

"I wouldn't take my children anywhere else, here we receive the best care any parent could ask for!"

VS

VITAL SIGNS



525 East Grant St.
Macomb, IL 61455

www.MDH.org
(309) 833-4101



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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

From the President/CEO:
Kenny Boyd



Greetings from MDH,

MDH continues to strive to improve our organization in order to provide quality care in a safe environment while simultaneously keeping pace with the ever changing healthcare landscape. One way we are doing that is through the creation of and participation in our Accountable Care Organization (ACO). Our participation in the ACO, in conjunction with five other Illinois hospitals, is allowing us to reduce the cost of care to our Medicare beneficiaries through better care coordination and assisting the patient in receiving the right care in the right place at the right time.

In conjunction with this, we have recently joined other facilities in our region in the creation of a Clinically Integrated Network (CIN). Our participation in the Crossriver Quality Health Partners (CQHP) will bring together providers from Illinois and Missouri to work and standardize care processes with the intent to strengthen the quality and reduce costs through collaboration amongst like-minded healthcare providers. While still very early in the process, we are excited to work with our surrounding partners to enhance the delivery of healthcare in west central Illinois.

These two initiatives only scratch the surface of the work our dedicated caregivers are doing in order to provide you with the quality care you deserve and it's paying off. In the last eight months alone, MDH has been recognized as a Top 100 Small/Rural Community Hospital, a Most Wired Hospital and just announced by The Leapfrog Group, an 'A' rated hospital for patient safety.

Thanks for your continued trust and support of MDH and we look forward to serving your health care needs.

Kenny Boyd

mdh 
CONVENIENT CARE
HOLIDAY HOURS

Christmas Eve:	9:00 AM-5:00 PM
Christmas Day:	CLOSED
New Year's Eve:	9:00 AM-5:00 PM
New Year's Day:	9:00 AM-5:00 PM

(309) 836-1700

Have you enrolled in the HealthLife PORTAL?



Connect to your health 24/7

Whether you want to renew a prescription, see results from a recent test or ask a question, you can get the answers you need on your computer or smart phone.

Sign in with HealthLife PORTAL to:

- Request an appointment with a MMG provider.
- Message your provider for health advice and receive a timely response.
- View specific lab results online.
- Request a prescription refill from the comfort of your home.
- Access your personal health records in one place, such as: procedures, immunizations, medications and allergies.
- Download your personal health records to easily share with other doctors.

Put your health in your hands. Register today.

1. Sign up at your next clinic visit during registration/check in process.
2. Staff will ask for your email address and provide a secret code you will need to complete the registration.
3. You will receive an email invitation from McDonough District Hospital. You need to follow the instructions in the invitation in order to activate your account.

Website



<https://MDH.IQHealth.com>



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**You shop online. You bank online.
Now you can manage your health online.**

MDH Pediatric Clinic

"Everyone in this practice is compassionate and gives my family great care."



Pictured (l-r): Julie Bartlow, CPNP-PC, NNP-BC and Liberty Balbort, MD

Q&A

With Liberty Balbort, MD and Julie Bartlow, CPNP-PC, NNP-BC

Do you have any specific clinical interests?

Dr. Balbort: I truly enjoy the diversity of pediatrics and would not be happy in a practice where I was limited to only seeing a handful of conditions. In general pediatrics, we see everything from Acne to Zinc deficiency. I find it very interesting to diagnose and treat all of the different conditions in between. Fortunately kids are resilient and have wonderful outcomes in the vast majority of cases.

Julie: I have a special interest in Palliative Care. While I have not worked in that area in the Pediatric realm, I have numerous hours of training. I worked extensively with our Supportive Care team in the NICU at the Children's Hospital of Illinois to support families through the illness and death of their infant.

What was your inspiration for becoming a Physician/Nurse Practitioner?

Dr. Balbort: I had a pretty incredible pediatrician growing up, Dr. Daws in Burlington, IA. He is funny, personable and very smart. I always admired him and aspired to be like him. I also have a huge affinity for kids and babies. Kids are just fun and entertaining. To me, there is nothing better than laughing with a child.

Julie: I felt like it would be a perfect role to combine my interest in healthcare and love of children. I could be involved in helping people manage their health and approach it from the "whole person" perspective. Sitting in nursing school on the first day I remember thinking to myself, "This is definitely the right place for me."

What excites you most about Pediatrics?

Dr. Balbort: Pediatrics is mostly a land of positivity. While abuse, neglect and noncompliance are challenging, they are only a small portion of what we see. Mostly we see healthy children with well appointments and monitor growth and development. Children have so much potential; it's an awesome responsibility to help guard their well-being. I consider it a blessing to watch my patients grow and blossom. I'm now in my seventh year here in Macomb and the babies that I started with are now in first grade. In many ways, my patients seem almost like a second family to me.

Julie: I love spending every day working with kids – they make me smile, laugh, and give me daily perspective on what is really and truly important in life.

What keeps you busy when you are not at work?

Dr. Balbort: I love to spend time with family & friends, garden, bake and travel. I especially love spending time with my 4-year-old daughter; we like to read stories, do craft projects and bake together.

Julie: Outside of work, I enjoy spending time with my family, boating, cooking, and being a dance mom. I volunteer through Macomb School District's Adopt A Classroom project and serve on the McDonough County Girls Softball League Board.

Accepting New Patients
(309) 833-1729



Reach Out & Read

MDH Pediatric Clinic is very excited to launch our **Reach Out & Read Program** which promotes early childhood literacy by giving children high quality, new books to read at their well visits. This program is sure to spark greater interest in reading with our patients!

Reach Out and Read Illinois

- Partners with **136 sites** to distribute **142,000 books** annually to **118,000 children.**



Vestibular Rehabilitation



Jennifer Wagoner
Physical Therapist
MDH Sports Medicine and
Rehabilitation Services

(309) 836-1601

Stay on Stable Ground This Winter with Vestibular Rehabilitation

Vestibular rehabilitation is a form of physical therapy that addresses inner ear or balance disorders for individuals with symptoms of: unbalance, dizziness, vertigo, lightheadedness, gaze instability, and/or motion sensitivity. An individualized treatment program is designed by a specialized physical therapist to improve an individual's symptoms and ability to move.

There are two ways to get started with vestibular rehabilitation.

1. Free physical therapy screens are always provided by MDH Sports Medicine and Rehabilitations Services and can be done for any diagnosis treated by a physical therapist. No doctor's order is required. The physical therapist will communicate with your physician to help determine the best plan for you.
2. Obtain a physical therapy order from your physician. With an order you will receive a full evaluation and begin treatment immediately. An individualized care plan will be designed specifically to address your needs.

Some vestibular disorders can be treated in as quickly as one to two physical therapy sessions while others may take more. Each individual's symptoms are different, therefore your plan will be specific to your needs.

If you suffer from any of the following, reach out to your local Vestibular Physical Therapist today.

Dizziness

Vertigo

Benign Paroxysmal Positional Vertigo (BPPV)

Post-Concussion Syndrome

Traumatic Brain Injury

Unilateral or Bilateral Vestibular Loss

**Vestibular Neuritis/
Labyrinthitis**

Motion Sensitivity

Vestibular Migraines

Meniere's Disease

Stroke

Gait Ataxia

Jen received her Certificate of Vestibular Rehabilitation from Duke University and the American Physical Therapy Association in July 2017. This certificate is currently held by less than 5,000 Physical Therapists in the country. Jen attended the *Vestibular Rehabilitation: A Competency Based Course* in Los Angeles. The six day, evidence-based course taught by vestibular clinicians, researchers and professors consisted of lecture, laboratory sessions and additional self-study sessions.

Participants were required to demonstrate assessment skills to faculty including: oculomotor examination with emphasis on the identification of nystagmus and canal involvement; differentiation between central and peripheral system disorders; post-concussion, balance, gait and fall risks assessments and functional testing. The course emphasized the utilization of assessment results to develop an individualized, effective treatment plan for patients with inner ear involvement or balance disorders.





Holiday Healthy Eating Tips

Registered Dietitian Sarah Wright



1. Eat the Best, Leave the Rest

- Holiday meals often bring special dishes that are only served once or twice a year. Prioritize your plate and eat your favorites first.

2. Eat Mindfully

- Chew and eat slowly. By being mindful of each bite, you can thoroughly enjoy those special foods and avoid rushing through a meal.
- Try putting down your utensil in between bites to avoid over-eating.

3. Go Light

- Gravies, sauces, and dressings can add extra calories to your meal that you may not think twice about. Only pour what you really need.
- Swap heavy cream with skim or low-fat milk, or 2 egg whites instead of an egg in baked treats and casseroles.
- Use spices and herbs to season dishes instead of salt.

4. Don't Skip

- Make sure you eat regular meals or snacks throughout the day versus “saving up” for the big holiday meal.

5. Just say No

- It's okay to say “no” if you've had enough. Then you'll have plenty for leftovers.

6. Stay Hydrated

- Drink plenty of water in-between and during holiday meals. Many people forget about the calories they may be drinking – watch the labels of your favorite holiday drinks and indulge in moderation.

7. Keep Busy

- Don't fall into the trap of “bored eating”, or eating when you're not actually hungry just looking for something to do.

8. Get Moving

- Moving, even for just 10 minutes after a meal, can get that metabolism going.

LOCAL
POSTAL CUSTOMER

✓ **2017 Most Wired** American Hospital Association

✓ **TOP 100 Rural and Community Hospitals**
2017 Becker's Hospital Review

MDH is proud to announce our new 'A' grade
for patient safety from The Leapfrog Group.

