

VS

VITAL SIGNS

A Publication of McDonough District Hospital
Spring Issue 2016

MMG McDonough
Medical Group

MDH Family Clinic

Changing and Growing...Pg. 4 & 5



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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 physician.

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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

Meet our new providers



Jodi Abernathy, FNP

Family Nurse Practitioner **Jodi Abernathy** joined the McDonough Medical Group Internal Medicine office working with Dr. Zhang in February.

Jodi recently completed the Post Graduate Family Nurse Practitioner Certificate Program at Saint Francis School of Nursing in Peoria. Previously, she had earned a Master's of Science in Nursing with a focus in Healthcare Administration from Walden University in Minneapolis, MN.

Jodi has 15 years of nursing experience at MDH serving in the Medical/Surgical, Intensive Care and Emergency Services Departments. She also has critical care nursing and leadership experience. Most recently she had served as the Admit-Discharge Nurse on the Medical-Surgical Unit.

While at MDH, Jodi assisted with the orientation and implementation of the hospitalist program as well as the implementation and education of the electronic health record and electronic medication administration systems. She has a strong interest in the primary care and preventative medicine.

In her spare time, she enjoys spending time with her fiancé, Faron, and her four children as well as attending their extra-curricular activities and reading.

*Her office is located in Health Services Building 2, Suite 111.
For more information call (309) 837-9926.*

Layne Stambaugh, PMHNP-BC

Board Certified Psychiatric Mental Health Nurse Practitioner (PMHNP-BC) **Layne Stambaugh** joins the McDonough Medical Group working with Drs. Sarwar and Wright in the MDH Psychiatry office in April.

Layne completed a Bachelor of Science in Nursing at Northern Illinois University in DeKalb. She earned her Master of Nursing (PMHNP) from Saint Francis Medical Center College of Nursing in Peoria. Prior to schooling, she had served in the United States Navy.

Layne has worked as an RN since 2010 where she started in the Cardio-Thoracic Step-Down Unit at OSF Saint Francis Medical Center. She then moved to Community-Behavioral Health at Methodist Medical Center. Prior to coming to MDH, Layne was an RN in Foster Care Services for the Children's Home Association of Illinois.

Layne has been an American Red Cross CPR Instructor since 2012. In her spare time, she enjoys traveling as well as spending time with her family.

Her office is located in Health Services Building 2, Suite 212. In addition to the Psychiatry office, she will be assisting in the Senior Behavioral Health Unit. For more information call (309) 836-6400.

MDH Home Health Care *Scores High*

The Centers for Medicare & Medicaid Services (CMS) has released Home Health Patient Experience of Care star ratings. McDonough District Hospital's Home Health Care has scored 4.5 stars out of 5; a ranking is normally indicative of the top 20% of home health agencies.

Medicare certified home health provider organizations are ranked using data collected from the Home Health Consumer Assessment of Healthcare Providers and Systems (HHCAHPS). The five star rating is assessed using questions measuring care of patients, communication between providers and patients, specific care issues and overall rating of care.

Consumers can visit www.medicare.gov/homehealthcompare any time to compare home health organizations nationwide.

MDH Home Health Care provides specialized medical care in the comfort of your home while recovering from an illness or injury. For more information, contact MDH Home Health Care at (309) 836-1544 or visit www.mdh.org.



"The achievement of 4.5 stars is an accomplishment everyone in home health is proud of, reflective of their hard work and the exemplary care they provide to patients."

Marcia McGrew, MDH
Leader of Home Health
& Hospice.

McDonough District Hospital PAIN MANAGEMENT CENTER

Over 100 million* Americans suffer from chronic pain—that's more than diabetes, cancer and coronary heart disease combined. Chronic or acute pain can diminish the individual's quality of life when it hinders them from participating in everyday activities. A balanced pain treatment program is an effective way to regain control over pain.

MDH will soon offer hope to those suffering from debilitating pain—MDH Pain Management Center will open its doors in June. Remaining in communication with primary care physicians, the center will provide balanced pain treatment for the whole community.

The Macomb and Surrounding Communities

If a patient is suffering from debilitating pain on a daily basis, they should not be expected to travel far for treatment. McDonough District Hospital anticipates the MDH Pain Management Center will be an integral part of the Macomb and surrounding communities by offering local, balanced and effective pain treatment for many years to come.

More information coming soon!

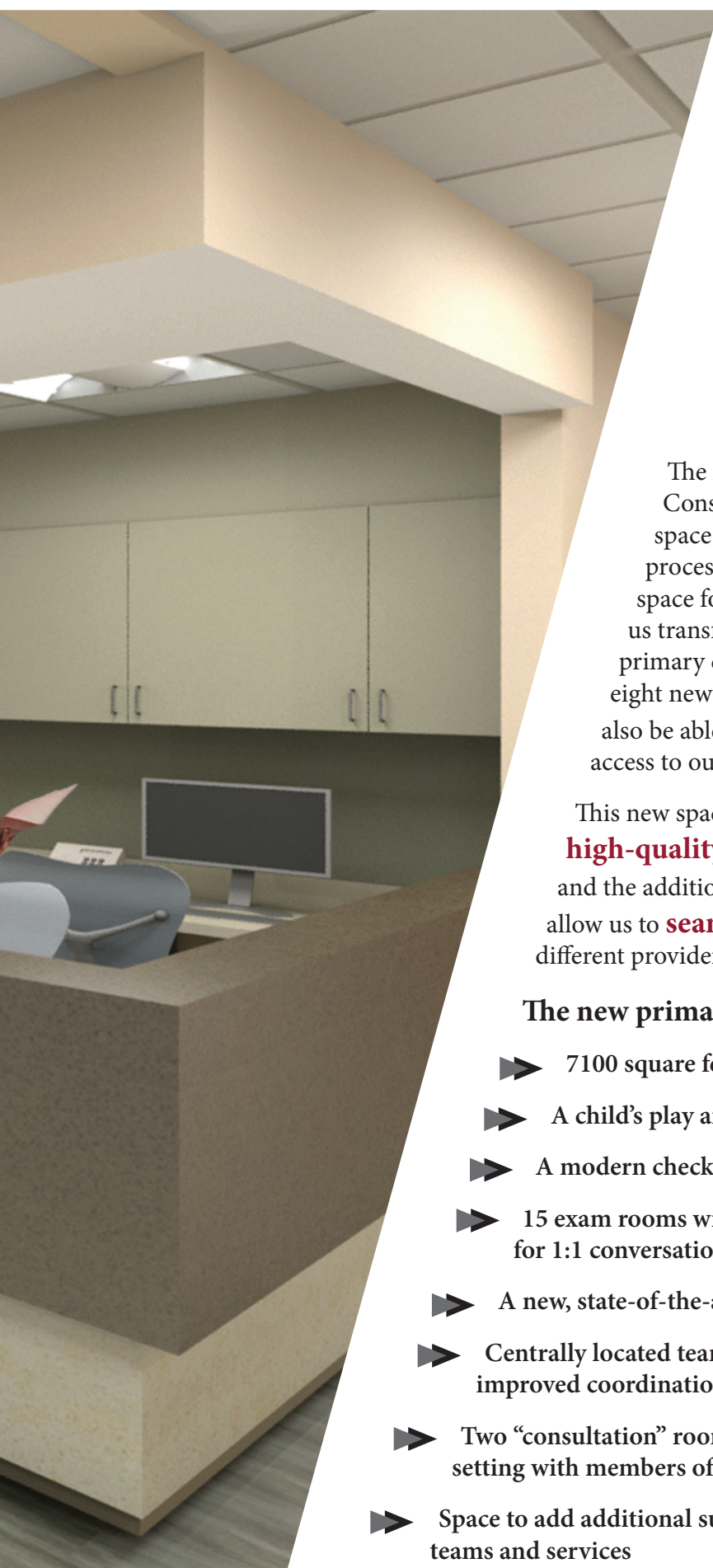
*Institute of Medicine (IOM)



Nurse Station



OPENING JULY 2016!



MDH Family Clinic

Changing and Growing

The MDH Family Clinic is changing and growing. Construction began in January on a new clinic space in Health Service Building 2. The design process focused on creating a functional, efficient space for patients, their families and our staff to help us transform the way we deliver care and improve our primary care services. The new clinic will include up to eight new and existing primary care providers. We will also be able to offer **extended clinic hours** to improve access to our primary care services.

This new space will give us the opportunity to provide **high-quality, patient-focused, team-based care** and the addition of a **new electronic health record** will allow us to **seamlessly coordinate patient care** between different providers.

The new primary care suite will feature:

- 7100 square feet of modernized clinic space
- A child's play area in the waiting room
- A modern check-in desk that is wheelchair accessible
- 15 exam rooms with computer workstations designed to allow for 1:1 conversation between patients and their care team
- A new, state-of-the-art Electronic Health Record system
- Centrally located team stations to support team-based care and improved coordination of care
- Two "consultation" rooms for patients to meet in a more comfortable setting with members of their care team
- Space to add additional support staff to expand our primary care teams and services

McDonough District Hospital Joins Innovative Health and Wellness Program

Macomb, IL, McDonough District Hospital has joined the National Rural Accountable Care Consortium to improve the health and well-being of the community

McDonough District Hospital (MDH) is pleased to announce its participation in the National Rural Accountable Care Consortium – a program designed to help rural Medicare patients live long, healthy lives.

As part of the new program, MDH will hire and train a Care Coordinator to work closely with patients – helping seniors stay healthy, get great care when needed and avoid costly and wasteful repetitive tests. MDH will also have access to important information which will help community physicians evaluate the services of distant specialists, hospitals and other healthcare providers to make the best recommendations for patients.

MDH President/CEO, Kenny Boyd states, “When our patients want support, they can come to us for advice and assistance. We will help them find the right healthcare providers, coordinate their care and help them get the best results. Our mission is to serve the community’s healthcare needs, and this program will help us do that better than ever.” Initially, MDH will introduce these new programs for Medicare patients, but hopes to expand to other types of insurance as well.

“MDH is doing its part, but the community can play an even larger role in promoting health,” Boyd added. “As a community, we need to take responsibility for our health and for each other, and encourage each other to stop smoking, eat healthful foods and get regular exercise. We need to work together for a better future for our friends and neighbors. For example, if you are a Medicare patient, we urge you to get your free Annual Wellness Visit to prevent disease and maintain your health.”

The National Rural Accountable Care Consortium includes over 250 rural community health systems in 40 states, dedicated to helping rural providers achieve the highest level of healthcare quality, efficiency and customer service.

For more information please contact McDonough Medical Group at (309) 836-1584. You also can call 1-800-MEDICARE and tell the representative you’re calling to learn more about ACOs, or visit Medicare.gov/acos.html.



Ask the MDH Experts

	<i>What do you do to keep fit?</i>	<i>What is your favorite music?</i>	<i>If you could choose to do anything for a day, what would it be?</i>	<i>If you could go back in time, what year would you travel to?</i>	<i>What was your first job?</i>
 Jodi Abernathy, FNP	Walking and a high protein, low fat diet.	Country or classic rock	I'd spend the day on the beach with family, relaxing and letting the kids play.	I couldn't pick one year, I'd like to talk to numerous individuals in history	Walking bean fields to remove the weeds
 Sue Adams, FNP	I like strength training, walking and bike riding.	Pop music - Adele, John Legend, The Weekend and Little Big Town	Walking/sitting on a warm beach with friends	15 th century Ireland to experience life in a castle	My first job was in retail at Ring's store in Macomb.
 Libby Balbort, MD	Between work and chasing my 2 year old around, I never stop moving	Blue grass, Motown, Classic 80s/90s, Jazz, Gospel, Rap and Pop	Read, watercolor, garden, cook, bake and have a picnic with my daughter, Charlotte	1920 - In England at Downton Abbey	Step aerobics instructor for teens at the YMCA
 Prayag Patel*, MD	Run and practice mostly vegetarian diet. I also laugh.	Pretty much all kinds of music	Explore a foreign city	1969, First human landing on the moon	Worked at an amusement park
 Brienne Wehner*, DO	Portion control, lots of water and dancing with my kids.	I enjoy classical, instrumental, newer country, oldies and Disney theme songs.	Spend the day cooking and playing with my kids.	I have no idea.	Lifeguard at the local swimming pool
 Weili Zhang, DO	Eat healthy and walk whenever I can.	I don't have one.	I would spend time with my boyfriend.	The Medieval time period.	I worked as an interlibrary loan specialist.

*Starting August 2016

MDH Valet Services Expands

Now includes: Front entrance, ER entrance, on-campus shuttle
 Valet Parking available: Monday-Friday 8:00 AM-2:00 PM
 Pull up to either entrance and request assistance

On-campus shuttle: Monday-Friday 6:45 AM-2:30 PM
 Transport patients & families to and from parking lots and buildings on the MDH campus.
 Call (309) 252-2795 to request a ride
 Shuttle will not run in extreme weather conditions or maintenance downtime

LOCAL
POSTAL CUSTOMER

Allergies Get You Down?

The most common allergies in the U.S. are grass, ragweed pollen and dust mites. The only way to know for sure what you are allergic to is to have an allergy test. Skin testing is usually done by an allergist. Primary care physicians as well as allergists can order blood testing.

Allergy symptoms appear when the immune system reacts to an allergic substance (allergen) that has entered the body. When an allergen re-enters the body, the immune system causes a series of reactions often involving histamine. Histamine produces common allergy symptoms such as; itchy and watery eyes, sneezing, stuffy, runny and itchy nose, scratchy throat, hives and shortness of breath. The symptoms can range from mild to severe.

Tips to control your symptoms:

- Seasonal allergies: stay indoors, keep windows and doors closed when pollen counts are high.
- Change clothes after being outdoors when exposed to pollen.
- Wear a mask when doing yard work or cleaning.
- Change air filters regularly in heating, air conditioning systems, vacuum cleaners and/or install an air purifier.
- Consider a HEPA filter in rooms where you spend a lot of time.
- Use an over the counter nasal rinse after exposure to allergens.
- Avoiding pets for those who suffer from pet dander allergies.
- Washing pets twice weekly and not allowing them in the bedroom can also help reduce allergen levels, but may not reduce your symptoms.
- Dust mite allergies: buy allergy control products for your home such as mattress and pillow covers, air filters, or sprays that help kill dust mites.
- Rid your home of sources of mold and mildew.
- Remove carpet from bedrooms.

Information provided by Jeffrey Sparks, DO; Ear, Nose and Throat (ENT) physician with McDonough Medical Group.

