

# Health Update

HCHC'S  
*learning to live well*

MOUNT PLEASANT, IOWA  
JUNE / JULY 2010

## Personalized maternity care at HCHC

The birth of a child is one of life's most precious moments. That's why HCHC's Maternity Services Department offers families the comfort and satisfaction they expect and deserve for their special delivery.

Making each birth a pleasant experience filled with special memories is the goal of the Maternity Services team. With approximately 150 babies born each year at HCHC, the physicians and nurses who specialize in obstetrics deliver quality care that meets and exceeds our patients' expectations.

### THE HCHC EXPERIENCE

To make the birthing experience as pleasant and memorable as possible for each family, patients are offered private rooms complete with private bathrooms and showers.

"We pride ourselves in offering all of our patients an atmosphere that is beautiful and homelike," said Shayla Malone, Maternity Services Supervisor. "We have two labor/delivery/recovery rooms, a delivery room with a birthing chair, and four private postpartum rooms. We encourage fathers to stay through the night to enhance bonding with the new family member so our rooms contain loveseats that make into single beds for the father to be comfortable while he stays with his new family."

### ADVANTAGES OF DELIVERING AT HCHC

There are several advantages to delivering at HCHC. Patients receive personalized care and excellent one-on-one attention. "Our physicians provide exceptional care for our obstetrics patients. They are caring and talented, and we are very fortunate to have these health care professionals in our hospital and community," said Malone.

The obstetrics nurses are all experienced in labor and delivery, as well as newborn and postpartum care.

"We offer education throughout the entire pregnancy. Each new obstetric patient receives an antepartum teaching booklet in the physician's office that explains the changes in the mother's body from conception to birth and postpartum," explained Malone.

Prenatal education classes are also offered, along with a tour of the Maternity Services Department, and education is provided to parents during their hospital stay. New parents are encouraged to call Maternity Services with any questions or concerns after they are discharged home with the new baby. A home visit is offered by a Home Health Care Nurse, and follow-up phone calls are made.

For more information on HCHC's Maternity Services, call 319-385-6187 or visit our web site at [www.hchc.org](http://www.hchc.org).

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HCHC's Mission is to enhance the health of individuals and our communities through high quality, effective and efficient services.



*Making each birth a pleasant experience filled with special memories is the goal of the Maternity Services team.*



# Maternity Services

## NEW CENTRAL MONITORING SYSTEM ADDED FOR ENHANCED PATIENT SAFETY

Patient safety is top priority at Henry County Health Center, which means using the most current, state-of-the-art technology for patient care. HCHC Maternity Services recently added a new piece of equipment that will continue to ensure excellent care for mothers and babies.

The GE Centricity Perinatal Central Monitoring System is one of the most technically advanced and flexible systems available today. This system enables staff to monitor labor contractions and heart rates of both mother and baby from either the bedside or a central nurses' station. The unique split screen feature even allows staff to monitor multiple patients at one time from any station.

"Centricity Perinatal allows caregivers to access vital patient information while away from the bedside through tools such as PDAs and SmartPhones or web-based browsers. This means that physicians can keep a vigilant eye on their patients from virtually anywhere. This all adds up to a system that ensures HCHC can maintain the high level of patient safety we are known for, whether caring for one patient or several," explained Shayla Malone, HCHC Maternity Services Supervisor.

## A labor of love

### PAIN MANAGEMENT FOR LABOR AND DELIVERY

When a baby's due date draws near, many mothers begin to evaluate their options for pain management once they begin labor. A common question is how painful is labor and how will that pain be managed?

Henry County Health Center's goal is to make the birthing experience as safe and pleasant as possible. Expectant mothers can choose from several pain management options which can be discussed with their physician prior to the actual time of labor and delivery.

#### EPIDURALS AND INTRATHECALS

The Anesthesia/Pain Management Department offers both epidurals and intrathecals for pain management in the laboring patient. Each prenatal class receives education on epidurals and intrathecals so patients can make an informed decision on which option is best for them.

- **Epidurals are given by placing a flexible catheter through a needle into the epidural space. The needle is removed and the medication goes through the catheter. Medications are given at a constant rate through a pump with the option of the patient being able to give extra doses by pushing a button. This Patient Controlled Analgesia (PCA) allows the patient to actively manage their pain.**
- **Intrathecals are a combination of long-acting local anesthetic and a short-acting and a long-acting narcotic placed into the spinal canal.**

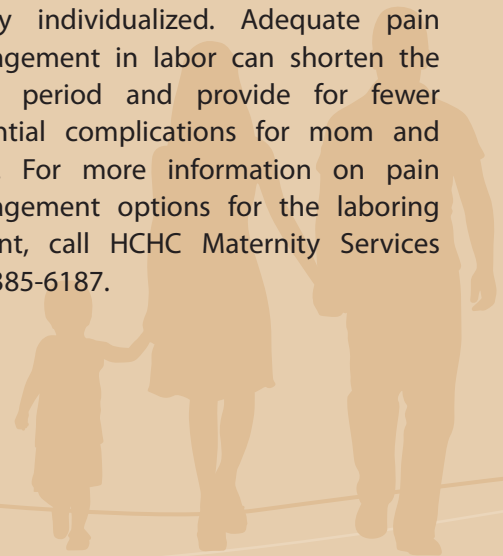
#### PAIN MEDICATION

Nubain and Fentanyl are two types of IV narcotics also offered for patients in labor. Nubain is a mild narcotic commonly used during labor, and is an effective and safe analgesia that lasts approximately one hour. Nubain lessens the pain perception, but does not cause muscle weakness, so patients can still feel the urge to push. Fentanyl is a moderate sedation narcotic sometimes given with Phenergan to produce a more relaxed state and to reduce the occurrence of possible side effects of nausea and vomiting. These medications do not take away all the pain, but take the edge off so the birthing experience is less painful.

#### RELAXATION TECHNIQUES

When the patient needs help relaxing there are several natural methods of coping with labor pain that can be utilized. Various breathing methods can be used along with a focal point to maximize the relaxation technique. In addition, the use of a birthing ball can help relieve the pressure involved with labor.

Ultimately, it should be remembered that pain management during labor is highly individualized. Adequate pain management in labor can shorten the labor period and provide for fewer potential complications for mom and baby. For more information on pain management options for the laboring patient, call HCHC Maternity Services 319-385-6187.



# Maternity Services

## Meet HCHC's Maternity Services Team



ROBERT SMITH, M.D.

**Medical Education:** University of Utah College of Medicine

**Internship/Residency:** Tripler Army Medical Center, Honolulu, Hawaii *Obstetrics/Gynecology*

**Fellow of the American College of Obstetrics and Gynecology**

**Specialties:** Obstetrics/Gynecology

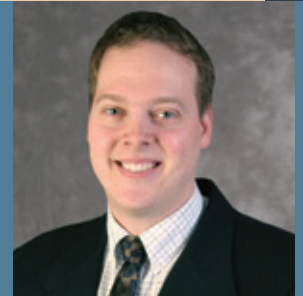
KENT METCALF, D.O.

**Medical Education:** Kirksville College of Osteopathic Medicine

**Residency:** SIU Family Practice & Memorial Medical Center, Springfield, IL

**Board Certification:** American Academy of Family Practice

**Specialties:** Family Practice/Obstetrics



KENT RYNDERS, M.D.

**Medical Education:** University of Iowa College of Medicine

**Residency:** Mercy Medical Center – North Iowa, Mason City, IA

**Board Certification:** American Academy of Family Practice

**Specialties:** Family Practice/Obstetrics

JULIE WAGNER, D.O.

**Medical Education:** Des Moines University College of Medicine

**Residency:** Cedar Rapids Medical Education Foundation, Cedar Rapids, IA

**Board Certification:** American Academy of Family Practice

**Specialties:** Family Practice/Obstetrics



SARAH LEDGER, D.O. (begins August 2010)

**Medical Education:** Des Moines University College of Medicine

**Residency:** Iowa Lutheran Family Medicine, Des Moines, IA

Board Eligible for Family Practice

**Specialties:** Family Practice/Obstetrics

# HCHC Foundation

## Meet HCHC Foundation's newest board members

Please join the HCHC Foundation in welcoming its newest board members. These volunteers have made a commitment to the Foundation's mission and objectives. They will play a vital role in promoting and delivering important health related initiatives to the families of Henry County.

**Gary Brose** has lived in Wayland for 16 years. His wife, Shelli, is a teacher at WACO, where their sons are a junior and freshman. Gary has been an associate of HCHC for over 16 years.

*"I feel the Foundation fills a key need between the community and HCHC. It allows community members to have a sense of ownership and belonging with HCHC. By supporting the Foundation, the community becomes more involved and more interested in what is going on at the hospital. HCHC benefits by being able to enhance the services we provide to the community. We also have a base of people who support and care about the hospital. The Foundation provides the framework for interaction between the community and HCHC that does not necessarily exist in any other manner."*

*"Over the last couple of years, the purpose of the Foundation has become more apparent, not only for HCHC, but also for the community. It is because of the growing interaction between the Foundation, HCHC and the community that I decided to join the Board. Now I can see the work the Foundation is doing on HCHC's behalf and I want to support our hospital. I feel that working with the Foundation will be beneficial to the community, the hospital and me."*

**Marvin Day (Trustee)** moved to the Mt. Pleasant area with his wife, Wanda, in 1974. Together they established their first business (Pizza Hut/A&D Management Co.) and raised their family. Marvin has served on the HCHC Board of Trustees since the late 1970's.

*"If we are to maintain and continually enhance our health system in Mt. Pleasant, we must actively engage ourselves in the present and future needs for healthcare in our community. The Foundation is an important element to encourage that engagement and to communicate the many qualities that HCHC already provides to us."*

*"I have learned so much from serving on the HCHC Board of Trustees. I have witnessed the tremendous commitment made by many other trustees to help the management team guide our health system to be the very best it can be. I*



New Foundation Board Members pictured above (l-r): Gary Brose, Richard Garrels, Dr. Michelle Tansey, and Heidi Ryon. (Not pictured: Marvin Day)

*agreed to serve on the Foundation as a representative from the Board of Trustees to help ensure clear coordination between these two boards: both of which are responsible for protecting, planning and providing for the current and future health services needed of our citizens."*

**Richard Garrels (Trustee)** is a native of Henry County. He and his wife, Elizabeth, have two grown children and five grandchildren living in the Des Moines and Chicago area. Rich attended Mt. Pleasant schools and graduated from Iowa Wesleyan College. He was a teacher in the Mt. Pleasant School District for 15 years. Farming and various business enterprises are just a few activities that have kept Garrels running.

*"I have been a member of the HCHC trustees on two separate occasions. Each experience has strengthened my appreciation of the work and programs that HCHC provides. My experience as trustee has shown me the importance of having viable medical services here in Henry County and Southeast Iowa. I've also recognized the importance of the HCHC Foundation to our hospital and communities. And I'm not alone. The recent success of the fundraiser for the Infusion Center made it clear that the residents of Southeast Iowa want quality medical services right here. Supporting and working with the Foundation provides a way for individuals and families to ensure that quality medical care remains in our communities."*

*"The future of HCHC is looking bright. We have a great administrator and leadership. Our contractual relationships with GRMC, University of Iowa and other providers are strong and will continue to flourish. I am proud of the organization and excited to be part of the HCHC Foundation Board."*

**Heidi Ryon** and husband, Dr. Joel Ryon, moved to Mt. Pleasant three years ago when he signed on with Family Medicine of Mt. Pleasant. They have two young children. Heidi graduated from Simpson College with an elementary education degree and is currently substitute teaching at Lincoln Elementary. She enjoys teaching indoor cycling and volunteering at their church.

*"I feel the Foundation is the linking organization between HCHC and the community. It uniquely serves both groups to provide important, valuable health care initiatives and services. By working directly with the staff and management of HCHC, the Foundation learns what new technology the hospital needs to better serve Henry County patients, and supports the recruitment of new physicians to our area. The Foundation also works directly for the community providing services, educational opportunities, and health related activities to better the lives of our citizens. The Foundation's ability to link the community's needs with the hospital's initiatives is definitely a vital part of this community."*

*"I have been fortunate in that I have been partially exposed to the health care industry over the past 11 years—supporting my husband through medical school, residency, and now the beginning of his career as a Family Medicine physician. Through this journey, I have learned*

*a great deal about preventative medicine—taking care of yourself now to avoid major health problems in your future. The opportunity to serve on the Foundation Board seemed like a perfect fit—a way to promote healthy lifestyles for all residents. Through serving on the Foundation Board, I hope to be instrumental in improving the quality of life for all of us in Henry County."*

**Michelle Tansey, M.D.** is a Board Certified General Surgeon and began working at Henry County Health Center in July, 2009. Having grown up in a large family of five brothers, a twin sister, and a younger sister, she is grateful to live and work in the Midwest near friends and family. In addition to work in Iowa, Dr. Tansey participates in mission trips in South Africa and Haiti.

*"The Foundation is a perfect bridge of support and information between the community and HCHC. It is a significant piece of the puzzle that makes this community strong and forward thinking. The Foundation not only gives financial assistance for large community projects like the Infusion Center, but is also welcoming and supportive of individuals and families in our area."*

*"It was an easy decision to serve on the Foundation Board because it is one way in which I can learn about and help the people in the community without having to do an emergency surgery or discuss a cancer diagnosis. It is important to me to be an active participant in the community and get to know the people of Henry County. Being a Foundation board member is the perfect opportunity for me to further develop the positive relationship between HCHC and area families plus it allows me to give back for all that I have been given."*



**SAVE THE DATE:**  
**Wednesday, August 11, 2010**  
**HCHC FOUNDATION GOLF BENEFIT**  
**Mount Pleasant Golf and Country Club**

**Sign up now! Sponsorships are available. Proceeds will help improve the healthcare of area residents. For more information contact Michelle Rosell at 319/385-6541 or go to Foundation Events at [www.hchc.org/foundation](http://www.hchc.org/foundation).**

# Rehab Services

## HCHC REHABILITATION SERVICES

HCHC Rehabilitation Services is committed to providing excellent customer service and optimum patient care to lead our community in the prevention and promotion of health, wellness and fitness.

The following services are provided:

- Orthopedic and sports injuries,
- Post surgical (all diagnoses)
- General musculoskeletal (all extremities)
- Low back pain
- Headache and cervical disorders
- Hand and upper extremity- splinting, strengthening, post surgical
- Lymphedema
- Stroke and other neurologic conditions
- Balance problems
- Aquatic therapy (for patients only)
- Vestibular disorders
- Pediatrics
- Swallowing and speech disorders (Pediatric and Adult)
- Fibromyalgia
- Partner with prosthetics/ orthotics providers

For more information on HCHC Rehab Services, please call 385-6102 or visit [www.hchc.org](http://www.hchc.org).

## New therapy offered for aches and pains

If you suffer from neck, lower or mid back pain, and/or headaches, HCHC's Rehabilitation Services offers a newly implemented form of therapy called the Mckenzie Method of Mechanical Diagnosis and Therapy.

Physical Therapist Christina White explained this method as a systematic way to evaluate and treat patients suffering from these specific areas of pain. "Sometimes this pain can be from an injury, but many times there is no apparent cause. The pain may be due from certain sitting postures or repetitious bending or lifting, or the pain can begin suddenly like when bending over to pick up something. Other patients have endured pain for many years and may or may not know why the pain started," commented White.

### WHAT IS THE MCKENZIE METHOD?

The method was developed by Robin Mckenzie in 1956 who discovered that patients with low back pain experienced relief moving in certain directions. The Mckenzie Method focuses on the patient's ability to self-manage their condition with one to two exercises

performed several times per day. The four stages to the method include reducing the symptoms, maintaining reduction of symptoms, returning to daily routine, and preventing reoccurrences.

All four of these stages are addressed in therapy, with evaluation on the first day to determine the appropriate exercise. The patient performs the exercise several times at home, usually along with a postural correction exercise. The individual is seen two to three times per week for a short period to reassess their progress, modify the exercise if necessary, and also to determine if they are ready to advance to the next stage. The main goal is for patients to return to activities they enjoy with less pain, along with an understanding of how to prevent the pain from reoccurring.

Individuals who are experiencing pain in the areas of the neck, lower and/or mid back, or headaches that are beginning to be applied to other joints in the body, can talk to their family physician about physical therapy utilizing the Mckenzie Method. For more information, contact Rehabilitation Services at 319-385-6102.

*"The Mckenzie method has the potential of working very quickly, which means the patients don't have to come to therapy for as many visits. Patients also acquire more independence with these exercises which can translate into a reduction of therapy visits," explained White.*

Pictured is Christina White, HCHC Physical Therapist, using the Mckenzie Method on patient Kari Buck. This therapy is utilized for patients suffering from neck, lower back or mid back pain, and/or headaches and often reduces the time needed for therapy visits.



# Learn to Live Well

## HHCC partners with area organizations

### STUDENTS LEARN LIFE LESSONS TO SAY NO TO DISTRACTED DRIVING

Healthy Henry County Communities (HHCC) recently teamed up with local organizations to hold Distracted Driving Assemblies in Henry County schools.

“Nearly 500,000 people are injured and 6,000 are killed each year because drivers are talking, texting and emailing behind the wheel. The goal of the Distracted Driving Assembly was to highlight this epidemic that is sweeping through our nation,” explained Tessa Yakle, RN and HHCC Wellness Coordinator.

“We provided educational and fun assemblies for area high school students to demonstrate the dangers and implications of distracted driving. It was our goal to make youth think twice while behind the wheel and realize every move they make is a choice.”

#### A TEAM EFFORT

HHCC teamed up with the Wellmark Foundation, Henry County Sheriff’s Office, Mt. Pleasant Public Library, State

Farm Insurance, Iowa State Patrol, and Enhance Henry County Community Foundation.

“The organizations that partnered with us went above and beyond by taking time out of their busy lives to help make this event possible for students in our county. I am also thankful to the schools and teachers who participated,” said Yakle.

The school assemblies were held at Mt. Pleasant Community High School, Winfield-Mt. Union Schools and WACO. New London and Mt. Pleasant Christian School are future assembly sites.

Yakle is encouraged that the assemblies will make a positive impact among area youth. “Our event was very well received by the students and we were very confident that students heard our message and understood the deadly consequences of distracted driving.”

## DWD: Driving While Distracted

Nearly everyone is guilty of some form of distracted driving. Distracted drivers are almost everywhere you look, whether it’s on the cell phone, changing CD’s or the radio station, using makeup, or eating while driving.

#### HERE ARE IDEAS TO HELP YOU DRIVE MORE SAFELY:

##### Use your cell phone for emergency situations only.

Cell phones should only be used for emergency purposes while driving. Even then, it’s best to pull over to the right shoulder to make a call. Hands-free devices can still cause distraction. Don’t call/Don’t answer.

**Do your multi-tasking outside of the car.** Time in your vehicle may seem like an opportunity to get things done: calling friends, searching for music, or text messaging. Don’t do it! Focus on the road and the drivers around you. Get everything settled before you start driving.

**Teens should limit the number of passengers as well as the level of activity inside the car.** Most states’ graduated driver licensing laws prohibit teens from having teenage passengers in the car with them during their early months of driving solo. Driving with friends can create a dangerous driving environment because novice drivers are focused on their friends rather than the road.

**Avoid eating while driving.** Being busy is no excuse for distracted driving. Eating while driving means you are less attentive to the drivers around you. Food spills are a major cause of distraction.

**If you are drowsy, pull off the road.** Drowsiness increases the risk of a crash or near-crash by nearly four times. If you feel tired, get off the road; don’t try to get home faster.

*(This information was provided by the American Trauma Society.)*



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# Upcoming Events

## DIABETES SUPPORT GROUP

Tuesday, June 8, 2 p.m.  
*Classroom A-1, HCHC*

## DIABETES 2-HOUR FOLLOW-UP CLASS

Monday, July 12, 2-4 p.m.  
*Health Education Center, HCHC*

## DIABETES GROUP TRAINING

Tuesday, June 22 and  
Tuesday, June 29  
Call 385-6518 to register  
*Health Education Center, HCHC*

Tuesday, July 20 and  
Tuesday, July 27

Call 385-6518 to register  
*Health Education Center, HCHC*

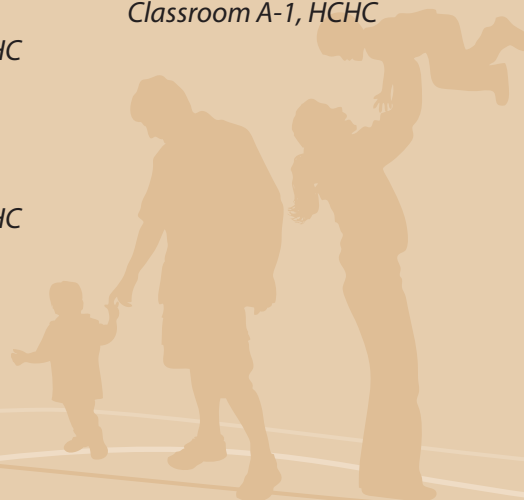
## PRE-DIABETES CLASS

Thursday, July 15, 4-5 p.m.  
Call 385-6518 to register  
*Health Education Center, HCHC*

## HCHC AUXILIARY MEETING

Monday, June 14  
9:00 a.m. Monthly Meeting  
*Classroom A-1, HCHC*

Monday, July 12  
9:00 a.m. Monthly Meeting  
*Classroom A-1, HCHC*



## Henry County Health Center's Outreach Clinics

servicing the primary healthcare needs of the  
Winfield and Wayland Communities

### WAYLAND COMMUNITY CLINIC

**Sylvia Graber, 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.,  
Wednesday 8:30–11:30 a.m.

### WINFIELD COMMUNITY CLINIC

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

Clinic held on Tuesdays and Fridays  
8:30 a.m.–Noon and 1 p.m.–5 p.m.,  
Wednesday 1–4 p.m.

*(Sylvia Graber to conduct clinic on Wednesdays)*

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.

Chief Executive Officer: *Robb Gardner*

Editor: *Shelley L. Doak*

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