

GREAT NEWS

RIVER HEALTH SYSTEMS

Sept. 9, 2015



Health system offers sports medicine clinic for student athletes

Two Great River Health Systems services – Great River Orthopaedic Specialists and Great River Athletic and Performance Center – are providing a walk-in sports medicine clinic to area student athletes. Free assessments are offered from 9 to 10 a.m. Saturdays through Oct. 24, at Great River Orthopaedic Specialists, Wellness Plaza, Suite 101, 1401 W. Agency Road, West Burlington.

At the clinic, athletic trainers from Great River Athletic and Performance Center will evaluate and treat postgame injuries. Surgeons with Great River Orthopaedic Specialists will be available to evaluate or assess injured athletes if they need further treatment. Athletic trainers will:

- Help educate athletes and parents
- Provide student athletes with follow-up care after the injury

- Set up rehabilitation plans
- Talk with parents and athletes about the next steps in recovery

A parent or guardian must accompany the student athlete. Athletes should wear shorts and T-shirts for evaluations. There is no charge for X-rays. Insurance information will be needed if supplies or braces are ordered. Athletes or parents are financially responsible for these supplies.

For more information, call Great River Athletic and Performance Center at 319-768-4191.

New providers join Hospitalist Program



Sofia Bajwa, D.O.

Medical degree: Midwestern University, Glendale, Arizona
Residency: St. Michael's Medical Center, Newark, New Jersey



Chandra Jwala, M.D.

Medical degree: Sri Venkateswara Medical College, Tirupathi, A.P., India
Residency: Central Michigan University

What is a hospitalist?

Hospitalists are physicians and advanced-practice providers who specialize in seeing patients in the hospital only. They work in partnership with patients' primary care physicians to ensure their patients are seen while in the hospital. In other cases, patients admitted to the hospital who do not have a primary-care physician are seen by the hospitalists.

Advantages of having a hospitalist program are:

- *Availability* – Because hospitalists work in the hospital, they can see patients more than once a day if needed. A hospitalist also is often close by if an emergency occurs, and he or she will call and work with other specialists on staff, if needed. Hospitalists can speed the recovery process by ordering tests and treatments, reviewing results and adjusting treatments throughout the day based on test results.
- *Communication* – Hospitalists often are available to answer patients' and family members' questions in person whenever possible. During stressful moments, they can provide answers to questions. Because hospitalists are usually in the hospital, they can spend more time talking to

patients and their family members about their care.

- *Increased primary-care appointment time* – Because hospitalists are in the hospital all day, your primary-care physician does not have to be here. That means your physician can devote more time to keeping you and your family healthy. Your primary-care physician can be with you in the office with fewer delays and interruptions, and the hospitalist is more available to care for you when you are at your sickest.

Casual days

Employees purchase \$2 stickers for the opportunity to wear jeans to work on designated Fridays. The next casual days and projects they benefit are:

- Sept. 11 Employee Food Drive
- Sept. 25 National Marfan Foundation

Caught in the act of providing GREAT service

Chad Tarrence, Rehabilitation Services

"Chad found a Lawrence Welk CD for a patient who missed his weekly show."

Ann Hainey, Medical Care Unit

"Ann arranged for a patient's over-the-counter medicines to be included in dose-packaged medicines at Heritage Partners Pharmacy."

Jacque Grimm, Great River Clinic, Wapello

"Jacque walked laboratory results to the Wapello Nursing Home when the phones were down."

Britanie Sattler, Intensive Care Unit

"Britanie called hotels in Iowa City to find a patient's family a place to stay while the patient was at the University of Iowa Hospitals and Clinics."

Health system ranks high in annual Readers' Choice awards

Results from The Hawk Eye's annual Readers' Choice poll are in. In the Burlington survey, Great River Health Systems had six first-place finishes and eight top-three finishes. The health system also had one top-three finish in the Fort Madison survey.

Voted the best

- Home health care
- Medical equipment
- Medical services
- Physical therapy
- Physicians
- Workout/exercise

Great River Home Health and Hospice
Heritage Medical Equipment and Supplies
Great River Medical Center
Great River Rehabilitation Services
Great River Medical Center
Great River Health Fitness

Voted as one of the favorites

- Drugstore/pharmacy
- Hearing aids
- Medical equipment
- Medical services
- Nursing home/assisted living
- Personal training
- Physician

Heritage Pharmacies
Great River Audiology
Heritage Medical Equipment and Supplies (Fort Madison survey)
Burlington Area Family Practice Center and Heritage Park Pharmacy
Great River Klein Center
Great River Athletic and Performance Center
Burlington Area Family Practice Center and Michael AbouAssaly, M.D.

Sommers named EXCEL Service Hero

Kerri Sommers, Emergency Department, is Great River Health Systems' newest EXCEL Service Hero. A recognition ceremony is planned at 2 p.m. Tuesday, Sept. 15, in the Great River Medical Center Cafeteria. Refreshments will be served.

The health system regularly recognizes employees who demonstrate actions that extend beyond expected employee behavior. Criteria for the service hero award are based on the health systems' philosophy of care. EXCEL stands for Enthusiastically friendly, X-ceeding expectations, Caring and compassion, Energetic teamwork, and Leadership and professionalism.

Sommers is a patient service associate who also is studying nursing. After finishing an evening clinical session, nurses in the Obstetrics Unit requested her help. A mother had experienced intrauterine fetal death, and staff had begun its Now I Lay Me Down to Sleep program, which provides a three-dimensional plaster cast of the infant's tiny feet and hands. It's a difficult task, and there is usually only one opportunity to get it

right. Sommers, who used to work in the Women and Family Center, is known for her skill.

"Kerri does an excellent job of this," said Val Sanford, R.N., who nominated Kerri. "Fortunately, we don't have many fetal deaths, so this is a skill we don't practice often. Sensing my nervousness at not getting this right for the parents, Kerri offered to stay after her shift to do it. The end result was a beautiful permanent display for the parents to remember their precious infant."

Sommers has worked at Great River Medical Center since 2000.



60+ Lifestyle Expo set for Sept. 16

Great River Health Systems and Milestones Area Agency on Aging, community leaders in providing services for seniors, are co-sponsoring 60+ Lifestyle Expo. More than 40 organizations and services will be in one location from 9 a.m. to 12:30 p.m. Wednesday, Sept. 16, at Westland Mall, 550 S. Gear Ave., West Burlington.

The expo targets people who are 60 years old and greater, and caregivers. Flu shots will be available for \$25.99 from Walgreens. Medicare and other insurance will be accepted.

Free screenings include:

- Balance
- Blood oxygen level
- Blood pressure
- Body mass index
- Bone density
- Diabetic feet
- Glaucoma
- Lung function

Displays will have information on health care, community services, government agencies, leisure activities, Medicare, scam prevention, senior housing, volunteer opportunities and more. Schedules, maps and door-prize registration will be at welcome tables near the west mall entrances. Refreshments will be available.

For information, contact Peggy at Milestones Area Agency on Aging toll-free at 855-410-6222 ext. 212 or www.milestonesaaa.org.

Sex and menopause topic of Sept. 24 program

Sex and menopause is the topic of the eighth Red Hot Mamas program presented by Great River Health Systems. The program is scheduled at 5:30 p.m. Thursday, Sept. 24, in the Blackhawk Room on the lower level of Mercy Plaza.

The speaker will be nurse practitioner Elisabeth Long, Great River Women's Health. She will discuss the effects of menopause on sexual health, treatments, lifestyle changes and the importance of communicating with health care providers.

A light supper and door prizes will be available at the free program. Reservations are requested. Please call 319-768-4070.

Red Hot Mamas is a 10-week program that educates women about the physical and psychological changes that occur as they age, and helps them make informed health care decisions. Its parent company, Red Hot Mamas of North America Inc., recently received a Silver Award for its peri- and postmenopausal education program from the National Health Information Resource Center.

Red Hot Mamas has been educating and engaging women, and health care providers, since 1991. For more information, please visit www.redhotmamas.org.



Trunk Show



featuring a
wide selection
of purses,
jewelry and
scarves

9 a.m. to 6 p.m.

Thursday, Sept. 24



Great River
Gift Shop

EMPLOYEE INFORMATION

Spread the word, not the flu!

The flu vaccine:

- Is safe
- Does not cause the flu
- Can protect patients and the ones you love

Even healthy people need a flu vaccine.

Influenza is a contagious disease that affects the lungs. It can lead to serious illness, including pneumonia. Even healthy people can get sick enough to miss work or school for a significant amount of time or even be hospitalized.

The flu vaccine is recommended for everyone 6 months and older. Pregnant women, young children, older people, and people with certain chronic medical conditions like asthma, diabetes and heart disease are at increased risk of serious flu-related complications, so getting a yearly flu vaccine is especially important for them.

Is the flu vaccine safe?

The flu vaccine is safe. Hundreds of millions of flu shots have been given in more than 50 years. Each year, the Centers for Disease Control and Prevention and the U.S. Food and Drug Administration work together to ensure the highest safety standards for flu vaccines.

The most common side effects of flu vaccines are mild.

The flu vaccine cannot cause flu illness, but it can cause mild side effects that may be mistaken for flu. For example, people vaccinated with the flu shot may feel achy and may have a sore arm where the shot was given. People vaccinated with the nasal spray flu vaccine may have a stuffy nose and sore throat. If experienced at all, these effects usually are mild, and they last only one or two days.

Can't I wait and get vaccinated when the flu hits my community?

It is best to get vaccinated before flu begins to spread. It takes about two weeks for the flu vaccine to provide full protection, so the sooner you get vaccinated, the more likely you will be fully protected when flu begins to circulate.

Annual flu clinic Oct. 19 to 23

The health system's annual flu shot clinic will be from 7 a.m. to 4 p.m. Monday, Oct. 19 to Friday, Oct. 23, in the Aspen Room. Flu shots also will be available from 7:30 a.m. to 4 p.m. weekdays from Monday, Oct. 26 through Monday, Jan. 4, in Employee Health. A house supervisor can give flu shots to employees who cannot get one during the designated times.

There is no cost to health system employees, physicians, nursing students and volunteers. Flu shots for spouses are \$20.

To be eligible for the WellEXCEL insurance premium discount, employees must get a flu shot by Friday, Dec. 4.

All employees must receive a flu shot or sign a declination statement and turn it in to Employee Health by **Monday, Jan. 11**. If you don't, you will be removed from the work schedule beginning **Monday, Jan. 18**, until you comply.

If you decline a flu shot and are not allergic to the vaccine, you must take a mandatory NetLearning module by **Sunday, Jan. 31**. If not, you will be removed from the work schedule until the module is completed. The module will be available from **Oct. 19** through midnight **Jan. 31**.

If you are allergic to the flu vaccine, you must provide one-time documentation from your physician. You must sign a declination statement every year.

Register for preceptor training Oct. 26

Preceptor training is scheduled from 8 a.m. to 3 p.m. Monday, Oct. 26, in the Blackhawk Room. Preceptors serve as role models and facilitate the socialization and orientation of new staff. Staff from any health system department may attend training with their department directors' approval. Training includes department-specific work sessions with new preceptors and their leaders.

Register in NetLearning by Wednesday, Oct. 21. At least 12 people must be registered for the training.

State of the Health System

By Mark Richardson
President and CEO

Wednesday, Sept. 23

7:30 a.m.

10 a.m.

3 p.m.

6 p.m.

Oak Room

10 p.m.

Surgical Services Conference Room

Thursday, Sept. 24

Noon

Burlington Area Family Practice Center

Wednesday, Oct. 21

1:30 p.m.

Klein Center

Annual United Way campaign begins this month

Watch for details about how you can help your community and be eligible to win prizes!

New Employees

Tiffany Burgess

Registered Nurse, Acute Care Center

Summer Champagne

Aide, Nutrition Services

Miranda Clubb

Medical Assistant, Great River Orthopaedic Specialists

Acer deGuzman

PC Specialist, Information Systems

Madison Fernald

Secretary, Health Fitness

Delayni Harris

Certified Nursing Assistant, Acute Care Center

Tressa Harrison

Child Care Associate, Kid Zone

Chelsea Jepson

Assessment Specialist
Behavioral Health Assessment Team

Emily Lyons

Housekeeper, Environmental Services

Hannah Reilly

Associate, Surgical Supply and Processing

Tyler Stewart

Rehabilitation Technician, Rehabilitation Services

Amber Woodard

Patient Services Associate, Emergency Department

EMPLOYEE PROFILE

Matt Hild

**Certified Nusing Assistant
Acute Care Center**



What I like about my job:

I meet a lot of interesting people and I find my job rewarding.

What I wanted to be when I grew up:

A lawyer

Hometown / Where I live now:

Burlington / Gladstone, Illinois

Family:

- Grandma, Karen
- Mom, Cindy

Things I enjoy:

Reading sci-fi fantasy and being in air conditioning

I recently helped a co-worker by:

Helping move a patient

Department I'd like to learn more about:

Emergency Department

Favorite memory:

Island hopping in the Caribbean in 2010

If I could, I would ...

Win the lottery and travel the world

People would be surprised to know ...

I'm 27.

Weirdest thing I've eaten:

Squid

Proudest moment:

I bought baby formula for a couple who didn't have much money.

Must-have guilty pleasure:

Mountain Dew