

VS

VITAL SIGNS

"I have wanted to practice medicine since I was a little girl. Taking care of people is second nature to me. Knowing I can make a difference in someone's life, big or small, is very humbling."

-Lyndsay Bedwell, MSN, FNP-C

FAMILY CLINIC & WALK-IN SERVICES

pgs. 4 & 5



525 East Grant St.
Macomb, IL 61455

www.MDH.org
(309) 833-4101



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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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



Message from the President/CEO



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The last year at McDonough District Hospital has been incredibly eventful. Our Board of Directors has welcomed new members Dr. Curt Farr, Carol Steward, RN, and Dan O'Neill, along with the reappointment of Scott Clauson.

We have also had a transition of Senior Leadership and brought Bill Murdock, CPA, MBA, on as our new Vice President/Chief Financial Officer and Peter Rao, MHA, CMPE, as our new Vice President for Ambulatory Services.

In June we relocated our former Convenient Care Clinic in Hy-Vee to a new location on campus, offering walk-in services seven days a week within our MDH Family Clinic in Health Services Building 2. We've brought on board three new practice managers to oversee our physician practices within the MDH Medical Group, transitioned in a new company (Envision) to cover our Emergency Room physician staffing needs, discontinued our Adult Gero-Psych program, and opened up a new service, MDH Urology, thanks to Dr. Thomas Patterson relocating his practice from Galesburg to Macomb.

The final construction phases are also taking place for the exciting new Dolores Kator Switzer Women's Center to open this fall. We appreciate everyone's support of this endeavor; community donations for the project total more than \$5.1 million to date.

We consider all of these events to be important building blocks for McDonough District Hospital to achieve the highest level of operating performance in the future. With the ever increasing and changing complexity of health care today we are doing all we can to take the necessary steps to assure a successful future. Our community has been tremendously supportive of our hospital for many years. We can only hope that through your continued support our efforts to steward this most valuable resource will be successful, and we will be here to support our community for many years to come.

Brian E. Dietz, FACHE
President/Chief Executive Officer

MDH Welcomes



Bill Murdock, CPA, MBA, Vice President/Chief Financial Officer

Murdock joins MDH after previously serving as a Vice President/CFO for Trinity Health System – Mercy Medical Center in Clinton, Iowa.

He began his professional career with Heath Care Service Corporation/Blue Cross Blue Shield of Illinois as a Senior Medicare Auditor. He also worked as a Senior Healthcare Reimbursement Consultant with McGladrey, LLP.

Over the next 20 years, Murdock worked in administrative roles as a Controller and CFO at: Galesburg Cottage Hospital, Hammond-Henry Hospital, Saint Anthony Hospital, and Ingalls Health System.

Murdock has also volunteered on various committees during his professional career: Clinton Regional Development Board, Clinton Area Chamber of Commerce Finance Committee, AUSP Thomas Prison Community Relations Board, Community Food Pantry, Telephone Exchange Board, School Board member for eight years, and a past Healthcare Financial Management Association's Board of Directors and program committee member.

Bill and his wife, Angie, have been married for 28 years and are the proud parents of four children and a daughter-in-law: Matt (Sarah), Noah, Ben, and Ashlyn. Angie is a registered nurse, starting her career in Obstetrics then transitioning to a physician practice in Knoxville for the past 15 years.



Peter Rao, MHA, CMPE, Vice President of Ambulatory Services

Rao comes to MDH from Osage Beach, Missouri, with an extensive background managing large multi-specialty medical groups and is a Certified Medical

Practice Executive (CMPE). Most recently he served as the Chief Executive Officer of the Healthcare Leadership and Innovation Center in Osage Beach, and prior to that served as the Missouri Hospital Association's Vice President of Quality Evaluation and Program Development.

Rao is an active member of the Medical Group Management Association, the American College of Medical Practice Executives, and the Health Care Compliance Association. Early in his tenure with Lake Regional, he received the Early Career Healthcare Executive Regent's Award from the American College of Healthcare Executives (ACHE). This award recognizes ACHE affiliates who have contributed significantly to the advancement of health care management and the achievement of ACHE's goals.

Rao's wife, Corinne, currently works as a hospitalist and they have two daughters in college. In his spare time, Rao enjoys flying as he holds a private pilot license, running, and music.

MDH Behavioral Health Services



MDH offers a full range of counseling services, including individual, group, and family therapy. The caring, professional staff consists of licensed clinical professional counselors, social workers, and substance abuse counselors.

— **Free Depression and Anxiety Screenings** —

Appointments can be made by
calling (309) 836-1582.

505 E. Grant St. | Macomb | Health Services Building 1

Family Clinic and Walk-In Services

MDH Family Clinic offers a team of providers that will care for you and your family's total well-being, from small aches and pains to chronic health conditions. Establishing with a family practice provider can also help prevent illnesses before they develop through regular check-ups, proper diet, exercise, and medical advice. MDH Family Clinic providers treat patients in every stage of life, from six months through adulthood. If a medical condition arises that requires care from another specialist, your provider will guide and coordinate all aspects of your care.

Regular Hours

MONDAY – THURSDAY
7:30 a.m. – 7:30 p.m.

FRIDAY
8 a.m. – 5 p.m.

Walk-In Hours

CLOSED DAILY 1 – 2 p.m.

MONDAY – THURSDAY
8 a.m. – 7 p.m.

FRIDAY – SUNDAY
9 a.m. – 6 p.m.

Walk-In patients must be over 18 months old.



Accepting Patients



Richard
Minter, DO



Weili
Zhang, DO



Sue
Adams, FNP-BC



Jodi
Heller, NP-C



Lyndsay Bedwell,
MSN, FNP-C

Health Services Building 2 | 515 E Grant St. | Suite 213 | (309) 837-6937

Know Your Treatment Options...

you have more than you think!

Health care is a choice. Making smart choices about where you access health care decreases cost and increases satisfaction with the care you receive.

Illness/Injury	Primary Care	Walk-In Services	Emergency Services
Physicals, school and sports	•		
Chronic Illness Management	•		
Chronic Pain	•		
Reoccurring Illnesses	•		
Overall Health Management	•		
Foreign Object in Eye or Nose	•		
Cold Sores and Fever Blisters	•	•	
Coughs and Sore Throat	•	•	
Minor Allergic Reaction	•	•	
Eye Irritation (pink eye, stye)	•	•	
Ear/Sinus Infection (swimmer's ear)	•	•	
Burning with Urination/Infection	•	•	
Mild Rashes and Minor Burns/Sunburns	•	•	
Bumps, Cuts, and Scrapes	•	•	
Allergies	•	•	
Minor Headaches	•	•	
Nausea, Vomiting, Diarrhea	•	•	
Sprains and Strains	•	•	
Cold or Flu Symptoms	•	•	
Fevers	•	•	•
Stitches for Minor Lacerations	•	•	•
Severe Lacerations			•
Abdominal Pain	•		•
Animal Bites	•		•
Minor Fracture			•
Broken Bones			•
Poisoning			•
Significant, Uncontrolled Bleeding			•
Severe Burns			•
Chest Pain, Shortness of Breath, Stroke			Call 911
Potentially Life Threatening Conditions			Call 911
Cost	Co-Pay, Most Insurance	Co-Pay, Most Insurance	Co-Pay, Most Insurance

You may still see the primary care provider of your choice. This chart does not contain a complete list of illnesses and injuries and should not be considered as medical advice.



Commit to **Get Fit**

Highly personalized workout sessions just two days per week has produced favorable results for the MDH Commit to Get Fit class.

Staff from Cardiac Rehabilitation and the Diabetes Education Center of the MDH Sports Medicine and Rehabilitation Services, along with Exercise Science interns from Western Illinois University, developed the wellness program with the intent to increase the overall well-being and knowledge of exercise for participants with one or more health conditions.

Each participant receives their own personalized workout plan as they learn more about exercise health benefits and strategies related to their specific health condition(s) and personal goals.

Participant Linda Webb shares, “This class has made a definite change in my A1C and it has really impressed upon me how much of a difference exercise can make. My favorite part about the program is the variety and personalization.”

In addition to exercise physiologists and Diabetes Education Center staff on-site for members of the program, registered dietitians are available for meetings with participants every Thursday.

“I came in three months ago with an A1C of 6.5 and I’ve gotten that down to 5.9 which means I am off my diabetes medication. The difference in Commit to Get Fit is it offers cardio plus so much more... like strength training and working with Janene and Sarah [Diabetes Education Registered Nurse and Registered Dietitian]. I look forward to being here, I love it!” shared participant Tom Williams.

“Exercise is an important part of diabetes management as a lifestyle change that makes an impact on blood glucose control. It also helps with insulin resistance, which helps many people reduce the amount of medication needed to treat diabetes.

Most people don’t realize how much exercise will improve their blood glucose and A1C levels,” offers Diabetes Education Registered Nurse Janene Shockency.

WHO:

Anyone with challenging health conditions (diabetes, arthritis, etc.)

WHEN:

Tuesdays & Thursdays, 1-2 p.m.

WHERE:

Sports Medicine and Rehabilitation Department, 3rd floor MDH

COST:

\$39 per month

For more information or to register for the program contact MDH Sports Medicine and Rehabilitation at (309) 836-1601.

The MDH Hospice Inspires Invention

The term ‘hospice care’ often bears an invisible weight, the weight that the loss of a loved one is approaching. For Robert (Bob) Gore, a mention of the MDH Hospice conjures grateful memories and the origination of invention.

Bob’s mother, Eldora, had been, in his own words, “stubbornly insistent” upon remaining in her own home during her final years, but she also realized an added level of care was necessary to make that a reality. After several visits by an MDH Home Health professional, Eldora learned the philosophy and practice of both home health and hospice care and as her knowledge grew, her anxieties waned. MDH Home Health Care services would allow her to continue living at home and receive prompt, professional medical care from individuals she could trust.

Over time Eldora’s health began to decline and the focus turned to care, and not cure, and hospice care became the right choice. Bob tended to his mother alongside hospice staff, diligently fulfilling needs and requests. He learned about the routines and requirements of palliative care, observing and taking notes from the hospice professionals as they masterfully delivered clinical care in a non-clinical environment.

One day, Bob went to fulfill a simple request to help his mother sit up in bed, but was at a loss at how best to reposition her without causing discomfort. Then, as he describes, “Along came an angel named Etta, a nurse’s aide from the MDH Hospice.”

Etta demonstrated how best to fulfill this request by grasping the two corners of

the incontinence bed pad lying beneath the patient and pulling into place. But she also provided a word of caution: to ensure he had a firm grip to avoid sudden or uneven movement causing injury or discomfort.

Bob noted a myriad of tasks which could be improved with one change in equipment and an idea blossomed into a plan - develop a safer and more secure product to aid the patient while safeguarding the caregiver. He got to work designing a solution: an improved pad made with reinforced hand-holds that would maintain the integrity of a safe bed pad while also offering the patient and caregiver a greater sense of comfort.

“Along came an angel named Etta, a nurse’s aide from the MDH Hospice.”

After months of effort and diligent planning developing prototypes, filing with the U.S. Patent Office, and negotiating with manufacturers, the patented GorePad is now available for the medical community and individuals alike at MTS Medical Supply as well as Amazon.com. The MDH Hospice has already purchased several GorePads as part of a commitment to focus on quality of life and providing enhanced care and comfort to both patients and their families.

MDH Home Health and Hospice serves patients in McDonough County and parts of Fulton, Henderson, Hancock, Schuyler, and Warren counties and can be reached at (309) 836-1544 or visit MDH.org.

The Truth About Hospice Care

While hospice enrollment signifies a terminal prognosis, it also provides the most unique and personalized health care support for both patient and family. Focused on CARE and COMFORT over cure. Our award-winning team includes nurses, social services, certified aides, a physician, a nurse practitioner as well as volunteers*. Although palliative care can provide a great benefit, there are still common myths:

MYTH: Hospice is for individuals terminally diagnosed with cancer.

FACT: Many patients and families who benefit from the approach to focus on care, not cure, do not suffer from cancer. Receiving care at home, and stopping repeated hospitalizations, allows hospice care to be very appropriate for those with chronic diseases that cannot be cured, such as: heart failure, emphysema, COPD, Chronic Kidney Disease, Parkinson’s Disease, ALS, dementia, liver disease, or other chronic conditions.

MYTH: A patient must live at home in order to receive Hospice services.

FACT: Hospice care is delivered in the nursing home or assisted living facilities as well as private homes.

MYTH: Hospice care is a costly service.

FACT: Hospice is covered by Medicare and Medicaid, and most insurance providers have a hospice benefit. Hospice care will be provided regardless of ability to pay.

***Hospice volunteers are an important component of the interdisciplinary team and every visit makes a difference. If you are interested in learning more visit MDH.org or call (309) 836-1543.**

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

COME CELEBRATE WITH US!

**DOLORES KATOR SWITZER
WOMEN'S CENTER**

**COMMUNITY
OPEN HOUSE**

**WEDNESDAY,
OCTOBER 2
4 - 6:30 PM**

LIGHT REFRESHMENTS WILL BE SERVED

OUR PLACE. OUR SPACE. OUR CASE.

MCDONOUGH DISTRICT HOSPITAL

PLEASE PARK IN MAIN LOT, VALET SERVICES PROVIDED

