

Respiratory Therapists

70+ Total Years Experience

Kathy Semke - RCP
33 Years Experience



Shari Carroll - RCP
21 Years Experience



Monique Smith - RCP
17 Years Experience



Here at GCH, we offer high quality respiratory care. Care that is designed specific to your needs.

Contact us today!

641-332-3838

If you have problems with sleepiness, snoring, shortness of breath, coughing or morning headaches. Please call Guthrie County Hospital or your Physician to inquire about an evaluation.



The expertise you need. The personal care you want.

Respiratory Care Department ■ 710 N. 12th ■
Guthrie Center, IA 50115 ■ 641-332-3838

GCH Family Medicine

Great care ■ Friendly folks ■ Right here

A department of Guthrie County Hospital

Adair **Panora**
401 Audubon St. ■ 603 E. Main St.
641-742-1000 641-755-4000

Respiratory Care Services



The expertise you need. The personal care you want.

710 N. 12th ■ Guthrie Center, IA 50115 ■ 641-332-3838

Choose GCH for Respiratory Care

Respiratory Care

Nebulized Medications
Flutter Therapy
MDI Instruct & Administration
Aerosol Tent
Incentive Spirometry
Continuous Aerosol
Sputum Induction

Oxygen Therapy

Help Provide Home Oxygen Therapy

Pulse Oximetry

Pulse Ox Single Check
Pulse Ox with Exercise
Pulse Ox Overnight
Pulmonary Stress Simple

Other Respiratory

Breathing Exercise & Anxiety Reduction
Self Care Management
Consult/Assessment
Draw ABG's for Laboratory
Respiratory Care Home Visits

Asthma Education

What is Asthma?
Allergens
Irritants
Controller Medications
Rescue Medications
Asthma Action Plan
Peak Flow Monitor

Pulmonary Function Testing

Spirometry Before & After Bronchodilator
Basic Spirometry
Vital Capacity
NIF
Lung Volumes (Helium/Nitrogen)
Diffusing Capacity (DLCO)
Methacholine Challenge

Cardiac

12 Lead EKG
Holter Monitor
Event Recorder
BP Monitor
Assist with Stress Testing

Smoking Cessation

ALA– American Lung Association Freedom
From Smoking
Mayo Clinic Tobacco Cessation Program
Smoking Tobacco Cessation
Smokeless Tobacco Cessation (CHEW)

Sleep Studies

Polysomnography Sleep Stage
Polysomnography with CPAP/BiPAP

Do you or someone you know or care about have:

Excessive daytime sleepiness	Yes/No
Snoring, choking or gasping for air during sleep	Yes/No
Hypertension	Yes/No
Diabetes	Yes/No
Wake up with morning headaches	Yes/No

*If you answered yes to any of the above questions please contact GCH today at 641-332-3838

Pulmonary Rehabilitation Education

Living Well with Lung Disease
Managing Your COPD
Treatment Plan
Breathing Retraining
Exercise
Stress Management
Relaxation
Anxiety Reduction
Medications & Hygiene MDI Instruction
Healthy Choices
Nutrition
Advance Directives
Smoking Cessation

Do you or someone you know or care about have:

A cough that does not go away	Yes/No
Shortness of breath (Ex: Going up stairs)	Yes/No
An increase in sputum production	Yes/No
Wake up with morning headaches	Yes/No

*If you answered yes to any of the above questions please contact GCH today at 641-332-3838