

Health Update

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

MOUNT PLEASANT, IOWA
JULY, AUGUST, SEPTEMBER 2015

Bringing classroom learning to life

It is a recognized fact that hands-on learning is effective in student education. Orthopedic Surgeon Joseph Tansey, M.D., is a true believer in the value of exposing students to a variety of learning



I believe in challenging students to learn new things. In medical school and my residency the emphasis was to maximize learning, and having the students come to the health center for this presentation is one way to do this," Dr. Tansey explained.

The Biotechnical Engineering class, taught by Kathy Holtkamp, covers various topics including cleaning up the environment, producing alternative energies, using recombinant DNA, and studying a biomedical unit. The biomedical unit looks at different replacement joints, the materials used to make them, equipment designed for surgical procedures, and equipment used to both diagnose and monitor patients.

Last year the students came to HCHC to learn about knee replacements and participate in a demonstration of a mock knee replacement surgery. This year the presentation involved rotator cuff repair, with education on the anatomy of the shoulder and explanation of what happens when the rotator cuff tears.

"I wanted to give the kids a new experience from last year. The last thing I want is to be a stand-at-the-podium teacher and spoon-feed these students.

I want them to be able to think, read and react. You can hear a lecture and regurgitate the lecture, but unless you can take what you've learned in your head and put it down into your hands, it never makes the same impression," Dr. Tansey said.



experiences. This is one of many reasons he invites the Mt. Pleasant Community School District Biotechnical Engineering class to Henry County Health Center for an educational opportunity.

"This is the second year that I have had the opportunity to work with this class.

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HCHC in the Community

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"I opened the presentation with a lecture and then demonstrated a rotator cuff repair on a model shoulder giving them the opportunity to experiment. The kids may never remember specifics about the lecture, but the hands-on learning they experienced and the tactile impression will be an experience they will not forget."

CLASSROOM PARTNERS WITH REAL WORLD LEARNING

In the Biotech class students study, design and build replacement joints out of plaster of paris and clay.

"As you can imagine, it is not the most realistic, nor very functional. We also study various equipment used in the medical field. We are able to see this only through videos and pictures on the computer. So you can only imagine the experience of being able to actually see the equipment, hold it in your hand, and manipulate the tools and cameras. Dr. Tansey makes it look easy," explained Holtkamp.

"The students were able to experience firsthand how an arthroscopic surgery works. Dr. Tansey had three shoulder stations where students were able to use identical equipment to what is actually used during surgery. They were able to see all the specialized equipment designed specifically for that surgery. He could have just used a simple power point presentation, but Dr. Tansey makes sure that the students get hands-on experience. He and two of the surgery nurses took a lot of their time to do this for us. There is nothing I can do at the school that can even compare to this experience. It was amazing. It takes what we are trying to teach in Biotech to a higher level for the students."

So why does Dr. Tansey believe this student interaction is so important? "It's enjoyable to engage students and see their eagerness to learn new things. It's also great to see knowledge passed on and gained by others. I hope students see through this experience that learning is a lifelong process. In addition to teaching them about a specific part of the anatomy and surgery, I like to treat this like a career day to show all the people who are involved in the process, from the doctor, to the nurses, to the sales rep and other jobs in the hospital that all contribute to our mission. I want the kids to think about the

different opportunities available and to expand their field of knowledge."

Holtkamp agrees as she knows many students don't know what they would like to pursue for a career or what they want to study in college. She also believes this is an opportunity to introduce the students to new experiences.

"Dr. Tansey talked to them about being an orthopedic surgeon and the years of education required. The students saw the importance of surgical nurses and what their job entails, and they were also introduced to the surgical equipment sales

representative who talked about her educational background and job. In addition, we really stress teamwork in Biotech and through this experience students were able to see exactly how important teamwork is," said Holtkamp.

Ultimately this experience shows the importance that Henry County Health Center and our healthcare providers place on partnering with our community and educating area youth.

"I cannot say enough how much this experience means to me and the students. Parents told me how much their children loved this experience. Normally Biotech has around 10 students. After last year's field trip with Dr. Tansey I had 25 students enroll. Living in a small community we are very fortunate to have a high quality hospital like HCHC and doctors like Dr. Tansey; what they do for the community is just amazing. The hospital is always willing to contribute to student learning. We are very grateful to have the support of HCHC."

Kathy Holtkamp, MPCHS Instructor

HCHC Services

HCHC Sleep Lab helps with sleepless nights

The old saying goes, "Early to bed and early to rise, makes a man healthy, wealthy and wise." That may hold true for those who get quality sleep, but what about those who experience sleepless nights? Sleep deprivation can affect many aspects of daily living, and that lack of restful sleep can be harmful to your health.

HCHC's Sleep Lab may be the answer to your sleepless nights. The Sleep Lab is a controlled environment where sensors applied to the patient are used to gather sleep related data. The data is analyzed to determine if there are abnormalities in the patient's sleep cycle, and if so, action can be taken to help eliminate the problems.

"Sleep studies are typically performed when a person complains of symptoms associated with lack of restful sleep. Some typical signs and symptoms people encounter are morning headaches, an unrested feeling, forgetfulness, waking up gasping or feeling as if you are choking, and even falling asleep during daytime activities," explained Devan Rhum, HCHC's Director of Cardiopulmonary Services.

The main condition that is discovered during a sleep study is Obstructed Sleep Apnea (OSA), a condition that is caused from the airway closing or collapsing during sleep. This causes the patient to wake up momentarily to continue breathing. The act of waking up several times to restart breathing causes a disruption of the normal sleep pattern which in turn can cause chronic oxygen deprivation or fractured sleep.

"Many of the symptoms of OSA have been linked to hypertension (high blood pressure), chronic fatigue, and increased risk of stroke, heart attack and coronary artery disease. Reoccurring episodes of oxygen deprivation can have detrimental effects on your brain function as well. Sleep deprivation may also cause mood and personality changes. Many cases of sudden death have also been linked to OSA," said Rhum.

SLEEP STUDIES AT HCHC

HCHC Sleep Lab staff are registered respiratory therapists and registered polysomnography technicians (RPSGT), or in the process to become

RPSGT's. When a patient visits the Sleep Lab, sensors are placed on the patient's scalp, face, chest, abdomen and legs to gather scientific data that is used to interpret the biological information of sleep. During the sleep study, the technician monitors sleep stages via brain wave activity, as well as measures breathing effort, heart rate and rhythm, and oxygen saturation. Following the study, a neurologist reviews and interprets the results.

"Treatment for OSA may include options such as weight loss, a dental appliance, CPAP or BiPap equipment, or a surgical procedure. The most common treatment is the Continuous Positive Airway Pressure (CPAP) system where the

patient is fitted with a mask and air pressure is used to keep the airway open, allowing the patient to breathe while sleeping. This eliminates the frequent

awakenings that disrupt normal sleep patterns and lead to chronic fatigue. A patient may discuss the options with their doctor to determine which treatment is right for them," said Rhum.

"HCHC's Sleep Lab enables people to get the diagnosis and treatment plan right here close to home. We can work closely with your medical provider to ensure timely diagnostic and treatment options."

If you feel that you may suffer from OSA or disruptive sleep due to another condition, discuss the symptoms with your family healthcare provider. The most common symptoms include falling asleep during the day at inappropriate times, mood or personality changes, always feeling tired, or someone witnessing you stopping breathing while sleeping. Your provider can direct you to the Sleep Lab for testing.



HCHC Foundation

Looking Back and Giving Forward

For over three decades, pharmacists John and Jennifer Rode have had a special connection with Henry County Health Center. The two met in the late 1960s between organic chemistry and physics classes. After getting married and a brief work stint in Illinois, the couple moved to Mount Pleasant and started working at Panther Drug. There Jennifer was responsible for providing pharmacy services at Henry County Health Center one hour a day. By 1981, time had come for an expansion and John and Jennifer were hired by HCHC for the job.

According to John, "HCHC was a great place to work. We were able to develop and grow services, start new programs, work with other departments and have a positive impact on our patients." Projects that John is most proud of include establishment of a robust training program for pharmacy students at University of Iowa and Drake University, computerization of medication ordering and record keeping for patient safety, and implementing chemotherapy and other infusion therapy services. "Anything that we could do to keep patients in the local setting was a priority and frankly still is a priority for HCHC."

Today, John and Jennifer are retired but their commitment to Henry County Health Center continues. By supporting HCHC Foundation and volunteering at the health center and at the Information Desk, their desire to be involved in the community and connect with others is being fulfilled.



"HCHC is our family and we have a vested interest in its success. HCHC was good to us for a long time. Now we can give back and enjoy being part of something so important to our community."

To learn how you can support HCHC Foundation, please contact Michelle Rosell, HCHC Foundation Director, at 319/385-6541.

SAVE THE DATE!

7th Annual HCHC Foundation

Golf Benefit

Wednesday, August 12th

Make your golf reservations now by calling the Foundation at 319/385-6541. Dinner only reservations also being accepted.

Visit www.hchc.org/foundation for more information.

Henry County Health Center creates \$19.3 million impact on local economy

Henry County Health Center generates 394 jobs that add \$19,347,307 to Henry County's economy, according to the latest study by the Iowa Hospital Association. In addition, HCHC associates spend \$4,194,463 on retail sales and contribute \$251,668 in state sales tax revenue.

"Henry County Health Center positively impacts our county's economy in several ways. The strength of our economy relies in part upon area residents spending their money locally. HCHC contributes to this as we employ a large number of area residents, and our associates and the health center purchase goods and

services from local businesses which directly supports our economy," explained HCHC CEO Robb Gardner. "HCHC also provides area residents with high quality healthcare close to home, and the services we provide attract individuals from outside communities who also visit other local businesses while they are in town. This also benefits the county's economy. In addition, the health center is instrumental in attracting new business, industry and residents to our area. It is essential that we are able to provide high quality healthcare services to our area communities to keep our economy moving forward and to work toward our organizational mission."

Prottsman appointed to HCHC Board of Trustees

Joel Prottsman of New London was appointed to serve on the Henry County Health Center Board of Trustees this spring. He brings to the board valuable experience in finance, as well as an understanding and knowledge of the needs of rural Henry County.

A graduate of New London High School, he graduated from Coe College with a degree in business administration. Prottsman returned to New London and worked in banking and the agriculture industry. In 2006 he began his current position as Vice President with Danville State Savings Bank in the New London office. He has lived in New London for 42 years.

Prottsman is no stranger to community involvement. Since returning to New London, Prottsman has been active in various roles within his community, volunteering his time with youth programs, the school district, and the New London Chamber. Serving on HCHC's Board of Trustees is another opportunity for Prottsman to give back to his community.

"I was very honored to have my name mentioned for the trustee position. This is a great way to have some representation for the community of New London in an organization that serves all of Henry County," stated Prottsman.

"The role of trustee is important for several reasons. As an elected position it gives a trustee the opportunity to understand the needs and perceptions of the constituents who elect you. It offers that connection or network that you may not have had if you had not been elected. As a trustee I also have the opportunity to provide certain skills and knowledge to the board for the betterment of the organization. In turn, this also gives me the opportunity to learn from others on the board and from the organization as well. I hope to bring my experience and knowledge in finance to the board, and to utilize my current and past positions on other boards to benefit the HCHC Board of Trustees."

Having lived in rural Iowa most of his life, Prottsman realizes the importance of understanding the necessity of health care in rural communities. "It is extremely beneficial to have a county hospital within 10 minutes driving distance to take care of your medical concerns. HCHC brings so much value to Henry County through the quality of infrastructure, the state-of-the-art equipment, and most of all the caring people. Rural Iowa needs health organizations like HCHC," explained Prottsman.



Patient Satisfaction

HCHC Service Stars

Henry County Health Center knows that to achieve our mission and vision we must ensure that we are providing quality healthcare and customer service that our patients expect and deserve. One key way to guarantee that we measure patient satisfaction is through the feedback we get from patient satisfaction surveys. The goal of the survey is to measure our patients' experience while receiving services at HCHC.

A positive patient experience is extremely important to HCHC. Patient satisfaction scores are reviewed regularly, and in recognition of outstanding patient satisfaction, HCHC has developed the Service Star program. Departments that have achieved HCHC's patient satisfaction goal of an 85 percentile ranking or higher over three consecutive months are recognized as Service Stars.

Congratulations to the following four departments named as Service Stars for achieving goal patient satisfaction scores for three months in a row. These departments are Maternity Services, Infusion Services, Emergency Medical Services (EMS), and Anesthesia & Pain Management. HCHC also recognizes departments not surveyed that provide outstanding service and support to patient care departments. For the months of March, April and May the associates in Patient Financial Services, Maintenance and Pharmacy were named Service Stars.

HCHC thanks all of these departments for their commitment and dedication to service excellence, and for providing great service for every single patient, every single associate, every single time.



Maternity Services
(L-r): CEO Robb Gardner, Deanne Stodgell, Kristy Riordan, Maternity Services Director Shayla Malone, Tamara Burdette, Stefanie Ford and Janan Peterson.
(Not Pictured: LoRena Allen, Becky Fraise, Allison Clarke, Marcia Baldrige, Shayla Rae, Brandie Thornton, Stephanie Fischer.)



Anesthesia & Pain Management:
(L-r): CNO Jodi Geerts, Steve Park, CEO Robb Gardner, Director Todd Ralls.

Patient Satisfaction



Patient Financial Services
(L-r): Christi Sammons, Dawn Zaiser, Director Sara McClure, CEO Robb Gardner, Kelly Klossing, CFO Dave Muhs, Laurie Gotsch, Deb Sammons.

Maintenance:
(L-r): Mike Thomas, Brent Wilson, Jeremy Hunold, Director Brian Sinclair, Randy Glasgow, CEO Robb Gardner. (Not pictured: Gene Huling, Keith Perron, Dave McIntyre and Matt Mullahy.)



Emergency Medical Services (EMS)
(L-r): EMS Director Dan Walderbach, Bill Riley, Dennis Cosby, Wes O'Connor, Heather Kleemeyer, Cody Dill, CEO Robb Gardner. (Not pictured: Jeff Beavers, Amanda Beik, Eric Bengel, Taylor Buchholz, Josh Dilks, Jacob Dodds, James Fahrner, Amber Gedlinske, Chris Gerling, Cheri Lane, Paul Lauer, Mark Long, Sarah Long, Shane Mettler, Kasey Miller, Kathy Odle, Mike Reynolds, Chad Scarff, Arlo Walljasper, and Jacob Warning.)

Pharmacy:
(L-r): CNO Jodi Geerts, Michele Birdsell, Chelsea Woods, Yen Nguyen, CEO Robb Gardner, Director John Vallandingham.





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Upcoming Events

Want to get updates on the latest news from HCHC? Visit our website at www.hchc.org and click on "Sign up for HCHC's e-newsletter" found in the maroon box on the right side of the homepage. HCHC's email newsletter will be delivered to your inbox monthly!

CARDIAC/PULMONARY SUPPORT GROUP

Friday, August 14, Noon
Presentation by Jennifer Vantiger, RRT "COPD"
Free lunch provided
Health Education Center, HCHC

DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, July 9, 2-4 p.m.
Thursday, August 6, 2-4 p.m.
Thursday, September 3, 2-4 p.m.
Diabetes Education Center, Suite 24, HCHC

JEWELRY SALE

Monday, July 20, 10 a.m.-5 p.m.
Jewelry styles for men & women priced from \$12 and up
Health Education Center, HCHC

PRE-DIABETES CLASS

Tuesday, August 18, 12-1 p.m.
Call 385-6518 to register
Diabetes Education Center, Suite 24, HCHC

DIABETES GROUP TRAINING

Tuesday, July 28
Tuesday, August 25
Tuesday, September 29
Call 385-6518 to register
Diabetes Education Center, Suite 24, HCHC

COFFEE CLUB

Thursday, July 16, 8:30-9:30 a.m.
Thursday, September 17, 8:30-9:30 a.m.
Free social hour discussing diabetes and other health topics
Diabetes Education Center, Suite 24, HCHC

HCHC AUXILIARY MEETING

Monday, July 13
Monday, August 10
Monday, September 14
9:00 a.m. Monthly Meeting
Classroom A1, HCHC

PHYSICIANS & CLINICS of HCHC

WAYLAND COMMUNITY CLINIC

Jessie Anderson, 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.
Wednesdays 8:30–11:30 a.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP
110 W. Pine
319.257.6211

Clinic held on Tuesdays (Dr. Judge-Ellis & Kendra Bonnesen, ARNP) and Fridays (Dr. Judge-Ellis & Jessie Anderson, ARNP)
8:30 a.m.–Noon and 1 p.m.–5 p.m.
Wednesdays (Jessie Anderson) 1–4:00 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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