

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection

*Learn more about the*

**BOOSTER DOSE/THIRD DOSE  
OF COVID-19 VACCINE**

**WHAT'S HAPPENING?**

SEE THE LATEST AT GUTHRIE  
COUNTY HOSPITAL & CLINICS

**MEDICAL MINUTES**

BACK TO SCHOOL IMMUNIZATIONS

FALL 2021

[WWW.GUTHRIECOUNTYHOSPITAL.ORG](http://WWW.GUTHRIECOUNTYHOSPITAL.ORG)



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# SERVING GUTHRIE COUNTY IN THE FOLLOWING LOCATIONS

## **GUTHRIE COUNTY HOSPITAL**

710 N. 12th Street  
Guthrie Center, Iowa  
(641) 332-2201



### **GCH CLINICS—ADAIR**

401 Audubon Street | Adair, Iowa  
(641) 742-1000



### **GCH CLINICS—PANORA**

603 E Main Street | Panora, Iowa  
(641) 755-4000



### **GCH CLINICS—STAURT**

312 N. Fremont Street, Suite A | Stuart, Iowa  
(515) 523-8050



### **GCH SPECIALTY CLINIC**

710 N. 12th Street | Guthrie Center, Iowa  
(641) 332-3900



# MEDICAL STAFF



**Donald Fillman**  
MD



**Cindy Peterson**  
ARNP



**Cody Silker**  
DO



**Marcia Roenfeld**  
ARNP



**Josh Strehle**  
DO



**Sara Van Effen**  
ARNP



**Jeff Wahl**  
DO



**Brie Wessels**  
ARNP



**Amber Burgin**  
ARNP



**Beth Woods**  
ARNP



**Matt Klein**  
ARNP



**David Ahrens**  
MD



**Sabra Miller**  
ARNP



**Steven Bascom**  
MD

# Back to School Immunizations

No matter what grade your child is about to enter, it's a good idea to visit your family's pediatrician for an annual wellness exam and sports physical. There are some common ages that your child will need updated immunizations for school. Before going into kindergarten, a child will need boosters of Diphtheria, Tetanus and Pertussis (DTaP), Polio (IPV), Mumps, Measles, Rubella (MMR), and Chicken Pox (Varicella). At 11 years of age or before 7<sup>th</sup> grade, they will need a Tetanus, Diphtheria, Pertussis booster (Tdap), Menactra, (Meningitis) and Human Papillomavirus (HPV). Also at 16 years or before 12<sup>th</sup> grade, they will get a second Menactra (meningitis). They also can get Meningitis B vaccine before starting college.

The annual physical also gives the pediatrician a chance to give the child a thorough physical exam that also addresses any emotional, developmental, or social concerns. In 7<sup>th</sup> grade, children need to get annual sports physical and this is required for them to participate on a team or extracurricular activity. Ideally, this is scheduled at the same time as the annual wellness exam. The sports physical is an opportunity to address exercise-specific issues, injuries, and even attitudes toward sports participation in the course of the exam.

Pediatricians also care about your health, because you can't have a healthy child without a healthy parent. Parenting is hard work, and this is even more reason to set aside one day a year for you and your child to see the pediatrician.

Call GCH Clinics to schedule your child's annual wellness visit today!



**Dr. Silker**

# DEPARTMENT SPOTLIGHT

## HEALTH INFORMATION MANAGEMENT

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

Kim, Deb, Lisa, and Theresa.

***Collectively as a department, we have more than 74 years combined here at GCH.***

### **What services does your department provide?**

Services we provide include medical coding to bill out to insurance companies for payment, transcription of provider's dictation, send out medical records when requested, scan all paper documents into the electronic record, analyze chart to make sure all documentation is there, and all orders/progress notes are signed/dated.

### **Why do you choose Guthrie County Hospital & Clinics?**

It is a facility that has a lot to offer, and it is close to home. We are not a large facility, making it easier to work together to accomplish a common goal in healthcare keeping our community healthy.

### **When was your department established?**

Our department was established when the hospital opened, late 1951.

## FOOD SERVICES

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

Kim, Dawn, Peggy, Connie D., Connie C., Cindy, Teresa, Suzette, and Carol.

***Collectively as a department, we have more than 85 years combined here at GCH.***

### **What services does your department provide?**

Meals to patients, visitors, congregate meals, home delivered meals, employees, county jail, and Little Charger Daycare. We also provide food or beverages to various hospital and clinic meetings and events.

### **Why do you choose Guthrie County Hospital & Clinics?**

I chose GCH to work as it's a good place to work and is a short commute from home.

I also chose GCH and Clinics for healthcare, as I know the doctors and nurses and know they care about their patients and about doing their jobs well. I know my family and I are in good hands.

### **When was your department established?**

I'm not completely sure on a date the Dietary Department was established. The current Food Service department was established approximately 15 years ago, when the Dietary Department and the congregate meals departments were combined.

# Women's Health

**Ladies, it's NEVER too late or too early to get your health on track.** Healthy eating habits and regular aerobic exercise are half the battle to optimal health. While you might have outgrown your "well child" exams to evaluate your growth and development, you **NEVER** outgrow the need to have a yearly routine health maintenance exam or "yearly checkup"? Many health conditions, if detected early, can be prevented.

As you know, October is well known for raising awareness for breast cancer which makes it **a great time to take care of YOU**. But did you know that October is also the month for raising awareness for bone health (osteoporosis prevention), mental illness, domestic violence, and bullying prevention, just to name a few? Just a few more reasons to get in, if you haven't already, for your yearly health "maintenance" exam. Afterall, the best protection is early detection.

What might be done at these visits:

1. Basic eye exam
2. Discussion about life changes including education on and management of contraception, sterilization procedures, changes in menstrual periods, menopausal management, and any accompanying depression/anxiety.
3. Blood work or "Labs"
  - a. a complete metabolic panel (CMP)
  - b. complete blood count (CBC)
  - c. a thyroid stimulating hormone level (TSH)
  - d. glucose
  - e. hemoglobin A1c (hgbA1c) to check for diabetes
  - f. a lipid panel to evaluate your cholesterol, triglycerides, HDL (healthy) and LDL (lousy) cholesterol levels.
4. Review and update immunizations.
  - a. Influenza "the flu shot" which is traditionally recommended for everyone, yearly.
  - b. Tetanus (Tdap) is typically recommended every 10 years.
  - c. Pneumonia (PCV-13 and PPSV-23) dosing care vary with age and medical history.
  - d. Shingles (Shingrix) is a series of 2 injections recommended typically after age 50. Even if you received the Zostavax previously, you may still qualify for the Shingrix vaccine. Please talk to your provider about what is recommended for you.

Some information on typical recommended screenings:

**Screening for cervical cancer** starts at age 21 and is recommended through age 65. Beginning at age 21, your provider will likely recommend that you have a pelvic exam that **MAY** include a pap test, HPV test, or both. Frequency of testing is dependent on several factors including a history of previous abnormal results with, as well as age and other risk factors.



# Women's Health

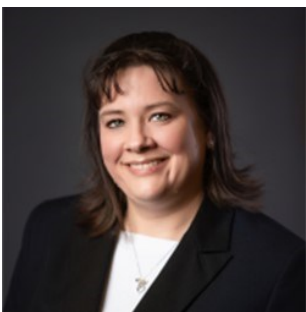
**Screening for breast cancer** typically begins at age 40 and done yearly through age 74 or when you and your provider feel that screening can be stopped or changed. If there is a family history of breast cancer, please talk with your provider about **when YOU should** begin screening.

**Self-breast exams** are recommended monthly. To perform correctly, it is important to be consistent with evaluations and do them at the same time each month. AVOID self-breast exams when on your period for a more accurate exam. **If you experience discomfort/pain, feel lumps/bumps, have redness of the breast tissue, unexplained breast swelling, nipple discharge, changes in the texture of your breast tissue, or concerns about your breast(s) please talk to your provider, right away.**

**Screening for colorectal cancer** is now recommended to begin at age 45. While a colonoscopy is typically recommended, doing Cologuard testing, may be a good alternative for some. Speak with your provider about which testing is right for you.

**Bone Density testing** ---- Dual Energy X-ray Absorptiometry (DEXA) is used to evaluate for bone loss. It is recommended to begin screening women typically around age 65+ and in postmenopausal women younger than age 65 who are at an increased risk for osteoporosis. Talk to your provider to see when you should start screening. Before this exam, it is important that you avoid taking any supplements, particularly Calcium, for at least 24 hours prior to the exam.

Please call any of the GCH Clinics, if you have any questions or concerns or simply want to schedule your yearly checkup today.



**Sara Van Effen**

# COVID-19 UPDATE

## GUTHRIE COUNTY HOSPITAL VISITOR RESTRICTIONS

**Updated September 1, 2021**

As COVID-19 numbers continue to increase throughout our communities, we will adjust our visitor policy accordingly. Patients and visitors are required to wear a mask at all Guthrie County Hospital and GCH Clinics.

### Visitor Policy

Beginning September 1, 2021, hospitalized patients will be **allowed to have one visitor with them per day between the hours of 7:00 a.m. and 7:00 p.m.** These visitors will be able to rotate on different days throughout the patient's stay. Visitors are different than a designated caregiver.

These new guidelines do not impact the current guidelines for end-of-life, dependent adult or dependent child situations. Exceptions may be made if there are extenuating circumstances. Here is an overview of the updated visitor guidelines:

- **Visiting hours from 7:00 a.m. to 7:00 p.m.** Exclusion: pre-procedure patients may arrive with one visitor at the time of their arrival.
- **One visitor per patient per day will be allowed.**
- Visitors must be at least 18 years of age or older.
- Visitors will be required to check in at the hospital entrance and receive a "visitor" sticker that must be worn while in the hospital.
- Visitors must wear a mask the entire time they are in the hospital, including in the patient room. They must practice hand hygiene and social distancing. Please do not visit if you feel unwell.
- A visitor is different than the designated caregiver, who can be with the patient 24 hours a day, 7 days a week and is necessary to the patient's care. Examples of this would be parents/guardians of a minor or someone that is able to advocate care needs of a dementia patient.
- Visitors and designated caregivers are allowed to order from the cafeteria.

### Designated Caregiver Guidelines

**A designated caregiver(s) will be allowed in the following circumstances:**

- **A patient is imminently dying:** Two caregivers will be allowed at a time; caregivers may rotate at the discretion of the clinical care team. Visitors under the age of 18 may be allowed in this case, at the discretion of the clinical care team.
- **The patient is being treated in an Emergency Department, Outpatient Areas, Clinics and/or Surgery:** One designated caregiver is allowed.
- **The patient is a minor under the age of 18 years:** Up to two parents /designated caregivers/guardian at a time will be allowed in the patient's room to support the care of the patient.
- **The patient is suffering from confusion or delirium:** One designated caregiver will be allowed in the patient's room to support the care of the patient.

**Designated caregivers:**

- Siblings under the age of 18 are not allowed.
- Must always remain in patient room as appropriate.
- Free from illness such as (fever, sore throat, cough, diarrhea, vomiting or runny nose).
- Limit movement within the room.



# Booster Dose/Third Dose of COVID-19 Vaccine

*Adapted from a Q & A*

## **Q: What's the difference between a third shot and a booster?**

A. There is a bit of confusion right now about what the difference is between a third covid vaccine and a booster shot. The term "third shot" or "additional dose" is used for a third dose that is needed by individuals that are immunocompromised or immunosuppressed because their immune systems either did not mount a vigorous response to the vaccine or its effects wane much more quickly than in a health immune system.

A booster shot on the other hand is the term used for another dose that is used to prolong immunity for healthy individuals in whom the vaccine elicited a full antibody response after the first two doses but now shows signs of waning neutralizing antibody protection. The booster shot helps the immune system ramp back up to initial protection levels. Many vaccines have booster doses that provide long term immunity. The hope is that a booster shot would provide enough durable immunity so that unlike the flu shot, no other boosters would be needed.

## **Q: When will booster doses be recommended?**

A. The White House has indicated it is working towards FDA approval and has provided recommendations for a booster dose starting in September however the FDA and the CDC have not approved or released booster dose recommendations yet. Once FDA approves a booster dose the CDC vaccine advisory panel will make recommendations as to who should receive a booster dose. The booster dose will be given to people who have fully functioning immune systems. Providing this third booster dose second dose will increase the level of neutralizing antibodies to provide a longer and more robust protection against Sars COV2.

This booster dose will be available in Guthrie County as soon as it is FDA-approved and CDC-recommended. The health department will send reminder cards and is putting people on a waitlist for the booster dose. You can get on the list by calling 833-833-4600. Currently we are waiting for the full guidance for the booster shot to be provided.

## **Q. What is the current recommendation on getting a third shot (additional dose), and how will these be available in Guthrie County?**

A. On August 13, 2021, the Centers for Disease Control (CDC) recommended an additional (third dose) COVID-19 vaccine for moderately to severely immunocompromised people in order to provide sustained boosted protection. This includes people who have the following:

- Been receiving active cancer treatment for tumors or cancers of the blood (currently receiving chemotherapy or radiation)
- Received an organ transplant and are taking medicine to suppress the immune system
- Received a stem cell transplant within the last two years or taking medicine to suppress the immune system
- Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome); currently receiving IV treatment with Immune Globulin (IgG) medication
- Advanced or untreated HIV infection
- Active treatment with high-dose corticosteroids or other drugs that may suppress a person's immune response (Prescribed oral steroids for longer than two weeks or prescribed oral steroids more than three times over a one-year period)

This vaccine can be received 28 days after your second dose. The additional dose is the same dose as the first two, and it is recommended you receive the same brand as your first and second dose. These are currently available in Guthrie County at all of our pharmacies and through the health department. You can go to [healthyguthrie.com](https://healthyguthrie.com) to make an appointment or go to any of our pharmacies for a walk-in appointment. Make sure to bring your vaccination card so the third dose can be noted on the card.

# Booster Dose/Third Dose of COVID-19 Vaccine

**Q. What is the prevalence of the Delta variant in Guthrie County, and what is the trend line?**

A. Over the last three months, the Delta variant has become the most prevalent variant in Guthrie County. It makes up 90 percent of all cases we are seeing in the county. Cases have been steadily rising, and in the past month we are seeing case numbers very similar to last year.

**Q. Can we be confident the current vaccines available are effective against the Delta variant?**

A. The current vaccines provide great protection against the Delta variant. Although there has been a decrease in overall efficacies from 95 percent to 92 percent, these vaccines still are keeping people from severe illness and hospitalizations. When we look at the data on who is getting severely ill and hospitalized, the majority of cases are amongst those who are not vaccinated.

**Q. What is the percentage of new COVID cases in Guthrie County for those who are vaccinated vs. those who are not?**

A. Currently less than 10 percent of COVID cases in Guthrie County are in those who are vaccinated. And 95% of those vaccinated individuals who have tested positive report very mild symptoms, with most making comparisons to allergies or sinus infections. Ninety percent of cases in Guthrie County are in unvaccinated individuals.

More than 85% of all hospitalizations in the last three months have been in unvaccinated individuals. In the hospitalizations that occurred in vaccinated individuals, all patients had immunocompromising conditions that made them much more vulnerable to hospitalization.

**Q. What percentage of Guthrie County residents are vaccinated?**

A. Countywide over 60 percent of all residents have been vaccinated. In residents 65 and older, this percentage is over 98 percent. In adults over 18, more than 65 percent are vaccinated, and we are closing in on 28 percent of residents under 18 and older than 12.

**Q. Some people who have been vaccinated are getting COVID. Why do you think it's still important to get vaccinated?**

A. Vaccines are not 100 percent effective and we expected some people who were vaccinated would still get COVID-19. Even still, vaccines are the key to keeping people from getting severely ill and staying out of the hospital. When we get vaccinated, we are giving our body the ability to defend itself from the virus with neutralizing antibodies, and to rapidly respond when its defense is broken through to prevent severe disease.

**Q. What do you think is ahead for us in the coming weeks and months?**

A. Over the next few weeks, I think we will see cases continue to rise. We have started seeing that trend already. There are close to 4,000 individuals in Guthrie County who remain unvaccinated. Some may have already had a COVID-19 infection, providing some protection. But those who have had neither the vaccine nor an infection are the most vulnerable to severe infection. With the Delta variant being up to three times more transmissible than the variant we saw last year, and having a fairly large pocket of vulnerable residents, we anticipate the virus transmission rates to remain high.

We have seen several hospitalizations in the last two weeks of August, and anticipate seeing more primarily in our unvaccinated population while transmission rates remain high. We have also seen breakthrough cases in vaccinated residents and will most likely see more as high transmission rates increase exposures to both vaccinated and unvaccinated residents.



**Jotham Arber**

# GET AHEAD OF SEPSIS

FOR PATIENTS AND FAMILIES

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

## PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

### WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

### IS SEPSIS CONTAGIOUS?

You can't spread sepsis to other people. However, an infection can lead to sepsis, and you can spread some infections to other people.

### WHAT CAUSES SEPSIS?

Infections can put you or your loved one at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza.

### WHO IS AT RISK?

Some people are at higher risk for sepsis:

Anyone can get an infection, and almost any infection, including COVID-19, can lead to sepsis. In a typical year:

- At least **1.7 million** adults in America develop sepsis.
- Nearly **270,000** Americans die as a result of sepsis.
- **1 in 3** patients who dies in a hospital has sepsis.
- Sepsis, or the infection causing sepsis, starts outside of the hospital in nearly **87%** of cases.

**65+**

Adults 65  
or older



People with  
weakened  
immune  
systems



People with chronic  
medical conditions,  
such as diabetes,  
lung disease, cancer,  
and kidney disease



People with  
recent severe  
illness or  
hospitalization



Sepsis  
Survivors



Children  
younger  
than one



# HOW CAN I GET AHEAD OF SEPSIS?

As a patient, you can take specific steps to reduce your risk of sepsis, including caused by COVID-19, such as:

## 1 PREVENT INFECTIONS

Talk to your healthcare professional about steps you can take to prevent infections that can lead to sepsis.



Take good care of chronic conditions



Get recommended vaccines

## 2 PRACTICE GOOD HYGIENE

Remember to wash your hands and keep cuts clean and covered until healed.



Wash your hands



Keep cuts clean and covered until healed

## 3 KNOW THE SIGNS AND SYMPTOMS

A patient with sepsis might have one or more of the following signs or symptoms. A medical assessment by a healthcare professional is needed to confirm sepsis.



High heart rate or low blood pressure



Fever, or shivering, or feeling very cold



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

## 4 ACT FAST

Sepsis is a medical emergency. **ACT FAST.**

If you or your loved one has an infection that's not getting better or is getting worse, **ACT FAST.** Get medical care **IMMEDIATELY** either in-person, or at minimum, through telehealth services. Ask your healthcare professional, "Could this infection be leading to sepsis?" and if you should go to the emergency room for medical assessment.

# Skillet Pork Chops with Apples & Onions

|            |            |
|------------|------------|
| Prep Time  | 5 minutes  |
| Cook Time  | 25 minute  |
| Total Time | 30 minutes |

## Ingredients

- 4 boneless pork chops, about 6 ounces each, trimmed
- 1 tablespoon avocado oil
- 1 large onion, halved and sliced ¼ thick
- 2 apples, cored and sliced into 8 pieces each
- ½ cup fresh apple cider
- 1 tablespoon dijon mustard
- 2 tablespoons chopped fresh sage
- 1 teaspoon fine sea salt
- 1 teaspoon fresh ground pepper

## Instructions

1. Preheat oven to 400°F.
2. Pat pork chops dry with a paper towel and season with salt and pepper.
3. Heat oil in a large cast iron pan over medium-high heat. When hot, sear pork chops, until browned, about 2-3 minutes per side. Remove from pan and set aside.
4. Add in onions and apples and sauté until beginning to soften and brown, about 5 minutes.
5. Carefully add in the apple cider, mustard, sage and salt and pepper and cook for 2 minutes until the cider is reduced by half making sure to scrape up any browned bits.
6. Return the pork chops to the pan and place in the oven and cook for 6-8 minutes until an internal temperature reaches 145° or until cooked to desired temperature.
7. Serve hot with mashed potatoes, cauliflower rice or steamed veggies.

## Nutrition

Serving Size: 1/4 recipe. Calories: 579; Sugar: 10g; Sodium: 237mg; Fat: 15g; Saturated Fat: 4g; Carbohydrates: 18.2g; Fiber: 3.5g; Protein: 88g.



# Oatmeal Cookies with Honey

|            |            |
|------------|------------|
| Prep Time  | 20 minutes |
| Cook Time  | 10 minute  |
| Additional | 40 minutes |
| Total Time | 70 minutes |
| Servings   | 12         |

## Ingredients

- 1 ¼ cups quick oats
- 1 cup white whole wheat flour
- 1 ½ teaspoons baking powder
- 1 ½ teaspoons ground cinnamon
- ½ teaspoon kosher salt
- ½ cup honey
- ¼ cup unsweetened applesauce
- 4 tablespoons unsalted butter, melted and cooled
- 1 large egg
- 1 teaspoon vanilla extract
- 1/3 cup dark chocolate chips (Optional)
- ¼ cup chopped walnuts (Optional)

## Instructions

1. Whisk oats, flour, baking powder, cinnamon, and kosher salt together in a large bowl.
2. Combine honey, applesauce, butter, egg, and vanilla extract in a medium bowl. Whisk until blended. Pour into the bowl with the flour mixture; stir until just combined. Fold chocolate chips and walnuts into the batter.
3. Place batter in the refrigerator and let chill at least 30 minutes or up to 3 days.
4. When ready to bake, preheat the oven to 350 degrees F (175 degrees C) and place a rack in the center. Line a large, rimmed baking sheet with parchment paper or a silicone baking sheet.
5. Remove chilled dough from the refrigerator. Let sit for 5 to 10 minutes if very stiff.
6. Drop dough onto the prepared baking sheet in 1 1/2-inch balls using a cookie scoop or spoon, leaving 1 inch of space around each. Gently flatten each cookie with your fingers to 3/4-inch thick.
7. Bake in the preheated oven until golden, firm around the edges, and set on top, 9 to 10 minutes.
8. Place the baking sheet on a wire rack. Let cool on the baking sheet for 2 minutes before transferring cookies to the wire rack to cool completely.

## Nutrition

Servings Per Recipe: 12. Per Serving: 195 calories; protein 3.7g; carbohydrates 29.9g; fat 7.8g; cholesterol 25.7mg; sodium 149.8mg.

[Healthy Oatmeal Cookies with Honey Recipe | Allrecipes](https://www.allrecipes.com/recipe/273216/healthy-oatmeal-cookies-with-honey/)

<https://www.allrecipes.com/recipe/273216/healthy-oatmeal-cookies-with-honey/>





# *What's happening at Guthrie County Hospital & Clinics?*

## GCH CLINICS UPDATE

- Sabra Miller, ARNP joined the clinic and hospital teams at the end of September. She will primarily practice at the Stuart Clinic and then also cover the ER one day per week. We welcome her to GCH!!
- Dr. Austin Boeckman signed his contract to join the Guthrie County Hospital team starting in August 2022. Currently, the plans are for him to practice family medicine in the Guthrie Center area next summer. We are excited to have him join our hospital and clinics!!
- The Panora Clinic had their Rural Health Clinic Accreditation Survey in September. They passed the survey with no deficiencies which is a tremendous accomplishment. Congratulations to the Panora Clinic and THANK-YOU for all of your hard work!!

## GCH SPECIALTY CLINIC UPDATE

- Dr. Sean Grambart started his Podiatry practice at GCH on September 7th. He offers both clinic days and surgical days at the hospital. We are excited to have him join our Specialty Clinic team!!
- Dr. Silker recently became certified to provide Botox injections. Our first kick off Botox Clinic was September 16th at the Stuart location and our next Clinic will be October 15th. Please call the Stuart Clinic at (515) 523-8050 to get scheduled for this service.

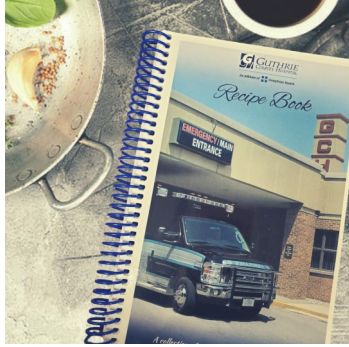
## GUTHRIE COUNTY HOSPITAL EAST PARKING LOT UPDATE

Guthrie County Hospital will be closing the east parking lot area for maintenance beginning the week of October 18th. It is estimated to take approximately one month to complete the project. For those utilizing Rehab Services, Cardiac Rehab, Fitness Center and Sneakers Café, please park in the south parking lot and enter through the Cardiac Rehab Entrance. We apologize for any inconvenience that this may cause.

## ELECTRONIC HEALTH RECORD (EHR) UPDATE

On September 28th, 14 staff members of the Guthrie County Hospital and Clinics began training on our new computer system, Epic. This training will continue for six weeks and at the conclusion of the training these employees will begin to train the rest of the staff so we can be proficient and ready for the change over to the new system in February 2022.

# *What's happening at Guthrie County Hospital & Clinics?*



## ORDER YOUR GCH COOKBOOK

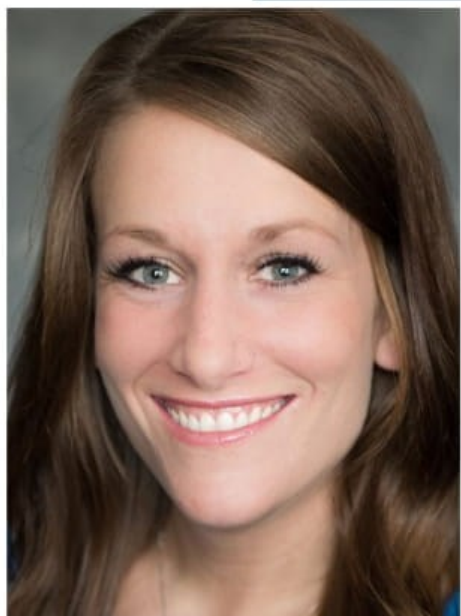
Looking for a gift? Cookbooks make a great gift! Order your GCH Cookbook! \$10 each or buy 4, get 1 free. Available at Crafty's Coffee (Panora), People's Bank (Guthrie Center), or call Sneakers Café at (641) 332-3818.

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

## UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Friday –Yoga Class\* @ 6:00 p.m.
- School Supply Drive–September 15-October 29
- Rid the Plumpkin Guts\*–Every Wednesday starting October 6 @ 5:30 a.m. & 5:30 p.m.
- Get Fit-tober\*–October 4-October 29
- Diabetes Support Group–November 18 at Sneakers Cafe @ 7:00 p.m.

*\*Must be a current paid member.*



**GCLINICS**

*Welcomes*

**SABRA MILLER**

ARNP

NOW ACCEPTING PATIENTS!

**CALL GCH CLINICS IN STUART  
TO SCHEDULE | (515) 523-8050**



# 11 HEALTHY LIVING TIPS FOR FALL

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## 11 Healthy Living Tips for Fall

September 22, 2020 by Alliance Health

As the leaves and the temperatures change this fall, so should your health routine. While summertime wellness includes fresh fruits, dips in the pool, and plenty of sunshine, caring for yourself in the autumn looks a bit different. Cold and flu season, shorter days, and seasonal sweets can all be obstacles to feeling your best.

Fortunately, you can fall into better habits with some simple changes to your daily wellness rituals. These simple healthy living tips will help you stay well all season long, so you can enjoy this cozy time of year.

### 1. Eat a Healthy Diet

Healthy eating is key to your overall health, no matter the season. Filling your plate with plenty of vegetables, whole grains, and healthy fats ensures your body receives the nutrients it needs. Seasonal veggies like broccoli, cabbage, squash, spinach, and of course, pumpkin are full of vitamins and offer a number of health benefits. Incorporate these whole foods into soups, stews, and other warm dishes to stay cozy this season. Healthy snacks can also keep you fueled throughout the day.

### 2. Take a Vitamin D Supplement

Vitamin D helps your body absorb calcium, controls your blood sugar, and even boosts immunity. Your body may have a healthier supply of this nutrient in the summer, since the sun is a key source of vitamin D. However, short and cloudy days can diminish these levels. While loading up on vitamin D-rich foods like fish can help, you might want to talk to your doctor about adding a vitamin D supplement. A supplement can give you the daily boost you need and may prevent a deficiency.



### 3. Get a Flu Shot

Flu season tends to ramp up in October, so now is the time to get your flu shot. This vaccination can protect you from certain strains of influenza, while also protecting vulnerable individuals around you. Flu shots are often free or low cost, depending on your location and health insurance plan. Check your local pharmacies and public health clinics for flu shot offerings, and be sure to talk to your primary care physician if you have any questions.

### 4. Wash Your Hands

While a flu shot is one key step toward protecting yourself, washing your hands is another. Keeping your hands clean throughout the day can keep cold and flu viruses away. If you have children, be sure to help them incorporate hand washing in their daily life. This hygiene step is extra important as the Covid-19 pandemic continues.

### 5. Drink Plenty of Water

As the temperature drops, it can be easy to forget to hydrate. However, this healthy habit is just as important in the fall as it is in summer. The Institute of Medicine recommends 12 cups of water for men and nine for women. You'll want to increase your intake when exercising, as your body loses hydration when you sweat. Keeping a water bottle on hand throughout the day can help you remember to take sips. Warm beverages like green tea are a comforting way to add extra hydration as well.

### 6. Find a Therapist You Trust

Autumn is a great time to slow down and check in on your mental health. If you're susceptible to Seasonal Affective Disorder or experience stress during the holidays, consider looking for a therapist early in the season. Talking to a mental health professional regularly can help you feel your best this season. Be sure to check whether your health insurance plan covers mental health services.

### 7. Prioritize Dental Health

Dental health is part of an overall healthy lifestyle. Halloween candy and Thanksgiving pie are some of the joys of autumn. However, these sugary sweets can lead to dental cavities. Be sure to brush and floss daily to keep your pearly whites healthy this season. You should also schedule routine cleanings with your dentist as part of your preventative dental care.

## 8. Catch Enough Z's

Getting enough sleep is key to a strong immune system, positive mood, and healthy heart. Try to get seven to nine hours of sleep per night whenever possible. If you're having trouble catching enough z's, consider developing a healthy evening routine. Turn off your devices, log out of social media, and find activities to unwind. Reading a book, taking a warm bath, and listening to music can all help with relaxation before bed.

## 9. Get Moving

According to the Centers for Disease Control and Prevention, physical activity plays a key role in lowering your risk of heart disease, high blood pressure, diabetes, and even some cancers. Regular exercise can also help with weight loss or management, as well as overall well being. While it can be tempting to stay cozy on the couch all season, exercise is essential to fall wellness. Take your dog for a walk, hike with a friend, or take a cruise on your bike to get your heart pumping through cardio this season. Light strength training, yoga, pilates, and online workouts are all great ways to exercise indoors.

## 10. Care for Your Skin

Fall skin care should look a little different from your summer routine. As the air gets drier and you turn on the heat indoors, consider switching to a rich moisturizer to keep your skin smooth. However, you'll want to continue wearing sunscreen as the season changes. The sun's UV rays can still increase your skin cancer risk in the fall, so be sure to layer on the SPF before you head outdoors.

## 11. Schedule Your Checkups

Wellness screenings are central to healthy living, but summer's busy schedule may have put your preventative care appointments on the back burner. Now that life is slowing down, it's time to schedule your checkups. These appointments are an opportunity to talk to your doctors about any health concerns you may have before heading into the fall and winter.

By prioritizing your overall health and wellness this season, you can feel your best as the temperature drops. Get your flu shot, eat a balanced diet, check in with your mental health, and practice basic hygiene to keep yourself and your family healthy this fall.

# A year in review at GCH...

## Provider Based Clinic

|                            | <b>FY20</b>   | <b>FY21</b>   |
|----------------------------|---------------|---------------|
| ADAIR                      | 1,618         | 1,541         |
| PANORA                     | 2,930         | 3,713         |
| STUART                     | 2,717         | 2,403         |
| NURSING HOME VISITS        | 965           | 1,080         |
| PEDIATRIC CLINIC           | 1,860         | 2,040         |
| <b>Total Clinic Visits</b> | <b>10,090</b> | <b>10,777</b> |

## Operating Room Procedures

|             |     |
|-------------|-----|
| <b>FY20</b> | 381 |
| <b>FY21</b> | 485 |

## Emergency Room Visits

|             |       |
|-------------|-------|
| <b>FY20</b> | 2,638 |
| <b>FY21</b> | 2,396 |

## Admissions

|             |     |
|-------------|-----|
| <b>FY20</b> | 331 |
| <b>FY21</b> | 316 |

## Specialty Clinic Visits

|             |       |
|-------------|-------|
| <b>FY20</b> | 4,649 |
| <b>FY21</b> | 5,131 |



# EXECUTIVE SUMMARY

FROM PAT PETERS, CEO

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The Year 2021 has been an unusual year for Guthrie County Hospital. The hospital continues to deal with the impact of COVID-19. Financially, the hospital continues to experience low volumes and revenues from the inpatient care and emergency services side of things. Conversely, the clinics and our outpatient services are enjoying a resurgence in volumes and revenue. On the quality of care measurement of patient satisfaction the hospital continues to receive excellent scores. One new thing that the hospital is monitoring this year is patient satisfaction for our emergency services patients. Nursing management has been providing me a random list of patients from various emergency services providers. I then call those emergency services' patients and ask them how was the care that they received at Guthrie County Hospital. It is very interesting and rewarding to talk with these patients and thus far - I have heard no complaints from the patients that I have reached. There was one patient that wished that he had been seen sooner but he commented that while he was waiting three different ambulance arrivals had been made and he understood the rationale behind the wait.

In looking ahead to the coming year there will be several "firsts." Guthrie County Hospital will begin seeing patients in our new 7,000 square foot Panora Clinic. The staff in our Panora Clinic are all quite excited about beginning a new chapter in the delivery of healthcare to the folks living in the Panora area. Also in the coming year, the hospital and clinics will be migrating to our EPIC electronic health record. As of this writing there are hospital and clinic employees that are becoming certified trainers who will assist us in our transition from our present electronic health record to EPIC. This new electronic health record system will greatly benefit our patients and our staff. It is a considerable undertaking and there is quite a bit of hard work that remains in the days ahead. It is important to note that the above "firsts" are in direct accordance with Guthrie County Hospital's *Mission: To provide personalized quality healthcare* - and - *Vision: Continue to improve the health of the communities we serve.*

Finally, in looking even further down-the-road for Guthrie County Hospital, the hospital's administration will be presenting a recommendation to the hospital's board concerning the construction of the Guthrie Center Rural Health Clinic and Specialty Clinic. The construction project plans also include renovating and expanding space for our laboratory department and the construction of a new kitchen and dining area. This entire project is predicated on building to anticipate the healthcare needs of the people of Guthrie County and ensure that locally provided top notch healthcare delivery will remain here in Guthrie for the years to come!

# GCH BOARD OF DIRECTORS



**Mary Sheeder**  
Chairman



**Chris Schafer**  
Trustee



**John Tews**  
Vice Chair



**Doug Kent**  
Trustee



**Mike Underwood**  
Treasurer



**Dana Tews**  
Trustee



**Cheryl Marks**  
Secretary

## HIPAA AND COMPLIANCE

All new employees are oriented to both the health insurance portability and accountability act (HIPAA) and the GCH compliance program as documented on the new employee orientation checklist. All hospital staff complete an annual review of HIPAA and compliance. Adherence to HIPAA and the compliance program are monitored on an ongoing basis by the hospital's HIPAA and compliance officers.

## CLINICAL COMPETENCE

### **Medical Staff Credentialing**

Medical staff maintained the credentialing process for appointments and reappointments to the GCH medical staff throughout the year. All medical staff credential files are reviewed by GCH's medical staff and board of trustees. The board of trustees is responsible for approving or denying appointments and reappointments to the GCH medical staff. Reviews of quality of patient care by medical staff are performed utilizing a peer review approach. Full reports and audits are filed confidentially. As part of GCH's critical access hospital network agreement with UnityPoint Health - Des Moines (UPH-DM), a physician reviewer from UPH-DM conducts external physician peer review for GCH and provides recommendations. Additionally, UPH-DM provides a review of the credentialing files during its annual on-site mock survey.

### **Nursing Staff Skills Day**

The nursing department conducted the biannual Skills Fairs in November of 2020 and March of 2021. Hospital nursing staff, including the emergency department, medical/surgical unit, surgery, and cardiac rehabilitation all participated in the hands-on practice of skills, jeopardy games, and lectures from local experts. Topics included- mental health, crisis intervention and advocacy, obstetrical emergencies, stroke, sepsis, and respiratory. Thank you to Megan Stukenholtz ARNP, The Crisis Intervention & Advocacy Center in Dallas County, and Panora EMS for their expert guidance and hands on assistance with these events.



# *Nursing Recognition in 2021*

## TWO GCH NURSES HONORED AMONG IOWA'S 100 GREAT NURSES OF 2021

Guthrie County Hospital is proud to announce that two of our registered nurses have been named as honorees on the 2021 list of 100 Great Iowa Nurses.

We have all met at least one outstanding nurse whose courage, competence, and commitment to patients and the nursing profession stand out above all others. Each year, the 100 Great Iowa Nurses program asks for patients, coworkers, friends, and family members to nominate an outstanding nurse for recognition. After a review process, 100 Great Iowa Nurses are honored each year at a ceremony created for the state of Iowa.

This year, Kassie Cline, Surgical Services Manager, and Stephaney Brondum, Cardiac Rehabilitation & Surgical Services RN, were both included in the list. Both were nominated by their colleagues and will be recognized at an award ceremony on May 2. Below are excerpts from each of their nomination letters.

"Always a smile on [Kassie's] face. So much compassion. And also one of those nurses that this isn't just a job. This is truly caring about and wanting to help people. You can feel her passion for wanting you to get well so you can go home. So kind & was so good at explaining everything that needed to be done after being released to go home. Amazing personality & such a great representative for GCH."

"It is difficult to only choose one nurse. They were all great, but I must point out that Stephaney was always interested in how I'm progressing. She always wanted to know how I am feeling if I need anything, and she checked on me often. Always kind, smiling and very professional. She builds an amazing nurse/patient rapport and knew what I needed before I asked for anything. She is passionate and is very knowledgeable about all aspects of her job. I believe she deserves the DAISY award for Extraordinary Nurses. I would not be where I am in my recovery without Stephaney along with other staff at Guthrie Center Hospital. Thank You!"



Pictured from left to right: Kassie Cline, GCH Surgical Services Manager and Stephaney Brondum, GCH Cardiac Rehabilitation & Surgical Services RN

# *Nursing Recognition in 2021*

## FIFTH ANNUAL DAISY AWARD CEREMONY

GCH celebrated the fifth annual DAISY Award Ceremony in May of 2021. The DAISY Award was founded by the Barnes family who lost their son to an autoimmune disease in 2000. Wanting to recognize the skillful and compassionate care delivered by the nurses, the DAISY Award was established. DAISY Award recipients are nominated by their peers, providers, patients, families, and other staff. Kate Thompson, RN was GCH's 2021 recipient. The other nominee for 2021 was Jessica Malloy. Congratulations to Kate!



## THIRD ANNUAL SUNSHINE AWARD CEREMONY

GCH presented, as part of the DAISY Award Ceremony, the inaugural Sunshine Award to a member of our CNA team. The Sunshine Award is exclusive to GCH. Spawned from a desire by the nursing staff to recognize the CNA staff, the Sunshine Award has been established. Considering how DAISIES require "sunshine" to flourish and thrive, so is this the case for the nurses. Without our CNA team, the daily job of patient care would not be a reality. Each Sunshine Award Honoree will be recognized at a public ceremony and will receive a personalized certificate, a Sunshine Award pin, and a hand-made wooden sunshine plaque. Each plaque is handmade and intricately woven locally. The woven part of the plaque symbolizes the inextricable link between the CNA and RN staff. Each one is an integral member of the team. When woven perfectly, the sunshine ("CNAs") can perfectly support the DAISIES (RNs). Together, they create a perfect environment in which our patients can flourish and thrive. The 2021 Sunshine Award was presented to Rachelle Knapp, CNA. The other nominee for 2021 was Cris Schachtner. Congratulations, Rachelle!



# CEO STRATEGIC GOALS FOR 2021

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## **Quality**

- Improve quality of patient care by increasing the overall quality of care score in the ED.
- Improve overall hospital rating HCAHPS.

## **People**

- Improve employee retention as of 6/30/2022 compared to 6/30/2021.

## **Financial**

- Earning before interest, depreciation and amortization (EBIDA) operating margin of 0%.

## **Growth**

- Increase Specialty Clinic visits.

## **Service**

- Increase the number of surgery cases as measured by the number of cases completed in surgery in FY2022.



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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.

# PODIATRY SERVICES

## NOW INCLUDING SURGERY

### **SERVICES PROVIDED:**

Office Procedures/Routine Care | Foot and Ankle Surgery  
Trauma | Sports Medicine | Arthroscopy



Sean Grambart, D.P.M., FACFAS, joined Foot and Ankle, part of the DMU Clinic, and the DMU College of Podiatric Medicine and Surgery in fall 2019. He currently serves as the Assistant Dean of Clinical Affairs and is excited to bring services to the Guthrie County community.

Dr. Sean Grambart will be seeing patients in the clinic every Tuesday and completing surgeries on Wednesday afternoons.

**To schedule your appointment, call (641) 332-3900.**