



Buchanan County  
Health Center

**Get Fit. Stay Well.**

The Wellness Center  
offers something for  
everyone.

PG 7

*Here For You. Trusted For Life.*

**Summer 2016**

A close-up photograph of a female doctor with blonde hair, wearing a white lab coat and glasses, using a stethoscope to examine a young child. The child is wearing a white shirt and blue jeans, and is looking down at the stethoscope. The doctor's hands are gently holding the child's arm.

# Urgent Care Now Open at BCHC – *Here for Friday Night Fevers*

page 4

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

[www.bchealth.org](http://www.bchealth.org)

Like us on Facebook!



Follow us on Twitter!



**BCHC - Growing for you,  
faster than ever before**

page 2



## BCHC – Growing for you, faster than ever before

2015 was a great year for Buchanan County Health Center (BCHC), with 2016 showing continued progress. Growing faster than ever before to meet the needs of our community, we are honored to be your home for health care. Although our progress may be most visible in our large construction project, it is more than the bricks and mortar that are setting us apart – it is the services we have built and our exceptional team of compassionate providers, caregivers, and staff. *Let's take a moment to reflect on our many accomplishments in the past year and the ways in which we continue to grow as the area's leader in health care:*

- In July 2016, we opened BCHC's first Urgent Care Department.
- Our first total joint replacement procedure was performed in June 2016, with many more to come.
- In December 2015, we opened what is now a thriving Wound Center, which will be expanding its hours soon as a result.
- Our orthopedic surgical volume has tripled in one year's time.
- BCHC was selected as an "Employer of Choice" in Courier Communications' Best of the Best 2016.
- Our ER achieved record-breaking patient satisfaction scores during the third quarter of 2015.
- Additionally, our ER saw a record number of patients during the month of April 2016.
- Our ER and Radiology departments each achieved record market shares in 2015 and are both growing in use among Buchanan County and Oelwein residents.
- Our Therapy Department hired a full-time occupational therapist and added new occupational therapy services, including a safe driver evaluation program for aging drivers.
- 24/7 gym access was introduced at the Wellness Center.
- New equipment was installed in the Wellness Center, including a squat rack.
- Our surgical team performed a record number 30 procedures in one day during the month of July 2016.

*Our Wound Center staff celebrating National Wound Care Week.*



*Medical Office Building - Week Nine of Construction*



*Medical Office Building - Week Twenty of Construction*





Summer 2016

Here For You. Trusted For Life.

And that's just what's new. We continue to offer an excellent emergency experience with many of the same providers you would see going to St. Luke's Hospital in Cedar Rapids. We continue to offer robust general surgery services, and we continue to have our radiology images read by one of the premier radiology groups in the Midwest, Cedar Rapids' Radiology Consultants of Iowa, just to highlight a few of our

long-running services. If you haven't yet made BCHC your top choice for health care, join the growing numbers who are doing so. Whether we meet you in sickness or in health, know that Buchanan County Health Center is committed to the community, the ongoing tradition of quality health care, and most importantly, you.

*Steve Slessor, CEO of BCHC*

## Occupational Therapy at BCHC – *Skills for the job of living*

**N**ot to be confused with physical therapy or speech therapy, occupational therapy services help patients of all ages lead productive and satisfying lives through therapeutic practices for everyday living tasks and activities. Common occupational therapy patients include children with disabilities, individuals recovering from an injury or sudden illness and older adults experiencing physical and cognitive changes.

In 2015, the BCHC Therapy Department expanded its occupational therapy services by hiring an in-house occupational therapist to provide additional support for the growing needs of occupational health.

Whether it's helping children with disabilities reach developmental milestones or developing strategies to help create a safer home environment for an aging patient, Occupational Therapy at BCHC offers several different therapies and assessments for the following needs:

- **Driving assessments**
- **Lymphedema therapy**
- **Fine motor coordination and retraining**
- **Cognitive assessments**
- **Home safety assessments and modifications**
- **Arthritis management and hand therapy**
- **Medical equipment education and training**
- **ADHD and other behavioral disorders**
- **Sensory processing**
- **Work safety**

During the first session, the therapist will complete an evaluation to determine the patient's goals, wants, and needs and create a customized intervention plan to improve the patient's ability to perform daily activities and tasks.

To schedule an appointment for BCHC's Occupational Therapy services, please call the Therapy & Wellness Center at (319) 332-0851 with a referral from a provider. For more information on therapy services offered at BCHC, visit [www.bchealth.org/find-a-service](http://www.bchealth.org/find-a-service)



### What our patients are saying:

*"I really love the convenience of having the doctors come to this facility so we don't have to travel to different cities out-of-town. Everybody goes above and beyond in being pleasant."*



## Urgent Care Now Open at BCHC – *Here for Friday Night Fevers*

When it's Friday night and your little one has a fever, or when it's Sunday afternoon and you sprain your ankle playing basketball with friends, BCHC's new Urgent Care Department is here for you and your family after hours and on weekends. A perfect option when you're unable to schedule an office visit, and when it's not serious enough to visit the emergency room, Urgent Care sees patients for:

- Colds, flu, & earaches
- Sore throat, cough, & fevers
- Sprains, strains, & fractures
- Scrapes, minor cuts, & minor burns
- Rashes, bites, stings, & sunburns
- Bladder infections
- Allergic reactions/allergy relief
- Asthma attacks
- Minor head injuries
- Nausea, vomiting, diarrhea

On Tuesday, July 12, 2016, the doors of Urgent Care opened for the very first time at BCHC. "The community has been asking for this service for years, and we are excited to finally be able to provide it," commented Steve Slessor, CEO of BCHC.

An affordable alternative for non-life-threatening, but still urgent, illnesses and injuries, Urgent Care sees patients on a walk-in basis on Tuesday-Friday from 5:30-8:30 p.m. and on Saturday-Sunday from 12:00-6:00 p.m. Closed on Mondays and holidays, Urgent Care is staffed with a panel of qualified and caring providers from the Northeast Iowa area.



### Meet our Urgent Care Providers



**Ann Reid**  
PA-C



**Bridget Paris**  
ARNP



**Jane Baker**  
ARNP



**Jane Deets**  
ARNP



**Janny Budzine**  
DNP, ARNP



**Kurt House**  
DO



**Maria Metcalf**  
ARNP

No appointments are needed. Urgent Care is located near the Specialty Clinic entrance on the northwest side of the hospital. For more information, visit [www.bchealth.org/find-a-service](http://www.bchealth.org/find-a-service) or call (319) 332-0999.

*Those with life-threatening illnesses or injuries, such as chest pain, shortness of breath, signs of a stroke, traumatic head injuries, change in mental status and/or severe vomiting, should seek emergency care immediately by calling 911 or by visiting BCHC's Emergency Department.*



## Where You Go for Care Matters

When your primary care provider is unable to see you, or if it's after hours, Urgent Care is a great option for non-life-threatening illnesses and injuries – where you go for care matters. Below is a list of illnesses, injuries, and other health-care needs partnered with their appropriate levels of care.

### Primary Care

- Allergies
- Asthma attack (mild or moderate)
- Burns (minor)
- Upper respiratory infections – coughs, congestion, fever or flu symptoms, sinus problems, sore throat, or bronchitis
- Flu shots & other vaccinations
- Insect bites or rashes
- Migraines
- Minor cuts & wounds
- Minor head injuries
- Nausea, vomiting, & diarrhea
- Pregnancy tests
- Sprains, strains, or deep bruises
- Bladder infections
- Regular physicals, prescription refills, & screenings
- Management of a chronic condition
- Advice for health problems

### Urgent Care

- Allergies
- Asthma attacks (mild or moderate)
- Minor broken bones/fractures
- Burns (minor)
- Upper respiratory infections – coughs, congestion, fever or flu symptoms, sinus problems, sore throat, or bronchitis
- Earaches & eye or skin infections
- Insect bites or rashes
- Minor cuts, wounds, or stitches
- Minor head injuries
- Nausea, vomiting, & diarrhea
- Sprains, strains, or deep bruises
- Bladder infections

### Emergency Care

- Chest pains
- Severe abdominal pains
- Coughing or vomiting blood
- Severe burns
- Deep cuts or bleeding that won't stop
- Sudden blurred vision
- Difficulty breathing or shortness of breath
- Sudden dizziness
- Weakness or loss of coordination or balance
- Numbness in face, arms, or legs
- Sudden severe headache
- Seizures
- High fevers
- Severe or persistent vomiting
- Homicidal or suicidal feelings

What our patients are saying:

*"All staff performed above expectations. Treatment and facility are top-notch!"*





Summer 2016  
Here For You. Trusted For Life.

## Your Emergency is Our Emergency

When emergencies happen, BCHC's Emergency Department is equipped to help your family and you when it matters most. Whether you are experiencing chest pain or a high fever, access to quality emergency care is close by. To help respond to emergencies, BCHC formed a partnership with East Central Iowa Acute Care (ECIAC) in June 2014. Consisting of a team of 13 board-certified emergency physicians and 11 Allied Health professionals, ECIAC's staff members are the same providers who staff the ER at St. Luke's Hospital in Cedar Rapids. Open 24/7, BCHC's team of providers and emergency nurses strive to provide patients with the highest-quality and most compassionate care possible.

"Having board certification in emergency services gives our providers an edge in triaging, stabilizing, and treating critically ill patients," commented Dr. Nate Harmon of ECIAC. "Our three goals are to provide rapid and high-quality care to our patients, to work with local primary care providers to increase the number of people who can stay local for care, and to work with the local EMS services to support the area's first responders."

Since partnering with ECIAC in 2014, BCHC has seen an increase in community members choosing to stay local for emergency care. BCHC has seen a 22 percent increase of patients from Independence since 2013, with over 78 percent of Independence residents selecting BCHC for emergency care in 2015 alone. \*

### Our Emergency Department provides the highest quality of care when it matters most, including:

- 24/7 ER services
- Short wait times
- Fast evaluation & diagnosis
- Trauma-verified staff
- ECIAC providers: *many of the same providers you'd see at the St. Luke's Hospital ER in Cedar Rapids*
- 24/7 lab & radiology capabilities
- Ambulance/air ambulance (on call)
- Eight beds, including two state-of-the-art trauma bays

"We have benefited by having the ECIAC providers at BCHC. The group provides experienced emergency physicians and mid-level providers that bring a wealth of knowledge and experience to our department and to our communities," commented BCHC Emergency Department Manager Carol Fridal.

Currently, ECIAC staffs the BCHC Emergency Department 75 percent of the time, while the remaining 25 percent is staffed by Jeff Ashline, PA-C.

For more information on the emergency services offered at BCHC, visit [www.bchealth.org/find-a-service](http://www.bchealth.org/find-a-service) or call (319) 332-0999.

## Meet our Team of Providers



Jeff  
Ashline, PA-C



Julie  
Beard, DO



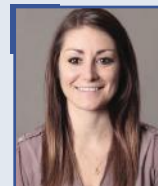
Jeffrey  
Curnes, DO



Jeffrey  
Cater, PA-C



Ryan M.  
Dowden, MD FACEP



Samantha  
Ford, PA-C



Nathan  
Harmon, MD



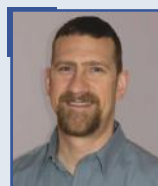
Donald J.  
Linder, DO



Jeremy  
Nelson, PA-C



Joshua  
Pruitt, MD



Jeffrey  
Mason, PA-C



Brian  
Shedek, DO



Wendalee  
Smith, ARNP



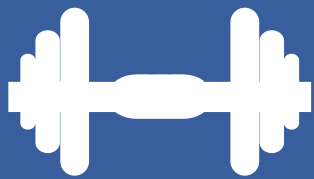
Stephanie  
Spinosi, ARNP



Ryan  
Sundermann, MD



Jarod  
Wiebel, PA-C



Summer 2016  
Here For You. Trusted For Life.

# Get Fit. *Stay Well.*

## The Wellness Center Features:

- Power Lift Squat Rack
- Indoor Lap Pool
- 24/7 Gym Access
- Free Weights
- Cardio & Strength-Training Equipment
- Wellness Specialists & Athletic Training



## The Wellness Center also offers:

- Group Fitness & Water Aerobic Classes
- Private Swimming Lessons
- Corporate Wellness
- CPR & First Aid Training
- Safe Sitter Courses
- Performance Improvement Training for Young Athletes

## Coming Fall 2017

Gym Expansion | New Aerobic Studio  
Renovated Locker Rooms

(319) 332-0850 [bchealth.org/wellness](http://bchealth.org/wellness)

## Membership Options

- Single
- Single + One
- Family

Available in 3, 9, or 12-month  
payment options

OPEN DURING CONSTRUCTION



# Buchanan County Health Center

People's Memorial Hospital  
1600 First St. E.  
Independence, IA 50644

## Buchanan County Health Center Specialty Clinic

Phone: 319-332-0950

Specialty	Office Location	Physician	Schedule	To Schedule
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 and 3rd Wednesday	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 Paserin	1st & 5th Friday	800-525-8153
OBSTETRICS & GYNECOLOGY	Waterloo	Dr. Gwen Fang	2nd & 4th Wednesday	319-266-5491
ONCOLOGY	Cedar Rapids	Dr. Jasmine Nabi	1st & 3rd Tuesday	319-332-0950
ORTHOPEDIC	Waterloo	Dr. Benjamin Torrez Liz Hoy, ARNP	Every Tuesday & 3rd Thursday PM	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	319-247-3627
	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. Roswell Johnston-Orthopedics  
Dr. David Hemmes-Podiatry  
Dr. Benjamin Torrez-Orthopedics  
Dr. Kevin Carpenter-ENT/Facial Plastic Surgery

Dr. Jeff Klein-Podiatry  
Dr. Daniel Miller-Ophthalmology  
Dr. Brian Gerrelts-General Surgery  
Dr. Thomas Petrie-Ophthalmology  
Dr. David Congdon-ENT/Facial Plastic Surgery

Dr. Scott Houghton-General Surgery  
Dr. Michael Puk-Ophthalmology  
Dr. Anthony Leo-General Surgery  
Dr. Doug Sedlacek-Pain Clinic  
Dr. Ana Alardin-GI

For more information about our services, visit [bchealth.org](http://bchealth.org)  