979
Bad Debt.....	2,157,448
Charity	803,848
Total Expenses.....	\$45,141,060

Operating Income	(2,691,716)
Other Income	20,000
Net Income	(\$2,671,716)

FISCAL YEAR 2012-2013

2013-2014

Inpatient Admissions	1,166	1,106
Births	162	148

Department Statistics

Ambulance Trips	2,565	2,338
Emergency Room	8,777	8,358
Home Health	13,715	13,979
Laboratory	112,231	108,296
Physical Therapy.....	32,851	36,103
Radiology		
CT Scans	1,867	1,821
MRI	668	738
Nuclear Medicine	244	195
Radiographic Procedures	10,782	11,103
Ultrasound	2,024	2,022
Specialty Clinic	8,082	8,281
Surgery	1,650	1,694
Technical Services		
Cardiology Tests	2,926	2,659
Respiratory Tests	9,061	8,494
Stress Tests	228	203