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Macomb, IL 61455

www.MDH.org
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Marc Kessler, Athletic Trainer and Dr. Scott Urch, Orthopedics and Sports Medicine - working together to meet athletes' needs.

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**



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**LEAPFROG
HOSPITAL
SAFETY GRADE**

From the President/CEO:
Kenny Boyd



Greetings from MDH,

After 60 years, MDH continues to strive to improve the health of our communities and educate the public on how they can play an integral role in maintaining a healthy lifestyle. Some of the ways we do that are through continued community education sessions such as the Heart Healthy program in February and the Colorectal Health program in March with Drs. Biagini and Gonzales hosted at the hospital, and outreach programs at events like the Ag Mech show at WIU.

At the same time MDH, as most other healthcare entities, continues to work to keep pace with the rapidly changing healthcare environment. This changing environment requires us to constantly evaluate opportunities to improve the level and efficiency of services offered to our communities. The most recent major change for MDH and our communities was the partnership with Lifeguard Ambulance Services. Lifeguard assumed operations of the EMS services for McDonough County on March 1 and brought with them enhanced equipment, employee training, services and expanded staffing. We are excited to watch this partnership grow and continue the high quality EMS services our residents have come to expect while also expanding response capabilities and stabilizing costs.

Lastly, this year has seen a change in our Board of Directors. Sadly we lost a long time and dedicated Board member in Crystal Bedwell. Her service to MDH in concert with her desire to provide quality care to our communities was unwavering and she will be sorely missed. We also said goodbye to two other dedicated Board members in February with the departure of Matt Reynolds and Rita Moore. We want to thank Matt and Rita for their combined 11 years of service to MDH and their dedication and desire to ensuring the residents of McDonough County had access to the highest quality care available. At the same time we would like to welcome our three new members (Laura Chaffee, Scott Clauson and Jere Greuel) and we look forward to working with them to continue the 60 year legacy of MDH.

In closing, thanks for your continued trust and support of MDH and we look forward to continuing to serve your health care needs.

Celebrating
1958-2018

Kenny Boyd

60
years



MDH Sports Medicine and Rehabilitation Services Staff Members Attended a Course Specializing in Rehab Solutions for the Complexities of Concussions.

Angelica Hoenig, DPT, and Lori Fox, PTA, attended an in-depth training on techniques to comprehensively assess common deficits following concussion and mild traumatic brain injuries. The training included the most recent and outcome oriented evidence based research and "return to play" protocols, as well as covering all systems which may be affected following a concussion including: vestibular, oculomotor (visual), somatosensory, balance, musculoskeletal, and exertional components.

The two-day Advanced Evidence Course has allowed Hoenig and Fox, as well as the MDH Sports Medicine and Rehabilitation Services team, to better treat individuals in the community with concussions following a variety of injuries including: sports injuries, falls, motor vehicle accidents, etc.

Hoenig and Fox have already begun sharing this specialized training with the local community by arranging speaking engagements with Western Illinois University intramural coaches, recreation center staff, and students where they focus on red flags, assessments, and treatment following a concussion.

Additional results from this training include:

- Staff members are better equipped to help patients return to prior levels of function and a symptom-free lifestyle more effectively.
- MDH Sports Medicine and Rehabilitation Services is growing and enhancing the injury screening process following concussions to help patients determine the next step in their care and treatment.
- Screening programs at local high schools have been initiated.
- MDH staff members are represented in concussion groups at local schools including Macomb High School and West Central High School.
- MDH staff can provide additional knowledge to the local community on the importance of receiving proper care following a concussion.

Stay Updated!



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Meet Marc Kessler, Certified Athletic Trainer

During his final season at Southeastern High School in Augusta, Illinois, Marc Kessler put on his football pads and took the field on Senior Night. A standout on the co-op football team that Southeastern was affiliated with, he took a hit and suffered a knee injury.

Who would've thought that that hit would start Kessler on his current career path being MDH's certified athletic trainer.

"I got my desire to do athletic training from our trainer with our co-op football team. He helped me get back in my last game," said Kessler. "The final game of my high school career I messed up my MCL – I didn't know at the time, I just knew my knee hurt really bad. He said 'It looks pretty bad but I've seen worse.' I said 'Tape it up and let's go.'"

He got clearance to return to action and finished playing his final high school game in a sport he loves.

"I want to be there for the kids to get them back in (the game), in those situations safely. Let them continue to do what they love. That's what it is about," said Kessler. "I got to see what he did. I just thought it was always cool... he'd show up, quickly tape everyone up and get us out there. It just seemed like a great thing to do, to get paid to watch football and then take care of those guys that get banged up."



Amy Gaule Bruce Schellhammer Marc Kessler

Kessler began his college career at Illinois College and spent two years there and a year playing football. After researching the athletic training program at Western Illinois University, Kessler decided that's where he wanted to finish his education.

"I saw the courses at Western and said this is what I want to do. I want to know the injuries, how to treat them and find those tears or strains. I want to be able to do what I love."

So the Augusta native transferred and got his bachelor's degree in Athletic Training. Part of his clinical athletic training was assisting with different programs. He went to Macomb High School in the fall of 2009, his first experience with a high school setting, and also worked with Western Illinois University Athletics.

His time with the Macomb Bombers was such a positive experience that when an Athletic Training job at MDH opened – one that required work with the Macomb teams – he jumped at the opportunity.

"My first job was in Canton but it wasn't long after and this job opened. This is where I wanted to work."

MDH's athletic training coverage area includes Amy Gaule with Bushnell-Prairie City and West Prairie schools, and Bruce Schellhammer at South Fulton High School. Kessler's job at MDH covers more than just Bomber sports. His clinical work with Sports Medicine and Rehabilitation also has him working on the screening processes with all Pella applicants in addition to seeing MDH patients.

“I love the clinic side of it. I get to be here and influence the patients. I get to experience a lot of different injuries and conditions. But my main love is obviously out at the high school,” said Kessler. “My goal every day is to provide the best quality care I can, and continue to elevate our organization as much as we can.

“A typical start (to the day) is following up and making sure I have everything set. That our coverage is all planned out, looking over injuries we have and helping out around the facility. Once I leave here, I get to the high school about 3 p.m. I can see anyone from a dance team member to a football player. I get to see so many different athletes,” said Kessler.

Kessler’s job requires him to be right there on the sidelines prepared for any scenario.

“People don’t realize that from an athletic training standpoint we’re there before you and after. At Macomb High, we’re not as crazy as a WIU set-up but we still have the spineboard, we still have to get their water out. There’s a lot of stuff to do, and I make sure everything is done in quick fashion so there’s time to relax and get your mind ready. If you go into things calm and cool you’re not going to over-react or freak out when the moment comes. I’m always checking my boxes, making sure everything is done,” stated Kessler. “I think it’s intense, it’s fun. I’m constantly looking at the game, trying to see where something is going to happen. I’ve got to be ready, you never know what is going to happen.”

Working with 16 different sports covering junior and senior high

student-athletes on a daily basis is the most rewarding experience of the job for Kessler.

“Working with all the athletes. Getting them back into the game or getting them even stronger than what they were before. Opening their eyes to the fact they may have an injury here, but we try to find something else, some other hidden weakness that we can stabilize everything and make them even better than when they came to see me.”

Marc and his wife Mallory have two sons: Will and Vincent. With all the nights and weekends that come with working at sporting events, plus travel that is involved being around the programs, he quickly points to the person who helps make all that happen.

“My wife is the best. She is manning up the household taking care of two kids, and the best thing we do is take advantage of the moments we have. She’s fully supportive of everything I do, she likes being around it too. She enjoys coming to the games, bringing the kids. Will does have a little pride that I’m the athletic trainer. He’ll say every once in a while that my dad is the athletic trainer,” admitted Kessler. “Mallory works with the Macomb School District. We said this is the right place to be. She loves the school district and I feel like I want to be a Bomber for life.”

A wide range of rehabilitation services and therapies tailored to meet individual needs are available at McDonough District Hospital. Patients in need of therapy after an injury, surgery, or illness can take advantage of evaluation and treatment by MDH Sports Medicine & Rehabilitation Services. Our team will perform a thorough evaluation and develop an individualized treatment program to address your specific needs to increase function and promote wellness.

Sports Medicine and Rehabilitation Services for outpatients are primarily provided at four convenient locations:

Third Floor of MDH | Macomb | (309) 836-1601

Corner of University Drive and Route 67 | Macomb | (309) 836-1616

Bushnell Family Practice | Bushnell | (309) 772-2255

Grand Prairie Assisted Living | Macomb | (for Residents only)

Dr. Scott Urch

MDH Orthopedics & Sports Medicine



Scott Urch, MD, spent virtually his whole life around sports and medicine. At first it was hanging out with his dad at a medical clinic. Urch's Hall of Fame high school football career led to him starting at the University of Virginia, and then a brief stint with the NFL.

His medical career path would lead the Urch family to McDonough District Hospital as an Orthopedic surgeon working in the Orthopedic & Sports Medicine clinic and serving as a team physician for Western Illinois University Athletics. The western Pennsylvania native debated between coaching and medicine midway into his collegiate career.

"My dad was a medical director for a group of miners clinics in Pittsburgh. So I hung around a bunch of doctors and I thought that would be cool but I didn't know diddly about it. When I went to college I was still thinking about it. I really liked sports and thought about coaching."

But after spending time around Virginia's team doctor, the choice became clear.

"I just realized how much our team physician (Frank McCue) was around, how he traveled with us and did all this stuff. What a cool way to combine both worlds."

Urch graduated from UVA in 1987. He thought his playing career was over, then came a phone call.

"I came home from club volleyball practice and had a note from the football office that the Browns, Bengals and a couple of teams wanted me to run for them. I had a pretty good Pro Day. I ran a pretty good 40 (yard dash) for someone my size and piqued some peoples' interest. I spent the entire 1987 draft taking a final but calling Mike Shula every three hours to find out if they had picked me," said Urch. "I found out at 2 in the morning when the 12 round was done that Dallas didn't draft me but they wanted me as a free agent. So four hours later I was on my way to the airport to fly down and sign a contract with the Cowboys.

"I was in camp about three weeks and got released. The NFL players went on strike in 1987, the New York Giants called me and I played three games for them in '87," said the former defensive lineman turned offensive guard. Urch even had a memorable moment during a Giants practice against NFL Hall of Famer Lawrence Taylor.

"I absolutely stone-cold nailed Lawrence Taylor. The way we were blocking I knew I was going to have to be on it... for some reason I knew he was going to spin. I stepped into it, locked him up. He tried to swim me again, and I locked him out again. He patted me on the rear and said 'Nice block rook' and ran back to the other side," stated Urch. "All the championships, all the stuff I did from a playing standpoint, probably five people saw that play. But for me I blocked Lawrence Taylor in his prime, and Lawrence Taylor knew I blocked him. And he thought enough of it to compliment me."

Urch thought about the Arena Football League, but decided medical school was the safe career choice. After graduating from Temple University, Urch went back to UVA for his Residency then followed a year of a sports medicine fellowship at Methodist Sports Medicine.

"I was in Blacksburg, Virginia, until 2006, all of that time spent as the team physician at Virginia Military Institute as well as Christianburg High School. In 2002 I was one of the Orthopedic team surgeons for Virginia Tech. I worked with men's basketball when (ESPN basketball analyst) Seth Greenberg was there," stated Urch, who covered several other sports. "We left in 2006 and moved back to Indianapolis to join my fellowship director. From 2006-13 my primary responsibility was

Wabash College, but I did a lot of work at Purdue.

“I started covering high school games when I was a resident, and then during my fellowship we worked with the Colts, worked with Purdue, covered the Indiana High School Basketball Association championships, covered the NCAA Indoor Track and Field championships, we did the Golden Gloves... we did a little bit of everything. It was great, I got to be a sports junkie.”

In 2014, Dr. Urch joined the MDH Orthopedics and Sports Medicine Clinic. He and his wife Ann have a son Jeff (27) and daughter Sam (14). If they are not at Macomb sporting events, they can be seen at numerous Leatherneck Athletics events. Urch is on the sidelines for every Leatherneck Football game. During WIU basketball games, they sit right behind the team bench.

“I spend a lot of time at Western sporting events. Football is primarily the one I travel with but I try to go to as many home games,” said Urch. “That’s the cool thing, just being there and watch these kids play. To be here the whole four years that (All-American football player) Brett (Taylor) played. To watch (football standout and Indianapolis area native David) Griff (Griffith) the whole time he was here coming in as a freshman and playing. It’s neat to see.”

Being able to get student-athletes back on the field is one of the best parts about Urch’s job.

“It’s gratifying when you can fix somebody and watch them go back and play. I’ve got several kids on the football team and a couple on the basketball team that we’ve done fairly major surgeries on and they’re back to playing. You feel like a proud parent,” admitted Urch.

“It’s about getting someone back to doing something they love. It’s really nice when you get a kid who is hurt - he feels like everything has ended - and you’re able to fix him and get him back to playing, especially if it’s a big injury.”

So how did MDH recruit Urch and his family to Macomb.

“I’ve presented papers and presented lectures in Japan, in London and all around the United States when I was with Shelbourne. So why am I here?... WIU – a Division I University – and MDH’s commitment to have me be a part of that, and the University to be excited about that. It was pretty clear the University wanted to have somebody here, and it was pretty clear the hospital wanted to accommodate that. It’s that stuff I love doing.”

Board Certified Orthopedic Surgeon, hospital-employed physician with McDonough Medical Group.

He serves as the team physician for **19 Division I Sports at Western Illinois University.**

Dr. Urch has extensive experience in total knee reconstruction and replacement, anterior cruciate ligament (ACL) surgery and rehabilitation therapies.

Dr. Urch is a member of the American Orthopedic Society for Sports Medicine, Fellow American Academy of Orthopedic Surgeons and Arthroscopy Association of North America.

MDH Orthopedics & Sports Medicine

503 East Grant Street
Macomb, IL 61455

(309) 833-5917





Pictured are: Wendy Cameron, Crystal Dobbs, June Sapp and Stephanie McCleery

Lactation Consultants

MDH Obstetrics adds to team for breastfeeding support

The Obstetrics Department now has four Certified Lactation Consultants on staff to help new mothers during the early days of their child's life. The Certified Lactation Counselor (CLC) certification identifies a professional in lactation counseling who has demonstrated the necessary skills, knowledge, and attitudes to provide breastfeeding counseling and management support to families who are thinking about breastfeeding, or who have questions or problems during the course of breastfeeding/lactation.

In order to be eligible for certification, candidates must:

- Meet Academy of Lactation Policy and Practice's standards of competence in the field of lactation counseling
- Pass the CLC Examination, a comprehensive exam based upon identified workplace competencies derived from job task analysis studies
- Agree to comply with CLC Program requirements, including compliance with the Code of Ethics for ALPP CLCs

The Obstetrics Department is located on the east wing of first floor at MDH. Each year at McDonough District Hospital, nearly 300 babies are delivered in our family-centered maternity unit that combines labor, delivery, and recovery (LDR) rooms in a comfortable home-like setting. MDH is proud to have 20 nurses on staff who have a combined 300 years of experience and all are trained in neonatal resuscitation, fetal monitoring, and CPR. As a Level II Obstetrics Department, our highly trained and experienced staff provides 24-hour care before, during, and after the birth of a baby. They also provide post-operative care to women who have undergone gynecological procedures.



Certified Lactation Counselors:
Wendy Cameron, Crystal Dobbs,
June Sapp and Stephanie McCleery
Phone: (309) 836-1570

*Breastfeeding is a gift that lasts a lifetime
We are dedicated to making it a success*

Lifeguard Ambulance Service

As of 7:00 a.m. on March 1, McDonough County residents gained access to increased emergency response staff and equipment thanks to McDonough District Hospital's partnership with Lifeguard Ambulance Service.

The Lifeguard operation is captained by Alex Zirnheld, a Texas native who recently relocated to the Macomb community. Zirnheld has been with Lifeguard Ambulance Service for three years, and held a leadership position for the past two years in Houston County, TX.

Working in emergency services has been a lifelong goal of Zirnheld, "I enjoy the high pressure situations, while at the same time fulfilling a sense of altruism to my community." He officially serves as EMS Chief for McDonough County.

Prior to joining Lifeguard, Zirnheld served in the Marine Corps for four years and completed two tours in Afghanistan. "The military taught me how to handle stress and pressure, how to solve problems and build camaraderie with those you work with."

When asked about the expertise Lifeguard brings to the area, Zirnheld added, "We are updating protocols that allow us provide a higher level of care. Our EMS Director serves on many EMS boards to stay on the forefront of the latest policies, practices and procedures and this allows us to stay up-to-date with the latest treatments and best practices to better serve patients. Additionally, every piece of equipment we have is brand new."

Before the partnership, MDH staffed two ambulances 24 hours a day, 365 days a year. Lifeguard brings two brand new ambulances, a 12-hour truck during peak times per day 365 days per year, and a chief paramedic who will have access to a Quick Response Vehicle (QRV). This



Pictured are: JR Hyde (Macomb Fire Department Chief), Alex Zirnheld (Chief of Lifeguard Ambulance Service in McDonough County), MDH President/CEO Kenny Boyd, and Macomb Mayor Mike Inman

new equipment brings the total to six vehicles and an overall increase in available coverage.

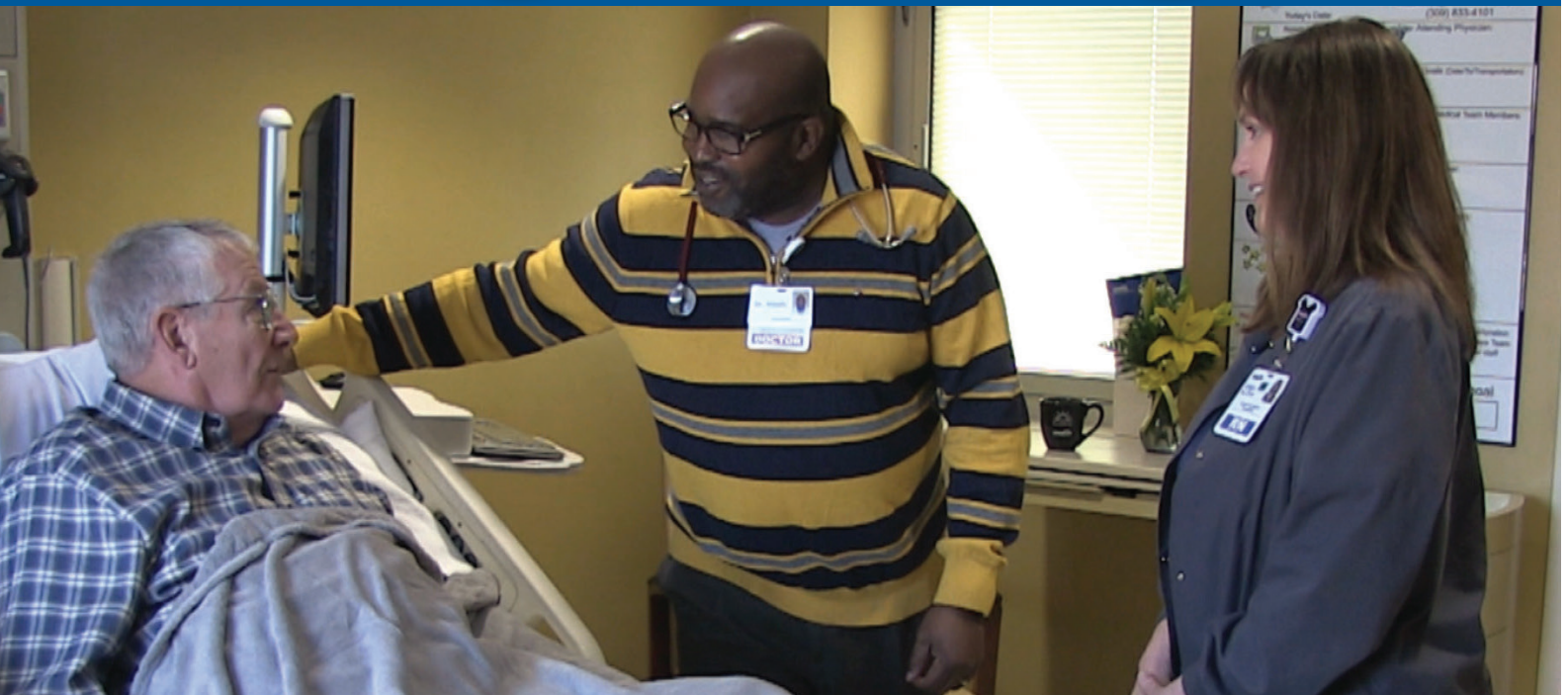
"The QRV provides an additional paramedic resource for the community and contains much of the same lifesaving equipment as the ambulance with the exception that it is not transport-capable. Some of the most beneficial aspects this new service brings to the community is our additional resources with the QRV, the truck during peak hours and the partnership that now exists with the local fire department," offered Zirnheld.

"Everything is going great. It's been a total team effort, the local fire department has been nothing short of phenomenal. They are such a great team. I'm truly impressed at how well we are operating."

Lifeguard Ambulance Service began in the 1990s by serving one community with one ambulance. Now they serve communities in eight different states out of 20 different operations with a focus on meeting the specific needs of each individual community.

For more information about Lifeguard Ambulance Service, visit www.lifeguardambulance.com. To learn more about MDH and the services it provides, log onto www.MDH.org.

Hospital to Home Swing Bed Program



The MDH Hospital to Home (H2H) Swing Bed program offers a bridge to home for patients who no longer require hospitalization and who would benefit from additional short term skilled services before returning to independent living.

This service is a federally-approved program that allows rural hospitals, such as ours, to use their beds interchangeably for either acute care or post-acute care patient needs.

What to Expect?

While participating in the H2H Swing Bed program, patients are encouraged to dress in comfortable clothing in preparation for a normal routine at home. Patients will also do as much as they can for themselves as they work toward increasing independence goals.

Some of the more typical skilled services that are covered under the H2H Swing Bed Program include:

- IV therapy
- Specialized wound care
- Skilled services following placement of a feeding tube
- Ostomy teaching
- Rehabilitation services: Physical, Occupational, and Speech Therapy

If you have any questions or would like to make a referral to the Hospital to Home Swing Bed program, please contact the H2H Swing Bed Coordinator at (309) 836-1560.

If you wish to make a referral during the evening hours or over a weekend, please call (309) 833-4101 and ask to speak to the House Supervisor.

What information is necessary to begin the referral process?

- Patient demographic page
- History and Physical
- All therapy evaluations
- Current physician and therapy progress notes
- Current medication list
- Recent lab work



CLINICS ACCEPTING PATIENTS

McDonough Medical Group (MMG), a division of McDonough District Hospital (MDH), is a multispecialty group of physicians and advanced practice providers who are members of the MDH medical staff.

MMG offers an extensive array of services for your family, neighbors and friends. Our clinicians and office staff are committed to helping you live well and feel your best.

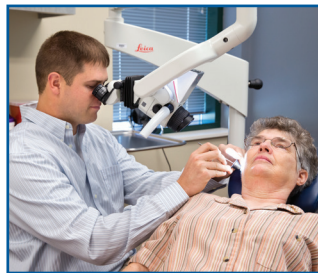
Our goal is to serve as many of your health care needs as possible while achieving the best possible outcomes and highest level of service.

Many of our providers are currently accepting new patients. For more information on Providers, Services or Specialties call (309) 833-4101 or visit www.MDH.org.

One Group. One Goal. Your Care.



Convenient Care



Ear, Nose and Throat (ENT)



Family Medicine



General Surgery



Internal Medicine



Obstetrics/Gynecology



Orthopedics & Sports Medicine



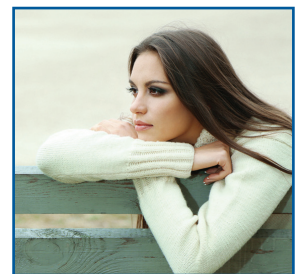
Pain Management Center



Pediatrics



Podiatry



Psychiatry



LOCAL
POSTAL CUSTOMER

We're Hiring

ACUTE CARE
BEHAVIORAL HEALTH
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EMERGENCY SERVICES
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HOSPITALIST
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SERVICES
PHARMACY
PLANT ENGINEERING
RADIOLOGY
SENIOR BEHAVIORAL
HEALTH

Interested?

Call (309) 833-4101
or go to www.MDH.org

