

Community Newsletter

BCH Offers Joint Replacements

Advances in Joint Replacement Benefit Individuals with Painful Hips and Knees

Osteoarthritis, longer life spans, obesity, genetics and older Americans' increasingly active lifestyles are a few of the factors prompting hips and knees to wear out before their owners, resulting in pain, a disruption in their quality of life, and an increasing demand for hip and knee replacements. The good news is that progress has been made in joint replacement over the past six years, thanks to surgical procedures that are easier on the body and improvements in the function and durability of artificial implants.

Boone County Hospital (BCH) and Board Certified Orthopedic Surgeon Dr. James Mueller of the Boone Orthopedic Center offer the latest in joint replacement techniques. Dr. Mueller has been performing hip and knee surgery at BCH since the fall of 2007 and offers the following specialized procedures:

- A partial knee replacement technique that is a good option when only one side of the knee is damaged. The

incision can be as small as two to three inches, rather than the eight to 12 inch incision used for traditional total knee replacement.

- A total knee arthroplasty (TKA) performed through an incision as small as four inches, compared to eight to 12 inches for a traditional TKA. Potential patient benefits include less tissue disruption and the ability to perform more exercises on day one following surgery. Some patients also may experience less pain.

Dr. Mueller brings the operating room of the future into the present by incorporating a highly sophisticated computer-assisted surgical navigation system into his joint replacement procedures. "The computer-assisted navigation system allows me to increase the accuracy and assists me with the alignment of the implant in the patient," says Dr.

Mueller. "Due to improved visibility of the joint structures and a surgical 'road map' for implanting the new knee or hip implant, my patients benefit greatly."

Over the years, there have been major advances in hip and knee implants. "Materials for and the longevity of the implants have greatly improved," says Dr. Mueller. However, he says the life span of a

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Pictured: Dr. Mueller with patient Jean Elsberry who received a new hip in February

BOONE COUNTY HOSPITAL

- Joe Smith, CEO433-8481
- Main Hospital Number432-3140
- Beckwith Family Adult Day Services432-2275
- Boone County Family Medicine (Boone).....432-2335 (Ogden)275-2417
- Boone Orthopedic Center.....433-8500
- Business Office433-8142
- Cardiac Rehab.....433-8120
- Comprehensive Specialty Care.....433-8700
- Diabetes Education433-8624
- Family Birth Center433-8400
- Foundation433-8470
- Gifts Galore Gift Shop433-8180
- Home Care Services432-1127
- Madrid Family Practice Clinic433-4300
- Medical/Surgical Floor433-8230
- Rehabilitation Services Occupational Therapy433-8686 Physical Therapy432-7729 Speech Therapy433-8625
- Sleep Disorders Center433-8260
- Specialty Clinic433-8300
- Wound Clinic433-8337

BOONE COUNTY HOSPITAL PHYSICIANS

- Anesthesia**
 - John Murphy, M.D.433-8358
- Clinical Psychology**
 - William Martin, Jr., Ph.D. ..433-0343
- Emergency Director**
 - Brian Mehlfhaus, M.D.433-8150
- Family Practice**
 - Frank Downs, M.D.432-2335
 - James Hardinger, D.O.432-2335
 - Brian Mehlfhaus, M.D.432-4444
 - Laura Moeller, M.D.432-4444
 - Amanda Moreno, D.O.....795-4300
 - Sascha Parsons, M.D.432-4444

Family Practice (continued)

- Eric Peterson, M.D.....432-2335
- Jerald Phipps, D.O.432-2335
- Scott Thiel, M.D.432-2335
- Peter Vasconcellos, D.O. ..432-2335
- Richard Vermillion, D.O. ..275-2417
- Paul Volker, M.D.432-4444
- Kris Shaver, PA-C432-2335

General Surgery

- Richard Unger, Jr., D.O.432-7766

Internal Medicine

- David Koenig, M.D.432-4444

OB/Gyn

- Daniel Gabrielson, D.O.....866-426-4188
- Tracey McIntire, D.O.....432-7766

Orthopedic Surgery

- James Mueller, M.D.433-8500

Pathology

- John Cook, M.D.433-8173

Podiatry

- Todd Miller, D.P.M.432-7766

Radiology

- Tom Gleason, D.O.433-8160

BCH SPECIALTY CLINIC PHYSICIANS, 433-8300

Allergy

- Jay Brown, M.D., McFarland Clinic

Cardiology

- Jeffrey Boyd, M.D., Iowa Heart
- Imran Dotani, M.D., McFarland Clinic

Dermatology

- Kathy Cook, M.D., Skin Solutions Dermatology

Ear, Nose, Throat

- Matt Morgan, M.D., Mercy ENT

Eye

- Nicolas Hamouche, M.D., McFarland Clinic
- Daniel Vos, M.D., Wolfe Clinic

Nephrology

- Jacob Alexander, M.D., McFarland Clinic
- Jobinson Thomas, M.D., Des Moines Kidney Assn.

Neurology

- Michael Kitchell, M.D., McFarland Clinic
- Seldon Spencer, M.D., McFarland Clinic

Oncology

- Thomas Buroker, D.O., Medical Oncology and Hematology
- Joseph Merchant, M.D., McFarland Clinic

Orthopedic Surgeons

- Craig Mahoney, M.D., Iowa Orthopaedic Center
- Daniel McGuire, M.D., Iowa Spine Care

Pain Management

- Christian Ledet, M.D., Des Moines Orthopaedic Surgeons, P.C.

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic
- Dennis Kessler, D.P.M., Iowa Orthopaedic Center

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic/Reconstructive Surgery

- Kyle Ver Steeg II, M.D.

Pulmonary Medicine

- Katrina Guest, M.D., Iowa Clinic-Iowa Lung
- Steven Wanzek, M.D., McFarland Clinic

Urology

- Stephen Piercy, M.D., Urology Associates, P.C.

Vascular Surgery

- Doug Massop, M.D., Iowa Clinic



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*"Due to improved visibility of the joint structures and a surgical 'road map' for implanting the new knee or hip implant, my patients benefit greatly."
— Dr. Mueller*

Disease Control and Prevention/National

Center for Health Statistics, osteoarthritis is more common in women than in men; women make up 60 percent of people who have total hip or knee replacement. Osteoarthritis can be prompted by an injury to the joint, overuse or obesity. While the exact causes of the disease are unknown, the National Institute of Arthritis and Musculoskeletal and Skin Diseases have found that genetics may play a role in approximately 40 to 65 percent of knee osteoarthritis cases. Over 60 percent of the surgeries Dr. Mueller has performed to date have been knee implants, nearly 30 percent are hips, and the remainder are other surgeries.

Dr. Mueller says many factors may be driving the rising demand for joint replacement. 1) Americans are living longer. Today, the average life expectancy for a child born in the United States is nearly 78 years. 2) Obesity is on the rise, and if it continues to rise at its current rate, by 2020 about one in five healthcare dollars spent on Americans ages 50 to 69 could be consumed by obesity-related medical problems, a 50 percent increase over just five years ago, according to the RAND Corporation, a nonprofit research organization. Weight loss benefits people in early and even more advanced stages of osteoarthritis because it reduces the stress and load on one's knees and hips. 3) Older Americans are remaining active. According to a report

released in 2005 by the Urban Institute, nearly 80 percent of Seniors age 55 and older spend their time engaged in activities that require mobility such as working, volunteering, taking care of family members or helping people outside their own households.

Dr. Mueller came to Boone County Hospital in the summer of 2007. He has watched his practice at the Boone Orthopedic Center grow over the past year. "The orthopedic services we provide are as good as those that are available at a bigger medical center. Our staff is extremely qualified and the equipment is state-of-the-art," says Dr. Mueller. "Residents in and around Boone County with hip or knee pain need to know they do not have to travel outside of Boone to receive the quality orthopedic care they need." He adds, "An added benefit for our patients is that Physical Therapy moved to the hospital in May and is just around the corner from the Orthopedic Center making easy accessibility for our patients recovering from surgery and in need of physical therapy."

If you have hip or knee pain, make an appointment with your family physician; should he or she feel an evaluation by an orthopedic surgeon is needed, ask to be referred to the Boone Orthopedic Center. If you have questions regarding orthopedic services, please call (515) 433-8500.

Pictured: Dr. Mueller and his nurse Sue Peters in Surgery

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new hip or knee depends on the person that's receiving it and their activity level. For instance, a younger person will make higher demands on their body because they are more active than someone who is older.

Joint pain and deterioration is most often due to osteoarthritis, often called "wear-and-tear" arthritis, which affects about 21 million Americans. It is characterized by the breakdown of the joint's cartilage. Cartilage cushions the bones of a healthy joint, and when it starts to erode the bones eventually grind against each other, causing pain and stiffness. Hips and knees are prime targets for disease due to the fact that they bear a lot of weight.

According to the Centers for

Osteoarthritis is more common in women than men; women make up 60 percent of people who have total hip or knee replacement.



Alzheimer Support Group
2nd & 4th Wednesday of every month, 4 p.m., Beckwith Family Adult Day Services. For more information, call 432-2275.

Baby Care 101
Obstetric nurses cover topics such as bathing, safety & newborn care. This free class is for parents in their 7th or 8th month of pregnancy. Call the Family Birth Center at 433-8400.

Beckwith Family Adult Day Services
Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals & individualized care for adults who do not need 24 hour care, but cannot be left alone for long periods of time. For more information, call 432-2275.

Big Brother/Big Sister
This free sibling class helps children prepare & accept the arrival of a newborn. Call the Family Birth Center at 433-8400.

Blood Pressure Checks
Every Friday, 8 a.m. to Noon, Specialty Clinic, BCH. Free. No appointment necessary.

Boone Community Blood Drive
Held each month, 1 to 6 p.m. For dates & locations, call the Blood Center of Iowa at (800) 287-4903. The drive is sponsored by the Boone County Hospital Auxiliary.

Boone County Nutrition Programs
Boone County provides meals to individuals 60 & older throughout the county. For more information on the Home Delivered Meal & Congregate Meal Programs, call 432-1127. These programs are facilitated by BCH Home Care Services.

Breastfeeding Class-First Time Moms
This free class is taught by a breastfeeding educator who will help you prepare for breastfeeding & the arrival of your new baby. Call the Family Birth Center at 433-8400.

CPR Classes
CPR classes are provided as requested. Call 433-8190.

Cancer Support Group
This support group is held every two months. Call the BCH Specialty Clinic at 433-8300 for current dates & times.

Childbirth Preparation
Learn about relaxation techniques, fetal development, birthing options & baby's first days. Expectant mothers & their support person should plan to attend this free class two months prior to their delivery date. Call the Family Birth Center at 433-8400.

Diabetes Education Classes
If you have diabetes & would like to attend our education classes, please talk to your physician about referring you to the Boone County Hospital Diabetes Center. Call 433-8624.

Family Birth Center Tours
A tour is held the first Monday of every month or by scheduling an appointment. Please call the Family Birth Center at 433-8400.

First Aid Classes
This OSHA approved course will teach participants how to initially respond to medical emergencies & injuries. For scheduled dates & to pre-register, call 433-8190.

Gifts Galore Gift Shop
Monday through Friday, 9 a.m. to 4 p.m., & Saturday, noon to 4 p.m.

Hospice Rooms
Family and Friends Patient Comfort Rooms are available for individuals diagnosed with a life-limiting illness. For more information, call 433-8264.

Lab Wellness Profiles
Offered seven days a week, 6:30 to 10:30 a.m., BCH Lab. Seven different blood tests are available. Cost is low; no insurance filed. Call 433-8170.

Outpatient Nutritional Services
A BCH dietitian can provide you with a nutritional needs assessment, help you develop healthier eating habits, plan healthy menus & lose weight. For an appointment, call 433-8624.

SHIIP
A SHIIP (Senior Health Insurance Information Program) volunteer is available to assist you with your Medicare Prescription Drug Plan. To schedule an appointment, call 432-1127.

Skilled Beds
BCH has skilled beds available for individuals needing to regain daily living skills. For more information, call 433-8465.

Sports Physicals
July 29, August 13 & 21, 6 to 8 p.m., Boone County Family Medicine (BCFM), Boone. Call 432-2335. August 1 & 8, 9 a.m. to 12 p.m., BCFM, Ogden. Call 275-2417. Monday through Thursday by appointment, Madrid Family Practice Clinic. Call 795-4300.

Valet Parking Service
Monday through Friday, 8 a.m. to noon & 1 to 3 p.m., BCH.

Volunteer Auxiliary
The Boone County Hospital Auxiliary is looking for men & women volunteers of all ages to work in the hospital. If interested, call Chris Branstad at (515) 275-4905.

Vestibular Rehab
If you have ongoing problems with dizziness or instability, ask your doctor about a referral to Vestibular Rehab. Call 432-7729.

What You Should Know About MRSA

Patient Safety News About the Spread of Infection

At Boone County Hospital (BCH), we are committed to providing you with the best care. Because your health and safety are important to us, BCH is taking part in state and national patient safety programs to reduce the risk of transmission of antibiotic-resistant bacteria.



There are bacteria, or germs, both inside and outside the hospital of special concern because they are resistant to antibiotic treatments and can cause infection while patients are receiving medical care. Antibiotic resistance is a growing worldwide problem.

People can carry these germs in or on their body without symptoms, and they can unknowingly be passed from patient to patient if important steps are not taken. A very important bacterium that may be resistant to many antibiotics most commonly used to treat it is Methicillin-Resistant Staphylococcus Aureus (MRSA). MRSA is commonly found on the skin or in the nose.

If you are a resident of a long term care facility, have been a patient in a hospital during the previous 12 months, or have a indwelling device such as a foley

catheter or IV device, you will be tested for MRSA if you are admitted as a patient to BCH. The first specimen is collected by simply swabbing the inside of your nose with a small sterile swab. Additional specimens may be collected throughout your stay.

If you are found to carry MRSA, you will be placed in "contact precautions" to help us prevent the spread of MRSA in the hospital. As a result, health care staff will be wearing gowns and gloves while caring for you. The presence of the bacteria does not require treatment unless you have an infection.

Our staff is working hard to protect our patients from infection while they are in the hospital and even after they go home.

program and being involved in her life. Michelle is also involved in Relay for Life. Michelle currently has a two year degree from the Des Moines Area Community College, and is pursuing a Bachelor's Degree online through the University of Cincinnati, and will graduate in 2010. "I decided to go back to school to further my education and expand my opportunities," Michelle says. "I hope to gain the potential for advancement and personal status." Michelle praises BCH for their support. "The hospital has been

wonderful. I could not ask for a better place of employment," she says. "BCH's support through on-the-job training and the classes has been wonderful. I would not have gone back to school if it weren't for Howard Eikenberry (BCH Administrator) giving me the faith to pursue this goal and for the hospital's financial support." Michelle adds, "If you are considering going back to school, I say go for it! With additional education, you can open more doors no matter what area you are in."

Outpatient Physical Therapy Moves to BCH

New Location Will Benefit Patients

For individuals in need of outpatient Physical Therapy (PT), they will now receive their treatment at Boone County Hospital (BCH). In mid-May, PT moved from the YMCA where they had been located for the past 17 years, to a newly remodeled area on the main floor of BCH. The area is conveniently located inside the southwest doors of the hospital.

The new PT area has many added benefits including additional space and privacy for patients, state-of-the-art equipment and enhanced gym space, better scheduling, easy accessibility, and improved communication between physical, occupational and speech therapy. The Wound Clinic is also located in the new area. Both PT and the Wound Clinic hope to work together in the near future to provide new treatments for wound care. Aquatic therapy services will continue to be provided at the YMCA. Inpatient Occupational Therapy and Speech

Therapy still remain on the third floor of BCH.

Rehabilitation Services is committed to serving the people of Boone County and the surrounding area. The Rehab staff believe in a team approach to evaluation, treatment, and rehabilitation.

Should you need Physical Therapy services, talk to your doctor about referring you to Boone County Hospital. If you have questions regarding therapy, please call PT at 432-7729, Occupational Therapy at 433-8686 or Speech Therapy at 433-8625.



Pictured Rehab Services staff standing, left to right: Paula Madson, SLP, Lisa Munson, Admin. Assist., Brian O'Tool, PT, Tom Schaefer, PT, Juli Haberer, Rehab Tech, Tony Mack, PT, Deb Hansen, Rehab Tech, Corky Anderson, Admin. Assist., Amanda Wodtke, PTA, Angie Walsh, PTA; kneeling/sitting, left to right: Alicia Krizan, COTA, Tricia Carlson, PTA, Nora Anderson, SLP

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Michelle Simpson, MLT (Medical Lab Technician), has been working in the BCH Lab for eight years. She draws blood, analyzes specimens, helps maintain the analyzers, runs quality control, and gets results to the doctors in a timely fashion. In addition to her work, Michelle finds time to mentor a soon-to-be fourth grader. She began mentoring the little girl when she was in Kindergarten and has loved every aspect of the

A Letter from a Patient's Spouse

"Gudy was in the Boone Hospital for four weeks and three days with her very badly fractured right hip. During that time, we were given the most thorough, kindest, compassionate, splendid care anyone anywhere could have received. Everyone, that is everyone from the cleaning personnel to the doctors and nurses, were experts in their jobs. We are grateful. Thank you for having such a wonderful organization. And, please be sure those involved are aware how much we appreciate what we were given."

Sincerely, Jack and Gudy Murphy

BCH Nurse Receives Prestigious Honor

Recognized as One of Iowa's 100 Great Nurses



Pictured, left to right: Master of Ceremonies for the Iowa 100 Great Nurses ceremony Rita Frantz, Dean of Iowa University Nursing & Professor, and Ruth Anderson

"I love being a nurse. I'm honored to have received the award," says Ruth Anderson. "And, it's such a privilege to work at Boone County Hospital."

We have all met at least one outstanding nurse whose courage, competence and commitment to patients and the nursing profession stands out above all others. Each year, 100 Great Iowa Nurses are honored at a ceremony, created for the state of Iowa, by nurse and community leaders.

Ruth Anderson, a Home Care/Public Health and Wound Clinic nurse at Boone County Hospital (BCH), is one of the 100 nurses that were recognized and honored at the 4th Annual Ceremony at the HyVee Conference Center in Des Moines in May.

Ruth has been a BCH employee for 27 years. She began working at BCH as a Med/Surg/Peds Staff Nurse/Skilled Care Charge Nurse and eventually transferred to

Home Care and the Wound Clinic. Through the years, Ruth and has held many accomplishments one of which is her national recognition as an abstract presenter each

year at National Wound Care Symposiums.

"I have been Ruth's supervisor for almost 15 years," says Vicki McCambridge, Home Care Director. "Her enthusiasm and love for the nursing profession is evident daily in her actions, the care she provides to her patients, and the mentoring she has provided over the years to new staff and nursing students. She truly exemplifies the qualities of a great nurse!"

Cathy Wetzeler, Wound Care Nurse, says, "Ruth is absolutely wonderful to work with. She is uplifting, knowledgeable and deserving of this honor." She adds, "Ruth is truly a patient advocate and speaks up for her patients."

The 100 honorees represent 38 counties in Iowa, and the initial pool of 276 nominees came from 70 of Iowa's 99 counties. The field of nominees was narrowed to 100 by a panel of judges, including nursing professionals and past years' award winners, who received nominations around the state.

BCH Supports Employees Continuing Their Education

Boone County Hospital (BCH) strives to provide quality patient care while offering a balance between the needs of patients and staff. For staff this balance may include continuing their education or pursuing an advanced degree. The hospital recognizes the positive impact additional education, advanced training and/or certification can have on the quality of care and patient outcomes, as well as the positive effects of professional and personal growth for the employee.

"In addition to continuing education having a positive effect for the employee, it also benefits our patients and hospital," says Joe Smith, BCH CEO. "If one of our employees wants to better themselves by pursuing additional education, we encourage them and are happy to assist through our Tuition Assistance Program."

Over the years, many employees have taken advantage of financial assistance through the hospital. In order to receive it, employees must have worked at the hospital for one year, planned for more than 15 hours of educational contact hours, and are planning on taking educational courses that are deemed beneficial to the hospital. Employees then must request in

writing tuition assistance approval from their Department Director and Administration. If the request is approved, the employee must commit to continued employment at BCH for a specified time period from the date of completion of their coursework. Assistance from BCH will cover such things as tuition, housing, meals and transportation, and may cover books.

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Mark Addy, RN (Registered Nurse), CEN (Certified Emergency Nurse), PS (Paramedic Specialist), is one BCH employee that is

currently pursuing an additional degree. On the weekends, Mark works as a staff nurse providing patient care in the Emergency Department (ED); during the week, he coordinates emergency preparedness activities and



Michelle Simpson

administers Allscripts software for the hospital. Mark currently has an Associate Degree in Automotive Mechanical Technology and an Associate Degree in Nursing. "I have been going to school for as long as I can remember," Mark says. "I chose to pursue a Health Sciences Degree because I felt it would be beneficial for my current field of work." He adds, "With the additional degree, I hope to continue to expand my role at BCH and to be involved with interesting projects and activities. I feel that adding an undergraduate degree to my 13 years of experience at BCH will allow me to contribute productively in ways that I would not have otherwise been able to do. All of the coursework I have completed to date has been directly related to the work I have been performing regarding emergency preparedness and the implementation of electronic medical record." Mark is thankful to BCH for covering the cost of a huge student loan. He will complete his Bachelor's Degree from Excelsior College, New York, in 2009.

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Don't Forget Your Insurance Card!

Please bring your insurance card with you each time you come to Boone County Hospital for an appointment. By showing Patient Registration staff your insurance card, it ensures that the information in the hospital computer system is correct. In addition, the hospital needs to know who carries your

insurance, their social security number, date of birth, address and place of employment. All individuals under the age of 18, unless pregnant or living on their own, need to have their parent or guarantors with them to sign a consent form so they can receive care.

Mark Addy

