

Health Update

HCHC'S
learning to live well

HCHC announces receipt of Chronic Disease Management Grant

Henry County Health Center recently announced that it is committing to a strategic focus in chronic disease management as part of a continuing emphasis on improving the health of Henry County residents. In conjunction with HCHC's plans and as a result of HCHC Foundation efforts, the hospital received a two-year grant from Health Resources and Services Administra-

tion (HRSA) totaling \$137,500 for pursuit of this strategic initiative. give the hospital an opportunity to enhance its chronic disease programs, specifically diabetes and heart disease. "These funds will be used to further monitor patient care needs associated with diabetes and cardiovascular disease. The program will work in concert with services the primary care physicians provide. We will be able to offer a variety of support programs, additional classroom opportunities, educational materials and community activities related to these types of diseases."

ENHANCING CHRONIC DISEASE PROGRAMS

According to Warren, healthcare's success in treating acute diseases has identified an exploding population of patients with chronic diseases. Many of these patients suffer from more than one chronic illness, such as both diabetes and high blood pressure. The

combination of the burden of the chronic disease, the challenges of effective self-management, and the limitations of providers mean our system has to find new approaches for dealing with chronic illnesses.

"We are seeing substantial success in chronic disease management from within the payor (insurance) sector, but those benefits have generally not reached into the country's rural areas and they've been slow to be integrated into the provider sector. HCHC's initiative looks to improve both of these historical shortcomings," he stated.

Warren went on to point out that Henry

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MOUNT PLEASANT, IOWA
DECEMBER 2008 / JANUARY 2009

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The Chronic Disease Management Grant provides HCHC with an opportunity to enhance chronic disease programs, specifically in the areas of diabetes and heart disease. Pictured is Laura Williams, RN, Certified Diabetes Educator, talking with Don Kiesey in the Diabetes Education Center. The grant funds will enhance the resources that HCHC can offer patients with chronic diseases like diabetes.

tion (HRSA) totaling \$137,500 for pursuit of this strategic initiative.

"The chronic disease management project is a continuation of HCHC's commitment beyond providing acute, inpatient hospital services. The need for this program is driven by changes in the healthcare system, specifically the aging of the population, changes in health benefits, and increasing demands on primary care physicians," explained Tony Warren, HCHC's Vice President for Development.

Michelle Rosell, HCHC Foundation, explains that the HRSA grant award will



Learn to Live Well

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County is fortunate to have a strong contingent of primary care physicians with outstanding skills in treating most chronic illnesses. However, the overwhelming numbers of patients with chronic diseases is taxing the capabilities of these physicians to provide the extra education, self-

management skills, and other resources needed by these patients. Additionally, the number of patients with complex chronic diseases who do not have an effective physician relationship seems to be growing. This is problematic because poor management of chronic diseases invariably

leads to acute complications, many of which are life-threatening and very expensive to treat.

“With these two dynamics in mind, we envision this chronic disease management program with two distinct overlapping areas of focus. The first focus is to support patients and physicians where a strong primary care relationship exists by maximizing educational, self-management, and supportive services available to patients. The second focus is for patients who are lacking a primary care physician relationship. In that case, it will be somewhat more challenging to develop a supportive role and to find physician resources essential to these patients,” explained Warren.

Warren, who is also the Administrator for Southeastern Renal Dialysis, cited high blood pressure and diabetes as two chronic diseases which can lead to kidney failure and the need for dialysis. “HCHC’s chronic disease project aims to slow down the progression of certain diseases and avoid or delay the onset of more challenging illnesses, like kidney failure.”

Williams achieves national certification

Laura Williams, RN, recently achieved recognition by the National Certification Board for Diabetes Educators (NCBDE) as a Certified Diabetes Educator (CDE) by successfully completing the Certification Examination for Diabetes Educators. She joins over 15,000 CDE’s nationwide, along with 90 others in Iowa.

CDE candidates must meet rigorous eligibility requirements to be able to take the examination, including providing a minimum of 1,000 hours of diabetic patient education over five years. Achieving certification status demonstrates that the health care professional possesses distinct and specialized knowledge in the field of diabetes management.

Williams has been a Registered Nurse since 1982 and has worked at Henry County Health Center since 1990. She has served the hospital as the diabetes educator for 10 years, providing numerous community education programs and coordinating the Certified Diabetes Self Management program since 1999.

Williams’ enhanced skills will benefit the present diabetes program and the patients served at Henry County Health Center.

CDC: Diabetes diagnoses up 90% over 10 years

Due to a recent report from the Centers for Disease Control and Prevention, HCHC’s commitment to chronic disease management proves to be even more important for the future health of our communities. The CDC recently reported a 90% increase in the rate of new diabetes cases among U.S. adults in the past 10 years. Based on data from CDC’s Behavioral Risk Factor Surveillance System, the rate increased from 4.8 cases per 1,000 people during 1995-1997 to 9.1 cases per 1,000 in 2005-2007. State-specific estimates ranged from 5 per 1,000 in Minnesota to 12.7 per 1,000 in West Virginia. States with the highest incidence were predominantly in the South. “We must step up efforts to prevent and control diabetes, particularly in the Southern U.S. region where we see higher rates of diabetes, obesity and physical inactivity,” said lead author Karen Kirtland, a data analyst in CDC’s Division of Diabetes Translation.

HCHC Updates

Campbell appointed to HCHC Board of Trustees

Rick Campbell of Mt. Pleasant is the newest member of the Henry County Health Center Board of Trustees. Campbell is the Plant Manager of Veyance Technologies, Inc. in Mt. Pleasant, the sole producer and seller of Goodyear Industrial Products around the world.

Before coming to Mt. Pleasant, Campbell worked for 19 years at another Goodyear facility, and moved to Mt. Pleasant 10 years ago to work as the Development/Engineering Manager. He then moved to Hannibal, Missouri, for two years and returned four years ago to Mt. Pleasant as Plant Manager.



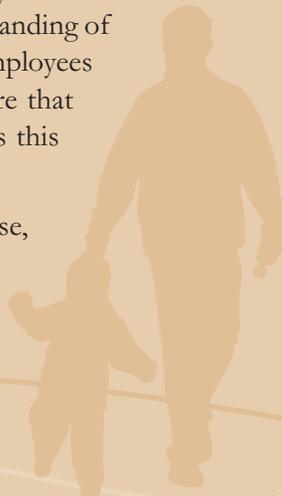
“I was asked to serve on the HCHC Board of Trustees based on my experience in various leadership roles in manufacturing which represents a large part of our community,” explained Campbell. “I have a varied background in operations, technology, human resources, and quality. I think two big issues we all care about today are the economy as well as quality, affordable healthcare. This is an opportunity for me to get involved and participate in these areas of concern.”

He feels that quality healthcare for area residents is important based on his own personal experience.

“When I moved back here four years ago, I faced a life-threatening illness. I was hospitalized at HCHC and had surgery. Based on that experience, I trusted HCHC with my life and continue to do so to this day. The care was not only professional, but genuine. It is assuring to live in a community where I know the safety and health of my family is certain, close, and comprehensive. From a business perspective, quality healthcare is imperative to continued success, and I look forward to being an active board member at HCHC,” Campbell said.

Robert Miller, Interim C.E.O. of HCHC, commented, “We are pleased Rick has agreed to serve on the Board. We value the experience and perspective that Rick will bring to the Board as a representative of a major employer. Rick’s experience and insight as a manager and his understanding of the concerns and needs of employers and their employees relative to health care services and costs will assure that Henry County Health Center continues to address this important group of the community.”

Campbell and his wife, Michelle, a Registered Nurse, have six children. Rick has a Bachelor of Science Degree in Chemistry from Cameron University in Lawton, Oklahoma, and a Masters in Business Administration from Oklahoma City University. He has also attended Executive Education Studies at the University of Wisconsin in Madison.



HCHC HOSTS SURGEONS SPEAKERS BUREAU PRESENTATIONS

Are you interested in learning about HCHC’s Surgical Services? Or perhaps you want to learn about a particular surgery performed at HCHC?

HCHC offers a series of monthly presentations through the HCHC Surgeons Speakers Bureau. Plan now to attend free monthly presentations given by HCHC surgeons in the specialty areas of urology, otolaryngology, podiatry, ophthalmology, orthopaedics, and general surgery.

Presentations are scheduled once a month featuring a different surgeon each month who will present on a specific surgical topic. The presentations begin at 7 p.m. with a scheduled question and answer session following the talk. Refreshments will be served.

For more information on the Surgeons Speakers Bureau and for a schedule of the presentations, please call 319.385.6124. Reservations are needed prior to each presentation.

HCHC Foundation



Longanecker serves on Foundation Board

The Henry County Health Center Foundation Board consists of community members who believe in the Foundation's mission to enhance the health and health resources of Henry County and surrounding areas. Ed Longanecker, longtime Mt. Pleasant resident, is among the board members who are committed to this charge.

Ed and his wife, Mary, have lived in Mt. Pleasant since 1971. They have three grown children and two grandchildren. The couple has owned and operated Iris City Cleaners and Laundering Company since 1989 which currently serves 20 communities including Mt. Pleasant.

Q: WHY DID YOU AGREE TO SERVE AS A MEMBER OF THE FOUNDATION BOARD, AND WHAT DO YOU HOPE TO CONTRIBUTE TO THE FOUNDATION THROUGH YOUR PARTICIPATION?

A: I gladly accepted the invitation to join the Foundation Board for several reasons. Mary used to work at HCHC and remembers the hospital as an extraordinary and important pivot in this community around and with much important work transpires. One of our children was born at HCHC, and I have taken interest in not only HCHC's activity as a premier health provider, but in the high quality of the staff here as well. It pleases me to see HCHC's qualities of excellence throughout the facility, its "lean pursuit" as an organization targeting the reduction and elimination of "waste," the regular presence of cutting-edge technology, and superb customer and patient service that I believe is unparalleled elsewhere in our area. I simply wanted to share some of the skills I have accumulated over the years to help the Foundation

take a foothold and grow to become a major initiator and contributor to health initiatives in our communities.

Q: WHY DO YOU FEEL THAT THE FOUNDATION IS A WORTHWHILE ORGANIZATION? WHY IS IT IMPORTANT TO OUR COMMUNITY AND HOW CAN THE FOUNDATION IMPROVE OUR COMMUNITY HEALTH?

The Foundation Board is comprised of some of the best thinkers and doers in our community. The membership brings to the forefront a broad and diverse array of talent and resources which will enable the Foundation to become an important catalyst in advancing and sustaining important health improvement. By partnering with other community, state, and world organizations we have a unique opportunity to grow in our vital role in this initiative.

Q: WHAT AREAS OF EXPERTISE/KNOWLEDGE DO YOU FEEL YOU BRING TO THE BOARD?

Much of my work in education, having retired from education administration of 37 years, involved grant writing, policy development and marketing. I bring knowledge of those areas to the Foundation Board. Also, as a small business owner with several employees, I have a keen interest in the issue of access to health services in our community. Increasing cost makes some health services less accessible to our community. By targeting important sustaining health initiatives for funding and development we can improve that access, keep services local and possibly improve our community members' response and acceptance of those initiatives. I feel we can help our communities better understand and subsequently embrace our Foundation and its activity and literally improve accessibility to many services. Education plays an important key in this as we develop marketing and learning opportunities for our communities.

Foundation hosts Donor Appreciation Reception

Friendly conversation, terrific food, great music, beautiful weather and intriguing behind the scene tours of HCHC's esteemed surgical and radiology departments! That's what HCHC Foundation members experienced on September 18th at the Donor Appreciation Reception. This year's reception gave the new Foundation Board an opportunity to thank many of the wonderful people who have made a significant difference to our organization and local healthcare.



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The evening included a brief program during which Foundation Board President Diane Barton outlined the future plans for the Foundation. “We intend to become a visible and active contributor to the health and wellness of our community. We will be sponsoring programs associated with chronic disease management such a diabetes education. We will be supporting the expansion of hospital services such as infusion and chemotherapy programs. We will be exploring what type of comfort items might be needed for patients and visitors of the hospital and Park Place. We believe education of the healthcare workforce is essential for success and we will be supporting programs associated with advanced certification and training opportunities,” she said. “And, we are so grateful to the employees of HCHC and to local residents for their ongoing support of the Foundation and this hospital.”

Legacy Associates and other contributors were able to re-acquaint themselves with old friends and meet new faces in the open HCHC lobby amidst the backdrop of a lovely fall evening. Other highlights of the event included small group tours of the surgical suites and demonstrations of Imaging Services’ 64-Slice CT Scanner and digital mammography equipment. Guests were also provided dates of upcoming Surgeons Speakers Bureau sessions and a list of specialty clinics available locally at HCHC.

We want to again thank everyone who helped make this such a special evening. You are truly making a difference in the future success and programs of the Henry County Health Center Foundation.

What Time Is It?

I can hardly believe that a year has passed since I took on the responsibilities of HCHC Foundation Director! And what a year full of accomplishments and change it has been.

To start, the Foundation Board of Directors was expanded to 11 members each representing different groups and communities within Henry County. The board members are still excited and committed to serving the individuals and families of our area. You’ve had the opportunity to read about many of our board members with each *Health Update* edition.

The Board has established values and belief statements to help redefine the vision and mission of the HCHC Foundation. Strategic initiatives were then identified and the team is working on implementing various programs. *It is the mission of HCHC Foundation to plan, promote, develop, fund and deliver important health related initiatives with integrity, responsible stewardship, transparency and capacity building for the benefit of individuals and families of Henry County and surrounding areas.*

This year has also brought about a steady increase in Foundation membership. Much of this is thanks to the generous support from HCHC associates and their families. The implementation of the **hOUR WORKS** program has been a successful and meaningful way for employees to give monthly an hour of their pay back to HCHC and their communities.

Projects that the Foundation sponsored this past year have been many. They included scholarships for Diabetes Education classes, tuition reimbursement for associates furthering their education in healthcare, sponsorships of advanced/specialty certification programs for healthcare providers, a Chronic Disease Management program (*see page 1*), rehabilitation equipment for Park Place, Healthy Henry County Communities - Lighten Up Iowa Project and Wellness Screening for HCHC associates, physician recruitment activities, the community art project with area schools, IWC School of Nursing programs, and an educational seminar for non-profit boards throughout Henry County. We teamed up with Jet Stop in Mt. Pleasant for Breast Cancer Awareness, resulting in a \$3,000 donation from Jet Stop to the Foundation in order to provide free mammograms to qualifying women in Henry County.

Yes, we have had a busy year! But the Foundation Board and I are truly enjoying the work and seeing the positive results of your financial support combined with our efforts. Again, thanks so much for your ongoing assistance. We couldn’t do it without you. Please contact me anytime if you have questions or comments about the HCHC Foundation.

Have a blessed Holiday season.
Michelle Rosell, *Foundation Director*



Community Health

HCHC shows impressive infection control numbers

INFECTION RATES WELL BELOW NATIONAL AND STATE AVERAGE

HCHC places high importance on infection control, and has an extensive

Infection Control Program which focuses on prevention of infection and spread of disease

among patients, health care workers and families.

HCHC's active Infection Control Program has an Infection Control Practitioner and an Infection Control Committee to carry out the functions of the program. Doris Grilliot is HCHC's Infection Control Practitioner and Program Director, and is a BSN Prepared Registered Nurse certified in Infection Control and Epidemiology. Compliance with Infection Control regulations and accepted practices is another way to carry out HCHC's mission "to advance the health of individuals and our communities."

HEALTHCARE ASSOCIATED INFECTIONS (HAI)

Along with our cutting-edge services, HCHC provides cutting-edge infection prevention modalities. We work hard to keep our infection rates well below the national and state average. HCHC has maintained low HAI infection rates over the years due to commitment by physicians and health care personnel with the support of hospital administration. For the first half of calendar year 2008 there were no surgical wound infections. There has also been no transmission of

MRSA within the hospital.

INFECTION CONTROL PROGRAM

HCHC is a Critical Access Hospital with 25 inpatient beds and all private patient rooms. Handwashing stations are located inside the entrance door to each room for easy access to handwashing facilities. Health care workers and visitors are required to clean their hands when entering and exiting a patient room.

There are many programs in place at HCHC to identify and prevent infections and communicable disease. A few of these programs include:

- 1. Surveillance for Infection** among patients and health care workers—There is an ongoing system in place to monitor persons with infections and interventional measures to prevent transmission within the facility.
- 2. A Hand Hygiene Policy** is in place to reduce transmission of pathogenic microorganism to patients and personnel in the hospital. HCHC places heavy emphasis on hand hygiene compliance among health care workers.
- 3. Patient Care Equipment** is cleaned between use on patients.
- 4. HCHC Administration** encourages associates to participate in the Influenza Prevention Program where associates can receive **flu vaccine** free of charge each fall for protection from influenza.
- 5. The Influenza Pandemic Policy** and Plan outlines interventions to provide quality care to ill persons to further prevent the spread of disease.
- 6. Standard Precautions** places a barrier between a person and some-

one else's blood and body fluids by wearing gloves, masks, and protective gowns when needed. There are also transmission based precautions that include airborne, droplet and contact. Transmission based precautions are methods to prevent the spread of certain diseases and bacteria or viruses.

7. Understanding of Resident Bacteria

— It is normal to have bacteria on the skin and in various parts of the body. For some, their own bacteria can get into open cuts or can cause skin infections. Disruption to bacteria in the body can lead to other problems. Persons who are ill, have other chronic diseases, or have a compromised immune system may be more prone to infection. Many Epidemiology experts believe that wound infections after surgery are caused by the person's own bacteria.

MRSA (METHICILLIN RESISTANT STAPHYLOCOCCUS AUREUS)

MRSA has been around for a number of years and occurs more frequently in larger health care institutions such as university and teaching hospitals. HCHC conducted research for disease prevention, accepted health care practices for development of a plan/policy to prevent transmission of MRSA within the hospital, and employees were educated on the steps for prevention. Patients admitted to the hospital who have a MRSA infection, have a history of MRSA infection or suspected to have a MRSA colonization are placed in contact precautions/isolation. If nasal cultures are negative, the contact precautions are discontinued. Infections are treated with antibiotics.

For the first half of calendar year 2008, there were no surgical wound infections. There has also been no transmission of MRSA within the hospital.

HCHC in the Community

New OB/GYN meets medical needs of area women

Henry County Health Center is pleased to announce that Robert Smith, M.D., Obstetrician/Gynecologist, joined HCHC's medical staff in November. Dr. Smith is an Obstetrician/Gynecologist and will offer area women the convenience of receiving quality obstetrical and gynecological services close to home.

"I have been a general obstetrician and gynecologist for the past 25 years, and have developed a primary area of interest in Urogynecology and pelvic reconstructive surgery. I truly hope that my experience will allow me to contribute significantly to the overall obstetrical and gynecological care in Henry County," commented Dr. Smith. "My wife, Sharon, and I are from the same small town in the state of Wyoming and are excited to be re-establishing our 'roots,' so to speak, in Mt. Pleasant. We look forward to becoming active members of the community."

He received his undergraduate degree from the University of Wyoming, where he also earned his Master of Science Degree. He graduated medical school from the University of Utah College of Medicine, and completed his internship and residency in obstetrics/gynecology at Tripler Army Medical Center in Honolulu, Hawaii.

Dr. Smith served in the United States Marine Corps, as well as the United States Army, retiring from the Army with the rank of Lieutenant Colonel in 1999. His military experience has enabled him to serve as an OB/GYN in several locations both in the United States and overseas. His medical career has included serving as Chief of Gynecology Services in the Department of Obstetrics and Gynecology at Brooke Army Medical Center at Fort Sam Houston in San Antonio, Texas; as well as serving as an OB/GYN at Regina Medical Center in Hastings, Minnesota, where

he was named to the Top 500 Specialists in the Twin Cities Metropolitan area. He has also worked as an OB/GYN

at The Aroostook Medical Center in Presque Isle, Main, Monongalia General Hospital in Morgantown, West Virginia, and most recently at Cornerstone Clinic in Rockford, Illinois. Dr. Smith is a Fellow of the American College of Obstetrics and Gynecology and a member of the American Urogynecologic Society.

Dr. Smith takes both direct appointments and referrals. To schedule an appointment, call 319.385.6770. His office is located in Suite 103 at Henry County Health Center in Mt. Pleasant.



Family fun at the rec trails

Children and families were invited to "Come Fly the Healthy Skies" Saturday, October 11, on the East Lake Park rec trails. The Wellness Journey International Airlines was bound for fun and adventure, and the trip was free! Healthy Henry County Communities, Mount Pleasant Park and Rec, and the Wellmark Foundation teamed up to offer a fun and healthy activity on the rec trails for area children and families. Participants traveled to different countries and cultures, enjoying ethnic food, games, crafts and activities along the way. This wellness event provided community members with an opportunity to experience the rec trails and participate as a family in a healthy and fun activity. HHCC is a community partnership with Henry County Health Center, whose mission is to advance the health of individuals and our communities. Dave Helman volunteered at the event as "Captain Midnight" and is pictured here with travelers (l-r) Karsyn Lamm and Sydney Doak.

Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Tuesday, December 2, 6:30 p.m.
"Annual Christmas Party"
Bring a healthy heart, low-fat dish.
Mt. Pleasant Civic Center, 2nd floor

DIABETES SUPPORT GROUP

Tuesday, December 9, 6:00 p.m.
"Christmas Social Hour"
Games, \$5 gift exchange, healthy holidays snacks.
Health Education Center, HCHC

DIABETES REFRESHER CLASSES

Thursday, December 18, 4:00-6:00 p.m.
Health Education Center, HCHC
Call 385-6518 to register

DIABETES GROUP TRAINING

Tuesday, December 9 and
Tuesday, December 16
Call 385-6518 to register
Health Education Center, HCHC
Tuesday, January 20 and
Tuesday, January 27
Call 385-6518 to register
Health Education Center, HCHC

SURGEONS SPEAKERS BUREAU

Tuesday, December 16, 7:00 p.m.
Dr. Tiffany Hauptman, Podiatry
Call 385-6124 to register
Health Education Center, HCHC

Thursday, January 8, 7:00 p.m.

Dr. Reed Bouchey,
Ophthalmology
Call 385-6124 to register
Health Education Center, HCHC

HCHC BOOK FAIR

Friday, December 5,
9:00 a.m.– 4:30 p.m.
Health Education Center, HCHC

HCHC AUXILIARY MEETING

Monday, December 8
Monday, January 12
9:00 a.m. Monthly Meeting
Classroom A-1, HCHC

GIFT SHOP LOBBY SALE

Thursday, December 4
8:00 a.m.– 4:30 p.m.
Front Lobby, HCHC

Henry County Health Center's Outreach Clinics

serving 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.

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.

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 medical questions, consult your medical professional.

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