

HEALTHCARE HAPPENINGS

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Monroe County
HOSPITAL & CLINICS

An Affiliate of
MERCYONESM



Outsmart Allergies

Don't let a runny nose and watery eyes stop your summer fun.

SUMMER BRINGS lots of activities to enjoy, but it also brings the grass and pollen that can cause seasonal allergies. Grasses and trees create a powdery pollen that spreads through the air and, by extension, into our lungs. People with hay fever, or allergic rhinitis, experience a runny or congested nose, itchy, watery eyes, and sneezing. Hay fever is one of the most common allergic diseases, affecting 40-60 million people in the United States. It is so common, local weather forecasts often measure daily pollen counts, or how much pollen will be in the air. The higher the count, the more likely it is that you and your loved ones' allergies will be triggered.

On high pollen-count days, limit your outdoor activity, especially in the early to mid-morning hours, when pollen counts are highest. Spend time outdoors later in the afternoons when pollen counts are lower, and wear a hat and sunglasses to keep the pollen out of your eyes and hair. When you come back inside, shower, wash your hair and change your clothes to remove any pollen on your clothes and skin. Wash your clothes and bedding often, and avoid drying laundry on an outdoor line.

If, even after taking preventive measures to avoid outdoor pollen, you and your loved ones' allergies persist, speak with your medical provider about other ways to control your symptoms.

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

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DISINFECT, RINSE, REPEAT

Clean hands are the first line of defense to stay healthy—for yourself and others.

HANDS ARE HARD-WORKING parts of the body, but all that work exposes them to germs. Unwashed hands can transfer infectious organisms onto other objects, such as doorknobs, handrails or tabletops, which are then ready and waiting for the next person. Several unwashed hands touching the same surface can cause viruses or bacteria to spread, including the common cold, flu and more serious illnesses, such as meningitis or hepatitis A.

Fortunately, the solution is simple: Washing your hands with soap and water decreases the spread of germ-related illnesses.

WHEN SHOULD YOU WASH YOUR HANDS?

- After coughing, sneezing or blowing your nose
- After touching garbage
- After touching animals (including pets!)
- After using the bathroom
- Before eating
- Before and after caring for someone who is sick
- Before and after preparing food

HANDWASHING 101

Sometimes, it's good to be reminded of the basics. When washing your hands, turn on the running water, warm or cold, and get your hands wet. Lather with soap, including the spaces between your fingers and under your fingernails. Scrub for about 20 seconds, then rinse and dry, either by air-drying or with a clean towel.



Did You Know?

Hand sanitizer with at least 60% alcohol is an excellent substitute when soap and water isn't available.

ENHANCED

Emergency Care

With Avera eCare Emergency services, Monroe County Hospital & Clinics has immediate, virtual access to emergency trained specialists.

IN THE EVENT of an emergency, being prepared and available is essential to providing a patient with the best possible care. Thanks to a partnership with Avera eCare Emergency services, MCHC physicians know they can count on peer-to-peer support when caring for their most critical patients.

“Having access to nurses and physicians with Avera gives us that extra edge to help get our patients the complete care they need,” said Brad Leedom, Emergency Services Manager with MCHC. “Our providers and nurses are the ones in control, but they can consult Avera on an as-needed basis. It’s a really neat relationship we have.”

Specifically, MCHC physicians can count on Avera for a range of support to optimize patient care, including:

- 24/7 access to board-certified emergency physicians
- Activation of emergency transport teams
- Connection with highly trained specialists
- Extra support when multiple emergencies occur
- Faster access to diagnostic testing
- Reduced amount of transfers, keeping patients closer to home

This support is made possible by the implementation of secure, interactive, high-definition video and audio equipment and software in the MCHC emergency room. Relying on this technology, MCHC physicians can simply push a button to instantly connect with Avera.

“Having Avera’s team available to do things like discuss treatment modalities or provide nursing documentation support is invaluable,” Leedom said. “I truly believe we have had better outcomes with several of our patients because we had the ability to focus exclusively on providing hands-on care to the patient.”

A GRANT FOR IMPROVED CARE

The Avera eCare Emergency partnership was funded by a grant from the Helmsley Charitable Trust. One of the main goals of this organization is to improve lives by supporting exceptional health initiatives.

“We are so thankful for Helmsley,” Leedom said. “What they are doing to improve health care is amazing.”

TO LEARN MORE ABOUT OUR SERVICES, VISIT MCHALBIA.COM.



Is It an Emergency?

It may be tempting to shrug off certain aches and pains. However, in the case of a true emergency, such as a heart attack or stroke, playing it cool can mean the difference between life and death.

If you notice the following symptoms, do not hesitate to call 911 for immediate transfer to the nearest emergency department:

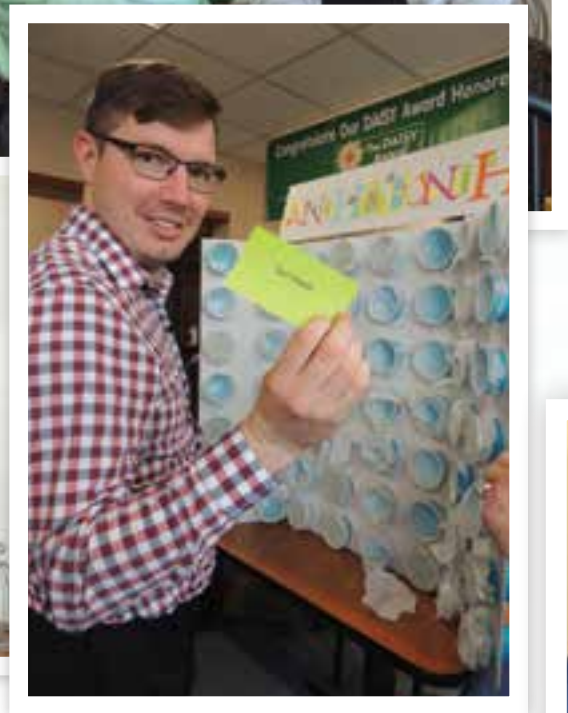
- Inability to move, see, speak or walk
- Intense headache that comes on suddenly
- Pain in the arm or jaw
- Severe pain or pressure in the chest
- Sudden confusion
- Weakness or drooping on one side of the body

National Ho

National Hospital Week is an annual celebration of the people who take care of patients and families all over the country—here's how we celebrated ours.

DURING THIS YEAR'S National Hospital Week, we honored our family of hardworking nurses, doctors and staff members who help make Monroe County Hospital & Clinics a beacon of hope and healing for the community. Though the celebration takes place nationwide and was created by the American Hospital Association, we tailor our events to the wonderful people we work with every day.

Our week of celebrations began May 13 and included free lunch, breakfast and dinner gatherings, some of which were sponsored by the Monroe County Health Care Foundation. We also held raffles and games for employees and handed out gifts in the middle of the week. The midweek point was marked by the announcement of our DAISY Award winner as well.

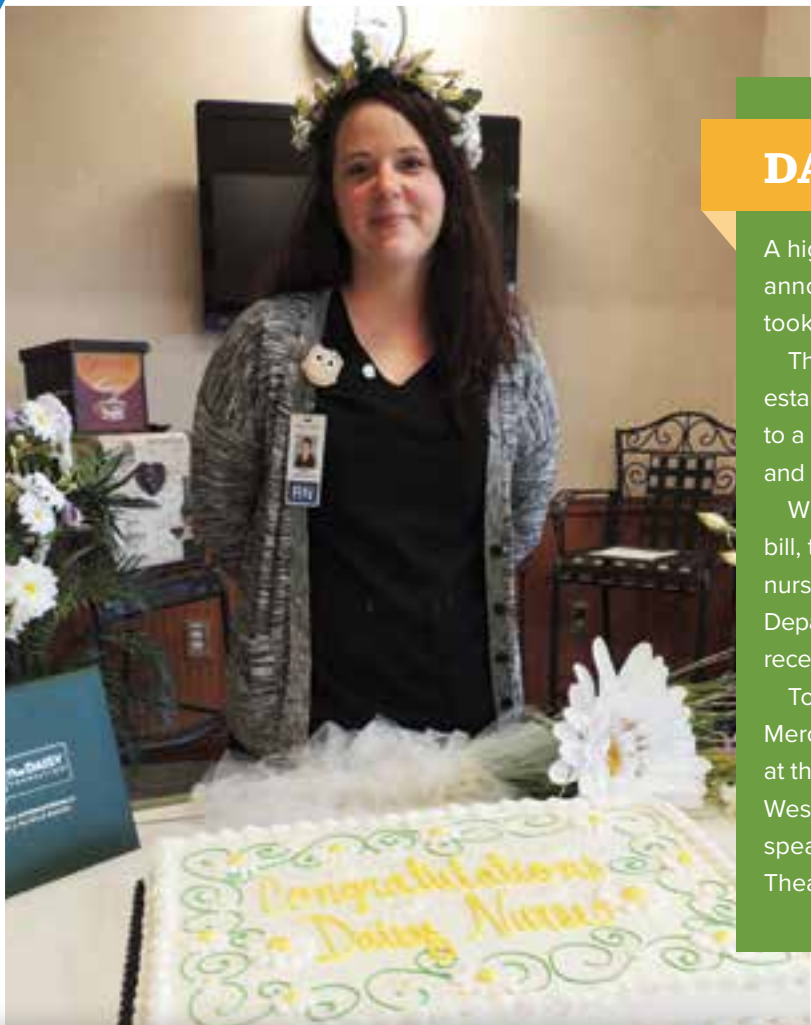


Employees participate in National Hospital Week festivities.

(counterclockwise from top)
Appetizer contest judges Sue and John Goode and Brooke Bettis; dessert contest judges Nate Ammons, Marilee Scieszinski and Tammy Adams; Gale Herrera; and Cory Billings



Hospital Week



DAISY AWARD WINNER

A highlight of National Hospital Week was the announcement of our DAISY Award winner, which took place May 15.

The DAISY Award for Extraordinary Nurses was established by The DAISY Foundation and is given to a nurse who demonstrates compassion, courage and integrity in all situations he or she faces.

While we had 10 extraordinary nurses who fit the bill, this year's award ultimately went to registered nurse Amber Hatfield in the Emergency Services Department at MCHC. We held a luncheon and reception to honor her.

To further celebrate this incredible achievement, MercyOne held a luncheon at the Grand Ball Room at the Holiday Inn & Suites at Jordan Creek in West Des Moines, Iowa, on June 14 with keynote speaker Jonathan Swenson from Paraphrase Theatre.



**The DAISY
Award®**

FOR EXTRAORDINARY NURSES

**HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES**

(Left to Right) Matt Foster (MCHC Board of Trustees), Larry Brown (MCHC Chief Financial Officer), Brad Leedom (MCHC Emergency Services Manager), Amber Hatfield (MCHC RN, Emergency Services), Gale Herrera (MCHC Chief Nursing Officer) and Veronica Fuhs (MCHC Chief Executive Officer)



“PATIENTS WHO TRANSITION FROM INPATIENT TO SKILLED CARE AT MONROE COUNTY HOSPITAL & CLINICS RECEIVE HOLISTIC CARE FROM THE SAME MEDICAL TEAM IN THE SAME PRIVATE ROOM, ALL IN THE COMMUNITY WHERE THEY LIVE.”

—Gale Herrera,
Chief Nursing Officer at MCHC

Back *IN* Harmony

Mark Haselhuhn was looking forward to singing in a show in Albia earlier this year until an illness hindered his plans. Skilled care at Monroe County Hospital & Clinics prepared him to return to life’s regular rhythm.

IN FEBRUARY, MARK, a 64-year-old grain farmer from Monroe County who loves to sing—he’s performed at Albia’s King Opera House and as part of the city’s Restoration Days festival—underwent surgery in Des Moines for a pair of infected abscesses on the back of his neck that were pressing against his cervical spine. Afterward, he needed an intravenous (IV) antibiotic to clear up the infection and rehabilitation therapy to rebuild his strength and functional abilities.

“I started my rehabilitation in Des Moines, but I wanted to transfer to MCHC as soon as possible because the hospital has an outstanding physical therapy unit, it’s only nine miles from my home, and it’s close to the Monroe County Courthouse, where my wife works,” Mark said. “I had rehabilitation at MCHC for some foot problems in the past, and it didn’t take long for me to feel like I was with family.”

GREAT STRIDES

On Feb. 26, Mark entered skilled care at MCHC, which is for patients who are on the road to recovery following illness

or surgery but need additional medicine, rehabilitation therapy or education before they can return home. Mark received an eight-week IV antibiotic treatment, as well as daily occupational and physical therapy.

“I never thought I’d have to relearn how to stand, walk and use stairs,” he said. “The illness really drained me, but the therapy helped increase my recovery. When I stood for the first time in Des Moines, I could only take five steps. By early April, at MCHC, I was able to walk more than 1,200 feet at a time.”

The care Mark received prepared him to return home in mid-April, where he planned to resume farming. MCHC Social Worker and Case Manager Kim Higginbotham, BSSW, who worked with Mark throughout his stay, credits his success to his determination to get better.

“When Mark arrived at MCHC, he was very sick and had a long recovery ahead,” Higginbotham said. “He did everything our therapists asked him to do. His hard work helped him get in good shape to go home.”

Safely Soak Up the Sun

Don't take a summer vacation from sun protection.

AFTER A COLD, Midwest winter, we are ready for blue skies and warm weather. While being out in the sun is healthy, it's important to take precautions to protect against skin damage.

START WITH SUNSCREEN

All exposed skin, including the ears, scalp, lips and tops of your feet, should get a thick lather of sunscreen. Let it soak in for 15 minutes before going outside.

When you choose a sunscreen, the American Academy of Dermatology (AAD) suggests adults and children six months and older should use a water-resistant, broad spectrum sunscreen that has a sun protection factor (SPF) of 30 or higher.

No sunscreen is completely waterproof. Because water-resistant sunscreen will stay on your skin briefly while you swim or sweat, usually between 40 to 80 minutes, the AAD recommends reapplying sunscreen every two hours.



YOU CAN DO MORE

Sunscreen is not the only safety precaution you can take.

- **Be shady.** Seek shade from 10 a.m. to 4 p.m. when the sun's rays are strongest.
- **Cover up.** Long-sleeved shirts and pants provide additional sun protection. If it's too hot for long sleeves, try a T-shirt or a swimsuit cover-up.
- **Help yourself to a hat.** A wide-brimmed hat shades your scalp, neck, face and eyes.
- **Slip on sunglasses.** Choose styles that wrap around the sides of your face and also offer UVA/UVB protection.

Grilled Sweet Corn



The next time you fire up the grill, consider adding a little color to your meal. This sweet corn and potato recipe is nutritious and easy to prepare.

INGREDIENTS

- | | |
|--|---|
| 2 tablespoons vegetable oil | 3 ears corn, husked, cleaned and cut into 2-inch sections |
| 2 garlic cloves, finely chopped | 12 green onions, trimmed |
| 3 sweet potatoes, cut into 1-inch slices | |

DIRECTIONS

Mix the oil and garlic cloves in a large bowl. Add the vegetables and toss.

Place the vegetables on the broiler pan or grill. Turning twice, cook the vegetables for 10 minutes or until they are tender.

Place the vegetables on a platter. Serve.

NUTRITIONAL INFORMATION

- | | |
|---------------|--------------------------|
| Serves 6 | Total carbohydrates: 37g |
| Calories: 210 | Dietary fiber: 7g |
| Total fat: 6g | Protein: 5g |
| Sodium: 50mg | |



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recyclable product.

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Take Your Care Wherever You Go



Our new patient portal is available for use on tablets, mobile phones and computers.

IF YOU HAVE ever waited for lab testing results or had a question for your provider after hours, you understand how stressful waiting can be. Now, the wait is over. The MyMCHC Portal provides access to your providers at Monroe County Hospital & Clinics whenever you need it.

With your full medical history at your fingertips, the MyMCHC Portal lets you review medications and alert your provider of any discrepancies before an upcoming appointment.

“The portal offers patients a visual to their health record,” said Kendra Sinclair, Director of Rural Health Clinic Operations at MCHC. “Patients can quickly view their chart on their

smartphone or print portions of their record, such as the medication list.”

Patients can view lab results and radiology reports on the portal, as well as request prescription refills, pay bills and request appointments. However, the feature Sinclair is most excited about is the opportunity to directly message your provider.

“Instead of having to make a telephone call, patients can send messages from the portal,” Sinclair said. “We respond to messages the same day we receive them, even within a few hours. It’s a direct line of communication, and it’s always there when patients need it.”