



Community

Newsletter

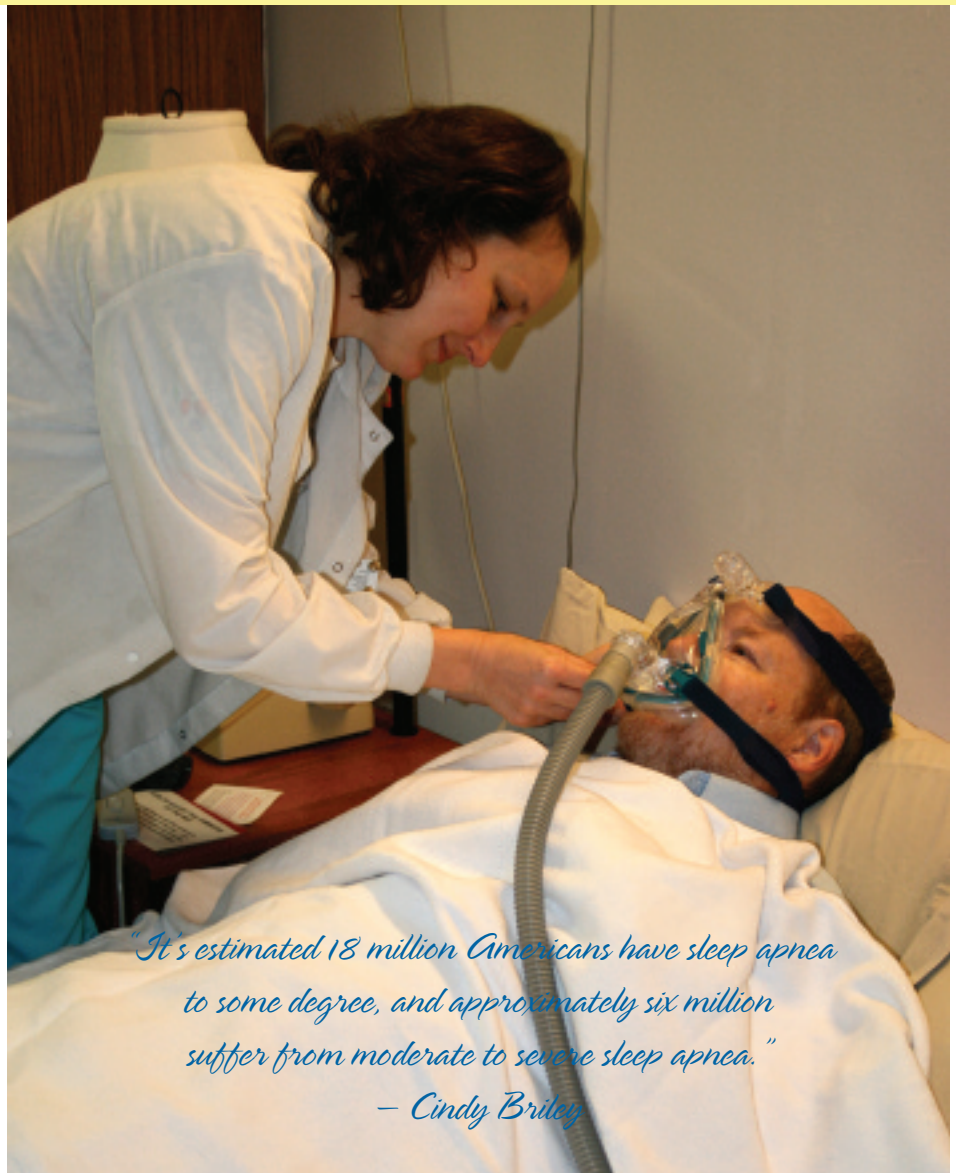
Do You Sleep Well at Night?

Sleep Disorders on the Rise

With the number of individuals having some form of a sleep disorder on the rise, it's not surprising there has been an increase in sleep studies at the Boone County Hospital Sleep Disorders Center since it first opened in the summer of 2006. In the first year of operation, the Sleep Disorders Center staff saw 137 patients; over the past year, that number has jumped to 208.

"Opening the BCH Sleep Disorders Center is just another example of our mission to provide quality healthcare close to home," says Cindy Briley, Tech Services and Sleep Center Director. "Prior to the lab opening, many Boone County residents were traveling to Ames or Des Moines to have a sleep study. And, many had to wait several weeks to get an appointment. The average wait time to get into the BCH Sleep Disorders Center is one to two weeks, and if there is a cancellation, sometimes we can get people in sooner."

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"It's estimated 18 million Americans have sleep apnea to some degree, and approximately six million suffer from moderate to severe sleep apnea."

— Cindy Briley

People with untreated obstructive sleep apnea are four times more likely to suffer a stroke, three times more likely to have heart disease, and six times more likely to die in a car accident.

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At BCH, it's possible to do studies any night of the week, depending on the technician's schedule. "We are able to request specific nights for patients to better accommodate them," says Cindy. Sleep technicians are contracted through the West Lakes Sleep Center, Des Moines. However, Cindy says it takes a team to help diagnose a sleep problem. In addition to the technician, there is a primary care

physician, pulmonologists, neurologists or other physicians with special training in sleep disorders who may be involved in diagnosing and treating the problem.

According to Cindy, sleep disorders are not age specific; they occur in men and women of all ages, including children. The most common sleep disorder is Obstructive Sleep Apnea (OSA). People who have OSA stop breathing repeatedly during sleep because the airway collapses. Airway collapse may be due to such factors as a large tongue, extra tissue in the airway, or decreased muscle tone holding the airway open. As a result, air is prevented from entering the lungs, and oxygen levels in the body drop. Another frequently diagnosed sleep disorder is Periodic Limb Movement (PLM), a repetitive cramping or jerking of the legs during the night which disrupts sleep. There are approximately 84 different types of sleep disorders.

"It's estimated 18 million Americans have sleep apnea to some degree, and approximately six million suffer from moderate to severe sleep apnea," Cindy says. Key signs and symptoms are excessive daytime sleepiness, loud or disruptive snoring, or gasping/choking during sleep. Other common symptoms include grogginess and morning headaches, frequent urination at night, depression and irritability.

People with untreated OSA are four times more likely to suffer a stroke, three times more likely to have heart disease, and six times more likely to die in a car accident. Proper treatment can lead to increased energy levels and attentiveness during the day, lower blood pressure, decreased risk of stroke and heart disease, increased effectiveness at work and at home, and improved overall quality of life.

A physician's referral is needed to be seen at the Sleep Disorders Center. Referrals can come from either the patient's general physician or a specialist. Many of the BCH Specialty Clinic physicians, and physicians from surrounding communities, refer patients to the BCH Sleep Disorders Center for studies.

A sleep study is an easy and painless test. The rooms are comfortable and pleasant and have equipment for monitoring sleep patterns, breathing, heart activity, blood oxygen concentrations and body movements.

If you have signs or symptoms of a sleep disorder, see your doctor. Many sleeping disorders can be treated effectively once they have been accurately diagnosed. OSA may be treated with a Continuous Positive Airway Pressure (CPAP) which the person wears during sleep. A CPAP device keeps the airway from collapsing, and eliminates sleep apnea and snoring. Other conditions may require medication or a change in daily habits, weight loss, work schedule, or sleep schedule.

Boone County Hospital is here to help get you on the right track to a good night's sleep.



File of Life...a Great Resource

A Tool for Eliminating Medication Errors

Boone County Hospital (BCH) offers a tool for you to use to keep track of your medications so you don't have to worry about medication errors.

"The File of Life card is a great resource for you to use to record your medications and share with your pharmacist, doctor, or healthcare provider," says Howard Eikenberry, BCH Assistant Administrator, Patient Safety.

While many studies focus only on medication errors in hospitals, the billions of medications prescribed annually at clinics and doctors' offices, filled at pharmacies and taken at home are also prone to error. Some mistakes are more serious than others, but all medication mistakes can be prevented.

Boone County Hospital wants you to be as safe as possible. Part of the responsibility in preventing errors can start with you! Following are a few tips for being an advocate for safe healthcare:

1. The single most important way you can help prevent errors is to be an active member of your healthcare team.
2. Make sure all of your doctors know about the medication(s) you are taking:
 - Prescription drugs,
 - Over-the-counter (OTC) medications,
 - Dietary supplements,
 - Vitamins and herbs.
3. Make sure your doctor knows about any allergies and adverse reactions you may have had to

medicines.

4. When your doctor writes a prescription for you, make sure you can read it.
 5. Ask for information about your medicine in terms you can understand—both when your medicine is prescribed and when you receive it.
 6. Remember proper hand-washing prevents hospital acquired infections for visitors, employees and patients.
 7. When you are brought medications and intravenous solutions, ask the nurse or technician what they are giving you and what it is for.
 8. When you are being discharged from the hospital, ask your doctor and nurse or the hospital pharmacist to explain the treatment plan you will use at home.
 9. If you are having surgery or any procedure, make sure you and the doctor's involved agree and are clear on exactly what will be done.
 10. Speak up if you have questions or concerns.
 11. Ask a family member or friend to be there with you as your advocate. You might consider creating a Medical Power of Attorney document.
- The File of Life card is one more way BCH is working to improve healthcare safety by avoiding medication errors. If you don't



already have a File of Life card, you can obtain one from your Boone doctor's office, call the BCH Foundation at 433-8470 or print out a copy from the BCH website at www.boonehospital.com. Remember to carry the card with you in your purse or wallet at all times.

BCH Benefits Boone Community

\$1,455,195 in Uncompensated Care and Health Services Given Annually



Boone County Hospital (BCH) provides \$1,455,195 in community benefits to Boone, according to a recently completed assessment of those programs and services.

Community benefits are activities designed to improve health status and increase access to healthcare. Along with uncompensated care (which includes both charity care and

bad debt), community benefits include such services and programs as health screenings, support groups, counseling, immunizations, nutritional services and transportation programs.

The results for BCH are included in a statewide report by the Iowa Hospital Association (IHA) that shows

Iowa hospitals provided community benefits in 2009 valued at more than \$1.2 billion. All 118 of Iowa's community hospitals participated in the survey.

"It gives all of us at Boone County Hospital great satisfaction to know we are giving back to the community in such a significant way," says Joe Smith, BCH CEO.

"The programs and services accounted for in the survey were implemented in direct response to the needs of individual communities, as well as entire counties and regions. Many of these programs and services simply would not exist without hospital support and leadership," says IHA President Kirk Norris.

MFPC is Providing Quality Care

Quality patient care is the number one priority at the Madrid Family Practice Clinic (MFPC), an affiliate of Boone County Hospital (BCH).

Two medical professionals are available to provide you with the care you need. Nicole Goliber, Physicians Assistant, sees patients Monday, Tuesday, Wednesday and Friday, and Dr. Jerald Phipps, MFPC Medical Director, sees patients on Thursdays.

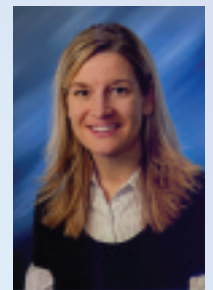
BCH Administration and its Board are committed to the success of the clinic. "We feel there is a continued need for quality healthcare

in Madrid," says Kim Schwartz, BCH Assistant Administrator, Human Resources & Physicians Clinics. "We feel Nicole and Dr. Phipps are leading the clinic in the right direction. They both have an interest in Madrid and the residents that live in and around the area. They make it their priority to make sure patients are getting the quality care they need. Plus, the staff does a great job in supporting them."

Dr. Phipps and Nicole sees patients of all ages for a wide variety of healthcare needs (excluding obstetrics). If more advanced care such as X-rays or other diagnostic work-ups are needed, the patient will be referred to BCH. Office hours for the Madrid Family Practice Clinic are Monday through Friday, 8 a.m. to 4:30 p.m. Same day appointments are available.



Jerald Phipps, D.O.



Nicole Goliber, PA-C

BCH is Participating in Statewide Initiative

healthcare Associated Infections (HAIs) are preventable infections that occur when patients seek medical care for a health condition. They affect five to ten percent of hospitalized patients, causing nearly two million infections, 90,000 deaths, and cost \$4.5 to \$5.7 billion each year nationally. HAIs are the leading cause of preventable death in the U.S. In recent months, hospital infection rates have come under much scrutiny in the

national and local media. Consumers are concerned about their risks for infection when selecting a healthcare facility for their needs.

BCH has agreed to participate in a statewide initiative to reduce, prevent, and eventually eliminate the burden of HAIs to Iowans. This program titled "Building and Sustaining Programs to Prevent healthcare-Associated Infections in Iowa" is managed through the Iowa Department of Public Health (IDPH) and will run from 2010 to 2012.

"As an infection control professional, I am very pleased to see the state of Iowa has taken such an interest in infection prevention.



report data on specific infections during the first year of the program, and then during the second year will focus on implementing prevention collaboratives as directed by IDPH. "We want our patients and visitors to know how much we care about their safety and well-being each time they come here," says Kristen. "By participating in this program, BCH will have the opportunity to learn new infection

prevention practices and communicate our infection prevention ideas and successes with other hospitals across the state. My hope is more consumers will be educated about the importance of infection prevention and we will see a significant decrease in healthcare associated infections across the state of Iowa.

To see Iowa's plan for HAI prevention, visit www.idph.state.ia.us/hai_prevention/plan.asp.

Pictured: Kristen Myers, RN, Employee Health/Infection Control, sets out "Protect Our Patients" information

"We want our patients and visitors to know how much we care about their safety and well-being each time they come here."

— Kristen Myers

Infection prevention is so important for patients and families," says Kristen Myers, BCH Infection Control. "BCH is proud to be participating in this statewide collaborative to eliminate healthcare associated infections for patients."

Infection Control will collect and

BCH Board of Trustees & Medical Staff

The Boone County Hospital Board of Trustees plays a significant role in making decisions that will result in a positive outcome for the hospital. Many of the Board members have dedicated many years of service to help make the hospital a success.

Newest Board member, Dennis Kollbaum, joined the Board this past Spring. He replaces Tim Buckner who stepped down after serving 19 years on the Board.

Pictured, left to right (year service began is included by name): Tom Good (1995), Pat Henkel, Treasurer (1990), Dennis Kollbaum (2010), Bruce Anderson, Chairman (2004), Keith Kudej (1994), Dave Grant, Vice Chairman (1999), Maxine Redeker, Secretary (1992)



The current Boone County Hospital Active and Honorary Medical Staff has physicians in the following areas: emergency (4), family practice (12), general surgeon (1), obstetrician/ gynecologist (1), orthopedic surgeon (1), pathologist (1), and radiologist (1).

Seated front row, left to right: Louis Greco, M.D. (retired), Tammy Chance, D.O., Alexandra Vander Meide, M.D., Richard Vermillion, D.O., Morris Sloan, M.D. (retired), Sascha Parsons, M.D., Tracey McIntire, D.O., Enfred Linder, M.D. (retired); second row: Wayne Rouse, M.D. (retired), John Anderson, M.D. (retired), Richard Unger, D.O., Laura Moeller, M.D., Frank Downs, M.D., Caleb Glawe, M.D., Paul Volker, M.D.; third row: Jack Murphy, M.D. (retired), Scott Thiel, M.D., Brian Mehlhaus, M.D., Joel Vander Meide, D.O., Tom Gleason, D.O.; fourth row: Jerald Phipps, D.O., John Cook, M.D., Eric Peterson, M.D.; Missing from photo: Rick DesCamps, D.O., Brent Liebert, M.D., James Mueller, M.D., Timothy Peterson, M.D.



To your



HEALTH



Programs & Services

Anticoagulation Management Service

Monday, Tuesday & Thursday, 8:30 a.m. to 4:30 p.m., BCFM. This service is offered to patients taking Coumadin. To schedule an appointment, call Boone County Family Medicine, 432-2335.

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 55 years of age & older. Call 432-2275.

Big Brother/Big Sister

September 22, 6:30 p.m., BCH 4th Floor Conference Room. 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.

Boone Community Blood Drive

To schedule a time to donate blood, please call (800) 287-4903. Sponsored by the Boone County Hospital Auxiliary.

Boone County Nutrition Programs

Boone County provides meals to individuals 60-plus & older throughout the county. For more information, call 432-1127.

Breastfeeding Class for 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.

Car Seat Safety Checks

Second Tuesday of every month, 4 to 8 p.m., BCH. If you would like a car seat safety technician to check your child's car seat & install it correctly, call 433-8196.

Childbirth Preparation Class

October 2, 9 a.m. to 4 p.m., 4th Floor Conference Room, BCH. This free childbirth preparation class is for mother's in their last trimester & their significant other. To register, call 433-8470.

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.

Diabetes Support Group

September 16, 4 p.m., BCH 4th Floor Conference Room. Topic will be "Spend Smart, Eat Smart" & will be presented by Jody Gatewood, ISU Ext. Program sponsored by the BCH Foundation.

Educating & Empowering U

September 21, noon. Dr. Richard Unger, BCH Surgeon, will speak on the latest in surgical technologies. Lunch provided.
October 19, 7 p.m. Dr. Tracey McIntire, BCH OB/GYN, will speak on treatment options & ways to improve overall health for women, as well as breast & ovarian cancer. Dessert provided. Both programs will be in the BCH 4th Floor Conference Room. Call 433-8470 to register.

Family Birth Center Tours

Call the Family Birth Center at 433-8400 for a tour.

Gifts Galore Gift Shop

Open Monday to Friday, 9 a.m. to 4 p.m., & Sunday 11:30 a.m. to 3 p.m.

Harvest Festival

October 23, 5:30 p.m., Snus Hill Winery, Madrid. Enjoy a social hour, silent & live auction, dinner & music. For more information or to register, log on to www.boonehospital.com. Sponsored by the BCH Foundation.

Home Care Services

Provides a wide range of home care and health promotion programs. For more information, call 432-1127.

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.

Masquerade Jewelry Sale

September 15, 9 a.m. to 4 p.m., BCH Atrium. All jewelry is \$5. Sponsored by the BCH Volunteer Auxiliary.

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.

Vestibular Rehab

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

Volunteer Auxiliary

The Boone County Hospital Auxiliary is looking for men & women volunteers of all ages to work in the hospital. If interested, call (515) 433-8139.



1015 Union Street
Boone, Iowa 50036

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BOONE COUNTY HOSPITAL

- Joe Smith, CEO433-8481
- Main Number432-3140
- Beckwith Family Adult Day Services432-2275
- Boone County Family Medicine
Boone.....432-2335
Ogden275-2417
- Boone Orthopedic Center ..433-8500
- Business Office.....433-8142
- Cardiac Rehab433-8120
- Comprehensive Specialty Care433-8700
- Diabetes Education433-8624
- Family Birth Center433-8400
- Foundation433-8470
- Gifts Galore Gift Shop433-8180
- Home Care Services.....432-1127
- Madrid Family Practice Clinic795-4300
- Medical/Surgical433-8230
- Rehabilitation Services:
Occupational Therapy.....433-8686
Physical Therapy432-7729
Speech Therapy433-8625
- Sleep Disorders433-8260
- Specialty Clinic433-8300
- Wound Clinic433-8337

BCH MEDICAL STAFF

Clinical Psychology

- William Martin, Jr., Ph.D.433-0343

Emergency

- Tammy Chance, D.O.,
ED Medical Director.....433-8150
- Rick DesCamps, D.O.
- Brent Liebert, M.D.
- Timothy Peterson, M.D.

Family Practice

- Frank Downs, M.D.432-2335
- Caleb Glawe, M.D..432-2335 (Boone)
.....275-2417 (Ogden)
- Brian Mehlhaus, M.D.432-4444
- Laura Moeller, M.D.432-4444

- Sascha Parsons, M.D.....432-4444
- Eric Peterson, M.D.432-2335
- Jerald Phipps, D.O.....432-2335
- Scott Thiel, M.D.....432-2335
- Alexandra Vander Meide, M.D.
.....432-4444
- Joel Vander Meide, D.O.432-4444
- Richard Vermillion, D.O.275-2417
- Paul Volker, M.D.....432-4444
- Nicole Goliber, PA-C
.....432-2335 (Boone)
.....795-4300 (Madrid)
- Kris Shaver, PA-C.....432-2335

General Surgery

- Richard Unger, Jr., D.O.....433-8500

OB/Gyn

- Tracey McIntire, D.O.432-7766

Orthopedic Surgery

- James Mueller, M.D.433-8500

Pathology

- John Cook, M.D.....433-8173

Radiology

- Tom Gleason, D.O.433-8160

BCH OUTREACH SERVICES

General Surgery

- Jeffrey Maire, D.O.433-8500

Podiatry

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

Ophthalmology

- Nicolas Hamouche, M.D.239-4460

BCH SPECIALTY CLINIC

PHYSICIANS, 433-8300

Allergy

- Jay Brown, M.D., McFarland Clinic

Audiology

- Kent Weaver, AuD, Woodard Hearing Center
- Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

- Jeffrey Boyd, M.D., Iowa Heart
- Jennifer Britten, ARNP, Iowa Heart

Dermatology

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

Ear, Nose, Throat

- Matt Morgan, M.D., Mercy ENT

Eye

- Daniel Vos, M.D., Wolfe Clinic

Nephrology

- Jacob Alexander, M.D., McFarland Clinic
- Robert Smith, D.O., Associates in Kidney Care, PLC

Neurology

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

Oncology

- Joseph Merchant, M.D., McFarland Clinic

Orthopedic Surgeons

- Craig Mahoney, M.D., Iowa Orthopaedic Center
- Daniel McGuire, M.D., Iowa Spine Care
- Brian Haptops, PA-C, Iowa Orthopaedic Center

Pain Management

- Thomas Klein, D.O., Metro Anesthesia and Pain Management

Podiatry

- Charles Gilarski, D.P.M., McFarland Clinic
- Mark Wetzel, D.P.M., Foot & Ankle Center

Physical Medicine and Rehab

- Todd Troll, M.D., Iowa Clinic

Plastic/Reconstructive Surgery

- Kyle Ver Steeg II, M.D.

Pulmonary Medicine

- Greg Hicklin, M.D., The Iowa Clinic
- Katrina Guest, M.D., The Iowa Clinic
- Steven Wanzek, M.D., McFarland Clinic

Urology

- Brian Gallagher, M.D., The Iowa Clinic

Vascular Surgery

- Doug Massop, M.D., Iowa Clinic