

**mdh**

# today

WINTER/  
SPRING  
**2022**

Volume 2 | Issue 1



**BEST OF THE BEST**  
MDH Takes Top Spots  
in Four Categories

**RENOVATIONS COMPLETE**  
An Inside Look at  
Health Services Building 1

# mdh today

Volume 2 | Issue 1

Published twice a year by the Public Relations & Marketing and MDH Foundation teams at McDonough District Hospital, *MDH Today* provides general information on health-related topics, MDH services, news, and Hospital and MDH Foundation 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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## MISSION

To build a legacy of compassionate care for our friends and neighbors throughout the region.

## VISION

Our vision is to promote compassion and excellence in clinical practice.

We excel at attention to detail and strive to provide the best possible patient experience.

## VALUES

**People:** We view our medical community and employees as colleagues. We provide an atmosphere that encourages involvement.

**Integrity and Character:** We strive to do the right thing without hesitation.

**Initiative:** We take pride of ownership and utilize data to make informed decisions.

**Respect:** We look for ways to communicate with our medical community, colleagues, and patients to assist us in bringing about collaborative and positive outcomes.

### Diversity and Inclusion:

We champion people from all walks of life.

### Superior Quality and Service:

We strive to do our very best at all times.



## Message from the President/CEO

As our outstanding colleagues continue to meet the challenges COVID-19 and its variants bring to our Hospital each day, we strive to always express our sincere thanks, appreciation, and respect for their dedication and commitment to our patients and the communities we serve.

There is no doubt caring for COVID-19 patients requires a much greater effort from our nurses – for example, meeting necessary masking and gowning requirements to protect themselves as caregivers as well as their co-workers. The heightened nature of COVID-19 care continues to be exhausting. It takes a significant toll on our staff, their families, and our organization's ability to stay the course as we enter our third year of the pandemic.

From November 2021 through early March 2022, MDH's average number of COVID-19 inpatients increased significantly, placing greater demands on our hospitalists, nursing staff, and all other clinical staff members. Ninety-one percent of our COVID-19 inpatients have been unvaccinated, highlighting the vital importance of getting a vaccine to protect yourself and your family against what can be a very aggressive virus.

In this Winter/Spring 2022 issue of *MDH Today*, we recognize the incredible colleagues we work with every day and highlight their years of service and commitment. We strive to listen to them, and we support them any way we can to provide for their needs as they do their very best for our patients.

The effort to adapt and persevere through this pandemic is all-consuming for each and every one of us. We are doing everything possible to return to "normal" and continue with traditions we cherish while encouraging the development of new traditions to carry us into the future. My hope is this magazine will introduce you to activities and events our colleagues are engaged in that represent our best efforts to meet your needs with some of the most remarkable healthcare staff you can ask for.

Brian E. Dietz, FACHE

President/Chief Executive Officer



McDonough District Hospital  
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The Joint Commission

# MDH TEAM CELEBRATED: Inaugural Banquet Honors Milestones

On October 29, 2021, McDonough District Hospital honored 96 employees at its first-ever banquet celebrating Employee Years of Service, including one employee who reached an unprecedented milestone.

**McDONOUGH DISTRICT HOSPITAL'S** Board of Directors, administration, staff, and special guests in attendance congratulated Connie Starbuck, RN, who was recognized for 50 years at the Hospital.

Bill Corbin, Vice President for Human Resources, was the master of ceremonies. Brian E. Dietz, FACHE, President/Chief Executive Officer, gave opening remarks, followed by remarks from Dr. Richard Iverson, Chairman of the MDH Board of Directors.

Captain Ron Pettigrew (USN), Program Director of the Western Illinois University Veterans Resource Center, gave the invocation.

Following dinner, Brian Dietz, Dr. Iverson, Dr. Edwin Card (MDH Chief Medical Officer), and MDH Vice Presidents Becky Paulsen (Foundation), Adrian MacGregor (Clinical and Support Services), Peter Rao (MDH Medical Group), Bill Murdock (Finance), Wanda Foster, RN, FACHE (Chief Nursing Officer), and Bill Corbin recognized employees who reached 5, 10, 15, 20, 25, 30, 35, 40, and 50 years of service.

Foster, who was recognized for 40 years of service, spoke on the contributions of Starbuck during her 50 years of service to MDH patients and

leadership as a House Supervisor.

"We are excited to be celebrating our first-ever 50-year employee, and what a milestone achievement for Connie. At an early age, Connie had the gift of wanting to care for others. In her early teens and through high school, she cared for a retired schoolteacher," said Foster.

Starbuck graduated from Galesburg Cottage Hospital in the summer of 1968 and completed the three-year diploma program with perfect attendance. Thanks to scholarships from MDH and service organizations, she graduated debt-free and began her nursing career on MDH's surgical floor. She soon transferred to the Intensive Care Unit and worked in that area for 10 years.

Since 1979, Starbuck has worked as a House Supervisor during the overnight hours.

Healthcare runs in Starbuck's family. In fact, four of her family members are MDH colleagues – including her sister Peggy Jones, a Cardiopulmonary Nurse Practitioner. Several of Starbuck's family members were in attendance to help celebrate her milestone.

"Connie is one of our three dedicated



**MDH's first-ever 50-year employee, Connie Starbuck, was joined by several family members at the banquet. To get to know Connie, turn to page 4.**

House Supervisors who work from 7 p.m. to 7 a.m., directing Hospital operations through the midnight hours. She pays close attention to details and is excellent with cardiac monitoring," said Foster.

"On top of this, Connie has excellent knowledge of the staff and their skill levels. She knows how to manage staffing to create a balanced workload, ensuring there is always the experience needed to provide the level of care our patients require. She sees the big picture and is a great mentor for new staff." 🌟

# Get To Know MDH: Years of



Since June 29, 1971, **Connie Starbuck, RN**, has been a providing nursing care for patients at McDonough District Hospital. She received an MDH scholarship and attended nurses'

training at Galesburg Cottage Hospital, where she earned a rare perfect attendance award.

Today, Starbuck is a trusted House Supervisor for the overnight shift. She was celebrated for her 50 years at MDH at the Employee Years of Service banquet.

Starbuck has always been a caregiver. As a youngster, she babysat a lot, once accompanying a mother and daughter to the children's hospital in Chicago. She also vividly remembers the day her younger sister fell and broke her arm, an injury that required surgery.

"I stayed with her overnight – that would never happen today," remembered Starbuck. "She was 7, and I was 14. My mom had to go home and take care of my other five brothers and sisters. At the time, my father was laid up with a broken leg. These are experiences that led to me choosing nursing as a career."

Throughout her teenage years, Starbuck held a variety of jobs. For a dollar a day, she stayed with a retired school-teacher overnight. Part of that job was drawing up the teacher's insulin. She later became a candy striper at MDH, and her duties included cooking hamburgers and making milkshakes for staff in the coffee shop.

Starbuck began her nurses' training at age 17. When she started at MDH, she worked the night shift on the second floor. For eight years, she worked the night shift in the ICU. Since 1979, she has been a Nursing Supervisor and has worked all shifts (though nights are her favorite).

Over the years, Starbuck has witnessed many changes at MDH, from technology to uniforms. "I think of all the days I went to medical records looking for old charts. Even though it was organized, there were tricks to how they filed things. It's awesome to be able to get to everything on a computer," she said. "It's also so strange that the white uniforms and the nurses' caps are gone. It was a great honor to get that cap!" Though much has changed, many things have not. "The

bedside care is similar to 40 or 50 years ago," said Starbuck. "You go to the patient, check their vitals, and it's still very hands-on. One thing I have found: I think the most important part of satisfying visitors or patients is being a good listener. Many times, by showing compassion and that you really care and are paying attention, people feel better, and the problem is solved."

Starbuck is far from the only medical professional in her family. Her daughter, Theresa, started out in nursing before changing directions to parks and recreation. Her other two children, Timothy and Christina, are nurses in Iowa. Two of Starbuck's younger sisters are also nurses, and several of her grandchildren are interested in the medical field.

"I feel like we're going to continue the medical careers in our family," said Starbuck. "If we get together, you better believe we're talking something medical – we don't know anything else!"

Starbuck doesn't have plans to retire any time soon, but she is taking a trip to Brazil. "My sister found out we have a cousin doing missionary work there," she shared. "They come back to the States to visit their churches. We met last May for the first time, and that's when we found out my cousin's wife is a retired nurse!" 🇺🇸

As a young athlete, **Phyllis McLouth** suffered a knee injury. At that time, there weren't many options for sports medicine treatments. Nevertheless, she went through rehabilitation, much of it on her own.



This experience is the driving force behind McLouth's desire to offer the best sports medicine treatments and options in the region. She began her career as an aide before going to physical therapy school. Today, McLouth is the Director of MDH's Sports Medicine and Rehabilitation Services.

"I was involved in sports when I was in school, which was a motivator for learning. Sports were one reason to go to school. I do value that, and I recognize the importance with my kids as well," said McLouth.

# Service Honoree Spotlights

"I have six kids, and each one participated in all kinds of sports throughout their school years," she continued. "I try to put myself in the athletes' shoes, the parents' shoes, and the clinicians' shoes. You join all those together to see how to get that athlete back into their sport at the best they can be."

Much has changed in the 30 years McLouth has worked at MDH. For example, athletic training coverage at the high school level was added in the 1990s. But one thing has stayed the same: making sure every athlete and patient receives the best care and treatment to get them back to what they love doing.

"We want to help reduce the severity of athletic injuries. I think that is a big deal. They tried back in the day, but they didn't have the information and knowledge we have now. With athletic trainers out there, they can help prevent serious injuries – not all of them, but many," stated McLouth. "It's one of the things we've worked at covering. We've had athletic trainers out in the field since the late 1990s. I think that's extremely important. If you can recognize an injury before it becomes severe, you can decrease the impact on that student's life when they are older. They may not have a life-altering injury."

Outside work, McLouth enjoys staying active, from playing piano for her church to hiking. She likes being outdoors and growing things, as well as helping her sister at her business, Hart's Nursery in Bushnell. There's also a sport McLouth has competed in that may surprise some.

"I used to do Olympic weightlifting – not for the Olympics, but I competed nationally in powerlifting," she said. "I had the opportunity to be coached by Judy and Roger Gedney at the Macomb Salvation Army. I was also coached in Peoria by someone who now coaches for USA Weightlifting." 🍀



**Deb Lawver, MDH's Home Health and Hospice Director, has achieved an impressive milestone: over 20 years working at the Hospital.**



Lawver's ties to MDH run deep. She was actually born at the Hospital and raised in Macomb. She graduated from Macomb High School

and started out her career as a CNA at MDH, simultaneously working on her nursing degree. Because she grew up in Macomb, Lawver understands the important role MDH plays in the community.

"MDH is a pillar in the community. I was born in this Hospital. I worked as a youngster in this Hospital, as a CNA working to become a nurse. There are many, many dedicated people at MDH. I feel very grateful that a community our size has such a facility," said Lawver. "The providers in our community are second to none. I think it's a good place to start your employment. It's a great place to grow as an employee, and I appreciate the longevity of our institution."

In addition to pursuing a career in healthcare, there was another focus for Lawver during her high school and collegiate days, and it's something that still plays a big part in her life: sports.

"Yes, that is an understatement. Because I'm older and short, you would be surprised to know that in college I was a two-sport athlete – volleyball and softball," joked Lawver, who attended Illinois Wesleyan University. "I have a hard time convincing people of that. They don't always believe me. I went to Illinois Wesleyan because they had a great nursing program, and they were a small enough university that I would not have to give up my ball playing. It was a good fit for me."

After returning home to Macomb, Lawver once again enjoyed both her passions – healthcare and sports.

"When I first came back to Macomb, I worked on the Skilled Nursing Unit because there were no openings in Home Health and Hospice. When there was an opening, I moved to that department. I left for a short time to work on some projects in our outpatient clinics, then came back to what I truly love: Home Health and Hospice," said Lawver.

She also enjoyed watching her kids get involved at Macomb High. "We had a great social life in the bleachers. Of course, I am a graduate and played a lot of sports there. Having our kids involved in some of those same activities – those were the fun days."

And with the children all grown up now, does Lawver still enjoy sports?

"My husband laughs sometimes – he tells me I check NFL scores more than he does. Now, we spend a lot of our free time at sporting events, taking in a lot of different activities." 🍀

*continued on page 6*

# Years of Service Honoree Spotlights continued from page 5



Since joining the MDH Human Resources department in 2010, **Tobie Richey** has taken on different roles.

She began as a recruiter and worked for eight years in that role. She transitioned into the role of Benefits Coordinator. Following a title

change, she is now the HR Generalist. In fact, during the early days of the COVID-19 pandemic, she worked two different times as the interim Human Resources Director.

"The most fun thing about my job is my co-workers. We find a way to make HR fun and enjoyable," said Richey.

The best part of her job?

"The best part of my job is helping people with whatever questions they have and helping them find the answers."

A native of Vermont and graduate of VIT High School, Richey graduated from Western Illinois University with a bachelor's degree in business. During her WIU years, she discovered the Human Resources component within business.

"What got me started in Human Resources was the customer service aspect. I came from a food services background and through college went into business. I decided that I kind of liked both the business side of things and the customer service side of things, which led me to Human Resources."

Even during her relatively short time working in Human Resources, she has seen the profession change.

"When I first started as a recruiter in 2010, we had paper applications for at least a year before we transitioned to an online application. On the recruitment side, we went from paper to using and learning two different applicant tracking systems," said Richey. "Moving into the benefits role, everything is always changing. From the laws, to rules and regulations, and keeping up with minimum wage ... it is a challenge. We have resources to help us with that, including our third-party administrator, the Society of Human Resources Management, and different notices sent out to us to make sure we are not missing anything."

Richey played sports growing up, and her fiancée, Jorge Macias, was also active in sports. It's no surprise that their children are following in their footsteps.

"Jorge and I have been engaged 10 years. Our oldest

daughter, Taryn (Richey), is very active in varsity golf at Macomb High School. We have twin nine-year-olds. Both Braelyn and Braxton (Macias) play travel softball and travel baseball. Braxton is in basketball, and Braelyn really enjoys tumbling and anything active."

Sports are a very big part of their family and keep them always on the go.

"It's awesome. I love everything about sports. It keeps them active, it keeps us active, and there's great friendships made with the parents and the kids. It's a great experience." 🚀

A veteran of the United States Army, **Gary Anspach** has proudly served and protected this country. Now he's on a different team and in a different role, but he's still protecting.



For over seven years, Anspach has worked at MDH as a PC Equipment Tech. He and the Information Systems team protect the Hospital from the dangers lurking in the cyberworld.

"It is part of my job to make sure the Hospital stays safe," said Anspach. "We replace 20% of our inventory every year. That means every five years every piece gets replaced. We had to replace something recently in the sleep lab. I had the BioMed staff in, and they said, 'That new [computer] runs circles around the one that was in there.'"

He considers bringing in new equipment to be one of the most rewarding aspects of his job, as well as expanding and becoming more mobile by getting everyone away from desktops and towers.

What about keeping up to date with the newest technology? "That's also a challenge because there are different security aspects that apply to it," Anspach said.

In addition to helping keep the Hospital safe, Anspach and his Information Systems colleagues created a tradition in the department.

"We set the standard for Donut Friday," he shared. "I have a wonderful team to work with, and I think our department works best as a team. I'm very grateful that I have them."

# Congratulations



## TO OUR DEDICATED EMPLOYEES

### 5 YEARS

**Tracie Anderson**, Cardiology  
**Gary Anspach**, Information Systems  
**Josie Bauer**, Behavioral Health Services  
**Katie Burgard**, Home Health Physical Therapy  
**Jeff Colbert**, Radiology Administration  
**Katie Conlin**, Patient Financial Services  
**Glynnis Coplan**, MDH Ear, Nose and Throat  
**Brittany Doll**, Laboratory  
**Kristen Finley**, MDH Obstetrics and Gynecology  
**Alissa Fisk**, Behavioral Health Services  
**Mark Grieve**, Information Systems  
**Angelica Hoenig**, Sports Medicine and Rehabilitation  
**Shannon Jackson**, Obstetrics  
**Aaron Jones**, Operating Room  
**Hannah Jones**, Post-Anesthesia  
**Dr. Jennifer Jones**, Pathology  
**Ashley Kessler**, Post-Anesthesia  
**Sarah Kosel**, ACO  
**Kennedi Lindley**, MDH General Surgery  
**Alicia Long**, MDH Obstetrics and Gynecology  
**Nicole Miller**, Home Health Nursing  
**Miriam Mindeman**, Behavioral Health Services  
**Dr. Richard Minter**, MDH Family Clinic  
**Jodi O'Rourke**, Hospitalist  
**Barb Parker**, Patient Financial Services  
**Mindy Pilat**, Intensive Care Unit  
**Kaila Rhoads**, Staff Development  
**Mary Schutte**, MDH Obstetrics and Gynecology  
**Becky Shields**, MDH Obstetrics and Gynecology  
**CL Tarantola**, Pharmacy  
**Sara Trautmann**, MDH Pediatrics  
**Jamie Weiss**, Information Systems

### 10 YEARS

**Terri Baker**, Patient Financial Services  
**Julie Elliott**, Obstetrics  
**Doug Friday**, Plant Engineering  
**Justin Gast**, Information Systems  
**Kelcyn Hoover**, Information Systems  
**Christen Parks**, Pharmacy  
**Hollie Rhoads**, Operating Room  
**Tobie Richey**, Human Resources

### 15 YEARS

**Scott Dexter**, Plant Engineering  
**Crystal Dobbs**, Home Health Nursing  
**Jessica Horwedel**, Emergency Department  
**Heather John-Barnes**, Nursing Support  
**Liz Knowles**, Patient Financial Services  
**Alicia Napier**, Obstetrics  
**Denise Reed**, Case Management  
**Amber Sparrow**, Operating Room  
**Tracy Thome**, Post-Anesthesia  
**Cindy Thompson**, Registration  
**Mary Thompson**, MDH Obstetrics and Gynecology  
**Jolyn Utter**, Case Management  
**Nicole Wetterling**, Radiology Administration  
**Darlene Zeh**, Respiratory Therapy/EKG/EEG/Oxygen

### 20 YEARS

**Christy Beck**, Case Management  
**Susan Briggs**, Home Health Administration  
**Stacie Campbell**, ACO  
**Michael Hofmeister**, Nuclear Medicine  
**Michelle Keeffer**, Acute Care  
**Deb Lawver**, Home Health Administration  
**Lori Prather**, Registration  
**Harlan Reedy**, Information Systems  
**Courtenay Ring**, Quality and Innovation  
**Mona Smith**, Environmental Services  
**Michael Weir**, Radiology Administration

### 25 YEARS

**Mary Crater**, MDH General Surgery  
**Debi Johnson**, Patient Financial Services  
**Rosie Kesinger**, Intensive Care Unit  
**Deb Pollock**, Home Health Administration  
**Randy Schoonover**, Plant Engineering

### 30 YEARS

**Theresa Anderson**, Radiology Administration  
**Ronda Baker**, Clinical Services Administration  
**Cindy English**, Sterile Processing  
**Mary Fisher**, Sterile Processing  
**Suzanne Huston**, Laboratory  
**Phyllis McLouth**, Sports Medicine and Rehabilitation  
**Todd Rash**, Inventory Control  
**Theresa Schaeer**, Obstetrics  
**Chris Schone**, Acute Care  
**Kathy Taylor**, Operating Room

### 35 YEARS

**Paula Duncan**, Staff Development  
**Emily Kelly**, Acute Care (retired)  
**Sheila Rauch**, Radiology Administration  
**Missy Vardaman**, Radiology Administration  
**Marti Walter**, Radiology Administration  
**Barb Walters**, Fiscal Services (retired)

### 40 YEARS

**Teresa Bennett**, Nursing Support  
**Wanda Foster**, Clinical Services Administration  
**Michelle Harman**, Health Information Management

### 50 YEARS

**Connie Starbuck**, Nursing Support

Anspach's military service put him on the path to his current career. He spent his first 18 years in the Army working in Unit Armor. "My job was to repair all the weapons, all the firearms. I handled everything from pistols to heavy cannons."

However, a knee injury forced a career change. He reenlisted in the Army as a computer programmer. "From that point on, no matter what job I got, I was always near a computer," said Anspach. "I've been to Korea, Germany, Panama, England, Canada, Colorado ... I've been able to see a lot of places that a lot of folks would never, ever imagine."

For fun, Gary likes to shoot targets at an area gun club. His favorite firearm? "I like the pistols because that's the indoor range (50 meters)."

Gary and his son, Joseph, live in Stronghurst. His daughter, Khrystyna, and grandson, Joseph, reside in Davenport. 🏠

## Accepting Patients

### MDH Family Clinic

**MONDAY – FRIDAY**  
**8 a.m. – 5 p.m.**  
**(309) 837-6937**

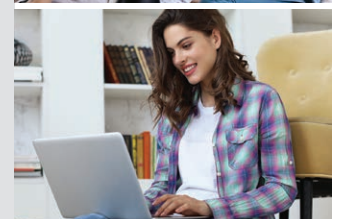
### Convenience Clinic

**MONDAY – THURSDAY**  
**8 a.m. – 7 p.m.**  
**FRIDAY – SUNDAY**  
**9 a.m. – 6 p.m.**  
**(309) 836-1700**

*Convenience Clinic patients must be over 18 months old.*

**McDonough District Hospital**

515 E. Grant St. | Macomb  
Health Services Building 2



### Keep my Sp<sup>o</sup>t

Reserve a spot with the MDH Convenience Clinic online by scanning the QR code.

- ✓ Contactless Sign-In
- ✓ Less Time Waiting



Scan here

**MDH.org**



# BEST OF THE BEST MDH Takes Top Spots in Four Categories



Being voted to receive a Best of the Best Award, in any category, is quite an honor.

Two years in a row, impressive.

Three years? Outstanding.

**IN DECEMBER**, the MDH Home Health and Sports Medicine and Rehabilitation Services teams received 2021 Best of the Best Awards for McDonough County. That makes FIVE consecutive years these MDH organizations were voted top choice in the county.

The MDH team described the feeling of winning five straight years:

“Grateful,” said Phyllis McLouth, Director of MDH Sports Medicine and Rehabilitation Services.

“Unwavering,” said Deb Lawver,

Director of MDH Home Health and Hospice.

**Home Health covers McDonough County and the majority of the four surrounding counties.**

“When I was asked how it felt – winning this award for five consecutive years – I thought unwavering, especially being able to maintain superior work despite dealing with COVID-19 the last couple of years,” said Lawver. “The staff we have at MDH Home Health is very dedicated. They are highly skilled. The group we have working in our department is one of the strongest I have ever had the privilege to work with. They represent a variety of nursing skills, and they are advocates for their patients. They work hard and represent MDH while always going to bat for their patients.

“We also have some long-term employees, and we’ve seen patients at various stages of their lives,” she continued. “Many patients have used our services once, recovered, and left us for a while,

and then have come back and requested us again. That’s very gratifying, and it’s also satisfying for our patients, to already have that relationship.”

According to MDH Vice President/ Chief Nursing Officer Wanda Foster, “MDH Home Health Care has been at the forefront of providing outstanding, patient-centered care in the home setting for many years. Our dedicated staff works diligently to ensure our skilled nursing care, physical therapy, occupational therapy, speech therapy, social work, and certified nurse aid care is provided to the utmost standards of clinical excellence.

“Congratulations to the MDH Home Health Care team for this outstanding achievement!” concluded Foster.

If a patient meets the criteria for home health care, there is a long list of conditions and treatments the MDH team provides. Post-hospitalization care, wound care, home IV infusion, COPD, CHF, diabetes, physical



strengthening, and skills to gain independence with daily living activities are just a few. Home Health staff also provide a great deal of education to best position the patient for success at home.

Lawver noted working in Home Health gives you a special perspective of patients, one not normally experienced working with an inpatient.

"In Home Health and Hospice, you see the entire patient. You get the patient, every caregiver, every person who crosses paths with them and enters their home, pets, the whole package," she said.

"Sometimes that makes the whole experience extremely enjoyable, and sometimes it presents even more challenges. I always say that seeing the patient in the home setting is the true, true picture of who they are and the person they've become over the years. It is a perfect combination as far as I'm concerned."

Lawver continued, "We start our care with patients at a time they may be healing as opposed to the shorter hospital stays. We get to spend a little more time with patients as we help them recover and rehab. We are working on things that are vitally important to them since they need to be fully functioning in their home setting. We get to learn about their priorities and what motivates them, and often patients are most motivated

in their own homes. Seeing them progress and achieve those goals is very rewarding."

### **Sports Medicine and Rehabilitation accepts patients from anywhere in the tri-state area.**

"Winning this award for five consecutive years makes us driven and inspired to continue meeting the needs and exceeding the expectations of the community," said McLouth.

With locations on the 3rd floor of the Hospital, on the corner of North Lafayette and University Drive in Macomb, and inside the Bushnell Family Practice, the MDH Sports Medicine and Rehabilitation team provides a very diverse set of services. "They're all very much related. Our primary focus is function," said McLouth. "Physical therapy is our strong base; it has been offered the longest. Occupational therapy is very closely related to PT, because it's working with the activities of daily living."

Another example of how therapies are often symbiotic is diabetes education, an important and more recent addition to their lineup. "Diabetes is very prevalent amongst people in our community. That we now offer education ties in with wound care; if diabetic wounds are properly managed, including patient education, the severity of those wounds can be decreased," explained McLouth.

"Our cardiac rehab team also ties into diabetes, because with diabetes, you often have cardiac disease."

Being diverse enough to continually bring new therapies to patients is rewarding for McLouth and her team. "Dry needling is a new tool in our toolbox. It's not completely new, but relatively new to the physical therapy profession. It provides a new method by which we can help reduce pain in patients so they can move better," she explained.

The COVID-19 pandemic brought challenges to McLouth and her staff. Thanks to TeleHealth appointments, additional safety precautions, and most importantly, the perseverance of the Sports Medicine and Rehabilitation team, MDH was able to continue meeting the needs of its patients.

"We are a vital service for people. People need to keep moving to stay healthy," said McLouth. "A patient may come in struggling and actually sometimes fearful because they don't know what we are going to do.

"Seeing them return to what they really want to be doing – and it can range anywhere from being able to stand up from a chair, walking, going to a wedding with their family – there's satisfaction every day in helping people make improvements and return to their best." 🦠

Top page 8: The MDH Home Health team. Below: The MDH Sports Medicine & Rehabilitation team.



community

*happens here*

# Greetings

from the McDonough  
District Hospital Foundation!

**AS WE ENTER SPRING 2022**, we at the Foundation are grateful for all of you who contribute to the success of McDonough District Hospital, whether with your time, talents, or treasure. Since our last edition of *MDH Today*, we have been busy in the Foundation office! Last summer, we welcomed Foundation Assistant Courtni Runser and WIU Student Intern Lexy Leezer to our staff, as well as three new Board members. Marc Coursey comes to us from Raritan State Bank, Jamie Cumbie from MidAmerica National Bank, and Seth Minter from Edward Jones.

The Foundation staff is thrilled to have been out in the community seeing our friends and supporters. We hosted our 22nd Annual MDH Golf Tournament in September at the Harry Mussatto Golf Course in Macomb. With 30 teams and numerous sponsors, we raised nearly \$45,000 to benefit MDH.

The Monday after Thanksgiving we hosted the Teddy Bear Social. The entry requirement included the donation of a teddy bear for our pediatric patients. It was wonderful to host Jingle & Mingle on December 2, 2021, where our guests enjoyed a sneak preview of the holiday trees decked out for the Festival of Trees. More than 1,000 visitors toured the Festival of Trees, open to the public at the Macomb Arts Center from December 3 through December 6.

The results of these events were heartwarming. We collected more than 80 teddy bears for our pediatric patients. The holiday events raised approximately \$35,000, which will benefit our frontline caregivers and Behavioral Health Services at MDH.

We thank everyone for their sponsorship, volunteer time, and participation. We could not do what we do in our community without the many volunteers who truly make our events successful!

Wishing you good health and happiness,

*Becky Paulsen and Your MDH Foundation Staff*



Above:  
The Festival of  
Trees in early December  
raised funds for frontline workers  
and Behavioral Health Services. Below:  
Brittany Moore, Becky Paulsen, Courtni Runser,  
and Lexy Leezer at the Teddy Bear Social.

**mdh**  
**FOUNDATION**  
*advancing care for our communities*

**If you would like to get involved with our important work here at the MDH Foundation, please email Becky at [bspaulsen@mdh.org](mailto:bspaulsen@mdh.org) or Brittany Moore at [bkmoore@mdh.org](mailto:bkmoore@mdh.org).**

# gratitude

# happens here

## MDH Foundation Welcomes New Board Members



Marc Coursey



Jamie Cumbie



Seth Minter

These individuals join the rest of the MDH Foundation Board: Dr. Christine Standard, Chair | Brian E. Dietz, FACHE, Treasurer | Matt Glaser, Secretary | Dr. Andy Baker | Julie Bartlow | J. Scott Clauson | Bill Murdock. We thank them for their service and leadership!

## Nominate Your Champion of Care

AT McDONOUGH DISTRICT HOSPITAL, we are committed to providing excellent, compassionate care – every day, for every patient. Now, when an MDH team member goes the extra mile for you, there is a way to give back: the Champion of Care Program.

Through the Champion of Care Program, patients can show their gratitude to a physician, nurse, staff member, volunteer, department, or area of care by making a contribution to the MDH Foundation in their honor.

“Now more than ever, taking a moment to recognize our healthcare workers is so appreciated,” said Becky Paulsen, Vice President of the MDH Foundation. “When our team is recognized and lifted up for the care they give, it’s encouraging and motivating, something we need as the pandemic continues.”

Champions of Care are presented with an acknowledgment letter, certificate of appreciation, lapel pin, and an invitation to our MDH Champions of Care Ceremony.

If you are a current or past MDH patient who experienced exceptional care and want to take the opportunity to recognize your caregiver(s), please complete the form to the right or complete the nomination online at [MDH.org/champion](http://MDH.org/champion). 📌

**Mail your donation:**  
MDH Foundation  
525 E. Grant St.  
Macomb, IL 61455

**Easily make a gift  
online through our  
secure donation page:**  
[www.MDH.org](http://www.MDH.org)

**Like us on Facebook:**  
MDH Foundation

**Call us:**  
(309)836-1757

My Champion of Care is: \_\_\_\_\_

How my Champion of Care helped: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Department/area of care: \_\_\_\_\_

### Contact Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### Gift Amount

\$250  \$100  \$50  \$25  Other \_\_\_\_\_

Please direct my gift to:

\_\_\_\_\_

Area of greatest need  Patient support

Employee support  Facilities

My gift is given anonymously

### Payment Type

**Check** *Make payable to McDonough District Hospital Foundation.*

**Credit card**

Type of card (circle one)

VISA    MASTERCARD    DISCOVER    AMEX

Name on card: \_\_\_\_\_

Card #: \_\_\_\_\_

Exp. date: \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

Please return the completed form, with check if applicable, to:  
McDonough District Hospital Foundation  
525 E. Grant St.  
Macomb, IL 61455

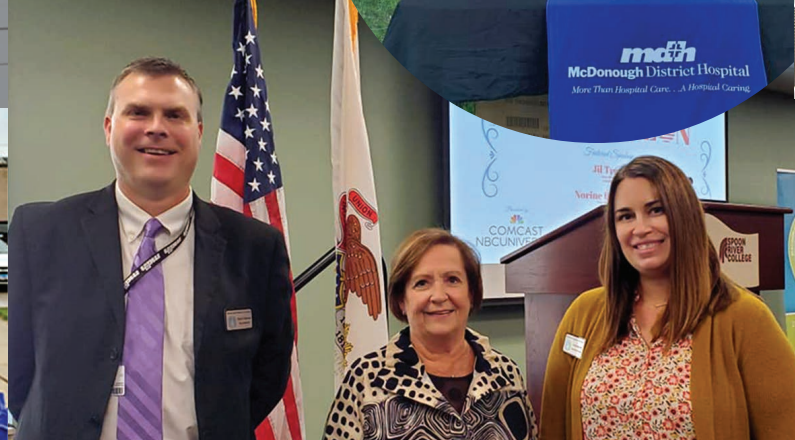
# mdh in the Community



(Above) McDonough District Hospital donated to the Macomb Beautiful Association for the downtown mural project, scheduled for summer 2022. The mural is part of the 50th anniversary celebration of the association. Pictured are members of the MDH administration team and Barb Knox (center), President of the Macomb Beautiful Association. (Right) MDH Director of Public Relations and Marketing Patrick Osterman and Public Relations Assistant Alexa Shaw represented MDH at the Macomb Downtown Block Party. The event welcomed students back to Western Illinois University and Spoon River College, and it was well-attended by members of the Macomb community.




(Below) MDH participated in the Western Illinois University Homecoming parade. Staff and family members threw out MDH footballs to the crowd as part of the Leatherneck Homecoming festivities.



(Above) MDH's Patrick Osterman (also Chairman of the Macomb Area Chamber of Commerce Board of Directors), Illinois State Representative Norine Hammond, and Macomb Area Chamber of Commerce Executive Director Lauren Merritt took time for a photo following the Chamber's annual Legislative Luncheon Day in fall 2021.



(Left) Patrick Osterman and Director of Sports Medicine and Rehabilitation Services Phyllis McLouth showcased many of the opportunities and services available at MDH at the annual Spoon River College Wellness Day during the fall semester. (Above) MDH participated in the Macomb Business Academy (MBA) class that focused on healthcare, taking part in a panel of healthcare leaders from the Macomb area. Pictured: Adrian MacGregor (Vice President for Clinical and Support Services), Ketra Roselieb (MBA Coordinator), Justin Schuch (MBA Coordinator), and Peter Rao (Vice President MDH Medical Group).



# MDH Completes Major Renovation of Health Services Building 1

Go inside the expanded Springfield Clinic and new Radiology Imaging Suite.

**FOR THE FIRST TIME** in over 15 years, Health Services Building 1 has undergone a major renovation.

The 12-month project began with the MDH OB/GYN Clinic moving to the 3rd floor of the Hospital in January 2021, so construction could begin. Work is now complete, and the Springfield Clinic of Macomb has doubled in square footage. It now takes up the entire west side of the 1st floor of Health Services Building 1.

The expansion project began as a conversation between Springfield Clinic providers and leadership at MDH.

“Our Springfield partners wanted to improve their clinic space, as they were continuing to recruit more physicians and nurse practitioners,” said Adrian MacGregor, MDH Vice President for Clinical and Support Services. “MDH wanted to not only meet the needs of Springfield Clinic’s expanding staff, but also to make services more accessible to patients within the MDH Medical Group, including the Convenience Clinic.”

**“MDH wanted to not only meet the needs of Springfield Clinic’s expanding staff, but also to make services more accessible to patients within the MDH Medical Group, including the Convenience Clinic.”**

- ADRIAN MACGREGOR

At the clinic, adjustments had to be made during the construction phase. “It was worth the wait, though it was kind of painful at times,” said Curtis Farr, MD, a family practice physician with Springfield Clinic and a member of the MDH Board of Directors. “There was noise one wall over. I’d be trying to listen to someone’s heart, and I couldn’t hear it because there was pounding and thudding on the other side of the wall. But you get through it.

“The construction guys from O’Shea Builders did an awesome job,” he continued. “They were great to work around, and they kept things clean. It wasn’t dusty. They did their best to warn us if it was going to be really noisy, or if there was going to be a water shutoff. They tried to work around our hours as well. A lot of times, I’d come back in the evening and they would be working. They were very professional, and you can see they did a great job.”

In addition to the added space for the Springfield Clinic, a new Radiology Imaging Suite was built on the 2nd floor of

*continued on page 14*

# Health Services Building 1 Renovation

*continued from page 13*

Health Services Building 1, offering a convenient location for outpatient X-ray needs. The suite officially opened on March 14.

“Outpatients will be able to receive imaging examinations without coming inside the Hospital,” said Milton Griffin, Director of MDH Radiology. “The convenience will be a major patient satisfier.”

“Many times, I have had to ask a nurse to wheel someone over to the Hospital to get their X-ray. If we can bring them upstairs, and I can get results even quicker, it’s nice,” added Dr. Farr. “It’ll be especially beneficial with the weather around here – you never know what you’re going to get. We won’t have to send them out on a rainy or snowy day to run across the parking lot and get a film. This is much more efficient for everyone, and I believe it will be a positive patient experience.”

MacGregor spoke more on the benefits of the new suite. “The HSB 1 Radiology Imaging Suite has been a great project. A well-designed, high-quality suite has been developed to meet basic Radiology needs for patients coming from either Health Services Building 1 or Health Services Building 2.

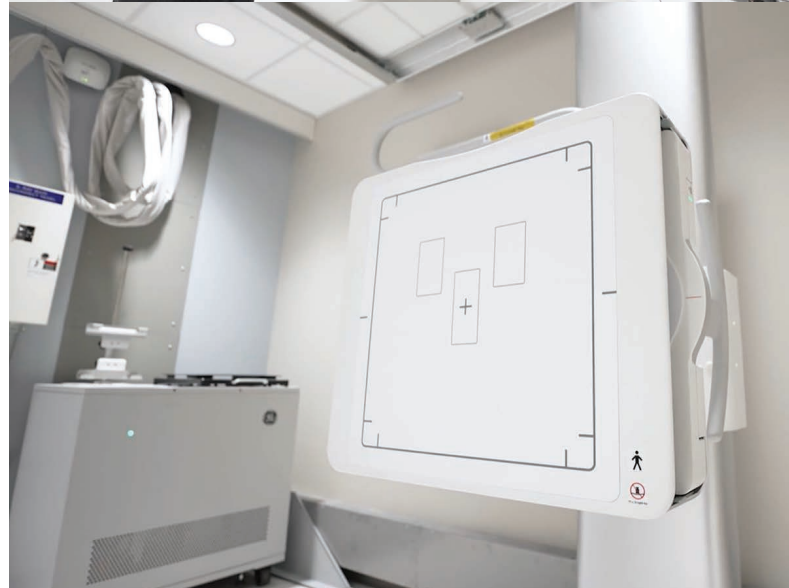
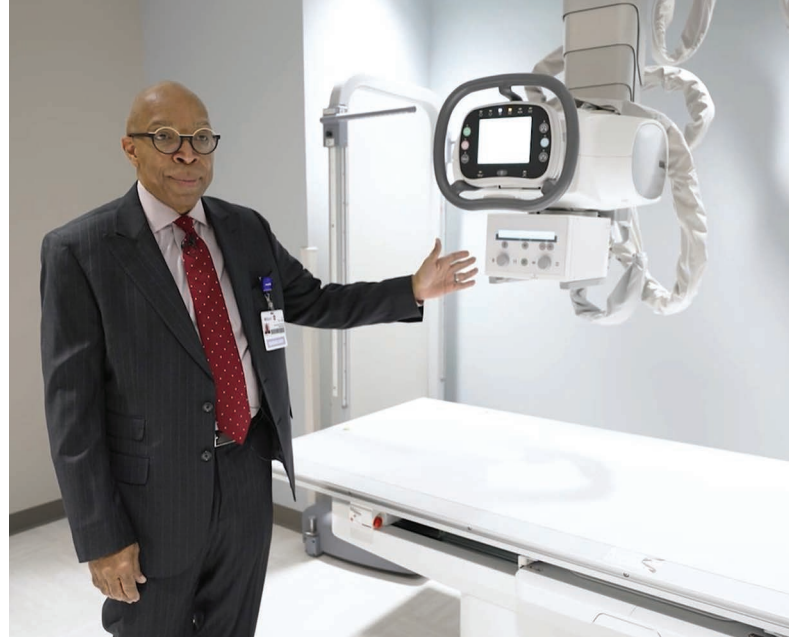
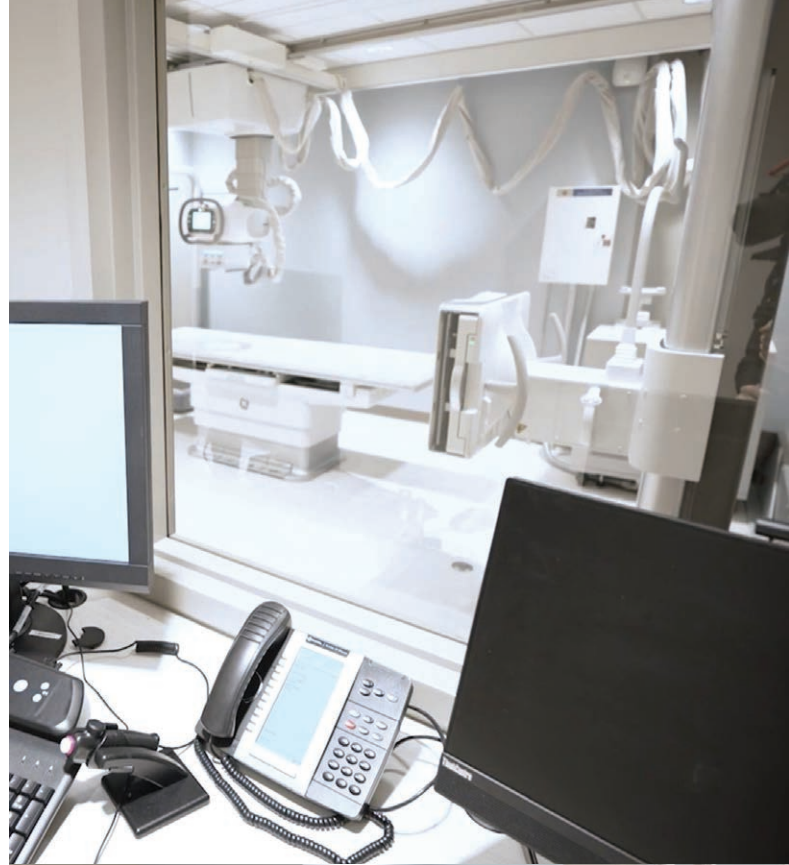
“At MDH, approximately 85 percent of all our business is outpatient directed. We have approximately 300 patients daily visiting Health Services Buildings 1 and 2 for a variety of services,” continued MacGregor. “The Radiology suite is a natural alignment, ensuring patients do not have to travel any farther on the MDH campus for an X-ray. We’re thrilled to provide this level of convenience for our patients.”

The Radiology Imaging Suite is open Monday through Friday from 8 a.m. to 5 p.m. It is available to all patients.

Initial feedback from patients on the renovation of Health Services Building 1 has been extremely positive. “We’re all very appreciative of what the Hospital has provided to us,” concluded Dr. Farr. “It’s a win-win for everybody. We do better when the Hospital does better, and vice versa. Every provider has three rooms, plus five minor surgery rooms. It’s going to be good for everyone in the future.” 🏥

(Righthand photo column) MDH opened its new Radiology Imaging Suite on March 14. Located on the 2nd floor inside Health Services Building 1, any outpatient can have an X-ray performed in the updated space without having to travel across the parking lot and through the Hospital. Pictured center is MDH Director of Radiology Milton Griffin, RT (R), BS, MA, with the new X-ray equipment.

(Opposite page photo column) The renovation of the west side of the 1st floor of Health Services Building 1 was completed in January 2022. MDH worked with the Springfield Clinic on the project, expanding the number of patient rooms within the clinic. Pictured is the main hallway of exam rooms, the Springfield Clinic workspace, and the inside of the new exam rooms.





## MDH Announces Partnership with Dr. Tim Biagini

Patients with Blue Cross Blue Shield insurance can schedule an appointment with Dr. Biagini at McDonough District Hospital.

**McDONOUGH DISTRICT HOSPITAL** has announced a partnership with Springfield Clinic gastroenterologist Dr. Tim Biagini. The partnership allows patients with Blue Cross Blue Shield insurance to keep Dr. Biagini as their gastroenterologist by scheduling appointments within the MDH Endoscopy Suite.

Dr. Biagini, a past President of the MDH Medical Staff, has held medical staff privileges at McDonough District Hospital since 2013.

Screening patients for precancerous polyps is something Dr. Biagini finds rewarding about practicing as a gastroenterologist. "Every single year, a top five cause of cancer-related deaths is colon cancer. One out of every 10 polyps turns into cancer, so you're preventing cancer," said Dr. Biagini. "And when it comes to procedures, I appreciate that instant gratification - there is something bad, and now it's gone."

Dr. Biagini completed his fellowship at the University of Miami Leonard M. Miller School of Medicine in Florida, and his residency at Rush Medical College in Chicago. He received his medical degree at the University of Illinois College of Medicine in Peoria.

For more information or to schedule an appointment, call (309) 836-3387. ➔

### McDonough District Hospital



Tim Biagini, MD  
Springfield Clinic

McDonough District Hospital cares about your health, well-being and providing patients access to quality healthcare.

That's why MDH partnered with Springfield Clinic Gastroenterologist Dr. Tim Biagini to ensure patients with Blue Cross Blue Shield of Illinois insurance can be seen within the MDH Endoscopy Suite.



MDH accepts BCBS of IL

(309) 836-3387

At McDonough District Hospital, we effectively diagnose, manage, and treat diseases and disorders of the ears, nose, throat, and related parts of the head and neck. Our trained and dedicated staff assists patients with education about conditions, prescription management, surgery, and more.

The MDH ENT Clinic is located in Health Services Building 2, Suite 113. Patients are seen Monday through Thursday from 8 a.m. to 5 p.m. and Fridays from 8 a.m. to 12 p.m.

### Our ENT Services

- Adenoidectomy
- Allergic rhinitis
- Balloon sinuplasty
- BOTOX Cosmetic™
- Ear infections
- Ear tubes
- Endoscopic sinus surgery
- Environmental allergy testing
- Facial plastic surgery
- Hoarseness
- Immunotherapy
- Lesions on the face or neck
- Nasal obstruction
- Neck masses
- Parotidectomy
- Septoplasty
- Sinusitis
- Sleep apnea surgery
- Stroboscopy
- Thyroid surgery
- Tonsillectomy
- Tympanoplasty
- Vertigo
- Allergy testing and treatments (non-food related)



# Cutting-Edge ENT Services Performed at MDH

People living with chronic rhinitis or nasal obstruction may have a better path to long-term correction and health, and these cutting-edge, non-surgical procedures are being performed by the McDonough District Hospital Ear, Nose and Throat team.



Jeffrey Sparks, DO



Kamie McKee, FNP-C

**TWO NEW PROCEDURES** – VivAer® treatment for nasal obstruction and RhinAer® treatment for chronic rhinitis – are both non-invasive and completed in the MDH ENT office. Patients typically return to normal activities the same day.

“Before this, people were unable to obtain lasting results with medical treatments, or required more invasive surgery,” said Dr. Jeffrey Sparks. “The VivAer and RhinAer treatments are clinically proven to improve the quality of life for patients, getting relief that lasts for these frustrating conditions after a procedure that’s only minimally discomfoting.”

### So, how do you know if one of these procedures is a fit for you?

People who suffer from **nasal obstruction** (image A) experience difficulty

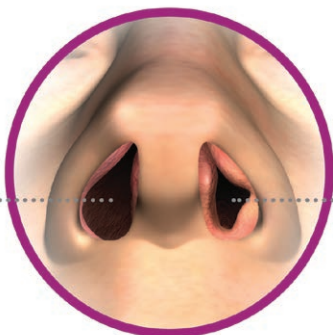
breathing through their noses, habitual snoring, interrupted sleep, and fatigue. Nasal obstruction is often caused by anatomical blockage in the nose, hindering airflow. A continuous “stuffy” feeling is a common complaint. Home remedies and medications may offer temporary relief, but it’s only when the nasal airway is opened that real, lasting relief is achieved.

The VivAer treatment corrects nasal obstructions by precisely targeting the obstruction. Low-temperature radio frequency is emitted by a small wand, which is used to gently reshape the nasal passage. No incisions are necessary.

After undergoing VivAer treatments, patients live better and breathe better.

» 97% of patients experienced significant improvement in nasal breathing

Image A



Normal

Obstructed

Image B



Normal



Rhinitis



## Cutting-Edge ENT Services Performed at MDH

- » 94% of patients improved their ability to get enough air through their nose during exercise or exertion<sup>1</sup>
- » 89% of patients reported getting a better night's sleep<sup>2</sup>

**Chronic rhinitis** (image B) is persistent inflammation of the tissues lining the nose, resulting in symptoms like a constant runny nose, post-nasal drip, congestion, coughing, nasal itching, and sneezing. Symptoms may be related to allergies but may occur all year, making this a particularly challenging and frustrating condition. Medications and sprays offer only temporary relief.

The RhinAer treatment targets the root cause of chronic rhinitis: abnormal signals in the nose. Doctors use a flexible stylus that emits radio frequency to breach your nasal tissue lining and disrupt the posterior nasal nerve. This reduces the amount of mucus produced, leading to less drainage and congestion.

In a clinical study, patients reported significant improvements in their symptoms and quality of life.<sup>3</sup>

"The first step to taking advantage of one of these potentially life-changing procedures is to schedule an assessment in our office, so we can determine whether you're a good fit and are likely to benefit," said Dr. Sparks. "We're thrilled to offer both these effective, non-invasive procedures and look forward to helping make every-day life better."

Schedule an appointment with MDH ENT by calling (309) 833-6937. 📍

### Endnotes

1 Ephrat M, Jacobowitz O, Driver M. Quality-of-life impact after in-office treatment of nasal valve obstruction with a radiofrequency device: 2-year results from a multicenter prospective clinical trial. *Int Forum Allergy Rhinol.* 2020;00:1-11 <https://doi.org/10.1002/alr.22667>.

2 Prospective, Multi-Center, Non-Randomized Study to Evaluate the Quality of Life Impact After Treatment of Nasal Airway Obstruction Using the Aerin Medical VivAer Stylus. *Aerin Medical Report TR680-01.*

3 Clinical Evaluation of Low Power Radiofrequency Energy Applied to the Posterior Nasal Nerve Area for Symptomatic Relief of Chronic Rhinitis (RhinAer Stylus). *Aerin Medical Report TR898.*

## McDonough District Hospital Recognized Nationally for Hospital Safety Measures

McDonough District Hospital received an "A" hospital safety grade from The Leapfrog Group for fall 2021. This national distinction recognizes MDH's achievements in protecting patients from harm and error in the Hospital.

**THE LEAPFROG GROUP**, an independent national watchdog organization, assigns an "A", "B", "C", "D", or "F" grade to general hospitals across the country based on over 30 national performance measures reflecting errors, injuries, accidents, and infections, as well as systems hospitals have in place to prevent harm.

The Leapfrog Group assigned grades to nearly 3,000 facilities across the country; MDH was part of the 32% nationally to earn an "A" grade.

"This was sort of the ultimate team sport for the Hospital. Everybody contributed ... nursing, lab, and rehab, as well as the people in safety and quality," said MDH Chief Medical Officer Edwin Card, MD.

"Leapfrog is divided into two sections," Dr. Card continued.

"One section is the information we normally report to the Centers for Medicare & Medicaid Services as part of our quality measures. And then on top of that, there is a questionnaire that looks at what our safety practices are. So it's a combination of looking at what we're doing to maintain patient safety and the outcomes we're achieving with that."

Dr. Card credits Trisha Getz, who oversees safety, for her efforts collecting data, abstracting charts, and showing the MDH team where they statistically needed to improve. "Trisha put in a mountain of work

sifting through data," said Dr. Card. "And everybody on the director level also did a huge amount of work collecting statistics and information."

The Leapfrog Hospital Safety Grade is the only hospital ratings program based exclusively on hospital prevention of medical errors and harms to patients. The grading system is peer-reviewed, fully transparent, and free to the public. Grades are updated twice annually, in the fall and spring.

"An 'A' safety grade is a tremendous achievement, of which this community should be extremely proud," said Leah Binder, President and CEO of The Leapfrog Group. "I thank the leadership and workforce of McDonough District Hospital for their commitment to prioritizing patients and their safety, especially during these trying times."

To see MDH's full grade details and to access patient tips for staying safe in the hospital, visit [HospitalSafetyGrade.org](https://HospitalSafetyGrade.org).

### About The Leapfrog Group

The Leapfrog Group is a national nonprofit organization driving a movement for giant leaps forward in the quality and safety of American healthcare. The Leapfrog Hospital Safety Grade assigns letter grades to hospitals based on their record of patient safety, helping consumers protect themselves and their families from errors, injuries, accidents, and infections. 📍





## The Many Hats of Dr. Amy Waschull

**DR. AMY WASCHULL** could be called a jack of all trades – not only is she in family practice at the Springfield Clinic, she also sits on the McDonough County Health Department Board of

Directors and is Medical Director of

MDH's Home Health Care and Hospice divisions. In 2022, she added yet another role: MDH Medical Staff President. Dr. Waschull is assisted by Mary Kathleen Lockard, MD (Vice President), and Jill Brody, MD (Secretary).

"Our medical staff is a collaborative group. Everyone is approachable, and no one hesitates to pick up the phone to ask a question or a favor or just pick the brain of someone who knows more than them," said Dr. Waschull. "The level of support we provide each other is something I've never seen at the hospitals I've worked at before."

Patients can see the difference as well. For the fifth year in a row, MDH Home Health Care has been named Best of the Best in McDonough County. Dr. Waschull was also voted top family physician for the second year in a row.

"Home Health Care is such an important resource for our community and our patients," said Dr. Waschull. "It's validating for our team to receive this award, because it shows we've got the right recipe in place to provide competent, compassionate care."

Outside work, Dr. Waschull enjoys paper crafts like cards and scrapbooking. She is also an avid camper and hiker, as are her husband and son. Their goal is to hit all the national parks.

"I am so lucky to have a supportive team and family. They know how important it is to me to take care of my patients and be of service to my community," concluded Dr. Waschull. "They help me live my dreams!" 🌟



## Dr. Laura Peck Joins General Surgery

**ON NOVEMBER 22,**

McDonough District Hospital was pleased to welcome Laura Peck, DO, as the newest member of the MDH General Surgery team.

She joins MDH Chief Medical Officer

Dr. Edwin Card in the Surgical Services

Clinic and is accepting new patients.

"We are excited to have Dr. Laura Peck on the MDH team. After her general surgery program, she completed an additional year of training in minimally invasive procedures. Dr. Peck will be seeing patients in the Surgical Services Clinic, performing surgeries, and assisting with call coverage," said Peter Rao, Vice President of the MDH Medical Group. "Dr. Peck joining the MDH team improves access for patients in the community, and she is a great addition to the outstanding General Surgery department."

Dr. Peck recently completed a minimally invasive surgery fellowship with Ascension St. John's in Saint Clair Shores, Michigan. Minimally invasive areas of focus for Dr. Peck include bariatric and colorectal procedures and upper and lower endoscopy.

Before coming to MDH, Dr. Peck served as the Administrative Chief, General Surgery Resident at the Swedish Medical Center in Denver, Colorado, and she was a Surgery Resident at Saint Louis University. Dr. Peck has performed and assisted in a variety of operations, including minimally invasive, general, trauma, thoracic, vascular, and transplant surgical procedures. She graduated from Nova Southeastern University as a Doctor of Osteopathic Medicine.

"Dr. Peck brings an impressive medical skillset to MDH. Having such a well-trained surgeon available to patients in McDonough County is exciting," said Dr. Card. "With her personality and educational background, it's easy to see why she relates well with patients and their families."

Dr. Peck graduated from the University of Missouri, Kansas City with two bachelor's degrees (English/creative writing and chemistry) and a master's degree (social work). 🌟

## NEW MEDICAL STAFF OFFICERS

The 2022 medical staff officers were elected and are as follows:

- Medical Staff President: Amy Waschull, MD
- Medical Staff Vice President: Mary Kathleen Lockard, MD
- Medical Staff Secretary: Jill Brody, MD

The new officers began their appointments on January 1, 2022.

*In Your Words* MDH Patients Share Their Experiences

"The staff and Dr. Laura Peck were all very friendly and attentive. Dr. Peck went over several things in regard to my surgery and post-operative care. I was very happy with the care I received."

# SEEING DOUBLE

## Twin Sisters on Duty in the Emergency Room

**MDH EMERGENCY ROOM** doctors Molly and Tessa Payant McKenna are used to getting second glances when they're working. After all, it's not too often you have identical twins working in the same specialty at the same hospital ... often at the same time!

Molly and Tessa are the fifth and sixth of the eight children in their family. Their careers have often mirrored each other, both graduating from the University of Wisconsin, then attending medical school at Florida State. The sisters did general surgery residencies, followed by emergency medicine residencies at Case Western Reserve.

Their reasons for pursuing careers in medicine are nearly identical too.

"Our parents encouraged us to do things to help other people," said Molly. "So when Tessa and I were in fourth grade, we decided we wanted to become doctors. Our grandfather was a doctor, practicing family medicine."

"We grew up in a close-knit family in the Midwest, and we were taught the importance of giving back to others," added Tessa. "We wanted to go into a profession where we could help people. We were also interested in science from a young age."

According to Molly, throughout their careers the sisters have often worked at the same time or at opposite times. It is typical to see one working the day shift and the other at night, which can be confusing.

"Patients can't always tell the difference between us," said Molly. "We can walk into a room and a patient won't know it is the other twin. The patient will start talking to me about their care, but I've never met them before. Then I have to tell them I'm a twin, and they're



## *In Your Words* MDH Patients Share Their Experiences

"Everyone was prompt and professional! They quickly resolved my condition and I was discharged feeling MUCH better!"

"Dr. Payant McKenna demonstrated excellence and efficiency in her attention to my needs. She provided the best care I have ever experienced at an emergency facility. I now see your facility as more competent and caring after my interaction with her."

surprised. It's actually nice, because my sister and I often work with the same patients."

"We enjoy signing out to each other and running cases by each other," continued Tessa. "We work well as a team. If we need help with something, we always enjoy being there to assist each other."

Working in the Emergency Room naturally comes with its challenges, but the sisters are ready to tackle anything.

"You come in contact with a lot of people in the community," said Molly. "You get to care for many different people and their family members. In emergency medicine, it's rewarding because you can care for patients with a wide variety of problems, anything

from a fibula fracture to a multi-car accident. We love the community, and we love working at MDH. We are very happy to be here."

"We enjoy working with all different kinds of patients and helping them with different medical issues," echoed Tessa. "It's wonderful working with the great nurses, techs, other physicians at MDH, as well as the ancillary staff. Our jobs are really rewarding. We love what we do, and we love the people we work with and for."

The Wisconsin natives also enjoy their time away from medicine. They visit family, enjoy the outdoors, and travel. "We also like to cook and bake – it's a way to relax and be mentally prepared for our next week of shifts in the ER," concluded Molly. 🍴



**McDonough District Hospital**

*More Than Hospital Care. . . A Hospital Caring.*

525 E. Grant St. | Macomb, IL 61455



## McDonough District Hospital

- Home Health Care *(5 consecutive years)*
- Sports Medicine and Rehabilitation *(5 consecutive years)*
- Physical Therapist - Kaity Kipling, DPT
- Employee Recognition

# Voted #1

*Thank You For Voting!*

EMERGENCY



525 East Grant St. | Macomb | (309) 833-4101 | [www.MDH.org](http://www.MDH.org)