

HEALTHCARE HAPPENINGS

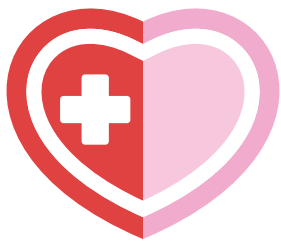
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**MONROE
COUNTY**
HOSPITAL & CLINICS

An Affiliate of
MERCYONESM

The Skinny ON FATS | *Building* STRONGER HEARTS | *National* DOCTORS' DAY



Building Stronger Hearts

Cardiac Rehabilitation prepares patients for life after heart surgery.

RECOVERING FROM HEART SURGERY is no walk in the park, but our Cardiac Rehabilitation program helps patients make the journey.

Three times a week, heart patients come to Monroe County Hospital & Clinics to participate in heart-monitored exercise and education. It helps them regain their strength and lowers their risk of future heart problems.

These sessions typically follow an angioplasty, heart attack, stent placement or coronary bypass.

“The goal is to improve patients’ heart health by educating them about exercise, healthy eating, medication compliance, stress reduction, smoking cessation, cardiac treatments and more,” said Julie Vander Linden, RN, who works in Cardiac Rehabilitation.

Due to COVID-19, we generally only have one or two patients—masked and practicing social distancing—in the rehabilitation unit at the same time. The exercises start slowly, then steadily increase in duration and intensity, based on each patient’s physical ability.



The Next Step

What happens after rehabilitation? That’s where our new H.E.A.R.T.S. program comes in. It’s a supervised exercise program for patients who have recently completed rehabilitation. They exercise for up to 45 minutes twice a week for 24 sessions.



An Affiliate of **MERCYONE.**

6580 165th Street • Albia, IA 52531

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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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Why Now Is the Time to Give Yourself Grace

Let’s face it: The past year wasn’t particularly easy for anyone. We’ve all faced challenges—and at one time or another, we’ve probably all been too hard on ourselves.

WHY IS THAT? The saying “you’re your own worst critic” is often true. We have thoughts about ourselves and say words to ourselves that we’d never say to anyone else.

While that type of mindset can be dangerous to your mental health at any time, it’s especially harmful right now, while we’re in the middle of a pandemic. With so many things beyond our control, we value controlling what we can. One thing you can control? How you treat yourself. To protect your mental health, make it a regular habit to extend yourself grace. That ultimately means being kind to yourself and forgiving yourself for any potential missteps you may make.

Research shows that positive thinking can reduce anxiety and stress, as well as improve your immune system. So the next time you’re confronted with a situation where you previously would have “beaten yourself up,” so to speak, pause and take a deep breath. Calmly think through the situation and how you can handle it best, while keeping yourself in a positive light.

TO SCHEDULE AN APPOINTMENT WITH A PHYSICIAN, GO TO MCHALBIA.COM AND CLICK ON “ACCESS MYMCHC PORTAL.”



The Skinny on Fats



From the moment we begin to learn about food, we're taught that fat is something to avoid. But that's not always true.

IN FACT, YOUR BODY needs some fat in order to function optimally. It's the type of fat that matters, and some fats are considered healthier than others.

WHAT ARE HEALTHY FATS?

Unsaturated fats are considered healthy fats because they have been shown to lower your risk of developing heart disease.

Why is it important to eat foods containing these fats? Healthy fats help give your body energy, and they aren't produced within the body itself.

Some foods contain what are known as omega-3 fatty acids. Omega-3s, which are found in fatty fish, flaxseed and plant oils, may help improve heart health or lower risk of dementia.

WHAT ABOUT THE UNHEALTHY FATS?

Two types of fats—saturated and trans—are considered unhealthy. These fats are found in baked goods, fried foods, fatty beef, lamb, pork, poultry with the skin on, butter and cheese made from whole or 2% milk.

Choose healthier versions of these foods by selecting lean cuts of meat, removing the skin on poultry and opting for low-fat versions of dairy products. Try to avoid trans fats altogether and limit your intake of saturated fats to 13 grams per day.

Savory Salmon Skewers

Fatty fish, such as salmon and tuna, are key sources of heart-healthy omega-3 fatty acids. Experts recommend including two 3.5-ounce servings of non-fried fish in your diet each week. Try this healthy recipe from the U.S. Department of Agriculture.

INGREDIENTS

1 pound salmon	Salt, pepper and paprika (to taste)
1 cup cherry tomatoes	
1 cup cubed pineapple	8 heat resistant skewers
1 lemon	

DIRECTIONS

1. Clean salmon, then pat dry. Cut into two dozen ½-inch cubes, then coat all sides with seasoning to taste.
2. Cut cherry tomatoes in half. Alternating, put salmon, tomato and pineapple on skewers until skewers are full.
3. Cook as desired. Skewers can be cooked using ½ cup of canola oil in a skillet over medium-high heat and turned every 2 minutes, or they can be grilled or prepared in the oven.
4. Serve each person 2 skewers with a slice of lemon on the side and ½ cup of brown rice, prepared as directed on package.

NUTRITION

Serves 4
(2 skewers plus rice)
Calories: 333
Fat: 13g
Saturated Fat: 3g
Sodium: 65mg
Carbohydrates: 30g
Dietary Fiber: 3g
Total Sugars: 5g
Protein: 24g

Recipe adapted from choosemyplate.gov



AWARD-WINNING *Nursing*

Two Monroe County Hospital & Clinics staffers have been named “Great Iowa Nurses.”

WE’VE ALL MET THAT ONE SPECIAL NURSE—the one whose competence, courage and commitment really stood out when we were patients in the hospital, feeling our worst.

That’s what this recognition is about. Annually, the “100 Great Iowa Nurses” award fields nominations from patients, coworkers and loved ones for outstanding nurses who go above and beyond in their roles. Each May, award winners are recognized during National Nurses Week after a two-part review process.

Two of this year’s Great Iowa Nurses work right here at MCHC. Congratulations to Heather Leshen, Assistant Chief Nursing Officer, and Kasi Stephens, an RN in our Outpatient Clinic and Infusion Center.

“It was easy to nominate Heather for such an award after watching her through the years picking up shifts to help out her co-workers, being a wonderful mentor to myself and other employees when it comes to providing the best nursing care, and being such a great manager on the medical-surgical floor,” said Breanna Coughlin, RN, MCHC Med-Surg & Surgery.

“She is admired by all her employees, and one can only hope to be as knowledgeable and well-rounded as her one day,” Coughlin added.

These two nurses are being recognized for making meaningful, lasting contributions to their patients and colleagues and for acting as mentors to other nurses.

“Kasi is an incredibly hard-working nurse, who puts her patients first no matter where she is working in the hospital,” said Alyssa Prater, RN, MCHC Infusion Center. “Her compassion is genuine, and anyone who has had a chance to work alongside her or has been under her care can attest to this. She is an incredible co-worker who makes others strive to be their best and is a role model for new nurses,” Prater added.

Leshen and Stephens will celebrate virtually on May 2, the beginning of National Nurses Week.

This award is a prestigious one, and the MCHC nursing staff is no stranger to this designation. In 2019, Nurse Practitioner Jennifer Archer, ARNP, received this award, and in 2020, Brenda Finneman, RN, Employee Health & Infection Prevention Coordinator, was named one of the “100 Great Iowa Nurses.”

Among other job duties, MCHC’s nurses provide all manner of medical care, perform treatments, administer medication and IVs, review findings from labs, provide emotional support, and keep each patient safe.

They also help train tomorrow’s nurses: nursing students from area community and technical colleges.

But it’s how they do all of this that matters most.

100 great
iowa nurses
courage, competence, commitment



Heather Leshen, Assistant Chief Nursing Officer
Kasi Stephens, RN, Outpatient Clinic/Infusion Center



NOT JUST *Birth Control*

“The Pill” has other medical benefits you may not expect.



Dr. Kendra Martin

SOME WOMEN ARE SURPRISED when their physician prescribes birth control pills even though they don't need contraception.

But these pills aren't exclusively for birth control. They have other medical uses as well.

Dr. Kendra Martin, a Family Physician at Monroe County Hospital & Clinics, takes us through the pill's other benefits:

RELIEVE CRAMPS

“Because birth control pills suppress ovulation, they prevent the intense contractions of the uterus that cause menstrual cramping,” Dr. Martin said.

Preventing ovulation also makes the uterine lining thinner, resulting in a lighter period. That lowers your risk of anemia due to heavy bleeding.

CONTROL PERIODS

“If you have irregular or unpredictable periods, birth control pills will regulate them and make them conform to the schedule you desire,” Dr. Martin said.

With most birth control pills, you take “active” pills containing hormones for three weeks, followed by one week of “inactive” pills during which you get your period. You can speak with your physician about scheduling your period on a monthly, semi-monthly or annual basis.

EASE PMS, ACNE & MIGRAINES

“If you suffer from premenstrual syndrome (PMS), birth control pills can ease your symptoms,” Dr. Martin said. “That's because the pills even out your hormone levels during your cycle.”

Balancing your hormone levels can cut down on symptoms such as acne or PMS. It can also help relieve migraines and prevent unwanted hair growth.

“If you have acne, it may take several months for birth control pills to clear up your skin,” Dr. Martin cautioned.

IMPROVE ENDOMETRIOSIS SYMPTOMS

Another cause of painful periods and cramping is endometriosis, a condition that occurs when tissue similar to the tissue that lines the uterus grows outside the uterus.

“Birth control pills won't cure endometriosis, but they can relieve the symptoms and reduce pain,” Dr. Martin said.

The pills can also prevent ovarian cysts from forming.

REDUCE CANCER RISK

Birth control pills may even have an impact on cancer risk. As they inhibit periods and reduce menstrual bleeding, they may help lower a woman's risk of developing certain cancers.

“Research has found that birth control pills lower your risk of getting ovarian cancer,” Dr. Martin said.

Further, women on the pill have been found to have fewer incidents of uterine, endometrial and colorectal cancers, according to a number of medical studies.

GO TO MCHALBIA.COM AND CLICK ON “ACCESS MYMCHC PORTAL” TO FIND A PHYSICIAN WHO CAN ADDRESS YOUR WOMEN'S HEALTH NEEDS.

RECOGNIZING DOCTORS' DAY

Each March, health systems like Monroe County Hospital & Clinics celebrate the doctors who keep us well.



Alex Curiel, MD
Medical Clinic

Gerald Haas, DO
Medical Clinic

Kendra Martin, DO
Medical Clinic

Tanner Crossley, DO
Medical Clinic

Neal Sokol, DO
Surgery

Andrew Frost, DO
Emergency Services

DOCTORS' DAY OCCURS on March 30 annually, and it is a time to show appreciation for physicians and celebrate their contributions to society and the medical community.

This tradition began in the U.S. in 1933 when a physician's wife, Eudora Brown Almond, mailed greeting cards to physicians and placed red carnations on the graves of deceased physicians to acknowledge the work and dedication of other physicians like her husband.

This year marks a particularly special time for showing our appreciation to those who have maneuvered through a difficult year, keeping up to date on a new virus, adjusting policies and procedures to promote a safe patient care environment, and providing care to patients during a global pandemic of historic proportions.

Physicians are concerned that patients may not be getting the care they need due to concerns surrounding COVID-19.

Telehealth has been a way to bridge the gap in some instances, but not all visits can be conducted electronically. Given the altruistic nature of their job, most doctors would agree that the best gift you could give your physician this Doctors' Day is to prioritize your health and ensure you are getting the medical care you need. Eat healthy, exercise and continue using precautions to protect you from COVID-19, such as wearing a mask, social distancing and getting vaccinated. Remember the importance of routine screening (physical exam, colonoscopy, mammogram, etc.), follow-up care for chronic conditions, and prompt evaluation of medical emergencies. We are proud of the dedication to the community and the determination of our MCHC physicians to provide a safe place for patients to receive exceptional care.

The MCHC staff wishes our physicians a Happy Doctors' Day in appreciation for their dedication to serving the Albia area.

"Our physicians put the patient first. They selflessly utilize their knowledge, skill and caring ways to provide the best care to our community. We are proud of this group of highly skilled and compassionate physicians."

—Kendra Sinclair, Director of Rural Health Clinic Operations

"With 20 years of Emergency Department experience, Dr. Andrew Frost is dedicated to making the MCHC Emergency Department the best it can be through compassionate care and thorough evaluations. In addition, he is a kind, thoughtful and mindful physician who is empathetic to the needs of his patients, staff and fellow providers."

—Brad Leedom, Emergency Services Manager

"Dr. Neal Sokol works to treat all patients fairly. He wants his patients to be informed and understand all possible outcomes whether they have surgery or not."

—Jenny Klyn MHA, RT (R)(M)(ARRT) (RDMS), Director of Ancillary Services, Radiology Manager, OP & Infusion Center Manager



Occupational Therapy at Monroe County Hospital & Clinics

Meet the dedicated professionals who help patients recover and rehabilitate.

THE OCCUPATIONAL THERAPY (OT) team at Monroe County Hospital & Clinics has been serving the Albia area, providing rehabilitation services to help patients regain a higher level of functioning and improve their ability to perform activities of daily living, thus improving their patient's independence and quality of life.

With over 25 years of OT experience, Brenda Coram, OTR/L, Occupational Therapist, provides expertise and a solid foundation for serving the Albia area since joining MCHC three years ago. Carter describes Coram's patient care style as "caring and compassionate."



Brenda Coram, OTR/L

Sara Hassinen, OTA/L, Occupational Therapy Assistant, has dedicated seven years to serving her community in rehabilitative care at MCHC. Carter describes Hassinen's patient care style as "relaxed but professional and flexible to meet the needs of her patients." Carter continues, noting that Sara is "particularly known for helping out around the Rehabilitation Services Department and other departments as her schedule allows, which is very much appreciated."



Sara Hassinen, OTA/L

"The OT team at MCHC is experienced and has a great working relationship that allows them to provide the best care to our patients," said Becca Carter, PT, DPT, Rehab Services Manager.

Carter goes on to say that the OT team is invested in providing a positive patient experience, thrives on their patients' successes and enjoys helping patients recover and restore function.

Laboratory Professionals Rise to Greatness

Despite the coronavirus outbreak, the Monroe County Hospital & Clinics Laboratory team shines.

ERICA MARTINEZ STARTED working in Albia in 2011 as a Laboratory Technician and came back in 2016 as the Laboratory Manager at MCHC after finishing her bachelor's degree. Martinez notes that one of her favorite parts of her job is the higher level of patient interaction here compared to larger labs. Martinez exhibits natural curiosity and passion for her work.

"I enjoy figuring out what is wrong so I can help others," she said. The Laboratory team employs methods that she equates to "detective work."

The global pandemic has presented a new set of challenges the Laboratory team at MCHC has fearlessly taken on with precision.

"We recently had our two-year Clinical Laboratory Improvement Amendments inspection and had no deficiencies," Martinez said. This perfect score is particularly impressive in light of the COVID-19 pandemic.

"Congratulations to the MCHC team on a deficiency-free survey," said Lori Wallen, MLS (ASCP) Technical Consultant, Laboratory, MercyOne Des Moines Medical Center. "The dedication to quality lab work and support of the lab personnel is commendable."

"This speaks volumes to the hard work and quality of care our team provides," Martinez said. Her exuberant pride for her team was perceived in her warm tone. The love for serving the Albia community shines through the efforts of these scrub-clad heroes.

The MCHC Laboratory Department

- **Laboratory Medical Director:**
Dr. C. Crowder
- **Laboratory Manager:**
Erica Martinez
- **Medical Technologists:**
Leah Raskie, Tonya Ward and AnaMarie Mamba
- **Medical Laboratory Technicians:**
Chris Frost, Ashley Drummond and Glenda Archer
- **Phlebotomist:**
Karen O'Bryant





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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.

6

Life Habits for Weight Loss

When it comes to shedding pounds, think healthy eating rather than diets.

INSTEAD OF DEPRIVING yourself and trying to stick with a strict diet, it's better to build habits you can maintain over time. These six habits can help you get to and maintain a healthy weight:

- 1. Make water your beverage of choice.** By choosing water instead of sugary beverages, you don't drink your calories for the day when you could be eating something delightful.
- 2. Plan and prep ahead.** Plan out your meals for the week in advance, and when possible, go ahead and cook them as well. Having healthy foods you can heat and eat during the week makes a difference!
- 3. Watch for added sugars.** Nutrition labels often include this sneaky additive, so keep added sugars to a minimum. Sugars from fruit or dairy are OK.
- 4. Choose healthy fats.** See Page 3 for more details!
- 5. Bake, grill or broil your protein.** Frying or cooking with sauce adds unnecessary fat and calories.
- 6. Keep your salt intake in check.** And remember that salt doesn't only come from a saltshaker. Keep an eye on sodium by reading the nutrition panel on packaged foods.

