

GREAT NEWS

IVER HEALTH SYSTEMS

July 1, 2015

Annual giving campaign begins July 1

Great River Friends' Circle of Friends Annual Giving Campaign is underway. The money raised will support programs and projects at Great River Health Systems and provide scholarships for students pursuing careers in health care.

"Investing in health care helps patients, their families, caregivers and the community," said Michele Dyer, campaign chairwoman. "By joining one of Great River Friends' giving circles, donors will help build a healthier future for the region."

The giving circles are:

- Circle of Healing, \$1,000 to \$5,000
- Circle of Hope, \$500 to \$999
- Circle of Compassion, \$250 to \$499
- Circle of Comfort, \$100 to \$249
- Circle of Caring, up to \$99

"Great River Friends is an important part of Great River Health Systems' success," said Mark Richardson, president and CEO. "In the last 11 years, it has donated more than \$450,000 to fund purchases that benefit our patients, their families and our staff. Some of the items are 'extras' that enhance our

world-class customer service. And others are important to consistently providing high-quality care."

Great River Friends scholarships help local students earn degrees in high-demand health care fields. Receiving scholarships from Great River Friends may encourage them to return from college to work at Great River Health Systems.

In the last year, about 450 Great River Friends volunteers gave nearly 50,000 hours of their time in areas throughout Great River Health Systems.

Tax-deductible donations to the Circle of Friends Annual Giving Campaign are being accepted in Great River Gift Shop in Great River Medical Center's lobby and online at www.GreatRiverMedical.org/Volunteer/. To receive a form in the mail, please call 319-768-3340.

Besides the Annual Giving Campaign, Great River Friends raises money in these ways:

- Book fairs
- Cups & Cakes
- Great River Gift Shop
- Jewelry fairs
- Special events

CIRCLE  FRIENDS
ANNUAL GIVING CAMPAIGN

Nurse practitioner prepared to weather storms and health care reform

What does a mother of three children who drives two hours round trip daily to a stressful job she loves do for vacation? She takes an Extreme Tornado tour.

"I'm an adrenaline junkie. We get within hundreds of feet of tornadoes," said Lisa Decker, D.N.P., a nurse practitioner at Great River Clinic in Mediapolis, Iowa. Last summer, she celebrated earning her doctorate by chasing tornadoes in Colorado for 10 days.

"I've developed a therapeutic approach to chaos," said the former cardiac catheterization laboratory nurse. "I always go for the tough stuff at work and in my free time because I'm comfortable with it."

Taking training to an advanced level

Decker has cared for patients at the Mediapolis clinic since January. She worked at Great River QuickCare in Burlington the previous six months.

"After working in a hospital for several years, I wanted to increase my training and practice nursing to its fullest scope by taking care of my own patients," Decker said. "Nurse practitioners focus on how patients respond to illnesses. They collect patients' histories and listen to patients' symptoms. It's the same thing we do in the hospital, only on a larger scale."

Nurse practitioners in Iowa may work independently. They can:

- Conduct physical examinations
- Diagnose illnesses
- Make rounds in hospitals and nursing homes, in collaboration with physicians
- Order and interpret diagnostic tests
- Perform procedures the nurse practitioner is trained and competent to perform
- Prescribe medicine
- Provide patient education and counseling in chronic and acute conditions
- Refer patients to physicians when required
- Treat and manage chronic illnesses
- Treat minor illnesses and injuries



According to Medicare's policy for rural health care, William Daft, D.O., a physician at Burlington Area Family Practice Center, supervises Decker. In Iowa, nurse practitioners are recognized as independent health care providers by all other professional boards of health. They don't require physician supervision, but it is their responsibility to know their scopes of practice and practice limitations. Nurse practitioners are responsible for communicating their scopes of practice to patients, families, the community and collaborating physicians.

Besides identifying illnesses, Decker provides individualized education based on patients' knowledge levels so they can learn how to take care of themselves. Addressing their fears is an important part of patient care, too, she said.

"I'm often asking patients, 'What are you afraid or concerned about?'" Decker said.

"Then we develop a plan to address the fears."

Respect and compassion make an impression

Decker, 33, drives to work from Blue Grass, Iowa, a town of 1,500 people south of Davenport. Her husband is a doctor of pharmacy at a Davenport Hy-Vee.

Decker's childhood experiences influenced her career choice.

Continued on next page

“I grew up in poverty,” she said. “Because my mother was mentally ill, my sister and I became wards of the state. The state didn’t want to give my grandmother custody because she had multiple sclerosis and was in a wheelchair. But she raised us from that wheelchair.”

Funded by state aid, nurses from Visiting Nurse Services of Iowa came to their home to help care for Decker’s grandmother. While she was there, one nurse often stayed later than required to help care for the two girls, too.

“She never got paid for staying late, and she showed us respect and compassion,” Decker said. “The Visiting Nurses made me want to become a nurse.”

Last year, Decker told her story at the state capitol as she testified about health care reform. She is a seven-year member of the Iowa Nurses Association public policy committee, which participates in efforts to redesign aspects of the Iowa health care system to:

- Address long-term care needs
- Address mental health services
- Assure health care access in rural settings
- Make health care affordable and accessible
- Provide a full range of services across health care settings

Finding a good fit

Decker admits she considered her first visit to Great River Health Systems a “practice interview” to prepare her for job interviews closer to home. But in southeast Iowa, she found an organization with a strong vision and an administration well-educated about health reform and the value nurse practitioners add to the health system.

“Working at Great River Health Systems is worth the drive,” Decker said. “The health system values good employees and uses their ideas. I am impressed with employees’ dedication.”

Decker said she was welcomed warmly by the Mediapolis community. “There’s a huge need for primary health care services in rural areas,” said. “I want to be where I’m needed. I feel that here.”

She is confident in her skills, and expects skepticism from some patients because she isn’t a physician.

“As a doctor of nursing practice, part of my job is knowing when to communicate with physicians,” Decker said. “I understand my limitations, and I’m honest with my patients. If I don’t know something, I refer them to physicians for the answers. We work together to provide the best care for our patients.”

“I was made and molded for this,” Decker said.

27 nurse practitioners provide patient care

Great River Health Systems introduced its first nurse practitioner in 2000. Besides Decker, nurse practitioners work at:

- **Burlington Area Family Practice Center** – Nikki Ferrill, Jennifer Fullenkamp and Lisa Lake
- **Emergency Department** – Kimberly Mulholland
- **Great River Anesthesia** – Reggie Elam, Christian Falyar, Stephanie Hastings, Charlie Hong, Corey Lalonde, Brandon Patterson, JaAnna Taylor, Mark Walz, Susan Walz, Chris West
- **Great River Cancer Center** – Jessi Richmond
- **Great River Klein Center** – Dean Vantiger
- **Great River Medicine Specialists** – Sara Kraus and Kelly Samberg
- **Great River Orthopaedic Specialists** – Shanna Connor, Steve Tekell
- **Great River Pulmonology** – Linda McDanolds
- **Great River Urology** – Jane Schuler
- **Great River Women’s Health** – Elisabeth Long and Janette Schulz
- **Hospitalist Program** (inpatient care) – Wesley Pollpeter
- **The Keokuk Clinic** – Kathy Tripp



Great River Medical Center adds millions to local economy

Iowa's hospitals do more than provide health care – they help local economies. Great River Medical Center generates 2,463 jobs that add nearly \$108.8 million to Des Moines County. Hospital employees spend \$25.3 million on retail sales and contribute \$1.5 million in state sales tax revenue.

The information is from the Iowa Hospital Association's (IHA) recent Iowa hospital economic impact report. The study examined the jobs, income, retail sales and sales tax produced by hospitals and the rest of the state's health care sector. It did not distinguish the total impact of Great River Health Systems.

The state's 118 hospitals combined generate 121,000 jobs that add \$6.1 billion to Iowa's economy. Their employees spend \$1.6 billion on retail sales and contribute nearly \$99 million in state sales tax revenue.

In all, Iowa's health care sector, which includes employed clinicians, long-term care services and assisted-living centers, pharmacies and other medical and health services, directly and indirectly provides 307,402 Iowa jobs, or about one-fifth of the state's non-farm employment.

The Iowa Hospital Association is a voluntary membership organization representing hospital and health system interests to business, government and consumer audiences. Complete information from the study, including economic impact data for each of Iowa's hospitals, is available on the IHA website, www.ihonline.org.

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:

- July 10 Multiple Sclerosis Foundation
- July 24 Juvenile Diabetes Research Foundation
- Aug. 7 Mothers Milk Bank of Iowa

Summer Linens Fair

**7 a.m. to 5 p.m.
Monday, July 13**

**7 a.m. to 3 p.m.
Tuesday, July 14**

Hospital lobby

Sheet sets

Many colors available

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

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

- Blankets, \$45
- Quilt sets, \$59.95
- Sherpa-filled blankets, \$60
- Sherpa throws, \$29.95

- Bamboo memory foam pillows, queen, \$25; king, \$30

Cash, checks, credit cards, payroll deduction (health system employees only)

 **Great River
Gift Shop**

A service of Great River Friends

August Is National Breastfeeding Month

T-shirt sales will benefit breast-milk bank

In recognition of National Breastfeeding Month in August, Great River Women and Family Center is selling "Breastfeeding Does a World of Good" T-shirts to raise money to purchase donor milk from Mothers Milk Bank of Iowa for newborns who need it while they are in the hospital. The nonprofit organization based in Iowa City collects, stores and distributes human milk to those who need it. This includes:

- Adopted infants
- Hospitalized premature infants
- Infants born with immunological defects
- Infants whose mothers have an insufficient milk supply

Great River Medical Center is a collection site.

Some benefits of breastfeeding are:

- Breastfed babies are less likely to develop asthma.
- Breastfeeding reduces the risk of sudden infant death syndrome.
- Children who are breastfed for six months are



less likely to become obese.

- It protects babies from infections and illnesses including diarrhea, ear infections and pneumonia.
- Mothers who breastfeed have a decreased risk of breast and ovarian cancers.

Breastfeeding T-shirt Order Form

Name _____ Department _____

(Great River Health Systems employees only)

Telephone _____ Email address _____

\$12 for S to XL

\$14 for 2XL and 3XL

Short-sleeve T-shirt	S	M	L	XL	2XL	3XL
Quantity						

Total \$ _____

Orders will be available by Monday, Aug. 3. You will be notified about the pickup location at Great River Medical Center. Please send form and payment to Lora Stauffer, Obstetrics Unit, Great River Medical Center, 1221 S. Gear Ave., West Burlington, IA 52655.

EMPLOYEEPROFILE

Greg Kirkman

Manager of System Optimization
Information Systems

Start date:

July 2008

What I like about my job:

I learn something new every day. In my role, changes we make can have a huge impact on the way patient care is delivered. It is rewarding to make improvements to processes for providers and other caregivers that allow for safer care and more patient interaction.

The team I work with is phenomenal! Forming relationships with all of our clinics and collaborating for improvements to our processes with Cerner and Dragon has been very rewarding. I think we have a great organization, and I'm proud to work here.

What I wanted to be when I grew up:

Professional golfer

Hometown / Where I live now:

I was born in Iowa City, and I live in Burlington now.

Family:

I'm married, and we have a 6-year-old daughter.

Things I enjoy:

Golf, travel, live music, learning

I demonstrated the EXCEL values today by:

Escorting a lost visitor to his destination

Health system area I'd like to learn more about:

Billing and coding



What I hear about Great River Health Systems:

At community events, I frequently talk with people who share how much they appreciate our great employees and facility. Recently, I talked to a woman who came to the hospital after she started having chest pain at home.

She said everyone was efficient and helpful in the Emergency Department and inpatient unit. She said she felt cared for. Our staff informed her about the tests they were running and why. When she started taking a new medicine, she received education. They asked how she was feeling and if she had questions about the medicine.

I see our great teams in action every day, and it's especially rewarding when you hear it from a consumer who was really having a bad couple of days and received such great service from our people who made the experience positive in many ways.

If I could, I would ...

Win the lottery, invest well and split my time between New Orleans, Rome and Iowa. They are my favorite places. I guess I should start playing the lottery!