

GREAT NEWS

GREAT RIVER HEALTH SYSTEMS

Nov. 18, 2015

Great River Medical Center receives \$105,250 American Heart Association grant

Great River Medical Center has received a \$105,250 American Heart Association grant to support its participation in Mission: Lifeline, the association's community-based initiative aimed at improving the system of care for heart attack patients throughout rural Iowa.

About 30 percent of heart attacks are the most serious type – ST-elevated myocardial infarction, or STEMI, in which blood flow is completely blocked to part of the heart. Unless the blockage is eliminated quickly, patients' lives are at serious risk. Mission: Lifeline seeks to save lives by closing the gaps that separate heart attack patients from timely access to appropriate treatments.

Great River Medical Center will use the grant to enhance wireless technology for receiving patients' heart rhythms transmitted before patients arrive at the hospital by ambulance. The hospital also will use the grant to:

- Coordinate protocols for rural emergency medical services and hospital providers
- Create a systemwide data tool for quality measurement and improvement
- Develop regional plans for rapid transport of patients
- Produce a public-education campaign about heart attack symptoms and the need to call 911
- Train staff

The American Heart Association will award the grant over three years.

Great River Medical Center is one of 13 hospitals participating in Mission: Lifeline. Abdullah Alwahdani, M.D., director of cardiology at Great River Health Systems, is one of three physicians leading the project, which began this past February.

'Mission: Lifeline has expanded the reach of hospitals ... and its tools, education and resources are improving treatment times.'

**— Abdullah Alwahdani, M.D., director
Great River Health Systems Cardiology**

"We are grateful to the American Heart Association and the Helmsley Charitable Trust for this grant," Dr. Alwahdani said. "We will now have the opportunity to identify a heart attack faster, and provide lifesaving treatments before significant damage, or even death occurs. Mission: Lifeline has expanded the reach of hospitals that perform angioplasty and stenting, like Great River Medical Center, and its tools, education and resources are improving treatment times. The result is access to the most-advanced heart attack care for patients in Iowa, regardless of location."

A \$4.6 million grant from The Leona M. and Harry B. Helmsley Charitable Trust supports the \$6.1 million Mission: Lifeline project.

New providers



Anne Grieves, D.O., FACOG

Obstetrics and Gynecology
Great River Women's Health
Eastman Plaza, Suite 208
1223 S. Gear Ave.
West Burlington, IA 52655
319-768-2750

Medical degree: Oklahoma State University
Residency: Madigan Army Medical Center,
Fort Lewis, Washington
Certification: Fellow, American College of
Obstetrics and Gynecology



Mark Grieves, CRNA

Great River Anesthesia
Great River Medical Center
1221 S. Gear Ave.
West Burlington, IA 52655
319-768-3030

Alzheimer's Association offers programs Nov. 20

More than 5 million Americans are living with Alzheimer's disease. Thousands more are providing and helping with their care, but many lack essential information for caring for people affected by dementia. The Alzheimer's Association is offering two community-education programs Friday, Nov. 20, at Burlington Public Library, 210 Court St.:

- Caring for People With Dementia, 10:30 a.m. to noon
- Alzheimer's, Dementia and the Holidays. 1:30 to 3 p.m.

Reservations are required. To register for one or both classes, please call 800-272-3900.

Casual days

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

- Nov. 20 Toys for Tots
- Dec. 4 Hats and Mittens Drive

Book and gift fair planned Dec. 10, 11

10 a.m. to 4 p.m.

Wednesday, Dec. 9

Great River Klein Center

8 a.m. to 5 p.m.

Thursday, Dec. 10

Mercy Plaza

7 a.m. to 4 p.m.

Friday, Dec. 11

Mercy Plaza

Besides books, hundreds of items will be available at reduced prices. They include educational products, toys, music collections and stationery.

The book fair is sponsored by Great River Friends, a community of donors and volunteers that supports Great River Health Systems with the gifts of time, talent and treasure. For more information, please call Great River Health Systems Volunteer Services at 319-768-3340.

Shop online and support Great River Friends

Do you like to shop online? If so, adding one simple step can add up to increased donations for Great River Friends. Register at www.iGive.com and a percentage of your purchases at more than 1,700 stores will be donated to Great River Friends at no additional expense to you. All you have to do is access your favorite stores through the iGive website every time you shop. Donations are made automatically.

Great River Home Health and Hospice introduces The Conversation Project

In recognition of National Home Care and Hospice Month, Great River Home Health and Hospice is introducing a new initiative titled The Conversation Project. Its goal is to ensure everyone's wishes for end-of-life care are expressed and respected.

The public-engagement campaign was developed by the Institute for Healthcare Improvement and Pulitzer Prize winner Ellen Goodman. According to The Conversation Project, 90 percent of people say talking with their loved ones about end-of-life care is important, but only 27 percent have done so.

Great River Home Health and Hospice is offering a free Conversation Starter Kit. The kit is a step-by-step guide to help prepare for end-of-life conversations. To download the Conversation Starter Kit, click [HERE](#), or call Great River Home Health and Hospice at 319-768-3350 to request a copy by mail.

"Our goal is to get people talking in their living rooms instead of delaying this critical conversation," said Amy Burkhart, community liaison, Great River

Hospice. "This is better than having the conversation in a hospital or nursing home waiting room."

It is common for family conflicts and damaged relationships to arise when family members disagree about care for a loved one who is dying. Without knowing their loved ones' wishes, people often experience complex grief issues when wondering if they did the right thing.

"We encourage people to consider this conversation during the holiday season," Burkhart said. "It's never too early, but it can be too late."

The Conversation Project is a self-guided tool for people, regardless of health status or age, who want to convey their wishes to others. For those with life-limiting conditions, Great River Hospice offers facilitators trained in helping families with this important conversation.

To schedule an appointment with a facilitator or receive more information, please call 319-768-3350.

Holiday grief workshop offered Saturday

Great River Hospice is sponsoring a workshop to help people cope with loss during the holidays. At this time of year, events that once were anticipated with joy may become painful reminders that loved ones are no longer here to celebrate.

Turkey, Tinsel and Tears: Coping with Grief at the Holidays is scheduled from 9 to 11:30 a.m. Saturday, Nov. 21, in the gathering room at Great River Klein Center, 1307 S. Gear Ave., West Burlington.

The program is for the public, regardless of whether they have used Great River Hospice services. A light breakfast will be served.

For more information, please call Great River Hospice at 319-768-3350 or toll-free 877-404-4766.

Iowa Medicaid topic of new Facebook page

The Iowa Hospital Association has launched [Medicaid4Iowa](#), a Facebook page for Iowans who depend on Medicaid and their families, friends and supporters. This page will provide news, information and commentary related to Iowa's Medicaid program, particularly as it pertains to the state's proposal for managed care. Medicaid4Iowa advocates for a Medicaid program that:

- Invests in innovation
- Maintains efficiency
- Preserves access to care
- Supports providers

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GREAT STORIES

Great River Eye Specialists

A patient who has macular degeneration called the clinic saying she had significant decreased vision. She had an appointment scheduled the following week, but she needed to be seen sooner by ophthalmologist Mariannette Miller-Meeks, M.D., to help prevent further damage caused by the condition.

The woman's son couldn't bring her to the clinic, so Great River Eye Specialists Manager Kristy Haas drove to the patient's home and picked her up. The physician gave the patient an injection that clears fluid build-up behind the eye.

"The patient said many times she couldn't believe we brought her to the clinic, and she was so appreciative," Haas said. "She couldn't wait to tell people how we helped her in an emergency situation."

Social Work

A patient didn't speak English. He was from another country and had been visiting family in Burlington when he was admitted to the hospital. The entire discharge-planning team came together to help him. Everyone did their part to ensure the patient was medically stable for his return home.

"They had a large family meeting in which our team was amazing in crossing language barriers and showing the patient how much the health system cared about him," said Heather Hobb, manager, Social Work.

Besides working together in planning and providing care, the team helped arrange his flights back home.

Acute Care Center

The young daughter of a patient in the Acute Care Center was staying in the room with her mother. A nurse took the little girl to lunch in the hospital Cafeteria and to the Great River Friends Trunk Show in the lobby.

The patient had washed the girl's clothes in the sink in her room, and they were still wet when it was time to change. A certified nursing assistant got pajamas in the Pediatrics Unit for the girl to wear until the clothes were dry.

"Our staff went above and beyond their duties to help our patient and her daughter," said Susan Fowler, director, Acute Care Center. "This is what Great River Health Systems' EXCEL values are all about."

EXCEL stands for Enthusiastically friendly, X-ceeding expectations, Caring and compassion, Energetic teamwork, and Leadership and professionalism.

CAUGHT IN THE ACT

CIA

OF PROVIDING GREAT SERVICE

Sean West, Rehabilitation Services

A patient arrived 30 minutes late for an evaluation. Sean saw the patient during his lunch break.

Nick Gavin, Information Systems

Nick responded quickly to a problem with the Cafeteria's cash registers to prevent delays in people getting their meals.

Love Trees remember, honor loved ones

The holiday season is a time of remembrance, and Great River Friends offers an opportunity to help. Loved ones are remembered and honored each year through its Love Tree program. Their names will be placed on donors' choice of three trees at Great River Health Systems. With donations of \$25 or more per person, name cards will be accompanied by ornaments.

Love Trees will be placed in:

- Great River Hospice
- Great River Klein Center
- Great River Medical Center lobby

All Love Tree proceeds benefit Great River Friends' Scholarship Program. Each year, up to \$10,000 is awarded to area residents pursuing health care careers, which include high school seniors, college students and Southeastern Community College students.

A Love Tree Celebration Ceremony is scheduled at 2 p.m. Tuesday, Jan. 5, in the Mercy Plaza lobby. Donors will be invited to celebrate their loved ones through prayer, a special reading of the names, presentation of name cards and ornaments, and refreshments.



The Love Tree 2015

Please print

My donation is _____

In honor of _____

In memory of _____

Donation amount _____

For each \$25 donation, a loved one's name card is attached to an ornament. If you don't wish to have an ornament, please check here.

Please display the name card and/or ornament on this Love Tree:

- Great River Hospice House
- Great River Klein Center
- Great River Medical Center lobby

Name _____

Address _____

Telephone _____

Email _____

Make checks payable to Great River Friends.

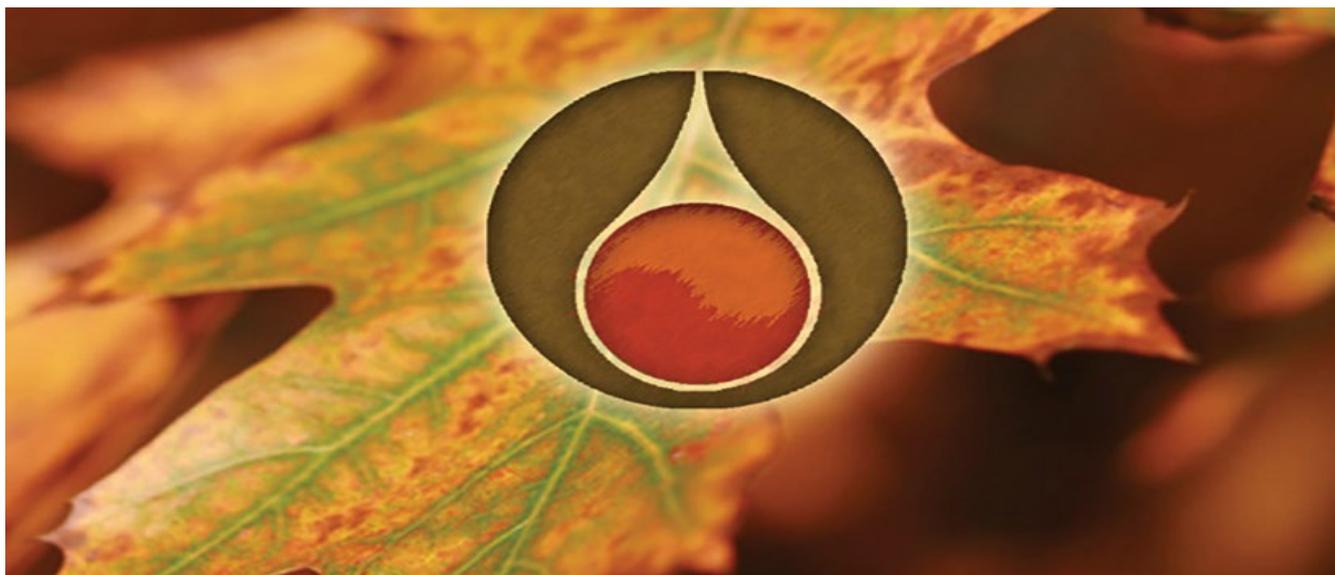
Mail to: Love Tree
Great River Friends
1221 S. Gear Ave.
West Burlington, IA 52655

Blood donations needed during holidays

More than one third of the U.S. population can afford to donate one of the 10 to 12 pints of blood flowing throughout their bodies. Less than 10 percent do. During the holiday season, traumatic accidents increase but blood donations decrease. Donation centers are closed on holidays and people are busier at this time of year.

Besides helping accident victims, blood donations help patients with cancer and heart disease, and people having surgery. Your blood donation could save as many as four lives. Blood is separated into up to four parts:

- Red cells carry oxygen and are used in surgeries to treat anemia. They can be stored under refrigeration for up to 42 days.
- Platelets help control bleeding and are frequently used in cancer treatment. Platelets are kept at room temperature and may be used for up to five days after donation.
- Plasma helps control bleeding that is caused by low levels of some clotting factors. It can be stored frozen for up to one year.
- Cyroprecipitate, which is made from frozen plasma, helps blood clot, especially for patients who have certain types of bleeding disorders.



GIVE THANKS, GIVE BLOOD

7 a.m. to 3:30 p.m. Wednesday, Nov. 25

Mercy Plaza Lobby

All presenting donors will be entered in a drawing to win a pie donated by Perkins Restaurant and Bakery.

To donate, please call 319-768-3303.

MISSISSIPPI VALLEY REGIONAL BLOOD CENTER

EMPLOYEE PROFILE

Brenda Shelman

Registered Nurse
Digestive Health Center



Start date:

Nov. 1, 1995

What I like about my job:

Working with patients, meeting new people and having great co-workers

What I wanted to be when I grew up:

A cosmetologist. I was working as a cosmetologist when I got married, but we moved about every two years, which made it hard to build clientele. I went back to school and became a nurse – and then we stopped moving!

Hometown / Where I live now:

Ainsworth, Iowa / West Burlington

Family:

- Husband, Matt
- Sons Eric, who is studying to be a first assistant in surgery, and Josh, a computer network specialist

I recently demonstrated the EXCEL values by:

Filling in for a co-worker who had called in sick so patients' discharges weren't delayed

Department I'd like to learn more about:

Obstetrics Unit

Favorite memories:

Births of my sons

People would be surprised to know:

I'm the 10th of 12 children. I hosted nearly 100 relatives for Thanksgiving last year.

Hidden talent:

Gardening. I'm hybridizing daylilies.

Proudest moment:

Graduating from nursing school

Must-have guilty pleasure:

I love Hy-Vee's Crispies. They're light, puffy pastries with cinnamon and sugar.