At 12:30 AM on July 4th, 2016, Charlie Bohm's eyes snapped open. He felt awful. His stomach hurt, and he needed to get to the bathroom quickly.

Recalling a bout of food poisoning he'd had the year before, Charlie thought his symptoms were the same. The Lake View native, who works as a drag line operator at a gravel pit operation, decided to tough it out for a couple of days before making an appointment at McCrory Rost Clinic in Lake View on July 8.

Rochelle Guess, certified family nurse practitioner, saw Charlie in the clinic. A blood test revealed a high white blood count indicating infection. Suspecting a gallbladder issue, she sent Charlie to Stewart Memorial Community Hospital in Lake City for a computed tomography (CT) scan.

The Mayo Clinic says, “A CT scan combines a series of X-ray images taken from different angles and uses computer processing to create cross-sectional images, or slices, of the bones, blood vessels and soft tissues inside your body. CT scan images provide more detailed information than plain X-rays do.”

When the CT scan confirmed Charlie was suffering from acute calculous cholecystitis, or inflammation of the gallbladder, Dr. Susan Hornback admitted him to inpatient care at the hospital.

The gallbladder is part of the gastrointestinal system in the body. It functions as a reservoir for bile which helps digest fatty foods. Bile can also form stones. Gallstones can become stuck in the bile duct causing bile to build up which then inflames the walls of the gallbladder.

The first method of treatment in Charlie's case was to administer IV antibiotics and pain medicine in an effort to reduce the infection and make Charlie more comfortable. He recalls sleeping a lot for the first two days before he started feeling better.

When what he thought was food poisoning didn't get better, Charlie Bohm turned to trusted medical experts at Stewart Memorial Community Hospital who removed his gallbladder and set him on the road to recovery.
days of his hospital stay. Dr. Hornback explains, “Surgery works best for a patient’s recovery when he is stable and the acute inflammation has subsided. We always take the conservative route - see if the body will heal itself with the least invasion.”

When the antibiotics didn’t affect the white blood count as much as desired, it was determined that removal of the gallbladder was the best option in Charlie’s case.

When Charlie awoke, he was told Dr. Marc Miller, general surgeon, had performed the surgery laparoscopically. During laparoscopic surgery, otherwise known as minimally invasive surgery, small incisions are made through which plastic tubes, or ports, are passed. A small camera is sent through the port and the surgeon views the area on a video screen. He then passes the instruments through the ports and removes the gallbladder. The small incisions made in laparoscopic surgeries lead to less discomfort for the patient, quicker recovery and less scarring.

Although Charlie never felt sick prior to the onset on July 4th, his gallbladder was in bad shape. “Dr. Miller told me it was one of the worst ones he’d ever seen. It had gangrene!”

Charlie was impressed with the level of communication by the staff. He says, “Everything went really smoothly. Each phase along the way, everybody knew what was going on and made the transition very easy.”

“We have a good system at SMCH,” says Dr. Hornback. “Rochelle Guess, Dr. Miller and I worked together closely to ensure Charlie’s outcome would be the best for him. Three heads are better than one, ensuring all the bases are covered. There is continuous dialogue among everyone involved in the patient’s care. It’s a good partnership.”

After surgery, Charlie spent several days in the hospital recuperating. His children, Stuart, Scott and Staci, found it convenient to stop and check in with their dad. Having family close by made his hospital stay a little easier. “I had excellent care,” he says, “I can’t say enough about the nurses, aides and everyone involved in my care. It makes the mending period a lot easier when you have people who care.”

He was visited by the transition coaches during his stay. The transition coach program at SMCH consists of specially trained registered nurses who help manage the care of patients. Their role includes patient education, communication with all involved in the patient’s care, and coordinating follow up care. “They talked to me about my diet after surgery and gave me a packet of information about what to avoid, letting me know it would be some trial and error.”

The Mayo Clinic recommends patients who’ve had their gallbladders removed avoid high-fat foods, fried and greasy foods, and fatty sauces and gravies. “Increase the fiber in your diet. This can help normalize bowel movements. Add soluble fiber, such as oats and barley, to your diet. But be sure to increase the amount of fiber slowly, such as over several weeks, because too much fiber at first can make gas and cramping worse. Eat smaller, more-frequent meals. This may ensure a better mix with available bile. A healthy meal should include small amounts of lean protein, such as poultry, fish or fat-free dairy, along with vegetables, fruits and whole grains.”

While Charlie also utilizes medical services at the VA for scheduled procedures, he chose SMCH during his time of need. He feels confident that the care he received during his illness and after surgery was top-notch. “I’ve doctored here all my life,” he says. “When you get good care, that’s where you’re going to go.”
When You Need Surgery... Our Team is Ready

When you need surgery, rely on the outstanding surgical team at Stewart Memorial Community Hospital in Lake City. Our state-of-the-art surgery center and exceptional team offer first class service to you and your family. We provide private recovery suites, made to order meals, and personalized nursing attention. Our surgeons are highly trained in many surgical procedures, including general, orthopaedic and cancer. When possible, minimally invasive surgery techniques are used so you can recover quicker with less pain.

Our Surgeons and Anesthesia Providers

**General/Gynecological**
- Abdominal Surgery (Colon, Gallbladder, Hernia, Hysterectomy)
- Cystocele or Rectocele Repair
- Laparoscopic Surgery (Gallbladder, Appendectomy, Tubal Ligation, Hysterectomy)
- Cesarean Section
- Breast Biopsy
- Mastectomy and Lumpectomy
- D&C
- Excision Lesions, Cysts, Tumors
- Pilonidal Cyst Excision
- Hemorrhoidectomy
- Vasectomy
- Venous Access Port Placement

**Ophthalmology**
- Cataract Surgery

**GI Endoscopy**
- EGD
- Colonoscopy

**Orthopaedic**
- Fracture Management (Cast)
- Open Reduction Internal Fixations (Plates & Screws)
- Hand Surgery (ie Carpal & Cubital Tunnel, Ganglion)
- Total Joint Replacement

**ENT**
- Ear Tube Placement
- Tonsillectomy
- Adenoidectomy
- Nasal/Sinus Procedures
- Neck/Facial Lesion Excision

**Podiatry**
- Foot/Ankle Surgery

**Pain Solutions**
- Lumbar & Cervical Steroid Injections

**Urology**
- Cystoscopy

Partnering with Press Ganey reveals the Voice of the Customer

Stewart Memorial Community Hospital and McCrary Rost Clinic take seriously what their customers are saying about them. They have partnered with Press Ganey, the nation’s leading provider of patient satisfaction surveys. Having measureable patient satisfaction results gives SMCH the tools needed to improve in all areas. The survey allows SMCH to compare itself to the state average and other hospitals in specific areas. This reveals what SMCH is doing well and highlights opportunities to improve patient satisfaction.

### Quality Rating Given By Patients

<table>
<thead>
<tr>
<th>Service</th>
<th>Ranking</th>
</tr>
</thead>
<tbody>
<tr>
<td>Confidence in skill of physician</td>
<td>98th percentile</td>
</tr>
<tr>
<td>Confidence in skill of nurses</td>
<td>93rd percentile</td>
</tr>
<tr>
<td>Overall assessment</td>
<td>88th percentile</td>
</tr>
</tbody>
</table>

Data is the most current information available as of 2-28-17, which reflects results from July 1, 2016 - December 31, 2016. Source: Press Ganey
Choose Wisely: Antibiotic or Not?

Early spring finds us in the middle of cold and flu season, and it’s a good time to remind ourselves of the best strategies for fighting illness. Not all illnesses are created equal! The two causes of infectious illness, viruses and bacteria, must be approached in completely different ways. It’s important to understand the difference, and why your doctor may choose to prescribe or not prescribe medication for you when you are sick.

Viral illnesses make up the vast majority of illnesses in the winter months, but they are active all year round. Viruses are extremely adaptable. Some of them can live outside of the body for weeks, making them especially infectious. Most viral illnesses are self-limiting, which means that given time they will resolve on their own. Our bodies are very well adapted to fighting most viruses. With good supportive cares, such as rest and increased fluids, we can assist our bodies in fighting viral infections.

It is important to understand that most viral illnesses have no specific treatment. There are a few notable exceptions, including influenza, HIV and the herpes virus. However, these medications do not in fact cure a person of the virus involved. Rather, these medicines work with the body to shorten the course of the viral illness, or prevent it from developing more rapidly and causing complications. They should never be considered a substitute for proper vaccinations and healthy behaviors.

On the other hand, there are many medications that have been developed to help fight bacteria. These medications are known as antibiotics. Just like viruses, bacteria are extremely well adapted to surviving within their host. Our bodies are filled with bacteria, and in fact most of our DNA contains remnants of bacterial DNA. Some bacteria, however, can cause illness which can be quite severe, such as pneumonia, urinary tract infections and skin infections. When this happens, it is usually necessary to treat the illness with an antibiotic, a medicine specifically designed to treat the specific bacteria causing infection.

There are several different classes of antibiotics, and your doctor will choose one based upon the suspected bacteria causing your illness. It is important to understand that sometimes we are unable to specifically identify the causative bacteria. When this happens, your doctor will choose an antibiotic most likely to cover the bacteria usually responsible for the illness involved. Antibiotics are usually extremely effective in treating even severe bacterial illness.

However, overuse of antibiotics has led to a phenomenon known as antibiotic resistance. Just like us, bacteria are able to change in order to adapt to their environment. When exposed repeatedly to the same antibiotic, over time mutations will occur that enable the bacteria to survive. This has become commonplace in the last 30 years. Because of this, we have had to resort to stronger and stronger antibiotics to treat even mild bacterial illnesses. Over the last 20 years we have seen the rise of infections such as MRSA and VRE, which are bacterial infections that are resistant to common antibiotics. These are serious causes of infectious disease, especially in the hospital. Overuse of antibiotics has also led to a tremendous increase in the cases of C. difficile, a severe form of diarrhea caused by an overgrowth of bacteria after normal gut flora has been killed off by an antibiotic. Scientists are in fact very concerned that over time, even common or mild bacterial infections will fail to respond to appropriate treatment.

How can we be good stewards of our antibiotics? It is important to understand the difference between a virus and a bacterial infection. An antibiotic will not work for a viral infection, and demanding one from your doctor not only will not help your symptoms, it will increase the incidence of resistance in the community. Illnesses such as the common cold and influenza will not respond to antibiotics. It is important to work closely with your doctor to identify the cause of your illness, and follow their guidance as to supportive cares in order to help you get better faster.

Your medical provider is happy to answer any questions you have about viruses and bacteria and the medicines that we use to help treat them. By working together, we can help prevent overuse of antibiotics and the complications overuse causes. This will ensure that the antibiotics we enjoy today will still be effective for future generations.
Transitional Care Management sets Stewart Memorial Community Hospital apart

Patients who are admitted at Stewart Memorial Community Hospital (SMCH) can expect quality care from their medical provider, the nursing staff, therapy services, lab, pharmacy, nutrition services, and housekeeping. Patients can also expect to meet one or all of the transition care nurses, Sonya Dunn, Tom Davis and Katie Riehl.

These registered nurses are specially trained to help patients adjust from care in the hospital setting to self-care at home. “While the patient is in the hospital, we meet with them and family members if they desire,” says Sonya, “to talk about their condition. We find out what the patient understands about it and together we determine what barriers may exist for the patient.”

Often those barriers are financial, transportation problems, or involve challenges with navigating multiple medical providers including specialists. “We build personal relationships with our patients,” explains Tom. “We want them to feel comfortable telling us about what’s going on at home and how their needs can be met.”

The goal of the transition care management program is to tie all the elements together to ensure patients are able to care for themselves. After the initial transition assessment meeting between the transition coach and the patient where barriers are identified, the coach will pull together resources. Those elements include medical providers, pharmacy, and resources through the State Innovation Models (SIM) initiative.

The Affordable Care Act created the Center for Medicare and Medicaid Innovation (CMMI) with the goal of supporting “innovative payment and service delivery models to reduce program expenditures while preserving or enhancing the quality of care.” CMMI awarded Iowa a $43.1 million federal grant over a four year period to support a statewide health system transformation. Iowa is one of only 11 states to receive this SIM testing grant.

The SIM initiative impacts individuals facing challenges in Calhoun County through a variety of resources. Through a team approach, Calhoun County Public Health was contacted and with their assistance, transportation was arranged for a patient so post hospital appointments and treatments could be attended. A collaboration between a patient, the pharmacy and the provider resulted in reducing the patient’s monthly medication costs, allowing the patient to take medications as prescribed. Additionally, Community Pharmacy has assisted patients in obtaining glucose monitors and test strips at no cost. In another situation, a child’s car seat was deemed unsafe and a replacement car seat was obtained through Public Health.

After the patient is discharged and returns home, the transition coach follows up with the patient via a phone call within a few days. “Our follow-up visits ensure the transition to home is successful. We answer questions and coordinate follow-up care with the patient’s medical provider. Depending on the patient’s needs, we then follow up for an additional 30 days, usually calling every week or two,” remarks Katie.

While the transition coach program has been in place at SMCH for four years, it has evolved over time. “Initially, we conducted a lot of bedside education. A patient newly diagnosed with heart disease would get a lot of information about diet, exercise, and lowering cholesterol levels,” says Sonya. The value of the program was recognized when SMCH earned the 2015 grand prize from the Iowa Healthcare Collaborative for patient safety.

“The transition care program has expanded to help patients receive increased services from the health coaches. Instead of following them for 5-7 days after discharge, we are now following them for 30 days or more, depending on the circumstances surrounding the patient. We found a void between our post-hospital discharge follow-up call and patients navigating through the healthcare system. Our program has evolved to resolve those issues,” explains Director of Nursing Zacharina Winker.

The transitional care management program boils down to providing quality care to patients. Sonya says, “We help patients overcome obstacles in their self-care by being someone they know who can answer their questions.”

Zacharina comments, “Since we began this initiative four years ago, we have seen a reduction in readmissions, clearer understanding of medical conditions, and an increase in follow-up visits with providers. We’ve identified and overcome barriers for patients in getting the right care at the right time.”

Sonya Dunn, RN, Tom Davis, RN, and Katie Riehl, RN, make up the transition care management team at Stewart Memorial Community Hospital.
SMCH Auxiliary Trivia Night Fundraiser a Success

It came down to the wire between two teams at the 4th annual Stewart Memorial Community Hospital Auxiliary Trivia Night fundraiser. Jo Grodahl’s Rockwell City Rotary team and Wade Voith’s team tied for first. A game of “Dead or Alive” led Voith’s team to a victory. While only one team can claim first place and bragging rights for the year, every team shares in the fun of the annual fundraiser. “This event is our primary fundraiser to help support our Patient Centered Healing Environment project. The funds will be used to transform areas used most by patients in the medical clinics,” says Mary Ludwig, director of marketing, development, and volunteers at SMCH. Over thirty teams competed in the event, held at Opportunity Living in Lake City on February 4th. Brad “Big Daddy” Addison served as the Quiz Master, adding fun and humor to the night’s festivities.

In addition to trivia, teams participated in “Dead or Alive” and “Heads or Tails,” trying to guess if a famous figure is still alive and if a question is true or false. Teams also earned points by decorating their tables, dressing alike, and playing Name That Tune. Organizers of the event, SMCH Auxiliary Members Toni Kerns, Jan Dougherty, Marci Duncan, Marie Schwarm, Mary Ludwig, Danielle Evans, and Mary Sporleder were pleased to see a lot of team spirit. “Many teams dressed in costume including the games Clue, Guess Who?, The Price is Right, and Magic 8 Ball, sports fans, farmers, cowboys, and Iowa and Iowa State fans,” says Ludwig.

The combination of ticket sales, a live auction of donated items, and sponsors helped the hospital raise over $55,000, which is an increase of 37% over 2016. “We are very appreciative of everyone that participated, contributed with a donation or sponsored the event. Their generosity directly improves the quality of care we are able to provide to patients. As a private, not-for-profit provider of healthcare, every donation makes a difference,” says Ludwig.

Funds from the event are designated to improve areas in Lake City, Rockwell City, Lake View and Gowrie. Patients will benefit from more comfortable registration areas, larger restrooms, softer lighting, updated flooring and wall covering, and additional signage to share important health information. “We are grateful for the support and partnership we receive from the people in the communities we serve,” says Ludwig. Photos from the event can be found on the hospital’s facebook page at www.facebook.com/SMCHLakeCity. Trivia Night 2018 will be held on Saturday, February 3rd.
Recognizing Our Trivia Night Sponsors

Platinum
NEW Cooperative, Inc.
Macke Motors, Inc.
Tass Corp - Timothy O. Lee

Diamond
Leah and Kelli Glasgo family
HealthNet Connect
Chet Johnson Financial Strategies Group
Rockwell City Rotary
United Bank of Iowa

Gold
Mel Alcox in memory of Phyllis Alcox
Alan and Cindy Carstens
Nancy Flink, PA-C
Tim and Marti Huser
Steve and Kari Jones family
Jim and Kathy Knauss
Lightner Farms, Inc.
Mid Iowa Insurance Associates, Inc. of Lake City
Mary A. Nelson
Ruhl & Ruhl, Hub International
Shady Oaks Care Center

Silver
Bruning Oil Co., Dean and Bev Bruning
Greg Paris and Heather Cain family
Carroll Broadcasting - KCIM/KKRL/KIKD
Casey’s
Robert Craigmile
Adam and Holly Espenhover
Roger and Marlene Glassnapp
Rochelle Guess, FNP-C and Dr. Thomas Fagg
Carmen and Earl Ludwig
Mary M. Pratt
Regional Laboratory Consultants, P.C., Iowa Pathology Associates, P.C.
Susie and Daryl Reiling
Seim Johnson
Western Iowa Surgery

Bronze
Agents, Inc.
Auburn Feed Center
Stephanie Bellcock, ARNP-C and Justin Bellcock
Phil and Carol Eichhorn
Jim’s Carpet One
Dr. Larry and Jody Kalkwarf

Keith and Sherry Lampe
Kiana and Nate Lamphier
Moorhouse Ready Mix, Inc.
Shirley and Edward Naughton
RTG Medical
Tammie and Francis Riedell
Sue and Rick Sievers

Patron
Janet Block
Robert and Sara Block
Breda Feed & Grain
Ralph and Patricia Dunbar
Rudy and Naomi Engstrom
Farm & Town Insurance, Gowrie
Christi Fredericks
Tonya Germann
Graphic Edge
Deborah Harms
Toni Kerns in honor of Jacy McAlexander
David and KAP Linder
Ed and Marlys Maahs
Darlene Nicholson
Fran Nutter
Luanne Redenius
Security Savings Bank Gowrie
Kerri Shiple
Joni Voss - Voss Sonographic Services
Terry and Beverly Walters
Mike and Lisa Wiederin

Friend
Anonymous
Kathryn Briggs
Calhoun County REC
Mike & Rox Carisch
Carolyn Church
Mary Ann Fertig
Darwin and Janet Folden
Jim and Janet Frisbie
Reggie and Betsy Gardner
Gemberling Excavation, Inc.
Ronald and Dianne Hammen
Don and Dorothy Jorgensen
Donald Litwiller
Meryl and Deborah Ludwig
Mr. and Mrs. H. Maiwald
George and Jean Mohrhauser
Jacob J. Petzenhauser
Kevin Reiter
Susan Savage
Earl Stangl

Stewart Memorial Community Hospital is committed to meeting the challenge of the changing health care environment in innovative ways. This focus assures that you and your family receive the quality health care you deserve from caring, compassionate care professionals.

Thank you to our donors for partnering with us to continue to provide quality health care. Proceeds from the event will allow us to transform the areas used most by patients. Registration areas will be more comfortable, lighting will be softer, twenty-five year old carpet and wall covering will be replaced, and additional signage will share important health information.

By creating an environment focused on patient care in our Lake View, Rockwell City, Lake City, and Gowrie McCrary Rost Clinic locations patients will feel welcomed, well cared for, and comforted. Donor gifts help us reach our goal to create an atmosphere reflective of our healthcare team’s dedication to your health and wellness.

Over the next three years, we will be raising $200,000 to fund the project. These contributions truly make a difference. Whether patients are facing an urgent need, a devastating disease or seeking to improve their quality of life, Stewart Memorial and McCrary Rost Clinic are your healthcare partners. Our mission is to serve you and your loved ones today, tomorrow, and generations to come. Thank you for your investment and commitment to quality health care. We are very grateful.

Thank you for supporting these important projects through your generosity.
National Volunteer Week, April 23-29, 2017, is about inspiring, recognizing and encouraging people to seek out imaginative ways to engage in their communities. It’s about demonstrating to the nation that by working together, we have the fortitude to meet our challenges and accomplish our goals.

National Volunteer Week is about taking action and encouraging individuals and their respective communities to be at the center of social change – discovering and actively demonstrating their collective power to make a difference.

National Volunteer Week, a program of Points of Light, was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Thank you SMCH Volunteers!

SMCH Auxiliary Financial Report for September 1, 2016 - January 31, 2017

General Fund:
Beginning Balance: $10,825.56

Income:
- Bake Sale $834.50
- Book Fair $2,067.47
- Brags & Blessings $30.00
- Candy Sale $897.50
- Cookie Challenge $1,032.80
- Interest $16.33
- Jewelry Sale $1,490.05
- Linen Sale $6,784.20
- Membership $523.35
- Pastry Dough $2,028.00
- Table A Fare $4,139.50
- Trivia Night $32,297.15
- Uniform Sale $1,404.94
- Total Income $53,545.79

Expenses:
- Book Fair $(1,800.49)
- Check Fees $(27.18)
- Cookie Challenge $(383.53)
- Jewelry Sale $(1,193.05)
- Linen Sale $(5,090.11)
- Total Expenses $(16,081.72)

Ending Balance: $48,289.63

SMCH Gift Shoppe Financial Report
Beginning Balance: $23,610.22

Income:
- Deposits $20,881.16
- Interest $11.18
- Total Income $20,892.34

Expenses:
- Merchandise $(8,961.71)
- Total Expenses $(8,961.71)

Ending Balance: $35,540.85

You’re Invited
Stewart Memorial Community Hospital
Auxiliary

VOLUNTEER APPRECIATION
LUNCHEON
Lake City Community Center

Tuesday, April 4, 2017 at Noon

Reservations Are Required
Please RSVP to Danielle Evans at 464-4183 or devans@stewartmemorial.org by Thursday, March 16, 2017
Auxiliary T-shirt Sale

Purchase your Auxiliary t-shirt for $20. Get one for the whole family!

Turn in your order form to Danielle Evans by noon on Friday, May 5.
Mail to: Danielle Evans, Stewart Memorial Community Hospital, 1301 W. Main, Lake City, IA 51449

3 color design on tropical blue short sleeve shirt

Name ________________________________________________
Phone # ___________________________________________

No. of Shirts: ________
Cash/Check: ________  
Small ________  XL ________
Medium ________  XXL (add'l $2.00) ________
Large ________  3XL & 4XL (add'l $3.00) ________

Order Deadline: Friday, April 28th

Pick-up date: Tuesday, May 2nd, 1:00-5:00 pm at the Hospital Main Entrance
Three easy ways to place an order:
1. Send this form to SMCH-Attn: Danielle Evans, 1301 W. Main, Lake City, IA 51449
2. Drop form off at the SMCH Gift Shoppe
3. Call Jane Johnson at 712-210-2583 to place an order or if you have a question.
Orders may be placed through April 28th.

Mother’s Day • May 14th

Please mail to:
2017-2018 Annual Membership
Stewart Memorial Community Hospital Auxiliary
1301 W. Main, Lake City, IA 51449
800-262-2614 • www.stewartmemorial.org

Name ________________________________________________
Phone ______________________________________________
Address ________________________________________________
City ________________________________________________
State_________ Zip ___________ Email __________________

Annual membership $2  Lifetime Membership $100
SMCH Payroll Deduction $______ (minimum $1) each paycheck through 3/31/18

See back of card for many opportunities our Auxiliary offers!
Telehealth Facilitates New Services at SMCH

For patients in rural health settings, the past expectation has been to have to travel a distance to see some specialists. Stewart Memorial Community has begun to implement telehealth in its emergency department and in clinic settings to increase access to specialty care for its patients.

According to HealthIT.gov, “The Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services defines telehealth as the use of electronic information and telecommunications technologies to support and promote long-distance clinical health care, patient and professional health-related education, public health and health administration. Technologies include videoconferencing, the internet, store-and-forward imaging, streaming media, and terrestrial and wireless communications.”

In the fall of 2015, a Community Needs Assessment survey was distributed throughout the communities served by SMCH. CEO of SMCH Cindy Carstens comments, “Responses from the surveys clearly requested we bring in more specialists. 42% of the responses stated the service they needed was not available at SMCH with 76% stating the specialist for their specific condition was not available at SMCH. We will be expanding the use of telehealth as we continue to recruit more specialists. To meet the needs of the patients they serve, medical providers are finding that doing an exam or consultation in this format allows them to see more patients as their time is not spent driving to clinic locations.”

Secure online video streaming uses a computer monitor with a camera attached to it, allowing patients and the consulting specialist to talk face to face. The session is not recorded. The encounter is noted in the patient's electronic health record stating it was conducted using the telemedicine/telehealth system. Carstens describes the equipment that will be utilized at SMCH, “The more specialized systems actually have stethoscopes attached to them so the provider can hear the heart and lung sounds through the computer. There are many other attachments that allow providers to examine physical symptoms. At SMCH we have recently purchased our own system that we will gradually implement in the hospital to do possible consults with the surgeons and other specialists.”

While a major benefit to patients is the convenience of seeing a specialist at the local clinic, the advantages impact health outcomes. Kari Jones, Chief Nursing Officer at SMCH says, “Patients can be diagnosed and treated earlier which can contribute to improved outcomes and less costly treatments. Studies have shown patients with telemedicine-supported ICUs and ERs experience reduced mortality rates, reduced complications and reduced hospital stays.”

Telemedicine/telehealth is just one of the many ways SMCH is working to provide patients with coordinated care. The initial phase of the project will start in the clinics in 2017 with continued expansion as specialists are obtained.

Board certified neurologist Babak Rezaei, M.D. will begin seeing patients at McCrary Rost Clinic Lake City via telehealth. He started with UnityPoint Clinic Neurology in early September 2014. He received his medical degree from Tehran University of Medical Sciences in Tehran, Iran. He completed a neurology residency at Temple University Hospital in Philadelphia and a neurophysiology fellowship at NYU in New York City. Patients will initially see Dr. Rezaei at his practice in Fort Dodge, but all follow-up visits will be held at the Lake City site.

Clip and Return

I would be interested in the following SMCH Auxiliary activities:

- [ ] Serving on a Fundraising Committee
- [ ] Distributing publicity for Blood Drives
- [ ] Donate to Bake/Candy/Pie Sales
- [ ] Help Knit Baby Caps/Sew Neck Pillows
- [ ] Be a Gift Shoppe Volunteer or substitute
- [ ] Serve as a Community Representative
- [ ] Help with Committee work
- [ ] Serve as a Committee Leader or Officer
- [ ] Help deliver Meals on Wheels
- [ ] Be willing to help with simple tasks if available when needed.
Preventative Medicine Is The Key To A Healthy Life

Rockwell City resident Richard Walters loves to be active. The retired corrections supervisor says he wants to enjoy retirement and that means, “You’ve got to take care of yourself by eating right, excercising and maintaining a healthy attitude.”

Part of taking care of yourself involves having annual wellness exams and screenings, including colonoscopies starting at the age of 50. Richard had his first colonoscopy in 2005, with two more exams in following years.

During a colonoscopy, the doctor examines the inner lining of the large intestine, using a thin, flexible tube with a small video camera attached. A colonoscopy helps find ulcers, colon polyps, tumors, and areas of inflammation or bleeding. Tissue samples can be taken and abnormal growths (polyps) removed.

The American Cancer Society describes colon cancer as the third most common cause of cancer deaths in the U.S. Early detection is crucial when it is most likely to be curable. In many people, screening can also prevent colorectal cancer by finding and removing polyps before they have the chance to turn into cancer.

Dr. Derek Duncan performed the procedure on Richard, and each time found three to five benign polyps. “Dr. Duncan is so thorough,” says Richard. “The procedure is painless. The worst part is the prep, but it’s not really that bad. I don’t know why more people don’t have it done!”

Dr. Duncan says, “I recommend that all adults talk with their family physician about when they might be due for their next colonoscopy. We are happy to help anyone that needs a colonoscopy.”

Following doctor’s orders and taking care of himself ensures that Richard is able to fully enjoy his retirement. His time spent gardening, camping and fishing with his grandchildren makes it all worthwhile.

Preventing colon cancer: SCREENING SAVES LIVES

One in 20 people will get colon cancer in their lifetime.

With screening, colorectal cancer can be prevented. Increased screening could save 30,000 lives in the U.S. each year.

1/3 of people diagnosed with colon cancer will die from the disease.

Get screened every 10 years. 90% of people diagnosed are age 50 or older.

Source: University of Wisconsin Hospital
Outpatient Clinics at Stewart Memorial Community Hospital

Stewart Memorial Community Hospital offers a wide range of outpatient clinics to meet the varying needs of the people in our communities. Appointments for the outpatient clinics can be made by calling 712-464-7907 or 1-800-560-7500.

- **Audiology**
  John W. Reis, Au.D.

- **Cardiology**
  Mark Berry, D.O.

- **Ear, Nose and Throat**
  Diana Smith, ARNP
  Tracey Wellendorf, M.D.

- **General Surgery**
  Ronald Cheney, D.O.
  Marc Miller, D.O.
  Josh Smith, D.O.

- **Mental Health Services**
  Lynn Williams, ARNP

- **Ophthalmology**
  Ryan D. Vincent, M.D.

- **Orthopaedics**
  Thomas Dulaney, M.D.

- **Pain Solutions**
  Perry Henely, CRNA
  Jeremy Johnson, CRNA

- **Podiatry**
  Mark Hartman, D.P.M.
  Abby Williams, D.P.M.

- **Pulmonology**
  James C. Meyer, D.O.

- **Urology**
  Stephen L. Piercy, M.D.

### Stewart Memorial Community Hospital Calendar of Events

#### Oh Baby! Classes

To register, call 712-464-3171, ext. 6040.

**Early Bird Classes**

**Wednesday, May 3**, 6:30 p.m.

**Pre-Natal Classes**

**Saturday, April 8**, 8:30 a.m.
**Saturday, July 1**, 8:30 a.m.

**Big Brother/Big Sister Classes**

**Wednesday, April 12**, 6:00 p.m.
**Wednesday, July 5**, 6:00 p.m.

#### Diabetes Support Group

The Diabetes Support Group meets April through October in the evening at SMCH. For more information please call our Diabetes Educators, Maurine Thieszen or Megan Huster at 712-464-3171.

**Thursday, April 27**, 5:00-6:00 p.m.
**Thursday, May 25**, 5:00-6:00 p.m.
**Thursday, June 29**, 5:00-6:00 p.m.
**Thursday, July 27**, 5:00-6:00 p.m.

#### Auxiliary Meetings

All meetings held in the SMCH Conference Center. No registration necessary. Everyone is welcome!

**Tuesday, April 4**, Noon
Volunteer Appreciation Luncheon.
Lake City Community Building

**Tuesday, May 2**, 9:30 a.m.
“Backyard Gardening” by Jane Johnson, Thistle Down Nursery

#### Lunch Connection

**New Healthcare Initiatives:**
**Transitional Care Management and Chronic Care Management**

**Thursday, June 1**
SMCH Conference Center
RSVP: 712-464-4214 by May 25

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For comments, questions or more information, call SMCH at 712-464-3171 or go to www.stewartmemorial.org