

VITAL SIGNS



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DKSWC

Dolores Kator Switzer Women's Center

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.

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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



Message from the President/CEO



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The summer and fall of 2019, have been incredibly active at MDH.

On July 1, we transitioned to Envision Physician Services, which is providing our Emergency Room Physician coverage on a 24/7 basis. Envision is the largest Emergency Room Physician Services company in the United States, covering in Illinois alone over 25 hospitals.

We also moved our walk-in services to MDH Family Clinic on July 1. That move has been a success, with our numbers growing monthly.

During the latter part of July we successfully completed our tri-annual survey by The Joint Commission which has served as the accrediting body for hospitals for over the last 60 years. I'm told by our colleagues that have been at MDH for many years that our survey this year was the best we've ever had.

We also brought in new Cardiology coverage from the Blessing Health System in Quincy, which is providing Macomb with three full days of cardiology coverage including inpatient consults. We also collaborated with Blessing in November for Pulmonology services two days a month. This service is another area we think can rapidly grow.

In October we celebrated our construction of the Dolores Kator Switzer Women's Center, which is scheduled to open in the very near future.

We are excited for what the future brings for McDonough District Hospital and the opportunities that we have to grow the clinical services for our community. All of us at MDH consider it a privilege and honor to serve your healthcare needs.

Brian E. Dietz, FACHE
President/Chief Executive Officer

YOUR CARE BELONGS AT HOME.



STEVEN
KRAUSE, DO



ELIOT
NISSENBAUM, DO



IRVING
SCHWARTZ, MD



VENU
REDDY, MD

A recent collaboration between Blessing Health System and McDonough District Hospital has brought quality cardiology and pulmonology services to a convenient location for residents in west-central Illinois.

Cardiologists Steven Krause, Irving Schwartz, and Eliot Nissenbaum see patients three days a week in the MDH Cardiopulmonary department. Venu Reddy, a pulmonologist with Blessing Physician Services, comes to MDH every other Tuesday.

“Blessing Health System has developed a very impressive, comprehensive cardiac program,” said Brian E. Dietz, FACHE, president/chief executive officer, McDonough District Hospital. “McDonough District Hospital is fortunate to have the opportunity to work with the Blessing physicians in growing and expanding our cardiac services for McDonough County and the surrounding area.

“According to the latest national statistics, there are fewer than 13,000 pulmonologists practicing in the country and most are found in urban areas,” said Dietz. “Residents of the MDH region deserve convenient access to this specialty and the collaboration with Blessing allows us to provide that care in an effective and efficient manner.”

Thanks to this new collaboration, tests and procedures that can be done at McDonough District Hospital will be performed there. The patient will be referred to Blessing Health System for tests and procedures not available at MDH.

“We appreciate the opportunity to work with McDonough District Hospital providers to help make a difference in the lives of people in the northern communities of western Illinois,” said Scott Koelliker, executive vice president, Blessing Physician Services. “Blessing cardiologists have a passion for healing... Millions of people across the country and thousands in western Illinois suffer from respiratory diseases including asthma and chronic obstructive pulmonary disease. Primary care providers do an outstanding job caring for these patients. However, some cases require a higher level of teamwork. Blessing Physician Services and Dr. Reddy are pleased to assist providers when needed in their care of residents in the MDH region.”

“It is our hope that we will have the opportunity to capitalize on the scope of services and geographic proximity that the Blessing Health System has to offer. In partnership with our medical staff, we look forward with anticipation to expanding our cardiac and pulmonology services coverage to this region with Blessing Health System,” Dietz added.

To schedule an appointment, please call
(217) 214-3424 - Blessing Cardiology
(217) 214-6267 - Blessing Pulmonology

Dolores Kator Switzer Women's Center



Thousands of moms have brought their babies into the world since McDonough District Hospital first opened its doors in 1958. When it comes to childbirth, some things may have changed through the years but one commitment has stayed true – providing the best health care possible to moms and their babies.

That commitment is why MDH built the Dolores Kator Switzer Women's Center (DKSWC). But the new facility is more than obstetrics to support the whole family, it provides gynecological and diagnostic imaging services.

The DKSWC will strengthen comprehensive women's health services in the region. This highly-anticipated facility renovation and expansion was designed to meet obstetrics, gynecology, and diagnostic imaging needs in a tranquil environment with a modern look.

Obstetrics patients choosing MDH for their delivery enjoy modernized private suites. The DKSWC features three labor-delivery-recovery areas, seven recovery suites, and a triage room.

"These rooms don't look like a hospital room, they look more like a suite at a hotel or spa,"

stated a community member during the open house tour in October.

In addition, the DKSWC offers a recovery area for postsurgical gynecological patients, a separate OB waiting area, and an area for children who are visiting to go play.

"I'm excited for moms to have private suites and nice new facilities to have their baby in, and bring their families to. We think it's going to be a great experience for our families to enjoy a nice modern and contemporary space," said Crystal Dobbs, Director of Obstetrics.

The OB department goes above and beyond to ensure mom and baby receive special care and attention before they go home. The obstetrics team is available to assist with breastfeeding to make sure that mother and baby are off to a good start. There are two lactation specialists on staff to provide further support and assistance.

According to Vice President of Foundation Jill Cook, *"If we can start the first step of their baby's life here at MDH in the new Dolores Kator Switzer Women's Center, we hope they continue coming back throughout their lives. From birth,*



“These rooms don’t look like a hospital room, they look more like a suite at a hotel or spa!” -Community Member

to going to our clinics, and coming back for any services they may need.”

More than just obstetrics and gynecology, the Imaging Center also offers a separate and peaceful waiting area for diagnostic imaging patients. Modernized imaging suites feature: 3-D mammography, ultrasound, DEXA bone density scan, and stereotactic breast biopsy for patients of all ages.

The impressive new facility compliments our highly trained and experienced OB/GYN and radiology staff. Both areas boast of more than 300 years of combined work experience by their staff members. They make sure that for whatever reason you visit the DKSWC, you (and your family) receive excellent care.



Expecting Mom’s checklist:



For Mom:

- ___ Robe, slippers, pajamas, clothes
- ___ Cell phone charger
- ___ Toiletries, hair ties
- ___ Music play list during labor
- ___ Pillow

For Baby:

- ___ Blanket
- ___ Diaper bag
- ___ Car seat
- ___ Outfit for newborn to wear home



The Importance of Nurse Practitioners



According to national labor statistics, Nurse Practitioner (NP) jobs are expected to increase 28-35 percent or higher in the next decade. To meet the rising demand of a need for primary care providers, more and more health care facilities are turning to nurse practitioners.

“In today’s world of medicine nurse practitioners are very important with the care of patients. Without their assistance there would not be enough primary care providers, or even other providers, to give the health care that is needed,” said Dr. Rick Minter, MDH Family Clinic. “These individuals are highly trained and skilled, and are able to bridge the gap of services that the physicians are not able to fulfill all the time.”

What duties can a nurse practitioner perform?

NPs are certified to prescribe medication in all 50 states, examine patients, diagnose illnesses, and provide treatment much like physicians do. Throughout 20 states, nurse practitioners have what is referred to as “full practice authority”, meaning they do not have to work under the supervision of a doctor.

To earn that recognition as an expert health care provider, nurse practitioners must go through national certification, periodic peer review, clinical evaluations, and adhere to a code of ethical practices.

A sample of the rigorous training includes: ordering, performing, and interpreting diagnostic tests such as lab work and x-rays; counseling; and diagnosing and treating acute and chronic illnesses and conditions.

At McDonough District Hospital our goal is to serve as many of your health care needs as possible while achieving the best possible outcomes. Our Nurse Practitioners cover more than acute and primary care (adult, family, pediatric, women’s health, and gerontology) services, they can also train and provide specialty health care. For more information visit www.MDH.org or call (309) 833-4101 to schedule an appointment.



Pediatrics

Julie Bartlow, CPNP-PC, NNP-BC

“One of the best things coming from the nurse practitioner standpoint is nursing teaches you to focus on the whole person. To do that and focus on the family - partnering with them and helping them grow - is very rewarding.”



Ear, Nose & Throat

Kamie McKee, APN, FNP-C

“One of the main reasons I continued my education was for the sole purpose to better serve Macomb and the surrounding communities. Being in this role has given me the ability to have more autonomy, to see patients of all ages and to help manage both acute and chronic conditions.”



Hospitalist and Hospice

LaDawna Royer, FNP-C

“I became a nurse practitioner to better help the patients I see and support the nurses I work with. From a nursing perspective I get to do a holistic approach to patient care.

Being a NP both as a Hospitalist and with Hospice often allows me to get to know my patients prior to them coming into Hospice. They know me and are comfortable with who I am, and I know their families and their goals.”

MDH Behavioral Health Services share tips for managing stress and preparing for the new year:

Take a break. It is easy to get caught up in all of the activities around the holidays with extra parties, family gatherings, and shopping demands. If you feel stressed, anxious, or overwhelmed, take a mindfulness break. What does a mindful break look like? You may take a moment to put on some relaxing music, or grab a book and find a quiet spot. Or, there are even free apps for smartphones to walk you through meditation and breathing exercises.



Prioritize. Make a list of things you need to do and a list of things you want to do. Visualizing your tasks will make them seem more manageable. If after making the list, you find the list overwhelming, perhaps focus on just the 'need to do' column to lighten the load.

List the good. Make a list of all the good things that have occurred in your life over the past year. Even if your year has had many trials, there is always good that can be found.



Get moving. Exercise is important year-round. Physical activity is one of the best ways to boost your mood and manage stress. Even for those who exercise regularly, the holidays get busy and exercise can be put on a back burner – but keep it a priority. Make it a fun activity by inviting a family member or friend along.

Keep it positive. Sometimes visiting guests or relatives can be frustrating. In an effort to lessen the frustration, try seeing things from their perspective. For example, if someone offers “constructive criticism,” put on a smile and thank them for their contribution.

Limit sweets. It is tempting to eat treats in excess this time of year. Try to keep your diet balanced with foods that give you energy rather than eating empty calories which can leave you feeling sluggish, and maybe even guilty.



Give back. This time of year can be a lonely time for many. Which makes it the perfect time to give, give, and give! Not all gifts have to be monetary, the gift of your time, words of encouragement or even just holding the door open for another can often amount to more than a monetary gift.

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



LOCAL
POSTAL CUSTOMER

mdh
McDonough District Hospital
Voted #1

**Best Employee Recognition
Program**

Home Health Care

Most Innovative Work Place

**Physical Therapist
Angelica Hoenig**

Rehabilitation Center



Thank You For Voting!