

HEALTHCARE HAPPENINGS

A HEALING TOUCH YOU KNOW AND TRUST

A Publication of Monroe County Hospital & Clinics | WINTER 2018



Better Care FOR OUR COMMUNITY | *Winter* SAFETY TIPS | *Back to Health* AFTER A HEART ATTACK

Strong Transitions

SOMETIMES RECOVERY FROM a severe illness or injury can require an extra level of care and support. The compassionate nurses and therapists at Monroe County Hospital & Clinics are here for you if you ever need help returning home to your daily life. Skilled care is a transitional step that usually happens at the end of a hospitalization and is needed until a patient improves enough to go home. The facilities at MCHC make this step convenient for patients.

“We’re a critical access hospital,” said Kim Higginbotham, BSSW, case manager and social worker at MCHC. “We have the capability to provide skilled care for patients right in our own facility. We have physical, occupational and speech therapy in-house, and we have nurses who can provide wound care and IV therapy.”

The goal with the skilled care facility at the hospital is to get each patient back to everyday living after a hospital stay.

“If they were living on their own,” Higginbotham said, “they might need some physical or occupational therapy to build up their strength and endurance so they can return to their own daily living self-care.”

The specialized skilled care staff at MCHC gives patients the strength and ability to transition back to their lives with ease.

SKILLED CARE SERVICES ARE USUALLY COVERED BY MEDICARE AND MOST PRIVATE INSURANCE CARRIERS. FOR MORE INFORMATION ABOUT SKILLED CARE SERVICES, CALL 641.932.1757.



Monroe County HOSPITAL & CLINICS

6580 165th Street • Albia, IA 52531

Monroe County Hospital & Clinics complies with applicable Federal civil rights laws and do not discriminate on the basis of race, color, national origin, age, disability or sex. For more information, call 641.932.2134 or see link on our home page at mchalbia.com.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al MCHC: 1.641.932.2134.

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1.641.932.2134。


This institution is an equal opportunity provider and employer. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call 866.632.9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax 202.690.7442 or email at program.intake@usda.gov.





ON AVERAGE, WE spend about one third of our lives sleeping. The quality of that sleep can affect a person’s whole day, and poor sleep habits, over time, can have a negative impact on health.


Good sleep habits, also called sleep hygiene, include the amount of time you sleep, of course, but paying attention to the lighting or sounds in the room, the comfort of the bed, and even the positioning of the alarm clock can help you get a better night’s sleep.


It only takes a few changes to make the difference between a restful sleep and a night spent tossing and turning. If you want to improve the quality of your sleep, start with these suggestions:

 **Avoid large meals, caffeine and alcohol** before bedtime. Alcohol may help you fall asleep, but too much can disrupt sleep in the second half of the night.

 **Be consistent** with when you go to bed and wake up, even on the weekends.

 **Get enough exercise and physical activity** during the day, as that can help you fall asleep more easily. Even 10 minutes of aerobic activity can help you sleep better.

 **Make sure your bedroom is quiet, dark, relaxing** and at a comfortable temperature. The National Sleep Foundation recommends keeping your bedroom between 60 and 67 degrees F.

 **Remove electronic devices**, such as TVs, computers and smartphones, from the bedroom. Blue light from such devices can be especially harmful to sleep cycles.

IF, AFTER MAKING THESE CHANGES, YOU STILL FIND YOURSELF TIRED AND SLUGGISH IN THE MORNING, TALK WITH YOUR DOCTOR ABOUT SCHEDULING A SLEEP STUDY AT MCHC. FOR MORE INFORMATION, CALL 641.932.1684.



CARDIAC

Hope and Healing

Increased participation in cardiac rehabilitation programs could save 25,000 lives and prevent 180,000 hospitalizations each year in the United States.

WHEN BOB, AGE 62, had a heart attack, he wanted to get back to his normal life as much as possible. Bob wanted to not just return to the way things were, he wanted his life to improve. He was determined to make healthier choices, be physically active and live a flourishing life.

When his doctor suggested he participate in cardiac rehabilitation, he knew immediately he wanted to make the commitment.

WHAT IS CARDIAC REHAB?

Cardiac rehab is a customized program designed to improve a patient's health after a heart attack, heart disease or surgery and consists of exercise, education and nutrition.

"Every patient works at a different pace, so we tailor the programs to the individual," said Kristin Reeves, RN, cardiac rehabilitation coordinator at Monroe County Hospital & Clinics. "Physical training is closely supervised with a heart monitor to make sure everything is OK with the patient's heart and for him or her to feel more at ease."

Bob started his rehab program with education and physical exercises. MCHC knows that physical pain and injury affect not just the body, but the mind as well, so the rehab program also offers emotional support. This combined program seeks to reduce the risk of heart disease or heart attack in the future.

At MCHC, the cardiac rehabilitation program usually spans 12 weeks. During this time, patients begin moderate exercise with a heart monitor. Our cardiologist follows their progress very closely and meets with them regularly. We also provide educational resources about diet and lifestyle changes, and patients meet with a dietitian and even have the opportunity to meet with a pharmacist to answer medication questions, if needed.

IS IT EFFECTIVE?

Studies show that patients who participate in this program have a 30 percent lower chance of experiencing another cardiac episode.

"This therapy can help reverse the damage to a patient's heart and blood vessels. It gives the patient more stamina and strength to get back to normal life," Reeves said. "It also helps emotionally because a patient has other people's support—not only the cardiac rehab staff, but also people who have gone through a similar situation or are currently going through the same thing."

When cardiac incidents occur, patients' lives are disrupted on every level, and rebuilding takes time.

"Cardiac rehab builds confidence," Reeves said. "It restores health and gives hope for the future."

TO LEARN MORE ABOUT MCHC'S CARDIAC REHABILITATION PROGRAM, VISIT MCHALBIA.COM OR CALL 641.932.1677.



A Hospital WI

Monroe County Hospital & Clinics expands facilities to better serve patients.

WHAT BEGAN AS a conversation about repairing the parking lot became a master plan to expand and renovate MCHC to offer better care to patients and benefit the South Central Iowa community in the process.

“In 2016, we were talking about what to do to repair the hospital’s parking lots, which led to conversations about additional repairs our facility needs,” said Veronica Fuhs, MHA, chief executive officer at MCHC. “Those conversations eventually led to a master plan. It was about doing the right thing at the right time for our patients.”

With a total investment of \$19 million, the expansion of the medical clinic will be 21,000 square feet. In addition, we also plan to renovate our current facilities.

The plan includes updates to the heating and cooling system, the parking lots, as well as the rehab services area and outpatient clinic.

“We will also be adding an expanded infusion center for patients who need intravenous medication administration,” Fuhs said. “Our medical clinic will be able to accommodate more providers, we’ll be able to increase the number of specialists, and the expansion of our infusion center will allow us to care for more patients in a private setting.”

The renovation plans will also include accessible waiting rooms, a private registration area, covered entrances for inclement weather, as well as additional space for consultations, health coaching and wellness visits. Once the expansion is complete, patients can expect a more calming and private environment for healing.

PLANNING WITH OUR PATIENTS IN MIND

Last January, during the planning phase of this project, the staff at MCHC procured an empty manufacturing facility and used cardboard equipment to mock up the inside of what would be the medical clinic.

“All of our providers and medical staff were able to walk through this mock-up medical clinic to see how it would really work and if it would be conducive to patient care,” Fuhs said. “We brought in our own equipment to see how a clinical experience felt from a patient’s perspective and a doctor’s perspective, too.”

The staff was then given the opportunity to offer feedback, and changes were made to the architectural drawings for these facilities to achieve our patient care goals.

“This was an invaluable part of the process,” Fuhs said.



WITH *You* IN MIND

In addition, this creative exercise allowed MCHC staff to make necessary changes before spending money on construction. They took into account patient feedback from surveys and conversations and planned this project to meet their needs.

BENEFITING OUR COMMUNITY

The expansion and renovation of MCHC will also benefit the community by delivering economic development and growth, as well as bringing more people to the South Central Iowa area.

“With state-of-the-art facilities, we will be able to recruit and retain medical providers and physicians to care for our patients,” said Kendra Sinclair, director of rural health clinic operations. “We are the only healthcare facility in our entire county. We are expanding because this is a great location at the edge of town and we have room to grow.”

Because of the expansion and demolition of some of the existing areas, the project will be done in phases. The first phase will be completed by fall next year, and the whole project will be completed in late 2020.

“We have spent almost two years defining what would be best for our community,” Sinclair said. “We have invested

“ WE WANT OUR PATIENTS TO KNOW: WHEN THEY WALK THROUGH OUR DOORS, THEY ARE OUR FIRST PRIORITY. ”

—Veronica Fuhs, CEO

many hours determining what we need for the future of health care in the Monroe County area.”

MCHC goes above and beyond to accommodate the patients’ needs, and this project reflects that. The whole MCHC team and patients have worked together to launch this expansion and renovation in a way that benefits the entire community.

“We feel fortunate that our community is behind us in this project,” Sinclair said. “We look forward to continuing to serve them for many generations to come.”

WE STRIVE TO PROVIDE WORLD-CLASS CARE IN A SAFE ENVIRONMENT. TO LEARN MORE ABOUT OUR SERVICES, VISIT MCHALBIA.COM OR CALL 641.932.2134.



SENIORS' SAFETY CHECKLIST

During winter months, ice and snow make commutes more treacherous, especially for older adults. To stay safe and avoid injury:

- Use a cane or walker if you have balance problems.
- Avoid going out in the dark.
- Get your eyesight checked.
- Travel with a companion when possible.
- Carry a cellphone or medical alert at all times.

STAY SAFE

WHEN THE SNOW FALLS

Orthopedic injuries are common as the weather turns cold and the snow mounts.

EVEN IF YOU don't practice winter sports, the weather alone can make anyone more accident-prone. During winter, many orthopedic injuries happen while doing simple activities, such as taking down the Christmas lights or walking your dog.

"Our population is at a higher risk of experiencing an orthopedic injury, especially here in Iowa, where there's a lot of snow and ice," said Shehada Homedan, MD, orthopedic surgeon at Monroe County Hospital & Clinics.

Most injuries happen around your home, where you think you are safe. Some common injuries include:

- ankle sprains
- back injuries and spinal cord injuries
- broken bones
- bruising
- dislocations
- head injuries and concussions
- torn ligaments

These injuries might happen while slipping and falling on ice or snow, shoveling snow from the driveway, scraping snow off your car, driving in inclement weather conditions or engaging in popular winter sports.

PROTECTING YOURSELF DURING COLD WEATHER

Dr. Homedan recommends following these tips to avoid orthopedic injuries:

- **Dress for the weather.** Wear appropriate clothes and shoes with good traction. Do not go outside with slippery soles, even if it's just for a moment.
- **Slow down.** Even if you're running late, don't rush or run outdoors during inclement weather.
- **Stay within reach.** Don't overreach while scraping snow from your car, which can strain your muscles in cold weather.
- **Use proper lifting form.** When you shovel, push and use the shovel as a plow. If you must lift, keep your back straight, and put weight on your legs, not your back.
- **Stay ahead of the snow.** To avoid tiring your muscles and being exposed to cold temperatures for a long time, shovel often so the snow doesn't pile up.
- **Power up.** To avoid injuries, older adults may want to use power tools or machines like a snow blower, instead of shoveling. "If you or a loved one gets injured, don't wait for the injury to heal on its own," Dr. Homedan said. "Call us, we're here to help."

MCHC OFFERS COMPREHENSIVE ORTHOPEDIC TREATMENT FOR TRAUMA AND ACUTE INJURIES, AS WELL AS ELECTIVE PROCEDURES FOR CHRONIC PAIN AND SPORTS INJURIES. TO LEARN MORE ABOUT MCHC ORTHOPEDIC TREATMENTS, VISIT MCHALBIA.COM OR CALL 641.932.1678.

NEW YEAR, new you

In the new year, focus on making small, sustainable changes that could give you big results.

WHILE A COMPLETE overhaul of unhealthy habits may be tempting, the American Psychological Association recommends making changes that are small, measurable and manageable. This will help you feel more successful in the short term and more likely to continue your new habits in the future.

Adopting several changes all at the same time can feel overwhelming and make you less likely to follow through. Try choosing one unhealthy habit to change at a time and make your goals measurable. For instance, instead of broadly committing to eat healthier or get more exercise, try fostering specific habits that fit under the wider umbrella of this goal, such as vowing to eat three servings of vegetables a day and exercising for at least 30 minutes daily.

Eventually, your healthy changes will become healthy habits and your goals easier to achieve. If your New Year's resolution involves weight loss, focus on losing one, five or 10 pounds at a time to make your goal weight feel more attainable.

Small changes you can make are:



Park your car at the back of the parking lot so that you have to take more steps to reach your destination.



Take the stairs instead of the elevator.



Eat whole fruits instead of drinking fruit juice.



Switch refined grains (white bread, white rice) for whole grains (whole wheat bread, brown rice or oatmeal).



Add colorful vegetables to your diet, such as red beets and leafy greens.

SCHEDULE AN APPOINTMENT WITH YOUR PRIMARY CARE PHYSICIAN BY CALLING 641.932.7172, AND THEY CAN HELP GUIDE YOU TO A HEALTH COACH.



Hearty Beef Soup

Making even small changes to old favorites can spice up your routine and keep you on track with your health goals.

"Focus on variety, portion control and nutrition," said Liz Zmolek, RDN, LD, registered dietitian nutritionist at Monroe County Hospital & Clinics. "Eating healthy is a journey that is shaped by many factors, including our stage of life, situations, preferences, access to food, traditions and personal decisions."

This beef soup reduces sodium and adds a good helping of vegetables—comforting, healthy and delicious.

INGREDIENTS

¼ pound beef round roast (thawed and chopped)	1 tablespoon parsley (chopped, optional)
1 tablespoon vegetable oil	¼ cup macaroni (dry)
3 cups water	1 tomato (large, chopped, or 1 can, about 15 ounces, low-sodium diced tomatoes)
2 cups winter squash (chopped, or 2 cups cabbage, finely chopped)	½ cup green pepper (finely chopped)
½ cup onions (chopped)	½ teaspoon salt
1 celery stalk	½ teaspoon black pepper
1 teaspoon garlic (finely chopped)	
½ teaspoon dried oregano	

DIRECTIONS

In a large pot, brown beef in oil over medium to high heat for 8 to 10 minutes. Drain fat.

Add water, squash, onion, celery, garlic and oregano. Add parsley, if desired. Mix well.

Bring pot to a boil. Lower heat and cook for 20 minutes. Add macaroni, tomatoes, green pepper, salt and pepper. Keep cooking over low heat for 20 minutes. Serve hot.

NUTRITIONAL INFORMATION

Serves 6	Dietary fiber: 2g
Calories: 76	Total sugars: 2g
Total fat: 3g	Protein: 5g
Saturated fat: 0g	Vitamin D: 0mcg
Cholesterol: 8mg	Calcium: 29mg
Sodium: 209mg	Iron: 1mg
Total carbohydrates: 9g	Potassium: 275mg

NOTES

The recommended safe minimum internal temperature for beef roast is 145 F.

Recipe courtesy of "What's Cooking? USDA Mixing Bowl" and Cookbook: A Harvest of Recipes with USDA Foods.



This is a
recyclable product.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Quick, Convenient AND Close TO HOME



When you have an illness or an injury that is not an emergency but still requires medical attention right away, Quick Care at Monroe County Hospital & Clinics might be just what you need.

“**WE SEE A VARIETY** of patients in Quick Care,” said Darcy Weillbrenner-Sheldon, ARNP, a family practice nurse practitioner. “We treat everything from minor injuries, like a hurt leg or arm, to illnesses, such as strep throat, ear infections, nasal congestion or cough.”

Quick Care is helpful for other needs as well.

“Sports and school physicals and immunizations are usually things that need to be done right away,” Weillbrenner-Sheldon

said. “Those can be done right here.” However, she recommends seeing your primary care physician for annual physicals.

MCHC’s Quick Care is located at the hospital, making it convenient for patients.

**CALL 641.932.7172 OR VISIT US ONLINE AT MCHALBIA.COM
TO SCHEDULE A SAME-DAY APPOINTMENT, MONDAY THROUGH
FRIDAY.**