



LCHC Implements DAISY Award to Recognize Nurses



Nurses at Lucas County Health Center (LCHC) now have the opportunity to be honored with The DAISY Award for Extraordinary Nurses®. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate nursing care they provide patients and families every day.

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, by members of his family. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little known but not uncommon auto-immune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nurses may be nominated by patients, families, and colleagues. The award recipient is chosen by a committee at LCHC to receive The DAISY Award.

Awards are presented throughout the year at celebrations attended by the Honoree's colleagues, patients, and visitors. Each Honoree receives a certificate commending her or him as an "Extraordinary Nurse." The certificate reads: "In deep appreciation of all you do, who you are, and the incredibly meaningful difference you make in the lives of so many people." Honorees also receive a DAISY Award pin and a beautiful and meaningful sculpture called A Healer's Touch, hand-carved by artists of the Shona Tribe in Zimbabwe.

Said Bonnie Barnes, FAAN, President and Co-Founder of The DAISY Foundation, "When Patrick was critically ill, our family experienced first-hand the remarkable skill and care nurses provide patients every day and night. Yet these unsung heroes are seldom recognized for the super-human, extraordinary, compassionate work they do. The kind of work the nurses at Lucas County Health Center are called on to do every day epitomizes the purpose of The DAISY Award."

New Employees

Michelle Greathouse
ARNP, Hospitalist
Med/Surg

Aliicia Davis
LPN
Med/Surg

Rylee Mart
Registration Clerk
Business Office

Jacob Fletcher
Paramedic
ER/Ambulance

Shock Walk is October 20th

LCHC is gearing up for their "Shock Walk" 5K run/walk on October 20th. This event is designed to raise funds to purchase batteries and patches for AEDs in communities throughout Lucas County.

Registration is currently \$15 for kids (ages 12 and under) and \$20 for adults (ages 13 and over.) After September 30, the registration fee will increase to \$20 for kids and \$25 for adults. All ages are welcome and registrations received before October 11th will include a shirt.

"This 5K is a great way to give back to the community while taking care of your own health," says Darcy Juline, Education Manager at LCHC. "We have 30 AEDs in Lucas County and all money raised at this event will help ensure that those AEDs are well-maintained and ready for an emergency situation, should they be needed."

The run begins at 10 AM, with registration opening at 9 AM. Following the race, there will be awards, door prizes, and light refreshments. Participants will start the race at the Chariton Hy-Vee, turn west down Court Avenue, and then head down the Cinder Path, a beautiful nature trail perfect for a run or walk. The route will be lined with the faces of sudden cardiac arrest survivors, all of whom were saved by a good samaritan, an AED, and hands-only CPR.

Remember: Employees get 30 wellness points for participating.

Fall Into Huddles

- LCHC is celebrating Huddles and our communications improvement with "Fall Into Huddles" through the month of October.
- Beginning October 1st, we will have employees sign-in electronically at Huddles. This electronic sign-in will be done periodically to monitor attendance.
- Additionally, prizes will be awarded at random during Huddles.

Huddle Times:

Medical Clinic: Every day at 7:45 AM

Med/Surg: Every day at 3 PM

Finance: Tues., Fri. at 11:15 AM

Rad/ED/Amb/Lab: Mon., Tues., Thurs. at 11:15 AM

Diabetes Support Group

Lucas County Health Center's Diabetes Education department will offer free, monthly Diabetes Support Group meetings for those diagnosed with diabetes and their families. The support group will feature a short presentation followed by an open discussion.

The group meets on the second Tuesday of each month from 6:30 – 7:30 PM in the Education Room at Lucas County Health Center. The next meeting is Tuesday, September 11. Registration is not required.

For more information, please call Diabetes Education at (641) 774-3362 or visit www.lchcia.com.

Flu Shots



We will begin offering flu shots on September 24th. Employees can get their flu shot by stopping by Infection Control between 8:30 AM and 3 PM during the week OR having a float nurse administer the shot (when they are not busy.)

Remember, employees who do not get their flu shot must wear a mask beginning November 1st.

Upcoming Maintenance Projects

Maintenance has been busy working on several projects around the hospital, including updating our interior.

Upcoming projects include:

- ER/EMS nurses station remodel has been postponed until next spring.
- Texture/paint halls in Med/Surg
- Paint lower walls in Cardiac Rehab
- Install cabinets in Same Day Surgery area

If you have any questions about upcoming projects, contact Calvin Dyer in Maintenance.

HIPAA Reminder:

LCHC employees are reminded to be conscious of HIPAA policies to ensure the safety of our patients' protected health information.

If you have any issues, questions or concerns regarding HIPAA, please contact the following people:

HIPAA Privacy Officer - Terri McCurdy
HIPAA Security Office - Lori Johnson

You may also call our Anonymous Compliance Hotline at (641) 774-3290.

Healthier Habits: A Word From Our Dietitian



Keep watch for teal pumpkins this season! The Teal Pumpkin Project® is a safe and inclusive way for all to trick-or-treat throughout the Halloween season while promoting awareness of food allergies. Below are simple ways to participate:

1. Provide non-food treats which may include the following: stickers, pencils, bubbles, whistles, bookmarks, playing cards, and mini notepads. Be cautious of non-food items that may still contain food allergens (i.e. certain brands of moldable clay may contain wheat). Additionally, try to choose latex-free items.

2. Place a teal pumpkin in front of your home to indicate you have non-food treats available.

3. Add your home to the Teal Pumpkin Project® map.

4. Spread the word by sharing the Teal Pumpkin Project® with friends and family!

<https://www.foodallergy.org/education-awareness/teal-pumpkin-project>

The information is not intended as medical advice. Please consult a medical professional for individual advice.



Medicare Open Enrollment

The Medicare Open Enrollment period, October 15-December 7, is the one time all year when Lucas County residents can review and compare their current Medicare Part D drug plan or Medicare Advantage with new options for 2019—and make changes for 2019. They could find lower costs, better coverage, or both. Call or refer patients to SHIP at (641) 774-3226 for free confidential help comparing plans.

LCHC Center Receives \$150,000 USDA Grant to Support Emergency Medical Services

Lucas County Health Center (LCHC) has been selected to receive a \$150,000 Community Facilities Grant from the United States Department of Agriculture (USDA) to assist with the purchase of a new ambulance.

The hospital learned of the grant Thursday when Anne Hazlett, Assistant to the Secretary for Rural Development, made the funding announcement.

"It is crucial that our emergency department has the ability to respond to situations within our county," said JoBeth Lawless, Chief Nursing Officer. "This grant ensures that we can continue to focus on what is important – the care and safety of the communities we serve."

This particular Community Facilities Grant comes following an April announcement from the USDA to prioritize funding to address opioid misuse in rural communities. As the only

ambulance service in the county LCHC serves as the front line of defense and response to opioid use.

"The investments USDA is making in our community highlights their dedication to combating this epidemic," said Brian Sims, CEO. "This investment allows us to continue to provide life-saving emergency services in our county and strengthens our ability to respond when seconds matter."

Funding for this program was made available through the FY 2018 Omnibus spending bill. USDA is an important partner to rural communities addressing the national opioid emergency. The Department is investing in treatment facilities and services, e-Connectivity and telemedicine, and public education efforts.

Lucas County Health Center is a critical access hospital serving Chariton and all of Lucas County.

Kudos

Our family would like to thank the nursing staff, physical therapy staff, and the lab staff for the great care they always gave Tammy. Also the EMT staff who always willing helped assist her in getting in and out of the vehicle.

The family of Tammy Jeanes

Thank you for coming to the 4H sale this year and purchasing my market lamb. I really appreciate your support of the 4H program.

This was my first year in 4H. I learned a lot about my project and had fun learning new skills to utilize throughout my 4H years to come.

I plan on using the money from the sale of my lamb to help buy next year's animal. Thank you again!

Sayge Polo, daughter of Branigan Head

Thank you for the plant. Your thoughtfulness will always be remembered!

Cindy Gustafson

Emergency Room Staff and Ambulance Crew - Thank you so much for all the wonderful, kind care you gave to Jerry Howell on Monday, AUGUST 27th. We think you give great care and really care about the people you are helping. We also think Dr. Bogard is a wonderful, caring doctor. Lucas County is lucky to have such a professional staff working in their emergency room.

Jerry and Awanda Howell

	1	2 ACLS (Full Course) Education Room, 9 AM DAISY Award Kickoff Atrium, 6 - 8 AM, 1 - 3 PM, 6 - 7 PM	3	4	5	6
7	8	9 ACLS Renewal Education Room, 9 AM Diabetes Support Group Ed. Room, 6:30 PM	10	11	12	13
14	15 Mandatory Reporter Education Room, 1 PM	16	17 BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM	18	19	20 Shock Walk Chariton Hy-Vee 10 AM
21	22	23	24	25	26	27
28	29	30 Board Meeting Board Room, 6:30 PM	31 Managers Meeting Education Room, 2 PM			

Anniversaries

22 Years:

Steve Hoch - October 7

18 Years:

Denise Smith - October 23

11 Years:

Diane Carruthers - October 15

9 Years:

Christina Umbenhower - October 28

7 Years:

Heidi Alexander - October 17

6 Years:

Kerri Guthrie - October 8

5 Years:

Jenny Brown - October 30

4 Years:

Amanda Johnson - October 16

3 Years:

Lindsey Cronin - October 5

Amy Poncelow - October 5

Dr. McCune - October 26

2 Years:

Tracy Cavin - October 11

Brooklin Atwell - October 12

Jennie Hall - October 26

1 Year:

Dr. Williams - October 1

Birthdays

October 3 - Debbie Cockerham

October 4 - Shelley Quillin

October 5 - Cindy Gustafson

October 6 - Branigan Head

October 6 - Maxine Taylor

October 14 - Lori Boland

October 17 - Ben Shelton

October 17 - Lisa Clark

October 23 - Elena Ilyenko

October 24 - Jena Wiley

October 28 - Jim Cain



Specialty Clinic Schedule - October 2018

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	1
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	4, 15
	Cyndi Lister, HIS	(800) 233-4327	2, 16
	Michael K. Webb, AuD	(712) 623-4802	8
	Leah Uthe, AuD	(515) 225-2242	25
	Donal Welch, AuD, FAAA	(712) 366-0503	1
Cardiology	Martin Aronow, DO	(800) 670-9428	3
	Craig Hoffman, PA-C	(800) 670-9428	No clinic
ENT	Simon Wright, MD, PhD	(515) 223-4368	4
	Dave Wonnell, PA-C	(515) 223-4368	4
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Midwifery	Sharon Squibb, CNM, ARNP, NCMF	(515) 643-6869	10, 24
	UnityPoint Health	(515) 309-6011	2
Oncology	Seema Harichand, MD	(641) 774-8103	9, 23
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	5, 19
Podiatry	Randy Metzger, DPM	(641) 203-4664	2, 8, 9, 16, 22, 23, 30
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	15
	Dustin McCann, DO	(515) 875-9550	No clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Urology	Stephanie L. Pothoven, DO	(641) 774-3245	18
Vascular Surgery	Eric Scott, MD	(515) 875-9090	19
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays

**LUCAS COUNTY
HEALTH CENTER**

An Affiliate of  UnityPoint Health

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www.lchcia.com

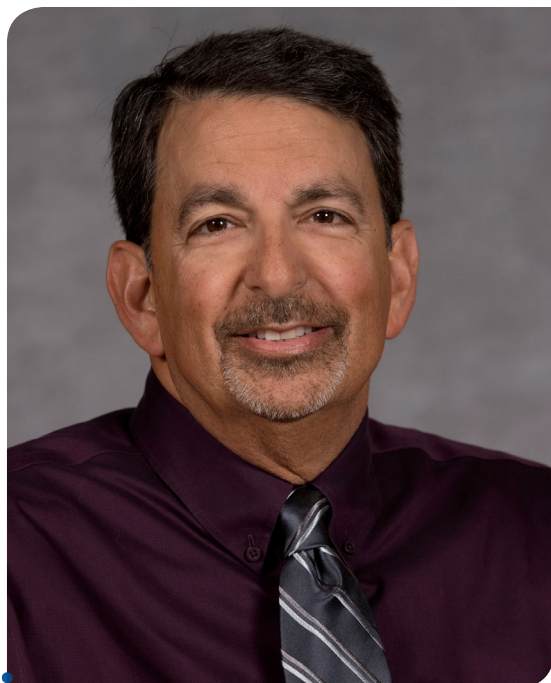
Stream of Excellence



Congratulations, Karmel Kemper!
Karmel was recognized by Cathy Heston who said "Thanks so much for helping the front desk - answering phones and more. We really appreciate it and you did an awesome job!"

Stream of Excellence forms are collected and put into a drawing to receive a \$10 gift certificate and a reserved parking space.

Provider Spotlight



Dr. Martin Aronow is a Des Moines native who has practiced cardiology in his hometown for more than 20 years.

A graduate of Roosevelt High School, Dr. Aronow earned an undergraduate degree from the University of Iowa, and a medical degree from the College of Osteopathic Medicine and Surgery in Des Moines (now named Des Moines University). He then completed an internship in internal medicine at Mercy Hospital in Des Moines; and an internal medicine residency and cardiology fellowship at the Cleveland Clinic.

Dr. Aronow began practicing with Midwest Cardiology, P.C. in 1979; the practice joined Iowa Heart Center in 2001. He currently practices at Mercy Medical Center – Des Moines.

Dr. Aronow sees patients once a month at LCHC's Specialty Clinic. To make an appointment, call the Iowa Heart Center at (800) 670-9428.

Stratus Video Interpreting Service

Our new interpreting service, Stratus Video, will be available for use on Monday, October 1st. To access these services:

- Use any phone and dial 833-625-9557. An operator will connect you with an appropriate interpreter, OR
- Use one of the Video Interpreting carts. We have two carts. One will be housed in the clinic and one in the ED. (These should be set-up and in their home areas by the middle of next week.) Any department that needs to use these carts may borrow the cart from one of these areas. Please make sure to return the cart when you are finished. These carts can be used for video interpretation and over-the-phone interpretation.

Other information:

- The operator or interpreter should ask you for your department number and a patient medical record number in order to track the services being provided to the patient. Additionally, please make sure to document in the patient's record that an interpreter was used in facilitating the visit and include the date/time of the call along with the interpreter name and #.
- Carts will need to be cleaned after each use. Please do not use disinfecting wipes on the screen of the iPad. The iPad screen should only be wiped clear of any fingerprints with a microfiber cloth.
- If you missed the training provided this week on Stratus Video, here is a video that will quickly walk you through how the system works:
<https://vimeo.com/252574435>
- Phone stickers will be arriving soon that can be used to place on or near phones in your areas. When these arrive, I will bring them by your areas.
- We are making a badge buddy card with information on interpretation services and will pass these out when they are finished.

If you have any questions, contact Lori Johnson at x3360.

A-Team Halloween

Pumpkin Decorating Contest

Each department will be provided a pumpkin for our contest! Departments are encouraged to decorate their pumpkin for entry to the contest. (However, if you would prefer to simply use the pumpkin as decoration in your department, that is fine too!) The department with the most votes for their pumpkin will win a pizza party! (Return pumpkins on Monday, October 30th. Voting on Tuesday October 31st with winner announced on Wednesday, November 1st.

Costume Contest

LCHC employees are encouraged to participate in our costume contest. Employees can participate as an individual or as a group! Pictures will be taken at 10 AM on Wednesday, October 31st. Voting will begin on October 31st with winner announced on November 1st.

Remember that we are representing the hospital every day when we are at work. With that in mind, employees are asked to be mindful of their attire, especially costumes, in their work environment.

Electrical Safety Tips for All Employees

- All biomedical and electrical equipment used in a hospital must be inspected and tested prior to use.
- All electrical devices that a patient may bring into the hospital need to be inspected and tested prior to use.
- Visually inspect all equipment for damage prior to use.
- Report all non-functioning or malfunctioning electrical outlets immediately to Maintenance and do not use the outlet.
- Do not use extension cords for permanent wiring.
- Unplug equipment by pulling on the plug, not the cord.
- Damaged or defective biomedical/electrical equipment must be removed from service, tagged, and reported for repair.
- Keep fluids, chemicals, and heat away from equipment, cords, and cables.
- Maintain sufficient access around equipment and panels for operations/maintenance.
- Do not touch energized/conductive surfaces with one hand while touching the patient with the other.

LCHC Provides \$5 Million in Community Benefit

Lucas County Health Center (LCHC) provides \$5,751,065 in community benefits to Lucas County, according to a recently completed assessment of those programs and services. That amount, based on 2017 figures, includes \$2,791,403 in uncompensated care and \$2,959,662 in free or discounted community benefits that LCHC specifically implemented to help Lucas County residents.

Community benefits are activities designed to improve health status and increase access to health care. Along with uncompensated care (which includes both charity care and bad debt), community benefits include such services and programs as health screenings, support groups, counseling, immunizations, nutritional services and transportation programs.

The results for LCHC are included in a statewide report by the Iowa Hospital Association (IHA) that shows Iowa hospitals provided community benefits in 2017 valued at more than \$880 million, including more than \$224 million in charity care.

The programs and services accounted for in the survey were implemented in direct response to the needs of individual communities as well as entire counties and regions. Many of these programs and services simply would not exist without hospital support and leadership, said IHA President and CEO Kirk Norris.

Uncompensated care (which is made up of both charity care and bad debt) also plays a role in overall community benefit for services provided by hospitals. Total uncompensated care in 2017 was valued at \$502 million. The survey also showed total Medicare and Medicaid losses (at cost) of \$226 million.

Charity care in Iowa hospitals has declined precipitously since implementation of the Affordable Care Act (ACA), including Iowa's expansion of the Medicaid program. Recent efforts in Congress to repeal the ACA and roll back expansion would not only leave tens of thousands of Iowans without insurance, but would financially endanger hospitals across the state, which is why IHA has strenuously opposed such legislation.

Iowa hospitals, which employ more than 74,000 people, continue to implement strategies that increase value to their patients and communities by offering high-quality care to individuals, addressing the health needs of communities and implementing process improvements that bend the cost curve. By seeking out ways to raise quality, reduce waste and increase safety, Iowa hospitals have become value leaders, as shown in multiple studies by the Dartmouth Atlas of Health Care, the Commonwealth Fund and others.

LCHC is continually looking for ways to improve the patient experience by increasing safety, improving quality, and reducing waste. By participating in the nationwide initiative, Partnership for Patients, LCHC is able to partner with hospitals across the nation to improve processes in regards to topics like patient falls, readmissions, catheter-associated urinary tract infections, and more. Working with an advisor, this partnership sparks discussions in regards to best practices and gives LCHC staff the tools to implement them.

These efforts, along with IHA's ongoing advocacy to create fairer payment methodologies from Medicare and Medicaid, help ensure the financial stability of hospitals, making it possible for them to provide the services and programs most needed by their communities.

Safety Committee

Safety is YOUR responsibility!

- Stretch and flex several times a day for your health and safety
- Don't be left in the dark...turn lights on where you walk!
- Feeling threatened or scared?
Pick up the phone, dial 69, and page Dr. Strong to your location.
Help will arrive immediately!
- Contact your Supervisor or the Safety Committee members with suggestions and/or safety concerns

• Committee Members Are:

Marian Holmes	Lori Johnson
JoBeth Lawless	Jayma Hoch
Joyce Dyer	Mark McCurdy
Angie Shriver	Amy McCurdy
Calvin Dyer	Shannon Holmes
Twillia Kruzic	Jessica Goben
David Cronin	

Common Reasons People Pass on the Flu Shot

Are you one of the vaccine holdouts? Below are five rebuttals to the common reasons people pass on the flu shot and risk infection.

I'm young and healthy. So what? Influenza can strike the healthiest of people and make them very sick. In 2010, the CDC's Advisory Committee on Immunization Practices issued a universal recommendation that everyone 6 months of age and older get the annual flu vaccine.

I never get the flu. Never say never. As Howard Koh, assistant secretary for health in the U.S. Department of Health and Human Services pointed out at the conference, "Flu season is predictably unpredictable." While 2011 may have been a mild season, think back to the deadly 2009 H1N1 pandemic, or just last year, when flu season hit early and intensely.

So what if I get the flu? I'm tough. Hypothetically, let's say you don't mind the fever, cough, sore throat, fatigue and other flu symptoms. You have no qualms with feeling sick enough to miss work or school. You're not even minutely concerned of complications that may result from the flu, such as pneumonia and bronchitis. Fair enough, but consider this: "We vaccinate not only to protect ourselves, but to protect the people around us," said William Schaffner, professor and chairman of the Department of Preventative Medicine at Vanderbilt University School of Medicine in Nashville, Tenn. "And when people realize that, 'Oh, [getting the vaccine] means I can't give influenza to any member of my family or co-workers or my pals the gym or whatever,' that gives them a lot of motivation, because no one wants to give anyone an illness."

I've gotten the flu shot before, and it made me sick. Some people insist you can get the flu from the flu vaccine,

which is flat out untrue. "It's an extraordinarily persistent urban and rural myth," Schaffner said. "Every study of influenza indicates that you can't get the flu from the flu vaccine. And it's not conceptually possible, either."

Schaffner, who is also the past-president of NFID, suspects two reasons for why people insist they get sick after receiving the vaccine. For one, there are a few minor symptoms some people experience after the injection, including soreness and a low-grade fever. But these symptoms are mild and don't last very long – and they certainly won't lead to the flu.

The other reason people may associate the flu shot with feeling sick? Schaffner pointed out that sometimes folks just happen to catch one of the many cold viruses that circulate and attribute it to the flu vaccination they received a few days earlier. But alas, the timing of the vaccination and catching the cold was just an unhappy coincidence.

The vaccine probably isn't covered by my insurance. Actually, under the Affordable Care Act, many health plans cover the influenza vaccine and other preventative services without charging a copay, given that the service is provided by an in-network provider. Read more about preventive care benefits at HealthCare.gov.

OK, OK, I'm convinced. I'll get the vaccine ... later. Nope, get vaccinated now. "You need to get vaccinated before you're exposed to influenza for the vaccine to work," said Anne Schuchat, assistant surgeon general and director of the National Center for Immunization and Respiratory Diseases. "So that first cough or fever is not the time to think about influenza vaccination. Today is the time to start thinking about it."

Or, as Koh succinctly summed up: "Don't hesitate; vaccinate."

Employee Benefit Education

Monday, October 15th

2:00-2:30 3:00-3:30 5:00-5:30

Conference Room A

Attendance Optional

Learn about changes for 2019 plan year!

- | | |
|------------|--|
| 15 minutes | Health, Dental, Vision, Life, Disability Insurances
Flexible Spending Accounts – Healthcare & Dependent Care
- Renee Walsh, Lamair-Mulock-Condon |
| 15 minutes | Employee Wellness Program
- Sydney Rhoades, Health Solutions |

Personal Assistance & Information Available 2:00 – 5:30

- Flexible Spending Accounts
- Health, Dental, Vision, Life, and Disability Insurances
- Group Universal Life Insurance
- Employee Wellness Program
- All State Insurances
Accident, Cancer, and Critical Illness
- Employee Assistance Program (EAP)
Telephone & In-person Counseling, Legal & Financial consultation
ID Theft Resolution, Eldercare consultation
- PTO/Vacation Pay Out Elections

Employee Wellness Screenings

Monday, October 22nd

Tuesday, October 23rd

Required to receive over \$1,000 discount in 2019 health insurance premiums

Eligible employees: Plan to enroll in LCHC's 2019 health insurance

Full time prior to 08-01-18

By Appointment Only – Sign up table outside Human Resources

NEW THIS YEAR: A1C testing - No nicotine testing