

VS

VITAL SIGNS

A Publication of McDonough District Hospital
Summer Issue 2017



525 East Grant St.
Macomb, IL 61455

www.mdh.org
309.833.4101



Care Coordination Services...

Pgs. 4 & 5

We work with you *and* your health care team!

Vital Signs

Published three times a year by the Public Relations & Marketing team at McDonough District Hospital. *Vital Signs* provides general information on health related topics, MDH services, news and hospital updates. It is not intended to be a substitute for professional medical advice, which should always be obtained from your provider.

Anna Bradt, Public Relations & Marketing Leader
Alexa Shaw, Public Relations & Marketing Assistant/Graphic Designer

Vital Signs can be downloaded/printed from the website at www.mdh.org.

This publication was printed by
The McDonough Democrat.

If you would like additional information about MDH, please call Public Relations & Marketing at (309) 836-1557.

Our Mission:

The mission of McDonough District Hospital, in partnership with its Medical Staff, is to provide health services with a personal approach to care that enhances the quality of life.

Our Vision:

To be your First Choice for First Class Health Services

Core Values:

**Honesty and Integrity
Respect
Exceptional Service
Commitment to Excellence
Teamwork**



McDonough District Hospital
is accredited by
The Joint Commission

From the President/CEO: *Kenny Boyd*



Greetings from MDH,

There has been a lot going on at MDH and in Healthcare over the last year each presenting its own unique challenges and opportunities for our organization and community. Some come with exciting results while others require difficult and sometimes unpopular decisions. We continue to work to ensure the long term viability of MDH while continuing to provide quality patient care in a safe environment.

Some of the things we have seen in the past year include:

- **Obstetrics & Gynecology Clinic:** The addition of two nurse midwives, a Women's Health Nurse Practitioner and an OB/GYN (Dr. Amerson) in addition to Dr. Smith. This talented group of providers will ensure the continued availability of women's health services to our communities.
- **Primary Care:** We added a great deal of depth to the primary care base with the additions of Drs. Patel, Wehner and Ali as well as three Nurse Practitioners. These providers will increase access to and provide stability for our communities primary care needs.
- **Last fall** we finalized the work on our expansion/renovation project which began in 2014. This project improved our facilities to better meet the needs of both our patients and caregivers.

With the changes in healthcare and the impact of the states multi-year budget impasse our community and organization have seen a decline in enrollment and employment at Western Illinois University which has impacted the demand on our services. To ensure our future viability we made some difficult budget decision beginning with our 2018 fiscal year. These include, but are not limited to:

- Working with our vendors, physicians and employees to reduce our non-labor spend by approximately \$1.8 million dollars for next year and beyond.
- Working with our leaders and staff to reduce labor hours, to match patient demand, by approximately 65,000 hours or \$1.6 million dollars for next year and beyond.
- We are currently working with a private entity and the city of Macomb to move the EMS Ambulance service to a private operation with the opportunity to include a private/public partnership. This will allow us to operate the service more efficiently, improve training and education for the EMS staff, potentially reduce overhead for the City and retain, if not increase, the level of services provided for our community.

We continue to work towards the future and invest in our people, plant and equipment to remain competitive in our environment and attract and retain quality healthcare providers. A few of the items we are/will be working on to achieve this are:

- Participation in an Accountable Care Organization (ACO), which will allow us to better understand how to provide the right services in the right environment with the intent to improve outcomes and decrease costs.
- We are in the early processes of working with SIU School of Medicine, Springfield to bring telehealth to our communities. We anticipate utilizing these services through this partnership to increase access to specialty consults/visits for our patients and providers.
- We are continuing our capital campaign for the Dolores Kator Switzer Women's Center at MDH. We currently have raised \$4.5 million of the \$5.5 million goal. We are excited to see this project come to fruition in order to meet the existing and future health needs of the women in our communities.

There are many improvements happening at MDH and all of it is for one purpose, YOU. We strive to provide the services you need with the quality and safety you expect in a healthcare provider. We do this while always being grateful and humbled that you entrust the care of yourself and your family to our team of quality, dedicated health care professionals.

Kenny Boyd

A handwritten signature in black ink, appearing to read 'Kenny Boyd'.

MDH Named a 2017 Hospice Honors Elite Recipient

McDonough District Hospital Hospice has been named a **2017 Hospice Honors Elite** recipient by Deyta Analytics, a division of HEALTHCAREfirst, the leading provider of Web-based home health and hospice software, outsourced billing and coding services, and advanced analytics. Hospice Honors is a prestigious program that recognizes hospices providing the highest level of quality as measured from the caregiver's point of view.

"Hospice Honors is a landmark compilation of hospices that provide the best patient and caregiver experiences," said J. Kevin Porter of HEALTHCAREfirst. "I am extremely proud of The MDH Hospice for achieving this highest of honors and I congratulate them on their success."

"This recognition of outstanding care provided to patients in our community is a reflection of clinical expertise, compassion and dedication exemplified by all members of the hospice interdisciplinary team," said Marcia McGrew, leader of The MDH Hospice.

The MDH Hospice provides care to approximately 150 patients every year. The hospice team is made up of physicians, nurses, social workers, aides, therapists and volunteers, all members of the local community. For more information or to learn about the many services The MDH Hospice offers call (309) 836-1543 or visit www.mdh.org.



HOSPICE
HONORS elite



We Deliver.

At *McDonough District Hospital Obstetrics and Gynecology Clinic*, our team of caring professionals deliver consistent care close to home. We provide care to women of all ages and have over 80 years of experience.

Accepting Patients (309) 836-6937



Tamara
Smith, DO



Afriye
Amerson, MD



Sharie
Harden, CNM



Brenda
Powell Allen, WHNP



Mary
Thompson, CNM

Care Coordination Services

Do you feel overwhelmed by your medications? Is the healthcare system confusing? Having a hard time making the health changes recommended by your doctor?

If any of this sounds familiar, MDH Care Coordination Services may be able to help!

MDH Care Coordination Services is a new service added in 2016 to assist McDonough Medical Group (MMG) patients with overcoming barriers to improving their health while navigating the confusing healthcare system. Our Nurse Care Coordinators work hand-in-hand with patients, their MMG providers, and staff to plan, coordinate and manage services based on the individual needs and goals of the patient. They also assist patients transitioning from the hospital or nursing home back to their home by coordinating services and ensuring they have all the necessary follow-up care.



Interested?

Call 309-837-6937 and ask to speak to a Care Coordinator or talk to your MMG primary care provider at your next appointment. Your provider will refer you into the program.

Our Care Coordinators work with you and your health care team to:

- Identify health care needs and goals important to YOU and communicate them to your health care team
- Advocate for you and make sure your health care team is meeting your needs
- Explain your health problems, treatments, options and how to improve your health
- Coordinate your health care between primary and specialty care providers, as well as your care within the hospital, clinic and community
- Facilitate access to services at MDH and in the community
- Visit with you in your home as needed

What are the benefits of enrolling in Care Coordination services?

You will have a go-to person to help you navigate the healthcare system and improve your health and well-being. Your Care Coordinator will be your advocate and make sure you are getting well-coordinated, quality care when and where you need it. They will also help find you resources at MDH or in the community to meet your needs.

Who is eligible for Care Coordination?

Patients under the care of a MMG Provider may qualify if they meet certain criteria such as having:

- 2 or more qualifying chronic illnesses
- Multiple visits to the Emergency Department
- Multiple visits to the hospital
- A qualifying health plan

Meet our Care Coordinators



Lindsey Woodford, BSN, RN, came to McDonough Medical Group from MDH Home Health in 2015 as the team nurse for Dr. Minter and Sue Adams, FNP-BC in the MDH Family Clinic. She moved into the role of Care Coordinator full time in September 2016. She has been instrumental in developing our Care Coordination Services and has been a wonderful addition to our team. In her spare time, she enjoys spending time with her family and being outdoors, swimming or camping.



Patti Kessel, RN started with MMG in June 2016 after being in MDH Home Health and Hospice for 12 years. She always goes above and beyond to help her patients, sometimes spending days making phone calls to find resources for them. She is married with four kids and a dog. In the evenings she home schools her youngest daughter and always has a Pinterest project in the works.

Q&A with the Care Coordinators

What do you enjoy most about being a Care Coordinator?

“I enjoy getting to know the patients and understanding their Why. Why they do or don’t want to change and what is important to them. I enjoy learning about my patients on a more personal level so I can better help them improve their health. My goal is to be their advocate and help them overcome barriers to care so they can be successful. I love working with my patients over time to help them make small changes and achieve big health goals.” - Lindsey

“I love seeing the light bulb go off for my patients. That moment when they truly understand the importance of making a change their doctor has been recommending. It is even better to watch them make small changes to improve their health. I like that our patients can feel like they have someone on their side to support them and advocate for them.” - Patti

How has your Home Health/Hospice background helped you in your role?

“I learned a lot about the healthcare system and how to help people transition from the hospital to nursing home or to other settings. This has really allowed me to help my patients and has given me a better understanding of their potential needs. I also learned a lot about community resources and services available for my patients.” - Lindsey

“I learned until you work with a patient in their home, you really don’t know them. It also taught me a lot about identifying patient’s needs and how to really build strong relationships with my patients.” -Patti

1 Year Anniversary

Happy 1 Year Anniversary to the MDH Pain Management Center

Dr. Grochowski offers balanced acute and chronic pain management services including the diagnosis and treatment of the following pain conditions:

- Neck pain, including work-related injuries
- Back pain, including work-related injuries and sciatica
- Persistent pain after back or neck surgery
- Arthritis pain in neck or lower back
- Complex Regional Pain Syndrome (CRPS)
- Nerve damage or muscle spasm pain
- Shingles pain
- Headaches

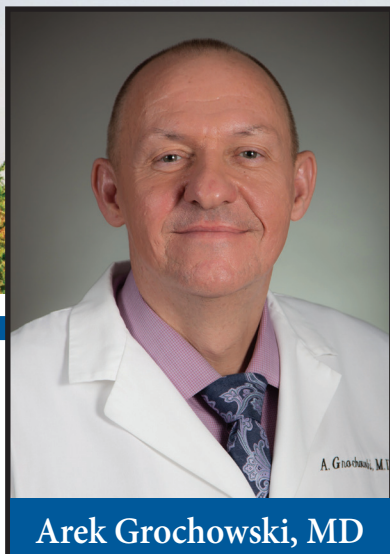
Common medical treatments include the use of physical therapy and medication, while common interventional procedures will include epidural steroid injections, facet joint injections, selective nerve root blocks and radiofrequency ablations.

We look forward to continuing to provide quality care to our patients.

Balanced pain treatment returns

patients to a functional life.

309.836.1715



mdh
McDonough District Hospital
PAIN MANAGEMENT CENTER



Do you or someone you know have more than 15 headache days per month? If so Botox may be an option for you.

MMG Family Clinic providers Brianne Wehner, DO and Prayag Patel, MD are now offering Botox treatments for patients with chronic headaches.

Botox is not just used for cosmetic reason, it is FDA approved for chronic neck pain, eye twitching, excessive sweating and chronic muscle spasms. Botox is used as a preventative medication to help decrease the number of headache days per month that a person may suffer from.



Brianne Wehner, DO



Prayag Patel, MD

How many people have tried BOTOX for Chronic Migraines?

BOTOX was approved by the FDA in 2010 after being studied in large clinical trials. Since then, 100,000 people with Chronic Migraines have received BOTOX treatment.

What will the injections feel like?

The needles used in a BOTOX treatment for Chronic Migraines are very small, but you may feel mild discomfort. Many patients say the injections feel like tiny pinches or pinpricks. Typically, the injections should take about 15 minutes.

Where is BOTOX injected?

BOTOX is injected into shallow muscles of the head and neck, not too deeply beneath the skin. Depending on the symptoms, Botox may be injected into 7 major muscle groups around the head and neck every 3 months.

How long does it take?

The procedure takes about 15 minutes and is done in the office.

Is it covered by insurance?

98% of all insurances cover Botox.

It takes about **15 minutes** and is done in our office.



Want to learn more about BOTOX for headaches? Contact the McDonough Medical Group Family Clinic today at (309) 837-6937 to determine if you are a potential candidate.



mdh
McDonough District Hospital
525 East Grant Street
Macomb, Illinois 61455

Non-Profit Organization
U.S. POSTAGE
PAID
McDonough
District Hospital
ECRWSS

LOCAL
POSTAL CUSTOMER



**We
Offer 3D
Mammography**

Call Today! (309) 836-1550

Earlier Detection is *Key*.