

GREAT NEWS

GREAT RIVER HEALTH SYSTEMS

Feb. 24, 2016



Richard To, M.D.

Great River Cardiology offers clinic in Keokuk

An interventional cardiologist from Great River Cardiology has begun seeing patients at The Keokuk Clinic, 1603 Morgan St. Richard To, M.D., is at the clinic from 1 to 3:30 p.m. every other Thursday.

Dr. To provides diagnosis and treatment of conditions affecting the heart and blood vessels, including:

- Carotid artery disease
- Congenital heart defects
- Coronary artery disease
- Heart failure
- Heart valve defects
- Peripheral artery disease

To make an appointment or receive more information, call Great River Cardiology at 319-768-1820.

Junior Volunteer program combines volunteering and education

The summer Junior Volunteer Program for youth 14 (by June 1) to 18 years old is scheduled from Monday, June 13 to Friday, Aug. 5. The eight-week program provides opportunities to explore health care careers, gain work experience and fulfill volunteer requirements for school and service projects.

Positions for Junior Volunteers are available at the hospital and Great River Klein Center. Teens will be scheduled to work a minimum of one four-hour shift per week, and they must be present seven of the eight weeks. Besides volunteering, participants may attend weekly educational sessions about clinical and nonclinical departments and jobs.

Teens must complete an application to be considered. Other requirements include:

- Attendance at the orientation from 8:30 a.m. to 12 p.m. Thursday, June 9
- Background check
- Group interview
- Minimum 2.5 grade point average
- Pledge of confidentiality
- TB test and health assessment
- Written references

The deadline for applications is Friday, April 1. Applications are available [HERE](#). For more information, please call Volunteer Services at 319-768-3340.

Free classes offered at Health Fitness, YMCA

Great River Health Fitness and the Burlington YMCA are working together to provide a week of free Les Mills exercise classes to members and nonmembers. The international fitness organization updates its classes several times a year. The new BodyCombat and BodyPump classes will be introduced Monday, Feb. 29 through Friday, March 4.

Nonmembers should arrive at each facility's check-in desk 10 minutes before classes begin to sign a waiver before participating. Participants can attend classes at both locations throughout the week.

Everyone who attends a class at Great River Health Fitness can enter a drawing for a duffel bag.

BodyCombat classes

Combining powerful moves from a range of self-defense disciplines – including karate, boxing, taekwondo and Muay Thai – Les Mills BodyCombat is a noncontact workout that provides the benefits of intense physical exercise – working the heart and lungs, and improving coordination – with strength and agility training. The dynamic kicking and punching moves also can help reduce stress and boost well-being.

Great River Health Fitness class times:

- 6 to 7 a.m. Tuesdays and Thursdays
- 12:05 to 12:35 p.m. Fridays
- 5 to 5:45 p.m. Mondays
- 5:15 to 6:15 p.m. Wednesdays

BodyPump classes

BodyPump is for anyone looking to get lean and fit – fast. The workout burns calories, shapes and tones the entire body, increases core strength and improves bone health. It uses a proven formula of performing high repetitions with light weights to develop lean, athletic muscle.

Great River Health Fitness class times:

- 5:15 to 6:15 a.m. Mondays, Wednesdays and Fridays
- 12:05 to 12:35 p.m. Wednesdays
- 5:15 to 6:15 p.m. Mondays and Wednesdays

Bonus combination class

To launch the week, a combination BodyCombat and BodyPump is scheduled at 5:15 p.m. Monday, Feb. 29. Learn about both classes in a single hour-long, challenging workout. Healthy snacks will be available after the class to celebrate beginning of a healthier lifestyle.

The YMCA also is offering Les Mills GRIT cardio, plyo and strength classes. For YMCA class times, please call 319-753-6734.



Great River Surgeons

Two Great River Surgeons nurses recently became certified ostomy management specialists. An ostomy is a surgical procedure that creates an opening in the abdominal wall for waste products to move out of the body.

The nurses have seen several people in the clinic who were having skin problems and trouble with the pouch system for collecting waste. They helped the patients learn different pouching techniques and provided information about skin-healing aids. They also have been diligent in following up with telephone calls and repeat visits.

"Several of the patients have said how happy and satisfied they are with the new ideas," said Maria Brockway, manager, Great River Surgeons. "This is a great addition to the services we provide."

Pay hospital, clinic bills by telephone

Great River Health Systems has a new 24-hour automated telephone payment system for secure payments by credit card and electronic check. It is available by calling 319-768-3625 and choosing option 1.

To make payments by telephone, you must have the billing statement number, and your credit card or checking account information. The information you enter will not be saved after the transaction is completed.

Automated payments will be applied to the oldest balances first.

Healthy Lifestyles Conference April 27

The annual Healthy Lifestyles Conference is scheduled from 8 a.m. to 4:30 p.m. Wednesday, April 27, at Comfort Suites, Burlington. It is presented by the Southeast Iowa Regional Coalition for Lifestyle Enhancement and sponsored, in part, by Great River Health Systems.

The featured speakers will be:

- A representative of the Elyn Sattler Institute
- Sue Clarahan, RD, LD, CEDRD

The program is for dietitians, food-service personnel, nurses, wellness coordinators and others who help people find healthier lifestyles. Continuing-education credits are pending. The registration fee is \$75.

For more information, please contact Christine O'Brien at 319-753-0193 or christine.obrien@caofseia.org.

Cups & Cakes to reopen March 14

Cups & Cakes in Great River Medical Center's lobby will reopen at 8:30 a.m. Monday, March 14. Hours will be 8:30 a.m. to 12:30 p.m. Monday through Friday.

A service of Great River Friends, Cups & Cakes offers a variety of beverages and treats including cupcakes, dessert bars, cookies, coffee, tea, juice and other beverages.

Casual days

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

- March 4 March of Dimes
- March 11 Boy Scouts Friends of Scouting

Kidney transplant duo anxious to return to work

"The kidney is absolutely gorgeous!"

Until Jan. 21, no one had ever complimented Margo White on her kidneys. One of them, to be specific. But it's the first thing Samantha Ripple's family heard after her living-donor transplant.

By the time Samantha awakened two hours after surgery, her new organ had produced three liters of urine. And for the first night since October, she was free from the tether of a home peritoneal dialysis machine that removed waste from her blood for eight hours.

"Your kidney is working better than mine," Margo said when the friends compared post-surgery laboratory results.

"My kidney is your kidney," Samantha replied.

The women are nurses in Great River Klein Center's Black Hawk Boulevard neighborhood. Margo, Samantha's supervisor, was one of several co-workers who were tested for potential kidney donation. She was the only match.

The immediate function of the new kidney in Samantha's body set the pace for her recovery. She was discharged from the University of Iowa Hospitals and Clinics four days after surgery, and she drove her car the following day.

"They told me I could drive right away if I didn't take narcotic pain medicine," she said. "I took two Tylenol a couple of times. It's sore, but it's tolerable."

Not taking powerful pain relievers after major surgery is unusual. Margo, who was discharged from the hospital three days after surgery, stopped taking narcotic pain medicine about one week ago, and she relies on occasional acetaminophen. She returned to driving Sunday.

"I drove to the grocery store," she said. "It felt really strange. I haven't gone without driving for that long since I got my license."

She said getting out of the car was difficult because she could feel a pulling sensation in her abdomen. She described it as "uncomfortable and annoying," but not painful.



Margo White, left, and Samantha Ripple one week after surgery.

Continued on next page

Both women have learned the consequences of doing too much too soon. In separate interviews, they described “searing, stabbing pain” in their abdomens. Samantha said they both were admonished during separate follow-up appointments.

“They told us, ‘You do realize you had major surgery,’” Samantha said.

Samantha returned to the university hospital last week for outpatient surgery to remove the peritoneal dialysis port from her chest wall. Earlier, she spent a night in the hospital after spiking a fever and having drainage from her incision. But it wasn’t caused by an infection or rejection of the new organ.

“It was just a pocket of fluid that had gathered under a staple,” she said. “It was one of these odd little things that happen sometime.”

Margo experienced another kind of oddity. Although living with one kidney doesn’t require a diet change, Margo’s body is balking an old favorite: Diet Mountain Dew.

“That was one thing I didn’t expect,” she said. “I loved Mountain Dew. Since I had surgery, it tastes terrible. I didn’t see that coming.”

Now, she craves chocolate milk, another unexpected consequence.

Samantha recently joined Great River Health Fitness, a free benefit to employees. Feeling energetic on the treadmill, she walked 2.4 miles the first time – and experienced that searing, stabbing feeling.

She scaled back, but she is now walking 2.5 to five miles a day.

“It gets me out of the house,” she said. “We have a great benefit.”

Both women are anxious to return to work. Margo said she hopes to receive clearance from her physician this Friday. Samantha has to wait until at least six weeks after surgery.

Luxury Linen Sale



**7 a.m. to 5 p.m.
Monday, March 7**

and

**7 a.m. to 3 p.m.
Tuesday, March 8**

Mercy Plaza

Sheet sets

Many colors available

Twin, XL twin, full, queen, king, California king

- 900 series – \$40 per set / 3 for \$110
- 1200 series – \$45 per set / 3 for \$120

Blankets

- Imitation mink, \$45
- Sherpa, \$59.95
- Sherpa throw, \$29.95

Quilt sets, \$49.95

Bamboo memory-foam pillows

- Queen, \$25
- King, \$30

Cash, checks, credit cards

Payroll deduction (health system employees only)

EMPLOYEE PROFILE

Laura Martin

Women's Health Nurse Practitioner
Great River Women's Health

Start date:

Jan. 4

What does a typical day look like for you?

I see women of all ages for a variety of issues throughout their lifespans. I manage birth control, menstrual irregularities, pregnancy, menopause, post-menopausal symptoms, sexually transmitted disease screening, breast examinations, pelvic examinations, well-woman visits and IUD/Nexplanon (contraceptives) insertions.

I am working on implementing a Centering Pregnancy group. Centering Pregnancy is a group prenatal visit with prenatal education built into each visit, including pregnancy discomforts, diet in pregnancy, labor and delivery, breastfeeding and infant care.

What I wanted to be when I grew up:

It was a toss-up between a zoologist and nurse practitioner

Hometown / Where I live now:

Danville, Iowa / Mount Pleasant, Iowa

Family:

I live with my husband, A.J. Martin, who is a marketing director for a short-line railroad, and our three sons Cameron, Christian and Charlie Martin.

Things I enjoy:

Reading, hiking, boating, fishing and hanging out with my boys



If you could choose anyone, whom would you pick as your mentor?

I am a former patient of nurse practitioner Janette Schulz, Great River Women's Health. She inspired me to pursue a career in women's health.

People would be surprised to know ...

My job in high school was modeling prom and wedding dresses for potential buyers for the National Bridal Market in Chicago. I was allowed to pick one of the dresses each year for my junior and senior proms.

What's your favorite line from a movie or television show?

"All we have to decide is what to do with the time that is given us." ("The Lord of the Rings")

What is your biggest achievement to date?

It is a crazy, fun adventure being the mother of three boys.