

MR

McDonough District Hospital
Employee Newsletter

Making Rounds

February 19, 2020 • www.MDH.org



DOLORES KATOR SWITZER WOMEN'S CENTER *Obstetrics*



NOW OPEN!

Big Game Party

Over 400 meals were served at the Big Game Party on Friday, January 31!

Thank you to the Morrison staff for catering and to our fantastic employee volunteers who helped serve.



MDH Core Values

Honesty and Integrity • Respect • Exceptional Service • Commitment to Excellence • Teamwork

MDH Hotline

Do you have a compliance concern you need to share confidentially? Remember the MDH Hotline is available at (309) 836-1630.

Next Deadline

The next *Making Rounds* deadline is NOON on **Tuesday, March 17**. Please submit your information, articles, Thank You notes, recipes, achievements, etc., to Public Relations.

To view the February 2020 MDH Board Report, go to the Intranet and click on Departments → Administration

MDH Says Goodbye

Harlan Baker, Chief Information Officer, Information Systems, 2/13/20

Richalee Doll, Registered Nurse, Utilization Review, 1/22/20

Vicky Kipling, Specialist, Foundation, 1/15/20

Heather Logsdon, Clinic Registered Nurse, MDH Family Clinic, 2/14/20

Bethany Morath, Medical Staff Coordinator, Medical Staff Office, 1/23/20

Taylor Peacock, Office Assistant, MDH Obstetrics and Gynecology, 2/4/20

Armish Raza, Medical Staff Coordinator, Medical Staff Office, 1/23/20

Nora Valdez, Registered Nurse, Acute Care, 1/31/20

Job Opportunities



<u>POSITIONS</u>	<u>DEPARTMENT</u>	<u>SHIFT</u>	<u>STATUS</u>
Assistant	Case Management	Days	Full-time
Office Assistant	MDH Obstetrics and Gynecology	Days	Full-time
Office Assistant	MDH Obstetrics and Gynecology	Days	Full-time
Director	Information Systems	Days	Full-time
CNA	Acute Care	7p-7:30a	Full-time
Clinic LPN	MDH Family Clinic	Days	Full-time
Hospitalist Nurse Coordinator	Hospitalist	Days	Full-time
RN	Intensive Care Unit	7p-7:30a	24 hrs/wk
RN	Emergency Department	7a-7:30p	Full-time
RN	Emergency Department	7p-7:30a	Full-time
Specialist	Behavioral Health Services	Variable	24 hrs/wk
Nurse Practitioner	MDH Family Clinic	Variable	Full-time
Nurse Practitioner	MDH Family Clinic	Variable	Full-time
Obstetrician/Gynecologist	MDH Obstetrics and Gynecology	Days	Full-time
Orthopedic Surgeon	MDH Orthopedics and Sports Medicine	Days	Full-time
Pediatrician	MDH Pediatrics	Days	Full-time
Physical Therapist	MDH Sports Medicine and Rehabilitation	Days	Full-time
Programmer/Analyst	Information Systems	Days	Full-time
Registered Cardiac/Vascular Sonographer	Cardiopulmonary	Days	Full-time
Speech Pathologist	MDH Sports Medicine and Rehabilitation	Days	Registry
Surgeon	MDH General Surgery	Days	Full-time

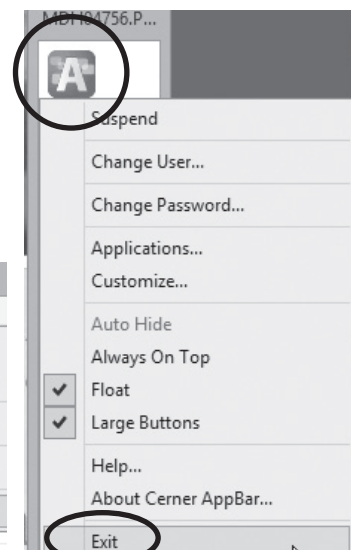
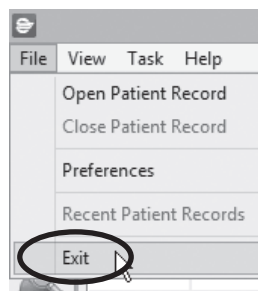
Full list also available online at www.MDH.org

As of February 14, 2020

Information Systems

Due to a Cerner update, the only way to exit AppBar is by clicking on the blue "A" and select exit.

Please also remember to always exit out of an exit door on the toolbar or going to "File/Task" > Exit when closing any Cerner application.



New Faces at MDH

MDH Welcomes New Employees



Katie Denney

Katie is the Employment Specialist in Human Resources. She is from Childress, TX and is married to Matt. They have one child, John. Katie enjoys spending time with friends and family.



Megan Dorsey

Megan is a CNA in Acute Care. She is from Sherrard and enjoys reading, painting, and spending time with family.



Samantha Peterson

Samantha is an Office Assistant in Family Clinic. She is from Colchester and has one child, Alan. Samantha enjoys reading.



Anthony Presley

Anthony is a Registered Nurse in Emergency Services. He is from Abingdon and is married to Rebecca. They have two children, Anthony and Makayla.

Makayla.

MDH Welcomes New Volunteers



Denzel Addo

Denzel is a WIU student majoring in Public Health. He is from Chicago and enjoys playing sports.



Zahar Chew

Zahar is a pre-med major at WIU. She enjoys spending time with her two-year-old, traveling, and watching Netflix.



Jeffrie Wallace

Jeffrie is from Macomb and is a Cubs fan.

A+ Achievement

Megan Clemens, FNP, GS-C is now certified by the Gerontology Nursing Certification Commission as a Gerontological Specialist-Certified (GS-C) by fulfilling their requirements and passing their certification examination. This specialty certification distinguishes APRNs who possess expert knowledge, experience, and skill in managing the complex health needs of the older adult.



Megan Clemens, FNP, GS-C

Emily Cousins, PT, DPT with MDH Home Health was part of a team of therapists which had an article published in the *Journal of Acute Care Physical Therapy*.

Rosa Feld passed the HT (ASCP) certification exam to work in Histology.

Jessica Prather, Medical Group RN graduated January 29 with a BSN from Western Governor's University.



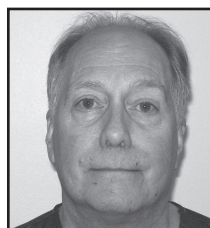
Rosa Feld, HT (ASCP)

Caught You Caring



Congratulations to all of the Caught You Caring recipients in January.

Below are the winners of the \$25 Gift Certificates:



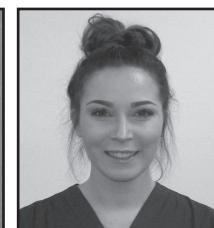
Bill Akers



Shannon Jackson



June Sapp



Olivia Sullivan

APPLE Winner January 2020



Shawna Sprinkle

Please join in congratulating **Shawna Sprinkle**, Registered Nurse in Obstetrics, on being named the recipient of the MDH APPLE Award for January. APPLE stands for “Achieving outstanding Performance in Patient care, Leadership, Loyalty and Enthusiasm for MDH”.

Shawna received her Bachelor’s of Nursing in May of 2016. She began working at MDH in March of 2016 as a Certified Nursing Assistant in Acute Care. Shawna then transferred to Obstetrics as a Registered Nurse in August 2016.

Shawna is constantly displaying positivity in the department. She works to motivate others around her. Shawna volunteers for projects and data collection when needed. She takes initiative and jumps in when she sees something that needs to be done. Shawna enjoys a challenge and the opportunity to research and learn. She always takes the extra time to teach new employees and makes a great team player.

Her nominator explains that Shawna has learned so much and grown in her few years here. She is very knowledgeable of the department. Shawna is a great Cerner resource when we need her. She takes her time working with new parents. Shawna steps up to help coworkers until the work is done. She is always bright and cheerful. No matter what is going on, having Shawna here makes it better.



Benefit Break...

Take a minute to learn more about your benefits and other HR issues.

Changing Your Tax Withholdings

Now that tax season is among us, you may want to adjust your tax withholdings or change tax exemptions. To make these changes, complete a Federal and/or Illinois W-4 form and submit to Human Resources.

An alternative way to reduce your taxable income is by increasing your pre-tax pension contribution. Your retirement contributions can be deducted from your paycheck on a pre-tax basis for federal and state withholdings.

If you have questions concerning this topic or any suggestions for future Benefit Breaks, please contact Human Resources at extension 13492.

Get Your Free Colorectal Cancer Kit!

In recognition of Colorectal Cancer Awareness Month, MDH is providing FREE Hemoccult-ICT test kits. These test kits are the first step in detecting colorectal cancer.

The Hemoccult-ICT is a screening, not a diagnosis for colorectal cancer. Those who are age 45 or older, or are at higher risk because of personal or family history of colorectal cancer or colon polyps, should consider this screening.

Free test kits are available through April 27.

**Kits are available at the following locations:
Admitting | Bushnell Family Practice | Family Clinic**

>>Did you know?

The American Cancer Society estimates that 147,950 people will be diagnosed with colorectal cancer and 53,200 could die from this disease in 2020.

Golden Apple Society Recognition Reception



The annual Golden Apple Society Recognition Reception was held on February 6 at the Macomb Country Club to honor 18 new pledges/members in 2019. Society members are individuals who support MDH with a pledge or donation of \$10,000 or more over the course of 10 years. Those recognized that evening were:

Diamond (\$30,000+)

Cathy Early and Virginia Diehl
David and Connie Garner
Dan and Linda O'Neill & family
Nicholas C. Pano, in memory of Joan A. Pano
K.T. and Betty Wright

Platinum (\$20,000)

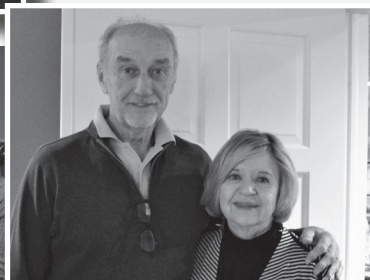
Matt and Vicky Kipling
Paul R. and Alene H. Reuschel
John E.* and Mary R. Warnock

Gold (\$10,000)

Tom and Gayle Carper
Brian and Patty Dietz
Laura Goebel, in honor of Hayden, Rowan & Rodney
Mike and Teri Hillyer
Fred and Nancy Jones
Sterling Kernek and Vicki Mayo
Bill and Angie Murdock
Kim Pierce
Bronson and LaDawna Royer
Marcia Twaddle & family

*deceased members

This group of employees and community members understand the importance of improving healthcare in our community and their support is much appreciated.



If you are interested in joining the Society with a pledge, gift, or payroll deduction please contact the Foundation office at extension 13496.

Recognition for Outstanding Customer Service

For the month of January, the Customer Service department would like to recognize and say thank you to **employees and physicians** for their outstanding customer service to patients.

The Press Ganey, Deyta (Hospice) and Patient Satisfaction surveys call attention to employees who demonstrate excellent customer service. Individuals recognized receive a customer service *Thank You Certificate* for their outstanding hard work.

Recognition for outstanding customer service goes to the following professionals:

Acute Care: **All Staff; Connie Elting; Sandy Theis**, RN

Emergency Services: **Dr. Maureen Payant-McKenna; Kaitlyn Damewood**, RN

Environmental Services: **Brenda Vaughn**

Home Health: **Karon Curtis**, RN; **Etta McHone**, CNA; **Danelle Smith**, Physical Therapist; **Jeanne Meehan**, Occupational Therapist

Hospice: **All Staff**

Hospitalist: **Dr. Patel; Dr. Nwafo; Megan Clemens**, NP-C; **Jodi O'Rourke**, NP-C

MDH Bushnell Family Practice: **Dr. Arnold**

MDH Family Clinic: **Dr. Minter**

MDH General Surgery: **Dr. Gonzales**

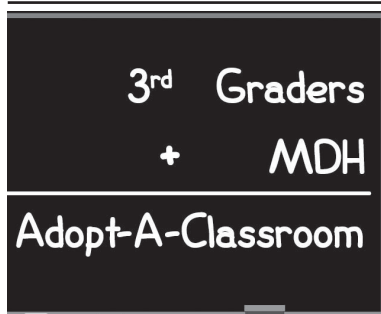
MDH Obstetrics and Gynecology: **Brenda Powell Allen**, WHNP

Nutrition Services: **Stephanie Courtois**, Coordinator; **Yagonda Stewart-Hall**, Diet Technician

Radiology: **Lynn Durso**, Tech; **Kristena Kessler**, Tech

Surgical Services: **Dr. Trost; Dr. Biagini; Dr. Gonzales; Karen Sedgwick**, CRNA; **Ashley Kessler**, RN; **Debra Bainter**, RN; **Debra Elsner**, RN; **Aaron Jones**, RN; **Andrea Sears**, Prep Aide

Congratulations to those recognized in this article and thank you for your ongoing commitment to providing an exceptional patient experience!



Each month during the school year McDonough District Hospital participates in the Adopt-A-Classroom program. This year MDH has adopted Mrs. Linda Poore's 3rd grade students at Lincoln School. A representative from MDH visits the classroom to educate students about various departments at the hospital.

MDH Pediatrics

Julie Bartlow CPNP-PC, NNP-BC, visited the students to discuss the role of nurse practitioners including education, what they do, and where they work. Students also had the opportunity to practice using some of nurse practitioners everyday tools - stethoscope and otoscope.

The class received MDH bags with activity pages as a souvenir.



March Calendar of Events



Chronic Pain Management Group

Mondays | 1-2 p.m.

Health Services Building 1, Auditorium, lower level
Sessions run through an 8-week course. For a free screening or more information, call MDH Behavioral Health Services at (309) 836-1582.

Anger Management

Wednesdays | 3-4:30 p.m.

Health Services Building 1, Group Room, lower level
Pre-registration is required. Insurance and financial assistance may cover costs depending on coverage. For more information or to register, call MDH Behavioral Health Services at (309) 836-1582.

Suicide Support Group

Monday, March 2 | 7-8 p.m.

Health Services Building 1, Auditorium, lower level
This open discussion support group is for anyone who has been affected by suicide. This group meets the first Monday of each month. For more information, call the MDH Behavioral Health Services at (309) 836-1582.

Childbirth and Infant Care: 4-Week L.A.T.E Class

Thursdays, March 5, 12, 19, and 26 | 6:30-8:45 p.m.

MDH Auditorium, lower level

During the classes, your instructor will explain the stages of labor: Latent, Active, Transition, and Expulsion (L.A.T.E.). They will incorporate not only breathing and relaxation techniques, but will teach you various labor positions to help make each phase of labor as manageable as possible. A tour of the Dolores Kator Switzer Women's Center will be included in this series. Free. Registration is required. For more information or to register, contact the MDH Obstetrics Department at (309) 836-1570.

Bereavement Support Group - New Horizons

Monday, March 16 | 3-4 p.m.

McDonough District Hospital, PDR, lower level
This open discussion support group is for adults who have experienced the loss of a family member or significant other. For more information, call The MDH Hospice at (309) 836-1543.

LIFE Course: Fall Prevention and Balance: How Can I Stay on My Feet?

Monday, March 23 | 10-11:30 a.m.

MDH Auditorium, lower level

Presented by Jen Wagoner, MPT, CVR, MDH Sports Medicine and Rehabilitation. Hear tips and suggestions

on how to make your home safer for mobility, how to reduce fall risks and how to get up after a fall. The course will then focus on the vestibular system and your inner ear and how these affect your balance or can cause dizziness and vertigo. Fee: \$5. For more information or to register, please call (309) 298-1911.

LIFE Course: Walking Without Aches and Pains

Tuesday, March 31 | 6-7:30 p.m.

MDH Auditorium, lower level

Presented by Amy Fansler Milas, PTA and Becky Watson, OTR MDH Sports Medicine and Rehabilitation. Learn how to start or enhance your current walking program. We will discuss the benefits walking has on your overall health. Joint preservation is key in everyday life activities. Learn tips and tricks to preserve your joints into the future. Fee: \$5. For more information or to register, please call (309) 298-1911.

March Meetings Calendar

Monday, March 9

Department of Medicine, 12 p.m., MDH Auditorium

Tuesday, March 10

- Credentials Committee, 7 a.m., PDR
- Department of Emergency Medicine, 12 p.m., MDH Auditorium

Thursday, March 12

Finance Committee, 7 a.m., TFBR

Monday, March 16

- Medical Executive Committee, 12 p.m., PDR
- Board of Directors, 5:30 p.m., TFBR

Tuesday, March 17

Department Directors, 2 p.m., MDH Auditorium

Thursday, March 19

Department of Obstetrics and Gynecology, 12 p.m., MDH Auditorium

Tuesday, March 24

- Medical Staff, 12 p.m., HSB 1 Auditorium
- MGOC, 5:30 p.m., TFBR

Monday, March 30

Medical Staff Quality Improvement, 12 p.m., TFBR

Your Heart. Your Health. *Close to Home.*



Keynote Speakers



Steven Krause, DO
Blessing Cardiology



Jeffrey Cook, MD
Blessing Cardiology



Peggy Jones, NP-C
MDH Cardiopulmonary

February 25
5:30 p.m.

Spoon River College Community
Outreach Center
2500 East Jackson St, Macomb

HEART-HEALTHY DINNER PROVIDED

Free and open to the public, doors will open at 5 p.m.

Hear from Blessing Cardiologists Dr. Steven Krause and Dr. Jeffrey Cook; MDH Cardiopulmonary's Peggy Jones, NP-C; and MDH Cardiac Rehabilitation as they present on services offered at McDonough District Hospital.

To RSVP, contact MDH Outreach Services at (309) 836-1584 or register online at MDH.org by Friday, February 21.

