



Buchanan County
Health Center

CATARACT
REMOVAL
PERFORMED
LOCALLY
PG 3

Here For You. Trusted For Life.

Spring 2016



Here for Wound Care.

New Wound Healing Center Now Open at BCHC

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We've got a lot to
talk about! Get all
the news at:

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Local Pastor
now living cancer free
thanks to mammogram
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Spring 2016

Here For You. Trusted For Life.

Building for You – BCHC Expansion & Remodel Coming Spring 2018

BCHC is proud to re-instill our commitment to providing quality healthcare to the communities of Buchanan County and surrounding areas with a 74,000 sq. ft. expansion and remodel. This project will allow for additional rotating providers, an enhancement of our surgical space, and recommitment to being the leader in community wellness. With an anticipated completion date during the spring of 2018, BCHC is building for you in a big way in three major phases:

- Expansion and remodel of the Wellness Center and Therapy Department by expanding the gym and studio space to allow for additional equipment and classes, renovate locker rooms, create new and private therapy rooms for physical therapy, speech therapy, occupational therapy, and cardiac rehab, and develop a new entrance along with an updated registration area.
- Construction of a new, two-story medical office building, which will house the Specialty Clinic and provide room for service growth, develop home-like suites for sleep studies, develop a new front entrance and registration area, and remodeled kitchen and cafeteria for public dining.



- Remodel and expansion of the surgical center to allow for continued surgical growth with new procedure rooms and create pre and post-operative surgical rooms, providing more privacy and comfort to patients and their families.



Main lobby of medical office building



Specialty Clinic Reception Desk and Hallway, Located in Medical Office Building

This expansion will provide many long-term benefits to the communities of Buchanan County that we are excited to share with you. Stay tuned for upcoming publications, where we will take you on this exciting journey with us and show you the great things we have in store for you and your family at BCHC. To follow our progress, please visit BCHealth.org/BuildingForYou



See Clearly – Cataract Removal Offered at BCHC

When colors are not as vivid as they once were, when faces are blurry or cloudy, and when you can no longer enjoy sunny days spent outside due to light sensitivity, cataract removal surgery may be an option for you.

Cataracts are one of the many humbling signs of aging that many of us will experience in our lifetime. Cataract surgery is a safe and effective procedure that can help in restoring vision lost due to cataracts, and can reduce the need for corrective lenses. During the cataract surgical procedure, ultrasound waves soften and break up the cloudy lens so that it can be removed by suction. After the natural lens has been removed, it is replaced by an artificial lens, which becomes a permanent part of the eye.

Three specialists from **Cedar Valley Eye Care** – Daniel Miller, MD, Thomas Petrie, DO, and Michael Puk, MD – have been visiting and performing cataract removal locally at BCHC on a regular basis for several years. With expertise in cataract removal, glaucoma, and diabetic eye disease, this team of highly trained providers will perform a thorough eye examination before surgery to see if you are a candidate for the procedure and will determine the proper power of the lens implant that will be placed in your eye. Following your procedure and after a short stay in the outpatient recovery area, you will be ready to go home and continue most normal daily activities with improved vision in as little as two to three days.

“We are excited to bring cataract surgical services to Buchanan County Health Center,” said Dr. Puk.

“Having the ability to have the procedure done right here in town is a huge benefit, eliminating the need for extended travel before and after the surgery,” Dr. Miller

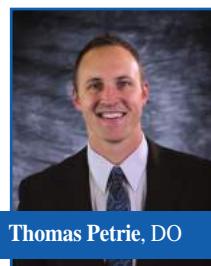


added. “Since it’s an outpatient procedure, most patients are typically on their way home in about an hour or so. And we’re thankful for the excellent nurses and anesthesia care at Buchanan County Health Center.”

“Patients can start seeing vision improvements right away,” said Dr. Petrie. “Maximum improvement is realized about a month after surgery.”



Daniel Miller, MD



Thomas Petrie, DO



Michael Puk, MD

With the continued convenience of cataract removal provided locally at BCHC by experienced experts, it’s now easier to see clearly once again. For more information about ophthalmology surgical services at BCHC, please call the Surgery Department at BCHC at [319-332-0999](tel:319-332-0999) or visit www.bchealth.org/ophthalmology-cataract.

What our patients are saying:

“I have a great trust in this hospital for all services - they are professional, caring - efficient and quick care.”



A BCHC Mammogram — the key to prevention and early detection

“Within a week, it seemed like the whole process was under control. Everything was taken care of so quickly.” When Sue Ann Raymond, pastor of St. James Episcopal Church, visited her family doctor in October of 2014, she requested to schedule a routine mammogram. “I had a sharp pain earlier that week, shooting from my shoulder to my chest. I asked if I was due for a mammogram, and scheduled one for later that week,” commented Sue Ann. “When I went in for my mammogram, everything was so nice. The technician was so lovely and made me feel so comfortable. After taking multiple images, I had an ultrasound performed. After my doctor called me with the news, I visited Dr. Gerrelts, and we scheduled a biopsy to remove the cancerous mass found in my breast. This was all done at BCHC in a matter of two to three weeks.



Ultrasound Technologist Peggy Hoffman and Mammogram Technologist and Radiology Department Manager, Julie Till

One in eight women will be diagnosed with breast cancer in their lifetime. The American College of Radiology recommends women over the age of 40 receive a yearly mammogram for prevention and early detection; however women with certain risk factors, such as family history of breast cancer, may be instructed to receive routine mammograms before the age of 40.

When breast cancer is diagnosed at an early stage, treatment can begin immediately with a high survival rate. “It is so important that women stay current with yearly mammograms after 40. Performing over 500 mammograms in 2015, we’ve been able to locate abnormalities early on,” commented Julie Till, BCHC Radiology Department manager.

A mammogram takes images of breast tissue from multiple vantage

points. In addition to finding tumors that are too small to feel, mammograms may also spot abnormal cells in the lining of the breast duct.

BCHC is proud to offer state-of-the-art radiology services, including digital mammography and ultrasounds. With minimal delay, exams are read by Radiology Consultants of Iowa and sent to the ordering physician for debriefing.

With radiology services provided Monday-Saturday, scheduling an exam can be made at your convenience. Those with a current order for a mammogram may stop in without an appointment to have the screening performed the same day, time permitting, by one of our three experienced and



Rev. Sue Ann Raymond



In October, BCHC employees proudly supported Breast Cancer Awareness Month by holding its first annual 'Pink Out', raising over \$200 for the "Care For Yourself" program, providing women free cancer screenings throughout the state of Iowa.

certified mammography technologists. Only taking fifteen to twenty minutes from start to finish, a routine mammogram at BCHC can be completed quickly and efficiently, close to work and home.

One year has passed since Sue Ann was first diagnosed with breast cancer. After completing treatment, Sue Ann is now cancer free. "I really am grateful. I'm grateful for the knowledge...the people...We are just so blessed to have BCHC and its services in our community." Providing care ministry to those fighting an illness and other personal hardships, Sue Ann welcomes anyone to reach out to her for comfort, support, and friendship.

In addition to providing radiology services for women's health, BCHC offers a Women's Health, OB/GYN, and Oncology clinic, along with comprehensive surgical breast cancer procedures, such as mastectomies, lumpectomies, and lymph node removal on site by three board certified surgeons.

Breast Self-Examination

When to Report Changes

Although mammograms can detect breast cancer before a lump can be felt, it is important to report the following changes of your breast to your women's health provider immediately:

- Lump, hard knot, or thickening inside the breast or underarm area
- Redness, swelling, warmth, or discoloration of the breast
- Change in the size or shape of the breast
- Dimpling or puckering of the breast skin
- Sharp pain in the breast that begins suddenly
- Irritation of the nipple – Rash, pain, itchiness, or sudden discharge

Self-examinations should be performed monthly to record and report changes as soon as they happen.

For more information about the radiology services offered at BCHC, including financial assistance for mammograms, please contact our Radiology Department at **319-332-0870** or visit bchealth.org/radiology

What our patients are saying:

"We can finally sleep at night because our loved one is cared for completely 24 hours a day! They respect the residents and the families!" – Family member of Lexington Estate resident



Spring 2016

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Stop Covering A Wound And Heal It For Good -

The Center for Wound Healing & Hyperbaric Medicine – Now Open!



When Johnny scraped his knee during recess, his school nurse cleaned his wound and applied a Band-Aid. When Sherri cut her finger on a dull knife while preparing dinner, she cleaned her wound and applied a Band-Aid. When Jim noticed a diabetic ulcer appearing on foot, he applied a Band-Aid and ignored the severity of his chronic wounds until it was too late.

Many individuals with chronic wounds continue to dress their wounds day after day, without proactively treating their wounds with professional help. Recently, BCHC opened the Center for Wound Healing & Hyperbaric Medicine to help patients treat and cure chronic and hard-to-heal wounds.

Featuring three patient exam rooms, along with two hyperbaric oxygen chambers, patients commonly treated by the Wound Center include those with diabetic ulcers, venous ulcers, pressure ulcers, trauma wounds, surgical wounds, and complex soft tissue wounds that do not heal with regular bandage and cleaning treatment.

Our wound specialists, Scott Houghton, MD, and Bethany Stevens, ARNP FNP-BC, provide patients with a unique treatment plan to help a wound heal as quickly as possible, avoiding additional medical expenses and drastic lifestyle changes due to the loss of mobility, decreased enjoyment in daily activities, and even amputation.

When a patient arrives for wound treatment at BCHC, they will meet with a specialist for examination and a treatment plan, patient education, further testing, and follow-up as needed. Some unique cases will require hyperbaric oxygen therapy; a medical treatment which enhances the body's natural healing process by receiving a high dosage of oxygen at an increased atmospheric pressure.

Why isn't my wound healing?

Reasons why your wound may not be healing could be due to the following:

- Poor nutrition
- Poorly controlled diabetes
- Venous/Arterial Inefficiency – Poor blood circulation or low blood oxygen levels
- Lack of awareness or education on wound treatment
- Inappropriate dressing selection and application for wound type
- Smoking
- Different types of medication

Services offered at the Center for Wound Healing & Hyperbaric Medicine

- Dressing changes
- Debridement (Removal of dead tissue)
- Biological skin applications
- Compression therapy
- Negative wound therapy
- Hyperbaric oxygen therapy

In addition to wound treatment, hyperbaric oxygen therapy can alleviate pain and discomfort related to post-radiation therapy.



One of eleven Healogics® Wound Centers within the state of Iowa, there is no longer a reason to live with a non-healing wound. The Center for Wound Healing & Hyperbaric Medicine at BCHC is open Monday-Friday from 8:00am-12:00pm by appointment only. For more information, contact the Wound Center at 319-332-0937 or visit www.bchealth.org/wound-healing



2015 BCHC Employee Highlights

Milestones & Achievements

Congratulations to the following individuals on their professional accomplishments in 2015

January

Tara McEnany, DNP, ARNP, Chief Nursing Officer was a distinguished reviewer and contributor for Practice Considerations for Adult-Gerontological Acute Care Nurse Practitioners 2nd Edition

March

Kelly Harrold, DPT received certification in Integrative Dry Needling

April

Deb Recker, BSN, RN, CCRP received certification as a Certified Cardiac Rehab Professional

May

Brian Nolta, Director of Rehab was awarded \$3,000 from the Iowa Hospital Education & Research Foundation, for continuing his education in physical therapy

Valerie Rollins, LPN graduated from Hawkeye with an LPN degree. She was then accepted into the RN program at HCC for the 2015 fall semester

Angel Decker, RN, BSN, Director of Long Term Care graduated from the Allen Nursing Program with a BSN degree

June

Amy Avery, LPN graduated from Hawkeye with an LPN degree. Upon graduation, Avery was accepted into the RN program at HCC and awarded \$1,000 from the BCHC Auxiliary

Brittany Ryckman, RN, graduated from NICC with an Associate Degree in Nursing.

Jenny Kleinlein, RN, BSN, Med/Surg Manager received certification in Pediatric Advanced Life Support

August

Lindsay Rave, RN, received PICC certification

October

Angie Youngblut, RN, Deb Potter, LPN, and Dawn Reagan, RN completed training for 'Nursing Care of the Hyperbaric Patient & Wound Healing', Jacksonville, Florida

November

Bethany Stevens, ARNP completed training for the 'Introduction to Hyperbaric Medicine & Problem Wound Management', Jacksonville, Florida

November (Continued)

Tina Engelken, RN became a Certified Sterile Processing & Distribution Technician

Brittany Ryckman, RN received certification in Advanced Cardiac Life Support

December

Angie Youngblut, RN, received an MBA in Organizational Development from Upper Iowa University

Kassie Peterson, Dietary Aide received a BA in Business from UNI

Ashley Elledge, CNA was accepted into the LPN program at Hawkeye for the 2016 spring semester

Cindy Horn, RN became a Certified Hospital Emergency Coordinator

2015 Retirees

Diane Williams - Purchasing Manager

Linda Faust, CRT - Respiratory Therapy Coordinator

Deb Chudzinski, RN, BSN - Emergency Room Manager

Jacki Beatty, CNA

Helen Short, RN



Buchanan County Health Center

Peoples Memorial Hospital
1600 1st St. East
Independence, IA 50644

Buchanan County Health Center Specialty Clinic

Phone: 319-332-0950

AUDIOLOGY	Waterloo	Amy Melik-Israyelyan	Every Monday	800-728-4327
CARDIOLOGY	Waterloo	Abbie Schaa, ARNP	Every Tuesday	319-332-0950
	Cedar Rapids	Dr. Keith Kopec Dr. Boothapuri Venkatesh Dr. Matthew McMahon Dr. Leila Payvandi Dr. Georges Hajj	Every Monday	800-982-1959
ENDOCRINOLOGY	Cedar Rapids	Dr. Arun Movva	3rd Monday	319-221-8991
ENT/FACIAL PLASTICS	Cedar Rapids	Dr. Kevin Carpenter	2nd Wednesday	319-399-2022
	Waterloo	Mary "Meg" Heatley, PA-C	Every Thursday & Friday	866-896-7619
GI SERVICES	Waterloo	Dr. Ana Alardin	2nd & 4th Thursday	319-234-5990
NEPHROLOGY	Waterloo	Dr. Vinay Kantamneni Jan Davis, ARNP	2nd & 4th Monday	319-332-0950
	Waterloo	Dr. Cristina Pasarin	1st & 5th Friday	800-525-8153
OBSTETRICS & GYNECOLOGY	Waterloo	Dr. Bill Kaaki Dr. Publio Ortiz	4th Wednesday 2nd Wednesday	319-334-7245
ONCOLOGY	Cedar Rapids	Dr. Jasmine Nabi	1st & 3rd Tuesday	319-332-0950
ORTHOPEDIC	Waterloo	Dr. Benjamin Torrez Dr. Roswell Johnston	Every Tuesday 1st & 3rd Wednesday	888-251-9670
	Cedar Rapids	Dr. David Hart Dr. Sandeep Munjal	2nd Monday 4th Friday	319-332-0950
PHY MED & REHAB	Waterloo	Dr. F.F. Manshadi	1st & 3rd Monday	319-234-0109
PODIATRY	Waterloo	Dr. Charles Cibula	Every Thursday	800-362-4180
	Worthington	Dr. Jeff Klein	1st Monday	866-228-1060
	Cedar Rapids	Dr. David Hemmes	1st, 2nd, & 3rd Friday	319-332-0950
PULMONOLOGY	Cedar Rapids	Dr. Muhammad Anwer Dr. Hamad Azam	2nd & 4th Tuesday	319-363-3565
RHEUMATOLOGY	Dubuque	Dr. George Isaac	1st & 3rd Tuesday	563-583-4848
SURGERY CLINIC	Waterloo	Dr. Brian Gerrelts Dr. Scott Houghton	Every Monday	800-775-3691
			Every Thursday	
			Every Tuesday	
UROLOGY	Cedar Rapids	Dr. Jon Rippentrop Dr. Tom Richardson Dr. Steven Mindrup	2nd & 4th Tuesday	319-332-0950
	Waterloo	Dr. Mark Newton Dr. Eric Askeland	2nd & 4th Wednesday	319-233-0340
WOMEN'S HEALTH	Waterloo	Jenna Berendzen, ARNP	1st & 3rd Wednesday	319-334-7005
Local Surgical Services are offered by:				
Dr. Charles Cibula-Podiatry	Dr. Jeff Klein-Podiatry	Dr. Scott Houghton-General Surgery		
Dr. Roswell Johnston-Orthopedic	Dr. Daniel Miller-Ophthalmology	Dr. Michael Puk-Ophthalmology		
Dr. David Hemmes-Podiatry	Dr. Brian Gerrelts-General Surgery	Dr. Anthony Leo-General Surgery		
Dr. Benjamin Torrez-Orthopedic	Dr. Thomas Petri-Ophthalmology	Dr. Doug Sedlacek-Pain Clinic		
Dr. Kevin Carpenter-ENT/Facial Plastic Surgery	Dr. David Congdon-ENT/Facial Plastic Surgery	Dr. Ana Alardin-GI		

For more information about our services, visit bchealth.org