

Live Well

WINTER 2017

PHYSICAL THERAPY

Helping you get back on your feet

IF you're recovering from an illness or injury, or living with a medical condition that's slowing you down, you may need help to get moving again.

Grundy County Memorial Hospital (GCMH) Therapy Manager Jeff Nolder, MSPT, MHA, says that in addition to helping people move more easily, physical and occupational therapy visits can improve function, decrease pain and help avoid long-term disability. He also says that in addition to treatment time, education is a large part of the therapy experience.

"Our aim is to return you to good health while empowering you with the information you need so you can maintain it," Nolder says.

Physical therapy can help at any age

Nolder says that the GCMH therapy team puts its years of knowledge and skills to use in many different situations and with people of all ages.

"Right now we're caring for people ages 10 to 90," he says. "Our therapists excel at taking the time to listen to patients—whether it's

pulling up an x-ray and answering their questions, or providing them with at-home stretching and strengthening exercises."

Teaming up for your health

The six members of the GCMH therapy team regularly play a variety of roles in returning people to good health, including:

- ▶ Teaching young athletes ways to reduce overuse injuries.
- ▶ Helping strengthen limbs weakened by stroke so that a person can walk again and regain as much independence as possible.
- ▶ Developing a fitness program for older adults with arthritis that enables them to continue to take part in their favorite activities.
- ▶ Rehabilitating people after orthopedic surgery, including total joint replacement.

A therapist can get you moving in the right direction, which can make a real difference in your quality of life. Ask your medical provider if physical therapy is a good option for you.



For an appointment, call
319-824-5097.



▲ Convenient outpatient services at Grundy County Memorial Hospital include physical, occupational and speech therapy. Therapy Manager Jeff Nolder, MSPT, MHA, works with patients of all ages, including young people who have had sports injuries.

When you select Grundy County Memorial Hospital Outpatient Services for your family's health care needs, you'll receive high-quality care in a friendly and welcoming environment. Here's what you won't see: heavy traffic, parking problems or a long wait before your appointment.



Relief for little ears

2



Keep up your walking game this winter

3



Visit our Orthopedics Clinic!

4

We hear and value your feedback!

For more than 10 years, we have administered surveys to assess patient care at Grundy County Memorial Hospital (GCMH).

A comment on a recent survey said: “You need shorter surveys!” This feedback prompts the following explanation of how we use your survey responses.

Whether you received care in our Emergency Department or in our Inpatient Department for a day or more, or visited outpatient services such as therapy, lab, radiology, surgery or Specialty Clinic, it is likely that you will receive a survey in the mail.

GCMH uses national health care consulting firm Press Ganey to administer this survey process. Monthly reports generate a scorecard of how our patients perceive our hospital. This data is also

compared to hundreds of hospitals around the country, and Press Ganey annually recognizes hospitals who stand out among their peers.

At GCMH, managers review the scorecards and written comments. Our Patient Experience Team meets monthly to examine all of the components of patient experience and may recommend changes to procedures, new staff education or different methods of communication.

For example, a recent survey comment stated that presurgery prep instructions were unclear. This feedback provided an opportunity for our Surgery Department to create new patient education materials.

Thank you to each of you who takes time to let us know about the care you’ve received by completing a survey. Your voice matters—please keep those surveys coming!

Jennifer Havens, RN, MHA

CEO

Grundy County Memorial Hospital

E A R A C H E S

Should I be worried?



Eric Neverman, DO
Pediatrics and
Internal Medicine
UnityPoint Clinic,
Grundy Center

WINTER

brings an increase in childhood illnesses such as colds—and an earache may appear with your child’s sore throat or other symptoms.

How do you know when an earache is cause

for concern? Eric Neverman, DO, a pediatrics and internal medicine physician with UnityPoint Clinic, has some basic guidelines for how to recognize and treat an ear infection.

Symptoms of an ear infection

The most common symptoms of an ear infection, or acute otitis media, include pain, fever and sometimes drainage from the ear. In young children or children who are too young to let you know what hurts, you may notice that your child will hold, tug or rub their ear.

“An examination by a medical provider will show whether the middle ear is infected and how severe the infection might be,” says Dr. Neverman.

Treating an ear infection

He says treatment might include antibiotics, depending on your child’s age and the severity of the infection. To help your child remain comfortable, acetaminophen and ibuprofen might be recommended, depending on the age of your child. Children should not be given aspirin for pain or fever.

Dr. Neverman says that a condition called otitis media with effusion refers to the presence of fluid behind the eardrum. This condition isn’t associated with inflammation and thus doesn’t require antibiotics; however, fluid buildup may affect your child’s

hearing and eventually affect speech and language development. If the fluid behind the eardrum remains for more than three months or is associated with frequent ear infections, your child may need to be evaluated by an ear, nose and throat specialist to see if ear tubes are needed.



Reducing ear infection

Dr. Neverman says it’s important to remember that there are ways to reduce your child’s risk for developing ear infections.

- 1 Keep your child away from secondhand smoke.
- 2 Boost your child’s immune system by exclusively breastfeeding until he or she is at least 6 months old.
- 3 Avoid the common cold by making sure members of your family wash their hands frequently.
- 4 Keep vaccinations up-to-date, including the annual flu shot and those that protect children from the pathogens that cause ear infections.

If you are concerned that your child may have an ear infection or problems with his or her speech and language, or if you want to update immunizations, it’s best to contact your child’s UnityPoint Clinic provider for an evaluation. If a follow-up with a specialist is needed, the hospital’s Specialty Clinic offers an Ear, Nose, and Throat Clinic each Monday.

Walk this way to better health



Stay active this winter to support your overall good health.

Walking just might be the perfect exercise. It offers so many benefits, yet it's easy and cheap to do. For the most part, all you need is a good pair of walking shoes and some time throughout the week in order to reap healthy rewards.

While Iowa's winter months make it more challenging to get outdoors for a walk, don't let the cold keep you from an activity that supports good health in so many ways.



Make exercise a regular part of your day

Crystal Petersen, Grundy County Memorial Hospital's Health Promotion Manager, says the simple pleasure of daily movement can help:

- ▶ Reduce your risk for developing chronic health problems, including heart disease, high blood pressure and type 2 diabetes.
- ▶ Bring down your blood pressure,

cholesterol or blood sugar levels if they're too high.

- ▶ Balance calories—which is an essential part of managing your weight.
- ▶ Tone your muscles and strengthen your bones.
- ▶ Lift your mood and help you feel more energetic.



Walking through winter: How you can stay on track

Some suggestions for maintaining your healthy walking habit during winter's cold weather include:

- ▶ Finding an indoor spot that's available for walking, including a local community center, city hall or school facility.
- ▶ Learning to dress for the weather by layering clothing, keeping your head covered, and wearing sturdy, nonslip boots.
- ▶ Breaking up your 30-minute daily walk into three shorter time periods so that you're not out in the cold as long.

Walking for exercise is generally a safe activity. It's a good idea to check with your doctor first before embarking on a walking program if you:

- ▶ Have an ongoing health problem, such as heart disease, diabetes, high blood pressure, arthritis or asthma.
- ▶ Experience symptoms such as chest pain, dizziness or shortness of breath.
- ▶ Are pregnant.
- ▶ Are older than 40 and haven't exercised in a while.

Emergency Department receives patient satisfaction award

For the eighth year in a row, the Grundy County Memorial Hospital Emergency Department has been recognized as a top performer. The 2016 Guardian of Excellence Award® from health care consulting firm Press Ganey recognizes the Emergency Department for being in the top 5 percent among hospitals nationwide for Patient Experience. Emergency Department Manager Sara Hook, RN, says that caregivers are humbled that the department has been recognized based on patient surveys. "The compassion that our nurses, registration staff and emergency providers demonstrate is remarkable. The fact that we sustain a high level of patient satisfaction year after year shows that our patients can sense the extra-special care and concern," says Hook. The Emergency Department has won the award each year since 2009.



You're invited to Walk With a Doc

Everyone is invited to take a step toward better health by joining the new Walk With a Doc program.



The year-round walking program has more than 200 chapters across the country as part of an effort that pairs doctors with members of their community to encourage increased physical activity in people of all ages.



The next local Walk With a Doc is scheduled for Wednesday, Feb. 1, at 9 a.m. at the Grundy Family YMCA in Grundy Center and will be led by Eric Neverman, DO. Email GCMH_Info@unitypoint.org for more information.

Focus on GCMH Specialty Services

ORTHOPEDICS

Specialized care for all ages

Is a worn-out knee or hip keeping you from moving freely? Is an injury preventing you from participating in a favorite sport or activity?

Orthopedic surgeons care for people of all ages, from young athletes with overuse injuries to middle-aged adults and seniors with pain or an injury. Convenient access to orthopedic specialists is available in the Grundy County Memorial Hospital (GCMH) Specialty Clinic, where two orthopedic surgeons are available to treat patients.

“Pain, swelling or stiffness of joints are common complaints that send people to see an orthopedic surgeon,” says Dr. Robert Bartelt, who sees patients weekly in the Orthopedic Clinic. “Patients may treat simple ailments on their own with rest, ice and anti-inflammatories, but when symptoms persist or interfere with daily activities, they should probably be seen in the clinic.”

Dr. Bartelt has been treating patients at GCMH for five years and finds that knee and hip arthritis, carpal tunnel syndrome, rotator cuff tears, ACL tears, and other knee injuries are among the most common conditions he treats in the Specialty Clinic. “Physical therapy, over-the-counter or prescription medications, injections, and modifications to activity can all be used to treat pain,” says Dr. Bartelt. Surgery is generally advised only if medicine, exercise or other therapies don’t improve a patient’s health.

Among the surgeries Dr. Bartelt performs at GCMH is knee or hip replacement, in which a damaged



Robert Bartelt, MD
Orthopedic Surgeon
► University of Iowa
Medical School.

► Board-certified in
orthopedic surgery.

► Completed five-year

orthopedic residency at Mayo Clinic, Rochester.

► Member of Arthroscopy Association of North America and American Academy of Hip and Knee Surgeons.

Specialty Clinic—
Orthopedics: help
for bones and joints.
Call **319-824-5081**
to schedule your
appointment.

joint is replaced with an artificial one to alleviate pain and allow for a return to normal activities. A total joint replacement procedure is usually followed by a two- to

three-night hospital stay. Dr. Bartelt also performs shoulder and knee arthroscopy, which involves using special equipment to visualize, diagnose and treat problems inside a joint. In addition, rotator cuff repair, ACL reconstruction, and carpal tunnel or other hand surgeries are performed by Dr. Bartelt on an outpatient basis in the GCMH Surgery Department.

“I have tremendous respect for the fact that at GCMH, the patient experience is given extremely high priority,” says Dr. Bartelt.

The experienced nursing team takes pride in the department’s very low rate of infection. An ultraviolet light disinfection system added within the past year aids in reducing the likelihood of post-surgery infection. If you are considering an orthopedic surgery, you may schedule an appointment with the Orthopedic Clinic or contact Surgery Manager Jessica Eilers, RN, BSN, CNOR, to receive more information or set up a time to tour the Surgery Department.

See a video about orthopedic services and patient results at grundycountyhospital.org.



Specialty Clinic

VISITING SPECIALISTS

Audiology

Seema Arab, AuD

Cardiology and Echocardiogram

Kari Haislet, DNP

Abbie Schrader, ARNP

Kalyana Sundaram, MD

Dermatology

Angela Buttjer, PA-C

Ear, Nose and Throat/Skin

Cancer

David J. Congdon, MD, MPH, FACS

Tricia Thompson, ARNP

Gastroenterology/Hepatology

Tracy Elliott, ARNP

Srinivas Kalala, MD

General Surgery/Colonoscopy

Paul Burgett, MD, FACS

Nephrology

T. Michel Daoud, MD

Vinay K. Kantamneni, MD

Oncology

Julie Gleason, ARNP

Ophthalmology

Theresa Larson, MD

Benjamin Mason, MD

Orthopedics

Robert B. Bartelt, MD

Douglas Cooper, MD

Podiatry

Stephen Solomon, DPM

Psychiatric Social Work

Debra Estes, LISW

GCMH SERVICES

Anti-Coagulation

Andrew Washburn, PharmD

Pain Management

J. Craig Vana, MSN, CRNA, ARNP

Sleep Disorders

GCMH Sleep Services

Wound Healing

Amanda Vervaecke, ARNP



319-824-5081 or **888-824-5081**
for scheduling information.



Live Well

Classes



**Grundy County
Memorial Hospital**
UnityPoint Health

Call **319-824-5085** to register for classes and support groups, email **GCMH_info@unitypoint.org**, or you can enroll on the hospital's website, **grundycountyhospital.org**.




100-Day Weight-Loss Challenge

- ▶ **Classroom sessions: Mondays, Jan. 23, Feb. 13, Feb. 27, March 13 and March 27, 5:30 to 7 p.m.**
- ▶ **Weigh-ins: Weekly, on Mondays.**
- ▶ **Challenge runs through Tuesday, May 2.**
- ▶ **GCMH Education Room (use entrance No. 3 on the west side of the hospital). \$150 with a \$25 success rebate for participants who reach their healthy weight goal.**

If your New Year's resolutions include a weight-loss goal, this class is for you.

Learn lifelong strategies to assist you with healthy choices and leave you feeling in control of your eating habits. In addition, the class cost includes a free Grundy Family YMCA membership during the 100 days of the class, followed by a discounted membership for the remainder of the year.

For more information, call Wendy Brewer, RDN, LD, at **319-824-4127**.



Diabetes Prevention Program

- ▶ **Classes begin in February. Dates and times will be chosen in response to the needs of those who enroll.**

If your blood sugar has been creeping up, your doctor may have told you that you have pre-diabetes. The good news is that if you act now, you can prevent or slow the progression toward type 2 diabetes.

This program is recognized by the Centers

for Disease Control and Prevention and uses small group classes and coaching to help you make changes that are proven to slow or reverse the onset of type 2 diabetes.

Call now to learn more about the class, or check out **unitypoint.org/grundycounty/diabetes-prevention-program.aspx** for details.



Just What the Dr. Ordered

- ▶ **Third Monday of each month, 5:30 to 7 p.m.**
- ▶ **GCMH Education Room (use entrance No. 3 on the west side of the hospital).** Improve your health through your food choices. Attend if you are diagnosed with or at risk for:
 - ▶ **High blood pressure: Monday, Feb. 20.**
 - ▶ **Type 2 diabetes or pre-diabetes: Monday, March 20.**
 - ▶ **High cholesterol: Monday, April 17.**

Our registered dietitian/nutritionists will help you learn how the right foods can help manage your chronic condition. The goal is to support your doctor's guidance on managing your health with practical advice on lifestyle choices.

Reserve your spot now by calling **319-824-5085**.



Diabetes Education

Ready to learn more about managing your diabetes? GCMH professionals help you and your doctor develop a plan that works best for you. Call your provider's office for a referral. Classes are offered at various times to accommodate individual schedules.

Once you have a referral, call GCMH Scheduling at **319-824-5081** to enroll in the class. (Class cost may be covered by your health insurance or Medicare plan.)



Safe Sitter™

- ▶ **Monday, Feb. 20, 7:45 a.m. to 4 p.m.**
 - ▶ **Saturday, April 29, 7:45 a.m. to 4 p.m.**
 - ▶ **GCMH Education Room**
- \$35**

Designed for young teens who are beginning to stay home alone or babysit for other youngsters, this class teaches everything from simple food preparation to safety tips—such as what to do in case of severe weather, a power loss or other emergency. Includes basic first aid, choking and CPR instruction. Children need to be 11 by the date of the class.

The class is taught jointly by GCMH and Iowa State University Extension–Grundy County. To register, call **319-824-5085** or visit **grundycountyhospital.org/classes-and-events**.




CPR Class

- ▶ **Tuesday, Feb. 14, 4:30 to 9:30 p.m.**
- \$35 to cover cost of materials and a certification card.**

Take advantage of classes to learn CPR for adults, infants and children, including defibrillator use. The five-hour class also includes choking and first aid skills. Class size is limited.

Enroll by calling **319-824-5085** or visiting **grundycountyhospital.org/classes-and-events**.

LIVE WELL is published as a community service for the residents of the service area of Grundy County Memorial Hospital, 201 E. J Ave., Grundy Center, IA 50638, www.grundycountyhospital.org, 319-824-5421.

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CEO

Crystal Petersen
Health Promotion
Manager

Keely Harken
Foundation Development
& Community Outreach
Manager
Newsletter Editor

Waste not, want not

By Crystal Petersen, GCMH
Licensed Dietitian/Nutritionist

LET'S give a hand to fruits and vegetables! They're the nutritional stars of your plate. But American consumers waste an estimated 15 to 20 percent of food we purchase. How do we shop healthy and get those fresh items to the table? My suggestions are simple—and can help you save on your food dollar while preparing wholesome meals.

1 Shop your refrigerator first. Look to see what you have on hand. Use short-lived fresh fruits and vegetables, like berries, leafy greens, cucumbers and mushrooms, within a couple days of purchasing. Fresh apples, potatoes, carrots, onions and winter squash with a longer life can wait to be made into meals.

2 Get creative. Don't know what to do with that half jar of salsa and leftover chicken breast? Check out supercook.com. Enter what ingredients you have, and it tells you what meals you can make and how to make them. Use pureed, cooked veggies to thicken stews and gravies. Mash up soft fruit into a sweet, nutritious pancake topping. Turn a jar of plain spaghetti sauce into a veggie feast by adding mushrooms, peppers and onions.



Check out
grundycountyhospital.org or the
GCMH Facebook page for recipes
that help you avoid food waste.

3 Coax the most out of produce with proper care. Store perishable fresh produce in the refrigerator, and make sure the temperature in your fridge is set to 40 degrees or below.

4 Make use of leftovers. Try soup made up of turkey, a partial jar of salsa, broth, and leftover beans and corn. Keep whole grain pizza crust on hand and use your bits and pieces of leftovers to create a one-of-a-kind masterpiece. Create a salad with lettuce that has been lingering in the refrigerator, tomatoes at their ripest and the last bit of cheese from the package.

5 Don't forget canned and frozen. Canned and frozen vegetables and fruits can be nutritious too. Just be sure to read the Nutrition Facts label and look for low- or no-sodium vegetables and fruits that are prepared in their own juice.

Understanding food safety labels

Understanding the various labels manufacturers use on purchased foods can help you avoid tossing out what's still healthy and safe:

"Best if used by" means:

Food may be eaten after this date. This is a best quality and flavor date, not a safety date.

Example: A box of whole-grain cereal or crackers.



"Sell by" means:

This is the date that the retailer should sell the item by. The consumer has a reasonable amount of time after that date to use it before the food goes bad.



"Use by" means:

The last date food is expected to be at peak quality. Not a specific safety date.

Example: Often found on fresh, perishable foods like fruit, vegetables and salad mixes.



Download the free app
"Is My Food Safe?" for an easy
way to determine whether
food is still safe and how long
you can keep it.



Sources: Academy of Nutrition and Dietetics; American Heart Association; American Institute for Cancer Research