

# VITAL SIGNS



- ↑ Admitting/Registration
- ↑ Anticoagulation Clinic
- ↑ Cardiopulmonary
- ↑ Central Elevators
- ↑ Endoscopy Services
- ↑ Financial Services/Cashier
- ↑ Laboratory
- ↑ Main Lobby/Information
- ↑ Nuclear Medicine
- ↑ Obstetrics/Rooms 110-114
- ↑ Outpatient Services Waiting
- ↑ Radiology/X-Ray
- ↑ Sleep Lab
- ↑ Surgery/Recovery/PASS
- ↑ West Elevator

Floor 1

A Publication of McDonough District Hospital  
*Summer Issue 2015*



First Look at the New Addition...  
Pgs. 4 & 5



525 East Grant St.  
Macomb, IL 61455

www.mdh.org  
309.833.4101



Meet Our New  
Providers...**Pgs. 2 & 3**

Hospice Care is  
Who We Are,  
What We Do...**Pg. 6**

Ask the  
MDH Home Health  
Experts...**Pg. 7**

# 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 physician.

Anna Bradt, Public Relations & Marketing Leader  
Alexa Shaw, Public Relations & Marketing Assistant/Graphic Designer  
Jennifer Byers, Public Relations & Marketing Specialist

*Vital Signs* can be downloaded/printed from the website at [www.mdh.org](http://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

# Meet our new



## Weili Zhang, DO

McDonough District Hospital is pleased to announce the addition of Family Medicine physician Weili Zhang, DO to the McDonough Medical Group (MMG). Zhang joins Drs. Flores and Jalil inside the MMG Internal Medicine office September 28.

Dr. Zhang received a Bachelor's degree in Biochemistry from Bates College in Lewiston, Maine prior to her medical training. She completed a Doctorate of Osteopathic Medicine from Western University of Health Sciences in Pomona, California. Zhang finished a Family Medicine residency from Good Samaritan Regional Medical Center in Corvallis, Oregon in 2014. She is completing a two-year Integrative Medicine Fellowship from the University of Arizona, exploring alternative medicines that complement traditional practices for optimal health. Zhang has also been studying Clinical Homeopathic Medicine from the Center for Education and Development of Homeopathy in Chicago, Illinois.

Zhang has been practicing Family Medicine at Whole Family Integrative Health in Yorkville, Illinois since August 2014, integrating alternative medicine with conventional medicine. She is board certified in Osteopathic Family Medicine.

In her spare time she enjoys anime, renaissance fairs and spending time with her cat, Jenny. Her office will be located in Health Services Building 2, Suite 111. She is accepting patients 18 years of age and over. Call (309) 837-9926 for more information or to schedule an appointment.

# You're invited!

## Welcome Reception Tuesday, September 29

2:00 - 4:00 PM

Auditoriums A & B

Stop by to greet Dr. Zhang!

# providers



## Tammy Eckert, FNP

Tammy Eckert is a Family Nurse Practitioner working with the hospitalists in providing coverage for patient care in the Acute Care and Intensive Care units.

Tammy received her Master of Science in Nursing degree from the University of Cincinnati in Ohio. She completed a Family Nurse Practitioner practicum from Rosebud Health Care Center in Forsyth, Montana. Prior to becoming a Nurse Practitioner, Tammy worked as a registered nurse in the Robert H. Lurie Comprehensive Cancer Center at Northwestern University in Chicago, Illinois.

She is certified as a Family Nurse Practitioner by the American Nurses Credentialing Center. Tammy is a member of the American Nurses Association.

Tammy enjoys spending time with family and outdoor activities including; hiking, kayaking, fishing and camping.

## Save the Dates

**Making the Most of Your Knees: How you can improve your knee function.**

Presented by **Dr. Scott Urch**, Orthopedic Surgeon with McDonough Medical Group  
Tuesday, September 1 | 3:00-4:00 PM  
Spoon River College Community Room (309) 836-1584

### A 'GERD' Night's Sleep

Presented by **Dr. Tim Biagini\*** of GastroHealth of Illinois  
Tuesday, September 15 | 6:00-7:00 PM  
SRC (309) 836-3387

### Planning Ahead: How to start the conversation about your final wishes.

Presented by **Dr. George Roodhouse**, Hospice Medical Director, McDonough District Hospital  
Thursday, September 17 | 4:00-5:00 PM  
SRC Community Room (309) 836-1584

### Where Miracles Happen: Local Medical Advancements in Healthcare

Presented by **Dr. Tamara Smith**, Board Certified Obstetrician/Gynecologist with McDonough Medical Group  
Monday, November 2 | 1:00-2:00 PM  
SRC Community Room (309) 836-1584

\*Not employed by MDH



## Dr. Tamara Smith Obstetrics/Gynecology

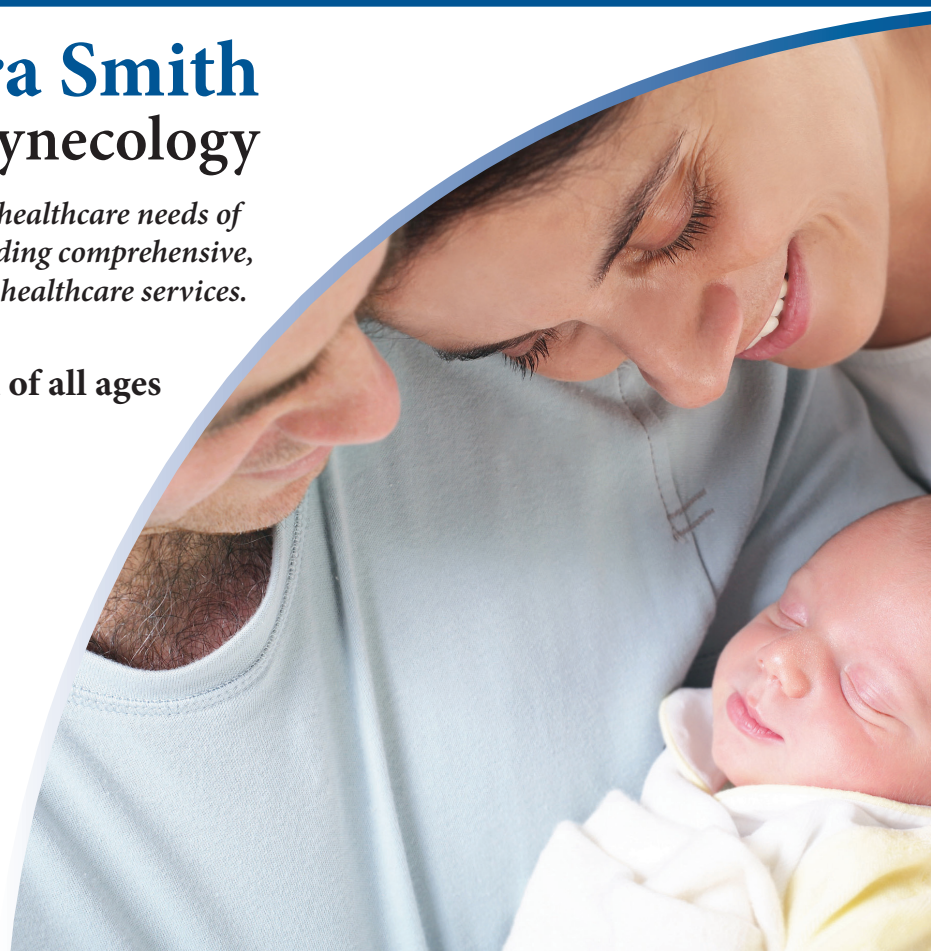
*Dedicated to meeting the healthcare needs of women of all ages by providing comprehensive, high quality, personalized healthcare services.*

### Providing personalized care for women of all ages

- comprehensive obstetrical/prenatal care
- gynecological care for all stages of life
- routine tests and ultrasounds
- minimally invasive surgery
- annual exams
- and much more

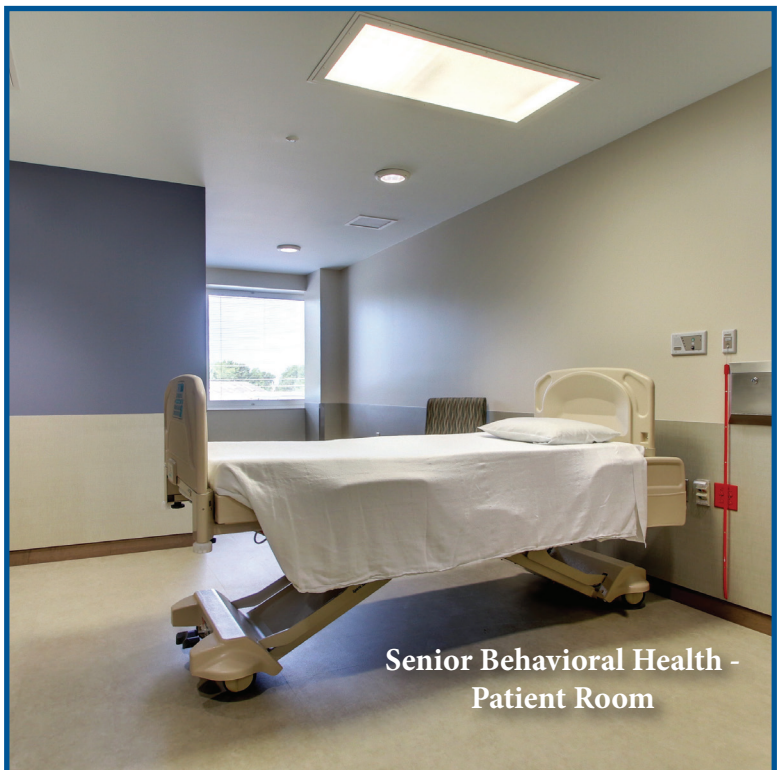
**Now providing outpatient services  
the 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each  
month in Rushville!**

Call (309) 836-6937 for more information.





Emergency Services -  
Registration/Waiting Rooms



Senior Behavioral Health -  
Patient Room



Emergency Services -  
Nurses Station

## Emergency Services

### First Floor

#### New space includes:

- 10 large private treatment rooms
- Direct access to diagnostic technology
- VIBE Comfort Room for family members during crisis situation
- 3 Trauma bays
- Pediatric and family waiting rooms

## MDH Senior Behavioral Health Unit

### Second Floor

Accepting patients, the Senior Behavioral Health Unit is designed as a 12 bed, short-term inpatient treatment program for adults 65 & over who are experiencing severe behavioral and/or emotional symptoms.

#### The program includes:

- Psychiatric assessment, diagnosis and symptom stabilization
- Medical management of secondary medical conditions
- 24-hour care
- Family education and support
- Individual, group, music, exercise and art therapies
- Follow-up care coordination

#### Symptoms to look for:

- Attempts or threats of suicide
- Confusion, disorientation, memory changes creating safety risks
- Abrupt changes in behavior
- Expressions of feelings of helplessness and/or hopelessness
- Difficulty with impulse control
- Uncharacteristic anger, irritability or agitation
- Assaultive behavior due to mental disorder or confusion
- Extended and extreme grief over a loss

*Our team is available 24 hours a day to help you with referrals, admissions and information by contacting the unit at (309) 836-1568.*

## Sports Medicine & Rehabilitation Services

### Third Floor

Our spacious new location has a great view and features including; new cardiac rehabilitation telemetry, a supported walking system, a fully-equipped ADL kitchen, private treatment rooms, isokinetic testing, pediatric waiting room and gym, hand/upper extremity exam and treatment room and a lymphedema treatment room.

To find our new location, enter through the new Emergency Services entrance, West of the current main entrance. Once you enter the first set of doors, go right and head down the corridor. The elevator will be on your left. Take the elevator up to the 3<sup>rd</sup> floor and exit the elevator to your right. The reception area will be waiting to assist you.

*Call (309) 836-1601 for more information.*



Sports Medicine &  
Rehabilitation Services -  
Gym

# Hospice Care is Who We Are, What We Do

Compassion • Love

Piano music and singing floated out the open window of Jen's home as I opened the car door. As the nurse knocked and opened the back door, she could see Jen and her best friend sharing the piano bench as they greeted her. Jen looked frailer, but there was a glow in her eye and the smile on her face told the nurse it was a good day.

Jen was diagnosed a year ago with liver cancer and recently found out her condition is terminal, with a probable life expectancy of 6 months or less. This 63 year old woman handled the news with a determination that her life was still one to live and she was making the most of every day.

Frequent visits by the hospice nurses, social workers, aides, minister and volunteer gave her confidence that she would be able to stay in her home during the final months, weeks, days and hours of her life. Hospice was unknown to her until a few weeks ago, but now she understood how this unique program would allow her to remain home surrounded by the people she loved. The hospice staff managed her pain and other symptoms with frequent monitoring and medication changes. They listened to her and empowered her in a caring and compassionate way to live her life doing the things she wanted to do as long as she could.

The MDH Hospice team at McDonough District Hospital has been touching the lives of patients like Jen since 1981. Care is primarily provided in the patient's home, but may be provided in nursing homes and assisted living facilities. The focus of care is to promote a sense of dignity and comfort during the end of life's journey by meeting each patient's unique needs through symptom management and support. A nurse is on call around the clock to make a visit, answer questions and address the changing needs of patients. Social workers provide emotional support and assistance accessing available resources including area clergy and bereavement. Trained volunteers make visits, offer a gentle hand easing discomfort for patients and do an array of tasks to make things easier for the family and caregivers.

*"Hospice is a journey that the people we meet are on and I want to make the last days of their life the best,"  
said volunteer Barb Walters.*

The MDH Hospice team encourages people to learn more about hospice care and how the compassionate care they receive from The MDH Hospice program can make a lasting impact on the patient and families under their care.

*"If I didn't have hospice to help me with everything, I would not have been able to take care of my husband at home. The Hospice staff was great and I'm very thankful for everything they have done."*

*"All the hospice people were very polite and did a great job!  
I really appreciate everything they did for us. They are Great!"*

**A hospital-based not for profit service, The MDH Hospice is accredited by The Joint Commission.  
To learn more about The MDH Hospice, call (309) 836-1543 or visit [www.mdh.org](http://www.mdh.org).**

# Home Health

## Ask the MDH Experts

	What's your favorite healthy snack?	What is your favorite childhood memory?	Who is your hero?	What three items would you take with you on a deserted island?	What's your favorite book and/or TV show?
 Karen Kelso, RN, BSN	Apples and carrots	Family vacations, swimming, horseback riding and penny hunts	Lily, my Golden Retriever - she is always happy to see me.	Bottled water, my pillow and chocolate	<i>Everybody Loves Raymond</i> - it makes me laugh
 Debra Pollock, RN	Raw green beans	Picnics at the river	My mom	I'm never going to a deserted island.	<i>So You Think You Can Dance...</i> because I can't!
 Danelle Smith, DPT	Toss up between grapes or apples with peanut butter	Cooking and gardening with family, and being pulled behind the three-wheeler	Jesus	Whatever the Girl Scouts recommend and pictures of my family	<i>The Big Bang Theory</i>
 Julie Trulson, RN	Almonds	Visiting my grandparents	My grandmother	If a boat wasn't an option; fishing pole, swiss army knife and a hammock	<i>Modern Family</i>
 Maresa Visel, DPT	Greek yogurt	Helping take care of my grandpa's carrier pigeons he raised and raced	Malala Yousafzai	A knife, matches and a big pot	<i>House Hunters International</i> on HGTV
 Michaell Zimmerman, RN	Homemade guacamole and whole grain tortilla chips	Planting flowers and gardening with my great-grandmother	All of the women in my family!	My kids, husband and... cheesecake!	<i>America's Got Talent</i>



**For information about Home Health Care and our service area visit**

1. [www.mdh.org](http://www.mdh.org)
2. Roll over Services
3. Click Home Health Care

*the care you need, the comfort of home*

LOCAL  
POSTAL CUSTOMER

# **mdh** Home Health

*the care you need, the comfort of home*

## **MDH Home Health provides:**

- Social services
- RN on call 24/7
- Skilled nursing care
- Certified nurses' aides
- Physical, Occupational and Speech Therapy
- Wound Care
- Admissions 7 days a week

