

Sarah Schoper Salazar

**“I’m so
thankful
MDH
saved
my life.”**

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.

Patrick Osterman, Public Relations & Marketing Leader

Alexa Shaw, Public Relations & Marketing
Assistant/Graphic Designer

Erica Smith, Public Relations & Marketing Specialist

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



In June of 2018, McDonough District Hospital experienced a change in leadership in our President/Chief Executive Officer position while at the same time recognizing the second consecutive year of a declining financial performance that we have never experienced before. Mr. Brian Dietz was brought in as Interim President/CEO because of his extensive experience in hospitals of many sizes. We asked him to do a thorough analysis of our organization. He was to tell us what he found, and make suggestions for operational changes.

He has done that and the results are very enlightening. He has found multiple areas that we can address that will help us correct and improve our finances. As a result, we will continue to be independent and continue to make decisions for ourselves and not be controlled by outside health systems.

Our goal today is to seek the necessary clinical partnerships with larger regional health systems (i.e., Springfield Clinic, Blessing Health System, Hospital Sisters Health System (HSBS) and OSF HealthCare) so we can more effectively meet the growing health care needs of our community while remaining independent.

Since 2005, 124 rural hospitals have been forced to close, most because of increasing financial pressures. We used to be responsible only for issues within the hospital itself. Now increasingly we are responsible for outside provider's offices and even health care in the community at large. And we are being paid less and less by Medicaid, Medicare, and private insurance.

How do we proceed in this increasingly difficult health care environment?

The answer is that each of us need to do our jobs with competence and compassion. It is also important that we treat ourselves and each other as we expect to treat those who come to us for their care.

MDH is your hospital, and YOU make it what it is. For the past 41 years (and I hope for many more years), MDH is my hospital as well. I am proud of who we are and am so grateful for each of you who work so hard to make MDH the quality place it is!

Rick Iverson, MD
Chair, McDonough District
Hospital Board of Directors



Seasonal Allergens

Allergies are triggered when the immune system reacts to allergens like pollen, mold, and pet dander.

April showers bring May flowers – and a host of other seasonal allergens. Fortunately, the providers of MDH Ear, Nose and Throat (ENT) Jeffrey Sparks, DO, and Kamie McKee, APN, FNP-C, have received specialized training in allergy testing and immunotherapy. While ENT providers treat patients of all ages, this specific treatment is recommended for patients 10 years and older.

“We are excited to offer this new service to the residents of west-central Illinois. For people suffering from allergies on a daily basis, allergy testing and immunotherapy treatments haven’t been readily available to area residents in the past,” said Dr. Sparks.

In addition to cutting edge allergy treatments, MDH ENT offers several services including a variety of procedures able to be completed right in the office.



Jeffrey Sparks, DO



Kamie McKee, APN, FNP-C



Ear, Nose and Throat Clinic Services include, but are not limited to:

- Adenoidectomy
- Allergic Rhinitis
- Allergy Testing
- Balloon Sinuplasty
- Ear Tubes
- Endoscopic Sinus Surgery
- Hoarseness
- Immunotherapy
- Lesions on Face & Neck
- Nasal Obstruction
- Neck Mass
- Parotidectomy
- Septoplasty
- Sinusitis
- Sleep Apnea Surgery
- Stroboscopy
- Thyroid Surgery
- Tonsillectomy
- Tympanoplasty
- Vertigo

Sarah's Story

Not a life achievement you hear very often from adults. However, for Macomb resident Sarah Schoper Salazar life has been, in many aspects, a relearning experience.

On January 5, 2015, during a typical trip to the grocery store, Sarah began feeling ill. With her condition worsening, she drove herself to MDH.

"I parked as close as I could and walked a few steps towards the hospital. I remember telling myself to put my hand in the air and say 'I need help'. The next thing I remember, I woke up in a hospital bed."

Sarah was experiencing a pulmonary embolism, which led to her suffering a stroke - and her heart to stop beating.

According to her husband John, who was working in Monmouth at the time, "She actually sat down in the snow. Someone came out and asked if she needed help. They wheeled her straight into the ER seeing something was going on. The moment she got to the ER, she coded. They immediately began chest compressions and doing everything they could to save her. She was without a heartbeat for over 46 minutes."

When John arrived in Macomb he got a call saying the staff got a heartbeat back and Sarah was stabilized.

"I didn't know I had a stroke, I didn't understand what was happening or where I was. When you have a traumatic brain injury, you're like a baby... I kept waking up and it seemed like a brand new day to me. I had lost feeling to all of the left side of my body. I couldn't lift my head, my arm, my leg..."

After 46 days in the hospital, Sarah eventually returned home and began her next phase of recovery.

"I had John make appointments for me so I could keep my same rehabilitation schedule - continue with physical, occupational, and speech therapy. In Macomb, the only place you can get all three

services is at MDH. I already knew I wanted to go there because they saved my life," said Sarah. "I went to MDH starting in March 2015 and I still go there. I'm getting physical therapy, and if I need speech or occupational therapy I can ask my doctor to put in a request with my insurance."

Four years after her traumatic episode, Sarah continues on the road to recovery. She is thankful for the MDH community she has become a part of.

"I love going to therapy... if I don't go to the hospital I know I'll be missing out on seeing people I've gotten to know. We have a community where we talk to each other and see how each other are doing, and it's every sort of patient you can imagine.

"Our therapists are not just counselors or psychiatrists, I learned therapists are really caregivers in the truest sense of the word. They would ask: 'What things do you want to work on. What are your goals?' I wanted to get back to teaching, I knew to do that I needed to be in an environment that was going to have 10 things going on at once. They would set up the environment to simulate that. They came and watched me so they could give me feedback," said Sarah. "The desire to learn to ride a bike was my idea. I said to my therapist 'I want to learn how to ride a bike again.' I know I need to keep challenging myself. The relationship we have, I can tell them my goals and my therapist will spend time finding current research and creating exercises for me."

As she continues with her recovery, Sarah makes one statement perfectly clear.

"I'm so thankful MDH saved my life."

“My latest goal is I want to learn how to ride a bike.”



mdh Medical Group

Different name, but the great caring and personalized health care services provided to patients stays the same.

As part of ongoing marketing initiatives, McDonough District Hospital will rename the McDonough Medical Group (MMG). It will now be known as the McDonough District Hospital Medical Group.

The MMG name was originally created to place the physician practices in the same group as a division of McDonough District Hospital. According to Interim President/CEO Brian E. Dietz, FACHE, eliminating the MMG name and branding all physicians and clinics under McDonough District Hospital Medical Group clarifies to patients who specifically is providing the services.

“
By eliminating the MMG name, that clears up any confusion and helps our organization with any and all associated branding and marketing purposes.”

“Patients would see the MMG name and think they are dealing with an entirely different organization when in fact all staff, clinics, and services were affiliated with McDonough District Hospital. Now, by eliminating the MMG name, that clears up any confusion and helps our organization with any and all associated branding and marketing purposes,” said Dietz. “I anticipate changing our provider and clinical group to the MDH Medical Group name will help our branding and marketing objectives.”

MDH Medical Group,
clinics, and services:

MDH Behavioral Health
Services

MDH Bushnell Family
Practice

MDH Convenient Care

MDH Ear, Nose and Throat

MDH Family Clinic

MDH Foot and Ankle

MDH General Surgery

MDH Internal Medicine

MDH Obstetrics and
Gynecology

MDH Orthopedics and
Sports Medicine

MDH Pediatrics

MDH Psychiatry

MDH Urology

Health Matters

Thursday,
June 6

Cocktail Party and
Caddie Auction | 6-8 p.m.
Macomb Country Club

Ladies
Golf Classic
Save the
Dates

Friday,
June 7

Registration | 8 a.m.
Tee-Off | 9 a.m.
Macomb Country Club

For more information visit MDH.org or call MDH Foundation at (309) 836-1757.



LOCAL
POSTAL CUSTOMER

Accepting Patients

Whether you or your child are sick, or due for a routine check-up, our providers are close by with experienced, compassionate care. Same day appointments are available.

MDH Bushnell
Family Practice
(309) 772-9444

MDH Internal
Medicine
(309) 837-9926

MDH Family Clinic
(309) 837-6937

MDH Pediatrics
(309) 833-1729

