

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

Community Connection

Learn more about
OCCUPATIONAL THERAPY

WHAT'S HAPPENING?

SEE THE LATEST AT GUTHRIE
COUNTY HOSPITAL & CLINICS

MEDICAL MINUTES

HANDS-ONLY CPR

SPRING 2021

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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

HANDS -ONLY CPR

Great strides have been made in recent years to prevent death from heart problems, however, sudden cardiac arrest (when the heart stops beating) is still one of the leading causes of death in the United States. More than 350,000 cardiac arrests occur outside of the hospital each year, about 70% of those occur at home and nearly 20% of those occur in a public setting.

Immediate CPR, or cardio-pulmonary resuscitation, can double or triple a person's chance of survival. However, the 2017 Heart Disease and Stroke Statistics stated that among the 356,000 victims of out-of-hospital cardiac arrests that occurred, only about 45% received bystander CPR. Sometimes, people don't act because they are afraid of doing the wrong thing, but **recognizing that something is wrong and getting help on the way by phoning 9-1-1 are two of the most important things you can do.** A 9-1-1 dispatcher will guide you in the next steps you can take to help the person. Iowa's Good Samaritan Law provides legal protection to individuals that provide emergency assistance.

Compressions during CPR is one of the most important aspects of a successful resuscitation as it allows blood flow to continue to the person's vital organs. **Hands-Only CPR (or Compressions-Only CPR) is CPR performed without giving breaths and has proven to be very effective for victims of cardiac arrest that occur at home, at work, or in public.**

There are two main steps with Hands-Only CPR:

1. **Call 9-1-1**
2. **Push hard and fast in the center of the person's chest.** Hands-only CPR is performed with **continuous compressions** because there will not need to be breaks to give breaths.

To provide high-quality compressions, make sure that you

- **Provide compressions that are deep enough.** You need to push hard enough to pump blood through the body. People often don't push down hard enough because they're afraid of hurting the person. It is better to push down too hard than not hard enough, and it is unlikely that you will hurt the person by doing compressions.
- **Provide compressions that are fast enough,** at a rate of 100-120 compressions per minute. We all know the song "Stayin' Alive" by the Bee Gees. When you push on the chest at a rate of 100-120 compressions per minute, that would correspond to the beat of this song.
- **Let the chest come back up to its normal position after each compression.** This allows the heart to fill back up with blood before being pushed out again through the body.

When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby. Please take a couple of minutes and go to YouTube and search "Hands-Only CPR Instructional Video" from the American Heart Association. Feel free to share it with your family and friends.

If you are interested in receiving more formal training on CPR at Guthrie County Hospital, please contact Michaela Shriver at (641) 332-3802 to sign up for a class.



Kassie Cline, RN BSN
BLS and ACLS Instructor

DEPARTMENT SPOTLIGHT

MEDICAL IMAGING DEPARTMENT

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

Sarah, Kevin, Jan, Mary and Megan

Collectively as a department, we have more than 133 years of experience in healthcare. 86 years combined here at GCH.

What services does your department provide?

General x-rays, Fluoroscopy, CT, Bone Density, 3D Mammography and Ultrasound. Mobile services provided: Echoes, MRI and Nuclear Medicine.

Why do you choose Guthrie County Hospital & Clinics?

- Small town atmosphere, more personal care to our patients
- Enjoy working with co-workers
- Moved to the area to be closer to family & friends
- Convenient, work in the town I lived in
- Serving in the community that I live in.

Testimonial:

We were at the ER and we got very good care from the staff. Our process went very smoothly with the X-ray and the staff know what they are doing.

Kathy A.

DIABETES EDUCATION DEPARTMENT

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

Christine, Michaela, Carol, Dr. Strehle, Addison, Jackie, Anna, and Stephaney

Combined 68 years of service with GCH.

What services does your department provide?

Our department provides Diabetes Self-Management Training classes to those diagnosed with Type 1 or Type 2 Diabetes. These classes include nutrition counseling and meal planning, information and consultations on diabetes medications, and ongoing support for the management of diabetes. We also host a quarterly Diabetes Support Group that is free to the public to attend. Our next Support Group is planned for Thursday, May 20, 2021 at 7:00 p.m. in Sneakers Cafe.

Why do you choose Guthrie County Hospital & Clinics?

The small community environment of Guthrie County allows us to provide the best, personalized care for each patient.

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

Diabetes & Sleep Apnea

According to the National Institutes of Health (NIH) nearly 26 million Americans have diabetes, with an additional 79 million American adults having prediabetes. As a diabetic, regulating blood sugars is hard enough, especially if the additional component of sleep apnea lingers. Sleep apnea is a sleep-related breathing disorder where a temporary airway collapse either restricts or stops the individual's airflow during sleep.

During the airflow restriction the blood oxygen levels usually drop, the brain tells the body it needs to breathe, and the individual awakens; usually gasping for air. This cycle often occurs multiple times throughout the night placing strain on the endocrine system, which is responsible for insulin levels and control. Studies state that these cycles of oxygen level drops and fragmented sleep from the awakenings may also lead to developing or aggravating type 2 diabetes.

According to the Diabetes Action Network, up to 90% of people who have obstructive sleep apnea are unaware they have it, with many of these also being diabetic. The symptoms of sleep apnea are many, with some of them being:

- Loud Snoring
- Excessive Sleepiness
- Observed Pauses in Breathing
- Morning Headaches
- Lack of Energy
- Frequent Nighttime Urination
- Difficulty Concentrating and Irritability
- Comorbidities

A type 2 diabetic with obstructive sleep apnea, who receives therapy for their sleep apnea, can lower their glucose levels. Studies have proven when a sleep apnea sufferer wears a CPAP (continuous positive airway pressure) for at least four hours a night they show a significant reduction in their glucose levels and for some a reduced need for medication.

The gold standard of treatment for sleep apnea is a CPAP machine. This treatment involves wearing a mask to supply a steady flow of air to prevent the airway from collapsing. This allows the body to be adequately oxygenated, helps eliminate the frequent awakenings, and reduces the risk for comorbidities such as diabetes.

If you have questions, talk with your health care provider or call (641) 332-3838 to discuss with our Respiratory Therapist.

Amber Brown CCT, RPSGT

Director of Clinical Operations - SomniTech

*Pandey, Demede, Zizi, Haija, Jean-Louis, & McFarlane (2011). Sleep Apnea and Diabetes: Insights into Emerging Evidence. *National Institutes of Health*. 11(1), 35-40. Doi:10.1007/s11892-010-0164-9. Retrieved from www.ncbi.nlm.nih.gov

*Diabetes Action Network of the National Federation of the Blind Diabetes Support and Information. (2005). 20(4).

COVID-19 UPDATE

GUTHRIE COUNTY HOSPITAL SERVICES UPDATE

At Guthrie County Hospital, our highest priority is the safety and well-being of our members, patients, staff, and communities.

Effective May 1st, 2021, Guthrie County Hospital & Clinics will have the following changes:

- **The process with how patients & visitors entering the hospital and clinics are screened.**
 - Outpatients (clinic, radiology, lab, therapy, etc.) and their visitors will be asked the screening questions but will NOT have their temperature taken.
 - Inpatients, ED patients, and their visitors will be asked the screening questions AND will continue to have their temperature taken, due to the nature of their visits.
- **Sneakers Café**
 - Sneakers Café located within Guthrie County Hospital (GCH) will be re-opening to the public for breakfast. We will remain closed to the public for lunch due to the requirements by Elderbridge Agency on Aging. Sneakers Café is still providing curbside delivery for lunch by calling (641) 332-3818. We will re-evaluate opening for lunch at the end of May.
 - Elderbridge Agency on Aging is a senior nutrition program that GCH participates in which provides health well-balanced congregate and home-delivered meals to diners who meet the participation guidelines.
 - If you have any questions, please call (641) 332-3818.

Effective May 24th, 2021, Guthrie County Hospital & Clinics will have the following changes:

- **Courtesy Van Services**
 - GCH will be returning to volunteer drivers for the courier van service starting May 24th. Each volunteer will have been vaccinated, and both the driver and the rider will be required to wear a mask. We will be limiting the number of riders to one per trip for the time being.

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

COVID-19 UPDATE

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

WHAT IS OCCUPATIONAL THERAPY?

Answering the six Qs—what, why, who, when, where, and how—about occupational therapy.

What is Occupational Therapy?

Your life is made up of occupations—meaningful everyday activities. These occupations can include many roles, such as being a parent, a friend, a spouse, a tennis player, an artist, a cook, or a musician. We generally we don't think about our daily occupations until we have trouble doing them. Everyone has occupations—from the toddler whose occupations are play and learning to develop important skills, to the older adult whose occupations are engaging with family and friends and managing his or her home. If you are recovering from an accident or injury, your valued occupations may be disrupted. Occupational therapy incorporates your valued occupations into the rehabilitation process.

Why would I need Occupational Therapy?

Imagine if an accident, injury, disease, or condition made it difficult for you to participate in your daily activities. A wrist injury means that getting dressed in the morning is painful. Arthritis makes driving challenging. Autism may hinder a child from interacting effectively with classmates. A traumatic brain injury keeps a wounded warrior out of active duty because of difficulties with memory and organizational skills. Or a small change in your activities or the environment could prevent a future condition (such as using ergonomics at work to avoid injury). Occupational therapy allows people across the lifespan to do the activities they want and need to do. An occupational therapist will evaluate your situation and, with input from you (and perhaps your family, care provider, or friend), develop individualized goals that allow you to resume or pursue your valued occupations. After you develop goals with your occupational therapist, you will work together on a specific intervention plan to help improve or maintain your ability to perform daily activities and reach your goals getting back to your life. Occupational therapy practitioners can widen their focus to groups or communities too, developing and implementing programs that promote healthy behaviors, or address particular issues such as older driving, community transitions for returning soldiers, homelessness, troubled youth, mental health, and addictions.

Who are Occupational Therapy Practitioners?

Occupational therapy practitioners are either occupational therapists or occupational therapy assistants. They are skilled health care professionals who use research and scientific evidence to ensure their interventions are effective. With strong knowledge of a person's psychological, physical, emotional, and social makeup, occupational therapy practitioners can evaluate how your condition (or risk for one) is affecting your body and mind, using a holistic perspective.

When do I need Occupational Therapy?

Have you or a family member ever been diagnosed with a new health condition and found yourself asking, "now what?" Maybe you have a child with autism who is having trouble succeeding in school, or an aging parent who wants to remain at home, but you're worried about safety issues, or you are experiencing depression and having trouble doing everyday activities. Occupational therapy can help you answer that "now what?" question. An occupational therapy practitioner will keep the focus on the things you need and want to do—your goals, your activities, your independence. With occupational therapy services you can:

- Achieve goals, such as helping your teenager with a developmental disability gain the skills to transition from high school to independent living as an adult.
- Stay as healthy and productive as possible, while managing a chronic medical condition.
- Maintain or rebuild your independence, such as using assistive devices so you can care for yourself after a stroke.

WHAT IS OCCUPATIONAL THERAPY?

When do I need Occupational Therapy?, continued

- Participate in the everyday activities important to you, such as driving, visiting friends, going to church, and other activities that keep you involved with your community.

In short, an occupational therapy practitioner can help you live life to its fullest no matter your health condition, disability, or risk factors.

Where can I get Occupational Therapy?

Occupational therapy practitioners work in a variety of settings—including hospitals, schools, clinics, skilled nursing facilities, community centers, and health care facilities, and they can even come to your home.

How do I schedule an Occupational Therapy visit?

Ask your primary care provider about a referral for occupational therapy services.

Meet Guthrie County Hospital's Occupational Therapist



Rory Johnston, OTR/L, CLWT

Rory is a registered Occupational Therapist through the National Board for Certification in Occupational Therapy. He is licensed in the state of Iowa. Rory completed his undergraduate degree at the University of Iowa, majoring in Psychology. He attended graduate school for Occupational Therapy at the University of Minnesota. Rory treats patients at Guthrie County Hospital, in home through Guthrie County Public Health and is now accepting patients at the Stuart Rehab Clinic.



Kellie Prescott, OTA/L

Kellie is a licensed Occupational Therapy Assistant in the state of Iowa. She graduated with her Associates in Applied Science in Occupational Therapy from Kirkwood Community College. Kellie treats patients at Guthrie County Hospital and in home through Guthrie County Public Health.

Resource:

American Occupational Therapy Association

<https://www.aota.org/>

Marinated Chicken Breasts

Level: Easy

Total: 8 hr 15 min

Prep: 5 min

Inactive: 8 hr

Cook: 10 min

Yield: 4 servings



Ingredients:

- 1 to 2 tablespoons vinegar, like cider, balsamic, or red wine
- 2 to 3 teaspoons dried herbs, like thyme, oregano, rosemary, or crumbled bay leaf
- 1 to 2 tablespoons mustard, whole grain or Dijon
- 1 to 2 teaspoon garlic or onion powder, optional
- 1/4 cup extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 4 boneless, skinless chicken breast, each about 6 ounces

Directions:

1. Put the vinegar, herbs, mustard, powders if using and oil in a large re-sealable plastic bag. Close the bag and shake to combine all the ingredients. Open the bag, drop in the chicken breast in the bag. Close and shake the bag to coat evenly. Freeze for up to 2 weeks.
2. Thaw in the refrigerator overnight, under cold, running water, or in the microwave at 30 percent power for 1 minute at a time.
3. Heat a grill or grill pan. When the grill is hot, place the chicken on the grill and cook for about 4 minutes per side, or until cooked through. You can also bake the thawed chicken in a 375 degree F oven for 15 minutes, or until cooked through.

What's happening at Guthrie County Hospital & Clinics?

GCH CLINICS OUTREACH

GCH CLINICS–ADAIR

In February, GCH Clinics in Adair hosted a COVID Vaccination Clinic with Guthrie County Public Health. In March, Cindy Volunteered with Remote Area Medical in rural Tennessee to help underserved populations get medical care and hosted another COVID Vaccination Clinic with Guthrie County Public Health. In April, they donated bird feeder and food to Caring Acres Nursing Home in Anita.

GCH CLINICS–PANORA

In February, GCH Clinics in Panora hosted a COVID-19 immunization clinic with Guthrie County Public Health. In March and April, Dr. Strehle did a Q&A session with Guthrie County Public Health and Carrie helped at the Panorama TSA (Technology Student Association) at the school.

On Monday, April 26th, GCH Clinics in Panora held a groundbreaking event for the new clinic. The 6,800 square foot clinic will include family medicine, walk-in clinic, radiology, and laboratory services.



"We have a long history of providing quality healthcare to the Panora community," explains Tina Nourse, Director of Clinics. "I am excited that we are ready to move forward with an updated facility that compliments that high level of care given by our providers."

Current healthcare providers for the GCH Clinics in Panora include Dr. Josh Strehle, Dr. Micheal McCleary, Dr. Don Fillman, and Sara VanEffen, ARNP.

Construction will begin immediately with estimated completion of the new clinic building in early winter 2021.

GCH CLINICS–STUART

GCH Clinics in Stuart purchased bird food and birdhouses for The Good Ol's Birds. They also hosted a Lunch & Learn on April 28th, where they discussed the Walk-In Clinic with Carly Parker, ARNP and immunization information with Dr. Cody Silker.



What's happening at Guthrie County Hospital & Clinics?

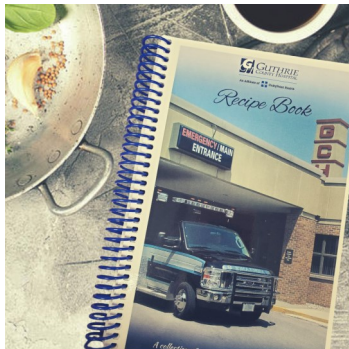
GCH PHARMACIST RECEIVES NATIONAL PHARMACY PRECEPTOR AWARD

Guthrie County Hospital (GCH) is pleased to announce that DeeAnn Wedemeyer-Oleson, PharmD, MHA, is one of four pharmacists in the country selected to receive the 2021 Master Preceptor Award from the American Association of Colleges of Pharmacy (AACP). Dr. Wedemeyer-Oleson is the Director of Pharmacy and Director of Clinical Safety, Quality and Compliance at GCH. She has been teaching student pharmacists at GCH since 2000.



**DEEANN WEDEMEYER
OLESON
PHARM.D., M.H.A.,
CPHQ, CPPS**

Pharmacist preceptors teach pharmacy students during the experiential (on site clinical) portion of the pharmacy school curriculum. Each year, colleges of pharmacy nominate one of their preceptors for the AACP Master Preceptor award. Dr. Wedemeyer-Oleson was nominated by Drake University College of Pharmacy. AACP selects master preceptors based on evidence of the preceptor's teaching philosophy and commitment to experiential pharmacy education; quality of and innovation in pharmacy practice; and service to the profession, their community, and the college of pharmacy for which they precept. AACP selected four recipients this year. The other master preceptors selected are from the following colleges of pharmacy along with their teaching sites: University of Minnesota College of Pharmacy / M Health Fairview, University of Connecticut / Hartford Healthcare, and the University of North Carolina Chapel Hill / UNC Medical Center.



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!



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PLACE
STAMP
HERE

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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.



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When the **unexpected** happens
you can depend on Guthrie County Hospital to deliver
emergency medical care you need, when you need it.



GCH EMERGENCY CARE AVAILABLE 24/7



641-332-2201



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