

Community Connection

How does Sleep Affect Your
Heart Health?

WHAT'S HAPPENING?
SEE THE LATEST AT GUTHRIE
COUNTY HOSPITAL & CLINICS

MEDICAL MINUTES
LOOK FOR THE
SIGNS OF SEPSIS

FALL 2020

WWW.GUTHRIECOUNTYHOSPITAL.ORG



An Affiliate of  UnityPoint Health

SERVING GUTHRIE COUNTY IN THE FOLLOWING LOCATIONS

GUTHRIE COUNTY HOSPITAL

710 N. 12th Street
Guthrie Center, Iowa



GCH CLINICS—ADAIR

401 Audubon Street | Adair, Iowa



GCH CLINICS—PANORA

603 E Main Street | Panora, Iowa



GCH CLINICS—STAURT

312 N. Fremont Street, Suite A | Stuart, Iowa



GCH SPECIALTY CLINIC

710 N. 12th Street | Guthrie Center, Iowa

SUSPECT SEPSIS, SAVE LIVES

When minutes matter



"Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency." (CDC).

- **ANYONE** can get "sepsis."
- It can start **ANYWHERE** (skin, urine, lungs, bowels)

Left untreated, sepsis can quickly go from a mild, easily managed infection, to tissue damage, organ failure and possibly death.

Those most at risk:

1. Those who are 65 years of age and older,
2. Those with chronic health conditions (diabetes, lung diseases and kidney diseases).
3. Those with a weakened immune system (cancer patients and those who have a compromised immune system due to other conditions)
4. Those under the age of one.

Symptoms of sepsis are much like those experienced with infection, any infection. Many of these same symptoms are associated with a wide range of numerous other conditions, as well. This can make the diagnosis of sepsis very difficult, leading to a late or missed diagnosis.

Symptoms MAY include:

- Fevers/chills
- increased heart rate
- low blood pressure
- confusion/disorientation
- shortness of breath
- clammy/sweaty skin
- decreased urination
- possibly pain

There are some things that you can do to prevent sepsis.

1. Speak with your health care provider(s). Discuss concerns that you might have about your health conditions and what you and your provider can do to take the best care of you and these conditions. Be PROACTIVE.
2. Practice good hygiene Wash or sanitize your hands frequently. Bathe regularly. Monitor skin regularly for dryness, cracks, irritation, sores
3. Take all prescribed medications, as directed, especially and including ANTIBIOTICS!!!!
4. Avoid contact with those who are ill, especially if you know that you are a person at increased risk.

Lastly, if you suspect that you may have an infection or sepsis, it is VERY IMPORTANT that you speak with your health care provider, RIGHT AWAY!

SUSPECT SEPSIS, SAVE LIVES

When minutes matter



Treatment:

Sepsis is typically treated with IV fluid and antibiotics as soon as it is suspected. Sometimes people need other treatments such as use of oxygen to help maintain adequate oxygenation to their organs, a mechanical ventilator to assist with oxygenation and breathing, dialysis to assist the kidneys in removal of waste products, and/or medications to support blood pressure and blood flow to the organs.

What is being done:

Healthcare organizations and health care providers have been working together for many years and will continue to do so, so that Sepsis will be identified earlier to improve patient outcomes across the spectrum. Protocols are constantly changing to aid healthcare personnel in faster, more accurate and reliable identification of sepsis as well as initiation of treatment for sepsis as soon as it is suspected. You can be a vital asset in helping to identify a problem before it becomes sepsis.

For more information: www.cdc.gov | www.sepsis.org | www.nigms.nih.gov



Sara A. Van Effen, FNP-BC

WHAT IS SEPSIS?

Sepsis is the body's overwhelming and life-threatening response to infection which can lead to tissue damage, organ failure, and death.

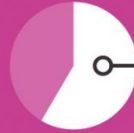
270,000

DEATHS IN UNITED STATES

8,000,000

DEATHS ACROSS THE GLOBE

EACH YEAR, MORE THAN 270,000 PEOPLE IN THE U.S. DIE FROM SEPSIS. WORLDWIDE, THAT FIGURE IS 8 MILLION.



65%

OF AMERICANS SAY
THEY KNOW THE WORD

**When it comes to sepsis, remember
IT'S ABOUT TIME™. Watch for:**

- T** TEMPERATURE - higher or lower than normal
- I** INFECTION – may have signs or symptoms of infection
- M** MENTAL DECLINE - confused, sleepy, difficult to rouse
- E™** EXTREMELY ILL – severe pain, discomfort, shortness of breath

NUMBER 1

- LEADING CAUSE OF DEATH IN HOSPITALS
- LEADING CAUSE OF HOSPITAL READMISSIONS
- SINGLE BIGGEST COST TO HOSPITALS
(\$27 BILLION PER YEAR)

IDENTIFY COMMON SYMPTOMS

AROUND 72% OF AMERICANS CAN IDENTIFY
STROKE SYMPTOMS, YET ONLY 12% CAN
IDENTIFY THE MOST COMMON SEPSIS SYMPTOMS

CONTAGIOUS?

39% OF AMERICANS **INCORRECTLY**
BELIEVE SEPSIS IS CONTAGIOUS



THERE IS NO SIMPLE TEST OR CURE FOR SEPSIS

SEPSIS CAN BE PREVENTED BY PREVENTING INFECTIONS AND **CAN BE TREATED**
SUCCESSFULLY IN MOST CASES WITH EARLY RECOGNITION AND TREATMENT.

SOUND THE ALARM

IF YOU SUSPECT YOU OR A LOVED ONE MAY HAVE SEPSIS,
SEE A MEDICAL PROFESSIONAL IMMEDIATELY OR CALL 911 AND SAY

“I AM CONCERNED ABOUT SEPSIS”

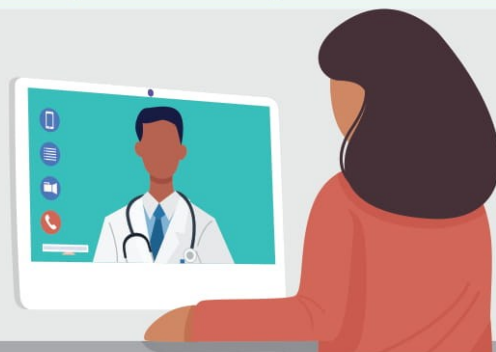
YOU CAN HELP
SAVE LIVES
FROM SEPSIS,
GET INVOLVED AT
SEPSIS.ORG

TELEMEDICINE - WHAT DOES IT MEAN AND WHY SHOULD YOU CARE?

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/global-covid-19/telemedicine.html>

WHAT IS TELEMEDICINE?

Telemedicine is the use of electronic information and telecommunication technology to get the health care you need while practicing social distancing. All you need is a phone or device with the internet to continue your medical care while protecting yourself and your healthcare provider from COVID-19. Speak with your doctor to determine whether telemedicine is appropriate for your health needs.

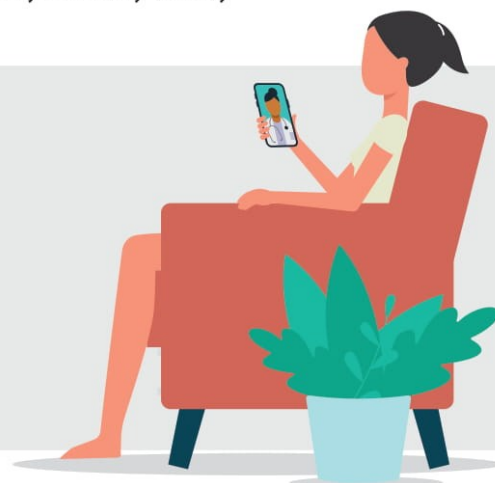


WHY TELEMEDICINE NOW?

To decrease your contact with healthcare facilities, other patients, and healthcare staff in order to reduce the risk of COVID-19 and keep you and your family healthy

WHAT ARE THE BENEFITS OF TELEMEDICINE?

- Allows you to talk to your doctor live over the phone or video chat
- Allows you to send and receive messages from your doctor using chat messaging or email
- Allows for remote monitoring of patients
- Save on travel time/ transportation costs
- Reduced wait time for services
- Reduced number of visits to clinic



WHEN CAN YOU USE TELEMEDICINE?

To contact your healthcare provider about the management of your health generally or about management of an existing health condition during the COVID-19 outbreak.

What types of care can you get using telemedicine?

- Screening for COVID-19, testing recommendations, and guidance on isolation or quarantine
- General health care (i.e. wellness visits, blood pressure control, advice about certain non-emergency illnesses, like common rashes)
- Prescriptions for medication
- Nutrition counseling
- Mental health counseling



HOW DO YOU CONNECT WITH A HEALTHCARE PROVIDER TO SCHEDULE A TELEMEDICINE VISIT?

Call your healthcare provider to check if they are offering telemedicine visits and what technology you need to have a telemedicine visit.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Pediatrics TESTIMONIAL



“I wanted to send a letter to Guthrie County Hospital in regards to the exceptional service that my daughter and I received from our pediatrician, Dr. Cody Silker. My daughter was very ill, and I had taken her to the clinic where I work for an early morning appointment we were prescribed antibiotics, subsequently, my 4-year-old developed hives everywhere and the clinic prescribed a different antibiotic. The next day, my daughter continued with a high fever and to decline in condition. This was the day before Thanksgiving and I called Dr. Silker's office where we were promptly seen, and Dr. Silker completed a comprehensive examination with cultures to rule out anything that was not being covered. At that time we discussed expectations and when the labs should be back after the holidays and when to go to the emergency room if my daughter's condition would decline any farther. On Thanksgiving, Dr. Silker personally called me to inform that my daughter had a specific pneumonia that would only be covered by a specific antibiotic that we needed to start and proceeded to call it in to a pharmacy asking if any were open in our small town or if we could drive and pick it up from the city. Our local pharmacy was open for one more hour and Dr. Silker called it in immediately and the medication was started. Within 48 hours we finally broke our fever 8 days of high fevers > 102.5 in a 4-year-old is pretty scary and Dr. Silker did everything in her medical training to help us and work together to resolve this mystery. I can never say thank you enough to Dr. Silker and her staff, it is a blessing to have Dr. Silker available close to us in our community. I do feel as though she went above and beyond especially on Thanksgiving Day, she was the one we were very thankful for!” - Aubrey M.

REQUEST FOR TESTIMONIAL

Please take a few moments to describe your experience with us and our ability to provide excellent care to your needs. Thank you!

Name of Employee(s) who helped you at GCH: _____

Testimonial: _____

Mail your testimonial to:

Guthrie County Hospital

710 N. 12th Street

Guthrie Center, IA 50115

or email your testimonial to emily.mccolloch@gcho.org

I hereby authorize Guthrie County Hospital and Clinics to use the above statement in any manner they deem appropriate for marketing purposes.

Name

Contact Preference (Phone or Email)

Signature

Date

DEPARTMENT SPOTLIGHT

CLINICAL SAFETY, QUALITY, AND COMPLIANCE (CSQC)

Who is in your department and how many years of experience?

DeeAnn Wedemeyer Oleson, PharmD, MHA, CPHQ (20 years of service)

Director of Pharmacy / Director of Clinical Safety, Quality and Compliance

Kim Simmons, RN (3 years of service)

Employee Health, Infection Prevention and Outpatient Services Coordinator

Danielle Lauzon, CMA, CPHQ (12 years of service)

Clinical Safety and Quality Coordinator

Grand Total of 35 years at GCH

What services does your department provide?

The Clinical Safety, Quality, and Compliance (CSQC) department is responsible for quality programs. The Clinical Safety and Quality Coordinator oversees GCH's internal continuous quality improvement (CQI), as well as reports GCH's quality of patient care, infection prevention, and patient satisfaction data to national entities. The Infection Prevention and Employee Health Nurse ensures adherence to best practices for infection control, and leads the employee health program. The Director of Clinical Safety, Quality and Compliance organizes and facilitates hospital survey preparedness and risk management activities, as well as coordinates GCH's policy and procedure development and review process. The CSQC department works in partnership with patient care departments to create and implement patient safety initiatives. The CSQC department also coordinates the GCH Quality Team, a multidisciplinary committee that meets monthly to discuss current work around quality, safety, risk management, and clinical regulatory compliance.

How does Sleep Affect Your Heart Health?



Getting good sleep isn't just important for your energy levels—it is critical for your heart health, too. Learn how sleep is connected to heart health.

Sleep is not a luxury. It is critical to good health. Sleep helps your body repair itself. Getting enough good sleep also helps you function normally during the day.

How much sleep do I need?

Most adults need at least 7 hours of sleep each night. However, more than one in three American adults say they don't get the recommended amount of sleep. While this may be fine for a day or two, not getting enough sleep over time can lead to serious health problems—and make certain health problems worse.

What health conditions are linked to a lack of sleep?

Adults who sleep less than 7 hours each night are more likely to say they have had health problems, including heart attack, asthma, and depression. Some of these health problems raise the risk for heart disease, heart attack, and stroke. These health problems include:

- **High blood pressure.** During normal sleep, your blood pressure goes down. Having sleep problems means your blood pressure stays higher for a longer amount of time. High blood pressure is one of the leading risks for heart disease and stroke. About 75 million Americans—one in three adults—have high blood pressure.
- **Type 2 diabetes.** Diabetes is a disease that causes sugar to build up in your blood, a condition that can damage your blood vessels. Some studies show that getting enough good sleep may help people improve blood sugar control.
- **Obesity.** Lack of sleep can lead to unhealthy weight gain. This is especially true for children and adolescents, who need more sleep than adults. Not getting enough sleep may affect a part of the brain that controls hunger.

What sleep conditions can hurt my heart health?

Over time, sleep problems can hurt your heart health.

Sleep apnea happens when your airway gets blocked repeatedly during sleep, causing you to stop breathing for short amounts of time. Sleep apnea can be caused by certain health problems, such as obesity and heart failure. Sleep apnea affects how much oxygen your body gets while you sleep and increases the risk for many health problems, including high blood pressure, heart attack, and stroke. It is more common among blacks, Hispanics, and Native Americans than among whites.

Insomnia is trouble falling sleep, staying asleep, or both. As many as one in two adults experiences short-term insomnia at some point, and 1 in 10 may have long-lasting insomnia. Insomnia is linked to high blood pressure and heart disease. Over time, poor sleep can also lead to unhealthy habits that can hurt your heart, including higher stress levels, less motivation to be physically active, and unhealthy food choices.

What can I do to get better sleep?

- Stick to a regular sleep schedule. Go to bed at the same time each night and get up at the same time each morning, including on the weekends.
- Get enough natural light, especially earlier in the day. Try going for a morning or lunchtime walk.
- Get enough physical activity during the day. Try not to exercise within a few hours of bedtime.
- Avoid artificial light, especially within a few hours of bedtime. Use a blue light filter on your computer or smartphone.
- Don't eat or drink within a few hours of bedtime, especially alcohol and foods high in fat or sugar.
- Keep your bedroom cool, dark, and quiet.

Work with your health care team to identify obstacles to good sleep, including other medical conditions.

Source: Centers for Disease Control & Prevention (CDC)



Do you snore, wake up frequently at night, or are you always tired? If so, Guthrie County Hospital can help you! We provide on-site or in-home sleep studies with the services of a sleep specialist.

For more information, call our Specialty Clinic at 641-332-3900

COVID-19 UPDATE

SNEAKERS CAFÉ TO REMAIN CLOSED

At Guthrie County Hospital, our highest priority is the safety and well-being of our members, patients, staff and communities. At this time, the Sneakers Café will remain closed to the public. We will re-evaluate this decision at the end of October. Sneakers Café is still providing curbside delivery for breakfast and/or lunch by calling (641) 332-3818.

We appreciate your continued patience and understanding during this unprecedented time.

If you have any questions, please call (641) 332-3818.

HOW YOU CAN HELP

SEWING PPE—Guthrie County Public Health is accepting hand sewn face masks and gowns. The safety of our patients and staff is our top priority. We are not out of PPE, but we would like to have this as an option for our patients and staff. Visit www.guthriecountyhospital.org for patterns of masks and gowns. You can deliver these items to Guthrie County Public Health but please call ahead as the doors are locked. Their phone number is (641) 747-3972.

RESOURCES

- **YOUR LIFE IOWA**—Everyone needs help sometimes. Iowa Department of Public Health has created YourLifelowa.org so Iowans can chat live, text, or call and get reliable information and treatment options, and find nearby help. We are your everyday life support. Visit YourLifelowa.org, call 855-581-8111 or text 855-895-8398.
- For up-to-date local information on COVID-19, visit adairguthriecountycovid.org.
- Discover the latest resources, maps, and information about the coronavirus (COVID-19) outbreak in your community. For more information visit, coronavirus.iowa.gov.
- **Questions about COVID-19?** Call Guthrie County Hotline at (833) 833-4600 or call Adair County Public Health at (641) 743-6173

Stop the spread of germs that can make you and others sick!



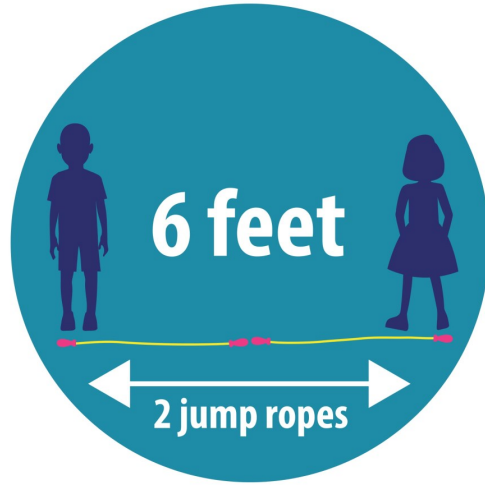
Wash your
hands often



Wear a mask



Cover your coughs
and sneezes



Keep **6 feet** of space
between you and
your friends

What's happening at Guthrie County Hospital & Clinics?



THE
GIVING
TREE

GCH CLINICS OUTREACH

GCH Clinics in Stuart is sponsoring "The Giving Tree". See the next page for more details.

GCH CLINICS IN STUART ADDS A NEW PROVIDER

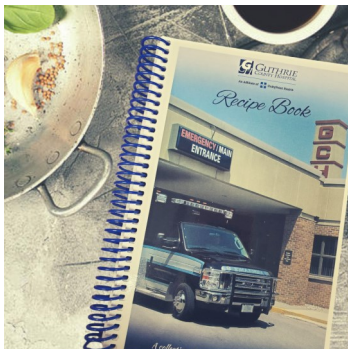
GCH Clinics is pleased to welcome Carly Schwartz, ARNP, to GCH Clinics in Stuart. Schwartz joins Dr. McCleary and Dr. Silker in providing care for the entire family at the Stuart location.

Schwartz attended Western Governor's University for her Bachelor Degree in Nursing. She received her Master's Degree of Nursing—Family Nurse Practitioner from Morningside College.



"I am excited to start my new position with Guthrie County Hospital and Clinics. I am drawn to family practice as a primary care provider because it is important to me to create and maintain positive relationships with patients as a manager of care in the primary role. I chose this position as this organization has a "small town" feel that I am drawn to because of the ability to get to know patients and their families. My practice as a nurse practitioner centrally revolves around the idea of partnership with patients, families and other healthcare professionals involved in your care. I look forward to meeting you and creating an encouraging environment cultivating support, education and meeting your healthcare needs at a personal level," stated Carly Schwartz, ARNP.

Carly is now accepting new patients. To schedule your appointment with her or any of our Stuart providers, please call GCH Clinics at 515-523-8050.



ORDER YOUR GCH COOKBOOK

Exhausted all your recipes because of all your extra time at home? Order your GCH Cookbook! \$10 each or buy 4, get 1 free. Available at Crafty's Coffee (Panora), People's Bank (Guthrie Center), or call Sneakers Café at (641) 332-3818.

This cookbook includes great recipes from employees, Auxiliary, Foundation and Hospital Board members!

"HERE'S TO YOUR HEALTH" EPISODES ON FACEBOOK

Check out our second "Here's to Your Health" episode on our Facebook page. This month's episode features Carly Schwartz and her nurse, Kathy, where they discuss what Sepsis. Every month we will feature a different provider and topic. Stay tuned!

"DID YOU KNOW..." WEDNESDAY ON FACEBOOK

Every Wednesday we will give a "Did you know" fact about Guthrie County Hospital & Clinics.



FOLLOW US
ON FACEBOOK

@GUTHRIE COUNTY HOSPITAL



THE GIVING TREE

GCH CLINICS IN STUART IS SPONSORING "THE GIVING TREE"

GCH Clinics in Stuart will be accepting donations of hats, mittens, scarves from September 15 - October 15.

You can drop your donation off in the entryway of clinic where there will be a dropbox.

Donations will be given to West Central Valley Elementary in Dexter & Stuart.

If you have any questions, please call 515-523-8050.



*312 N. Fremont St., Suite A, Stuart, IA 50250
515-523-8050*

Gout is a commonly occurring type of arthritis. It is characterized by the sudden onset of severe pain, redness and swelling of a joint, frequently the big toe. It often awakens people from sleep due to the pain, and many state that even the light weight of a sheet on their toe causes discomfort. The episodes of gout occur intermittently and may last for several days.

High uric acid levels in the blood and tissues causes gout. The crystals of uric acid are deposited in the joints which causes pain and/or the kidneys causing kidney stones. These crystals can permanently be deposited in joints after multiple attacks and cause damage and pain to the joint.

There are three primary causes of high uric acid levels:

- Some people produce too much uric acid for unknown reasons. Gout occurs more often in men and women who have gone through menopause.
- Others do not get rid of enough uric acid due to kidney disease, certain medications, sudden weight gain, or alcohol use.
- Diet high in purines. Purines are broken down by the body into uric acid. High purine foods include nuts, red meat, organ meats, seafood, beer, and alcohol.

Treatment for acute attacks includes medications such as Naproxen, prednisone, or colchicine.

Prevention:

- low purine diet
- stay hydrated with plenty of water
- limit alcohol
- stay at a healthy weight
- if gout attacks are continuing to occur with the above measures, a prescription medication called allopurinol can help lower the uric acid levels.

If you have any questions about gout, please call or visit any of our GCH Clinics.



Cindy Peterson, ARNP

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your doctor before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

When you make time for a
mammogram, you make
time for a lot more.

**1 IN 8 WOMEN WILL BE DIAGNOSED
WITH BREAST CANCER IN THEIR LIFETIME**

Call (641) 332-3806 to schedule your mammogram screening.

Do it for *yourself* and for those who count on *you*!