

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

# Community Connection

*Learn more about*

## CONTINUOUS GLUCOSE MONITORING CLINIC AT GCH



**WHAT'S HAPPENING?**

SEE THE LATEST AT GUTHRIE  
COUNTY HOSPITAL & CLINICS

## MEDICAL MINUTES INSULIN RESISTANCE

WINTER 2021

[WWW.GUTHRIECOUNTYHOSPITAL.ORG](http://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  
(641) 332-2201



## GCH CLINICS—ADAIR

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



## GCH CLINICS—PANORA

103 SE 13th 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



**Marcia Roenfeld**  
ARNP



**Cody Silker**  
DO



**Sara Van Effen**  
ARNP



**Josh Strehle**  
DO



**Brie Wessels**  
ARNP



**Jeff Wahl**  
DO



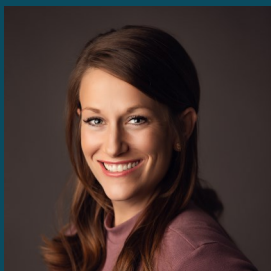
**Beth Woods**  
ARNP



**Amber Burgin**  
ARNP



**David Ahrens**  
MD



**Sabra Miller**  
ARNP



**Steven Bascom**  
MD



**Cindy Peterson**  
ARNP

# Insulin Resistance

Insulin, made in the pancreas, is an important hormone that controls many body processes. It signals our cells to absorb and use glucose (sugar). It also plays a role in fat and protein metabolism. When you eat a meal that includes many carbohydrates, the amount of glucose in your bloodstream increases. Sensing this, your pancreas releases insulin to travel around your bloodstream and pick up sugar from your blood and deliver it to the appropriate places for our body's fuel source-this process lowers blood sugars.

Insulin resistance is when your cells stop responding to insulin. Because the cells are not responding, the pancreas increases how much insulin it is producing and releasing resulting in high insulin levels. Over time, the cells become resistant to, or can't use the insulin. The high insulin levels result in a rise in the blood sugar, which potentially leads to Type II diabetes. It is estimated that up to 87 MILLION Americans have prediabetes with up to 50% progressing on to diabetes. Having insulin resistance, prediabetes, or type 2 diabetes doubles the risk of heart attack and stroke.

Some causes of insulin resistance include:

- increased waist circumference
- being overweight
- sedentary
- smoking
- heavy alcohol use
- sleep disturbances
- increased blood pressure
- high triglyceride levels
- runs in families

Signs and symptoms of insulin resistance:

- dark skin patches on the back of your neck
- high triglycerides
- high blood pressure
- high fasting blood sugar

Insulin resistance can be diagnosed by your primary care provider utilizing several different tests including fasting blood sugar, Hemoglobin A1c, and in some settings a test of insulin resistance called a HOMA-IR.

Treatment/reversing insulin resistance includes:

- losing weight (even 5% of body weight will improve insulin resistance)
- increasing activity levels
- treating sleep disorders and/or improving sleep habits
- quitting smoking



**Cindy Peterson, ARNP**



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

## GCH ADDING OPHTHALMOLOGY SERVICES & CATARACT PROCEDURES

Guthrie County Hospital is pleased to welcome Dr. Brandon Menke, who will be providing ophthalmology services and cataract procedures starting in March 2022!

Menke is a graduate of University of Iowa, where he attended the Carver College of Medicine for medical school. After completing his surgical residency at Unity Point in Iowa, he headed to South Carolina to complete an Ophthalmology residency at the University of South Carolina.

His findings have been featured in numerous publications, and he has received several awards and accolades for his vision and innovation. When Dr. Menke isn't working or researching, he enjoys spending time with his wife, Psychologist Kristen Menke and their two beautiful daughters, Sloane and Blaire.

Menke will be consulting with patients and performing cataract and glaucoma surgeries. He will be accepting new patients beginning in March 2022. For more information on this service, please call our Surgical Services Department at (641) 332-3858. Please ask your optometrist for a referral to Dr. Menke at GCH.

## ELECTRONIC HEALTH RECORD (EHR) UPDATE

Guthrie County Hospital & Clinics is excited to announce the implementation of a new Electronic Health Records (EHR) system, Epic. Epic serves as a digital database for patient charts, giving real-time information on medical history, diagnoses, allergies, medications, and lab results.

We're sorry for any delays as we start using our new electronic medical record system. Your process may take a little longer as we start transitioning to Epic. For your next appointment, you will need to do the following:

- Patients should arrive at least 15-20 minutes before their scheduled appointment, so it gives registration staff enough time to complete their patient file. Every patient that comes in after February 20 will be treated like a new patient. We will have their basic demographic information (name, DOB, address, phone) but we will have to build in each patient's insurance coverage and guarantor (the person responsible for the bill).
- Patients will need to bring in their insurance cards and photo ID to their first appointment because those will need to be scanned in.

As a patient, you'll notice many benefits of this new system including:

- The most up-to-date information on your condition is available to your care providers at all times.
- Your patient chart is electronic, allowing the sharing of information between departments.
- Should you require another stay or visit, your information is immediately accessible at many other health care organizations.

Please feel free to ask any staff member if you have any questions.

We apologize for any inconveniences.

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

## **GCH CLINICS—STUART**

### **UPDATE**

- No walk-in clinic available at GCH Clinics in Stuart thru March. Look for walk-in clinic to be back in April. We apologize for the inconvenience.

### **OUTREACH EVENTS**

- Donated hand sanitizer to the Earlham Community Schools for the upcoming State Speech Contest to be held in Earlham in February.
- Attend the Stuart Chamber meeting via Zoom.
- Sent our annual Valentines cards to the residents and staff at the Stuart Community Care Center the week of Valentines.

## **GCH CLINICS—PANORA**

### **UPDATE**

- The GCH Clinics in Panora is officially open in its new location (103 SE 13th Street, Panora) as of January 31!

Please mark your calendars for the Grand Opening/Ribbon Cutting Ceremony on Wednesday, March 30, at 10:00 a.m.

## **GCH FITNESS CENTER**

- The fitness center is getting new weight equipment on February 10th!
- Personal training will be offered after EPIC Go Live!



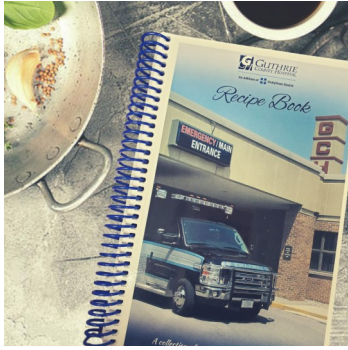
## *Join our team!*

For all position vacancies and details, visit  
[www.guthriecountyhospital.org](http://www.guthriecountyhospital.org).

*Online applications now available.*



# *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 2, get 1 free. Available at Guthrie County State Bank (both locations), 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 Monday, Wednesday & Friday—Low-Impact Strength Training\* @ 6:00 a.m.
- Every Monday & Wednesday - Core Power Class @ 5:00 p.m.
- Every Monday & Wednesday - Let's Get Pumped Class @ 5:30 p.m.
- Diabetes Support Group—February 17th at Sneakers Cafe @ 7:00 p.m.

*\*Must be a current paid member.*

# DIABETES SUPPORT GROUP

## • SAVE THE DATE •

February 17<sup>th</sup>, 2022 @ 7:00 p.m.

May 19<sup>th</sup>, 2022 @ 7:00 p.m.

August 18<sup>th</sup>, 2022 @ 7:00 p.m.

November 17<sup>th</sup>, 2022 @ 7:00 p.m.

***Facilitated by Christine Drake, RN, BSN***

**Join us at Sneakers Café located in Guthrie County Hospital for the diabetes support group. This is a great way to share your experiences and expand your knowledge about diabetes in a relaxed educational setting.**



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641-332-3802

# Professional Continuous Glucose Monitoring (CGM) Clinic at GCH

Continuous glucose monitoring or “CGM” allows for glucose levels to be checked through a sensor that is worn for multiple days at a time on the arm or abdomen. The sensor sits under your skin and measures your glucose levels every few minutes. Swiping the sensor with either your smartphone or the device’s transmitter will download the collected glucose readings for you to review. These devices significantly decrease the amount of fingersticks needed to check glucose levels and give you many blood sugar readings throughout the day.



*Picture from Abbott FreeStyle Libre*

At GCH we are offering a professional version of continuous glucose monitoring. After a referral from your provider, the pharmacist will call to schedule an appointment with you to place the device on the back of your upper arm to be worn for fourteen days. During this time, you will be asked to log your food, medication, and exercise habits, this will help the pharmacist and your provider interpret your results. After fourteen days your device will be taken off, and you will come back to clinic in a few days for the pharmacist to go over your results. If appropriate, your doctor might also want you to make some changes to your medications too.

This device can be worn by anyone with Type 1 or Type 2 diabetes. The results of wearing a CGM could benefit anyone, but especially those experiencing low blood sugars, unexplained high blood sugars, on insulin, or want to see if the impact of a new or changed medication, diet, or exercise. This would also be a wonderful way to test out a CGM if you are interested in using a personal one in the future.

Unlike the personal use CGMs, which aren’t always covered by insurance, most insurance companies cover the professional continuous glucose monitoring service for a reasonable copay. The pharmacist will check coverage with your insurance company prior to scheduling your appointment and let you know any copays you may be responsible for.

Please reach out to your provider at your next appointment if you are interested in wearing a professional CGM!



**Jackie Willms, PharmD**



# Bunions

Bunion deformities are very a common pathology that are seen by foot and ankle specialist. There are common questions that patients have when they are dealing with a bunion.

**What is a bunion?** A bunion deformity is not a growth of a bone, but an actual shift in one of the longer bones in the foot. The 1st metatarsal bone will start to drift towards the inside portion of the foot. This change in position will change how the tendons work on the big toe which can make the bunion worse over time.

**When do bunions occur?** Bunions can occur at any age. There is a subset of patients that will get bunions at a very early age such as their teenage years. We also see patients develop bunions once they are adults. There is normally some type of family history that can be associated with younger patients.

**Will my bunion progress?** This is a very common question and unfortunately no one has a crystal ball to know if it will progress or not. I have seen patients that have the same bunion deformity that will not change over 20-30 years. I have also seen patients in which a bunion will become worse over a 12-month period of time. The good news is treatment options are typically the same over the course of a progression of a bunion.

**What are the conservative treatment options for bunions?** Patients may have different types of pain when it comes to bunions. A patient may present with a pressure pain along the bunion when wearing shoes. If that is the case, then conservative treatment would consist of wearing more accommodative shoes that will help take the pressure off the bunion. Going to a shoe store that will take the time to help fit you for a proper fitting shoe is recommended. Another type of pain is a nerve or a shooting type of pain along the bunion. This is due to the metatarsal shifting towards the inside part of the foot which causes irritation of a nerve. Accommodative shoes as above can help. I have also seen success with some over-the-counter topical anti-inflammatories.

**When is surgery indicated?** This is an extremely common question. Surgery is recommended if a patient cannot find shoes that fit or if the bunion is preventing normal daily activities due to pain. For example, if a patient walks for exercise and they typically would like to walk 3 miles, but the bunion is limiting them to one mile, then surgical intervention is an option. If the patient can do everything they want to do with minimal pain, I would recommend holding off on surgery.

# Bunions

**What are the types of surgeries that can be performed on bunions?** There are many options for bunion surgery, but they can be broken down into two basic types of surgeries. One is an osteotomy or a cut in the bone to realign the position of the bone the bone. The other type is an arthrodesis or fusion of one of the two joints that can affect a bunion. Regardless of the procedure, some type of internal fixation such as plates, screws and/or staples will be utilized to hold the bones in position as the bone heals. Regardless of the procedure, recovery takes times. A patient can expect it to take up to 6-12 months for full recovery.

If you are having issues with your bunion, it is always a good idea to be evaluated and discuss all the options with your foot and ankle specialist.

**Dr. Sean Grambart**

## 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 communities.

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.**





# COVID-19 UPDATE

## GUTHRIE COUNTY HOSPITAL VISITOR RESTRICTIONS

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

We are committed to keeping our patients, visitors, and team members as safe as possible. You must follow these visitor guidelines to protect yourself and others:

One visitor per patient per day will be allowed. **Visiting hours are from 7:00am to 7:00pm.**

- **Visitors differ from designated caregivers. A designated caregiver is an individual who can be with the patient 24 hours a day/ 7-days a week and is necessary to the patient's care and wellbeing. Examples of this would be parents/guardians of a minor or someone who can advocate for the care needs of a patient with dementia. Exceptions may be made for patient's receiving end of life care, dependent children, or dependent adults.**
- All visitors will be screened for symptoms at building entrances. Visitors with a fever or symptoms of illness will be turned away.
- 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 be 18 years of age or older.
- Visitors must always wear a mask while in the facility-including patient rooms. They must practice hand hygiene and socially distance.
- Visitors are to stay in the patient's room and not move about the hospital or go to Sneakers Cafe.
- Visitors should clean their hands prior to entering the patient room and upon leaving the room using soap and water or hand sanitizer. Cleaning hands frequently during the visit is recommended as well.
- No visitors are permitted for patients who are positive for COVID-19 or suspected to have COVID-19.
- Visitors will be asked to leave if they are not willing to comply with these requests.
- Clergy (ministers, pastors, priests) will be allowed to visit at any time. They must screen negative and wear a mask.

# SLEEP & HEART HEALTH

## **Sleep Disorder's Correlation with Heart Health:**

According to the CDC, heart disease is the leading cause of death among men and women in the United States. With this daunting statistic, much focus is placed on researching risk factors, prevention, and the correlation of underlying disease process as it relates to the heart. Hypertension (high blood pressure) alone is the number one risk factor for heart disease and according to the CDC, only 24% of Americans with hypertension have it under control. Our heart works day and night and it is imperative it be taken care of. More research and knowledge become available on how the body systems work together and how if one system is off it could be because a different issue is occurring within the body. In the recent years, more information has become available on underlying sleep disorders and their role on one's overall health. It has been noticed by John Hopkins that the COVID 19 pandemic has played a much larger role on our overall health and the damage it can cause to the lungs, heart, and brain. Such a vital organ, in particular the heart, it is imperative we look at all components to keep it functioning at its best. A journal article written by Bhat and Chokroverty and published by Sleep Med, discusses the increase of factors such as anxiety, depression, PTSD, and psychological distress that are large, contributing factors to increased sleep issues, especially insomnia. According to the CDC, insomnia is linked to high blood pressure. The continuous wear on our heart from the persistent high blood pressure, potentially caused by the underlying sleep disorder, wreaks havoc on our overall health. If you, your patient, or someone you know are having persistent issues due to a potential long hauler from COVID or other underlying issues, a referral for a sleep study is best to investigate what is contributing to your connected health processes.

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



# Berry Almond Oatmeal

## Ingredients

- 1 cup oatmeal (old fashioned)
- 2 cups water
- 1/4 tsp salt
- 1/4 cup fresh or frozen blueberries
- 3 packets Splenda sweetener
- 1/4 tsp almond extract
- 2 tbsp sliced almonds

## Instructions

1. In a saucepan, bring water to a boil. Stir in oats and salt. Cook over medium heat, stirring occasionally, 5 minutes. Stir in sweetener, fruit, almonds, and extract. Notes: For creamier oatmeal substitute milk for water (this will change the nutrition information per serving).

## Nutrition

Servings: 2   Serving Size: 1 cup

Per Serving: calories 220; total fat 7g; saturated fat 1g; trans fat 0g; cholesterol 0mg; sodium 290mg; total carbohydrate 33g; dietary fiber 5g; total sugar 4g; added sugar 1g; protein 7g; potassium 220mg; phosphorus 210mg.

**Choices/Exchanges:** 2 Starch, 1 Fat



# Grilled Salmon Radicchio Wraps

Prep Time 30 minutes  
Total Time 30 minutes  
Servings 4

## Ingredients

Pico de Gallo:

- 1 tomato, seeded and diced
- ½ red bell pepper, seeded and diced
- ½ red onion, chopped
- 1 lime, juiced

Cream Sauce:

- 2/3 cup plain Greek yogurt
- 2 tablespoons skim milk
- ½ teaspoon seasoning blend (such as Everglades® Seasoning)

Wraps:

- 1 pound skinless grilled salmon, cut into chunks
- 12 leaves whole radicchio leaves

## Instructions

1. Combine tomato, red bell pepper, onion, and lime juice in a small bowl to make pico de gallo.
2. Whisk Greek yogurt, skim milk, and seasoning blend together in another small bowl to make cream sauce.
3. Place some grilled salmon chunks in a radicchio leaf. Top with some pico de gallo and cream sauce. Repeat with remaining salmon and radicchio leaves.

## Nutrition

Servings Per Recipe: 4. Per Serving: 306 calories; protein 28.4g; carbohydrates 7.5g; fat 17.6g; cholesterol 79.2mg; sodium 103.9mg.



# Lemon-Dijon Pork Sheet-Pan Supper

Prep Time 20 minutes  
Cook Time 20 minute  
Total Time 40 minutes

## Ingredients

- 4 teaspoons Dijon mustard
- 2 teaspoons grated lemon zest
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 2 tablespoons canola oil
- 1-1/2 pounds sweet potatoes (about 3 medium), cut into 1/2-inch cubes
- 1 pound fresh Brussels sprouts (about 4 cups), quartered
- 4 boneless pork loin chops (6 ounces each)
- Coarsely ground pepper, optional

## Instructions

1. Preheat oven to 425°. In a large bowl, mix first 4 ingredients; gradually whisk in oil. Reserve 1 tablespoon mixture. Add vegetables to remaining mixture; toss to coat.
2. Place pork chops and vegetables in a 15x10x1-in. pan coated with cooking spray. Brush chops with reserved mustard mixture. Roast 10 minutes.
3. Turn chops and stir vegetables; roast until a thermometer inserted in pork reads 145° and vegetables are tender, 10-15 minutes longer. If desired, sprinkle with pepper. Let stand 5 minutes before serving.

## Test Kitchen Tips

- Cutting the Brussels sprouts and sweet potatoes fairly small means they'll be perfectly tender by the time the pork is cooked.
- Switch to spicy brown mustard for a little more zing.
- We love silicone basting brushes because they can go right into the dishwasher!

**Health tip:** The bright colors in this dish ensure you're getting a variety of nutrients. Sweet potatoes are an excellent source of vitamin A, and Brussels sprouts are loaded with vitamin K.

## Nutrition

Serving Size: 1 pork chop with 1-1/4 cups vegetables: 516 calories, 17g fat (4g saturated fat), 82mg cholesterol, 505mg sodium, 51g carbohydrate (19g sugars, 9g fiber), 39g protein.

**Diabetic exchanges:** 5 lean meat, 3 starch, 1-1/2 fat, 1 vegetable.



[Lemon-Dijon Pork Sheet-Pan Supper Recipe: How to Make It \(tasteofhome.com\)](https://www.tasteofhome.com/recipes/lemon-dijon-pork-sheet-pan-supper/)

<https://www.tasteofhome.com/recipes/lemon-dijon-pork-sheet-pan-supper/>



# Banana Chocolate “Ice Cream”

## Ingredients

- 2 medium bananas
- 1/3 cup skim milk
- 2 tbsp cocoa powder
- 1 cup whipped topping (fat-free)

## Instructions

1. Peel bananas and slice into 1/4-inch coins. Place in a bowl and freeze for at least 2 hours.
2. Once bananas are frozen, add the bananas, milk and cocoa powder to blender. Blend until smooth.
3. Fold in the whipped topping.
4. Place mixture in a freezer-safe container and freeze for at least 30 minutes.
5. Scoop into 1/2-cup scoops to serve.

## Nutrition

Servings: 5 Serving Size: 1/2 cup

Per Serving: calories 80; total fat 0.5g; saturated fat 0g; cholesterol 0mg; sodium 15mg; total carbohydrate 18g; dietary fiber 2g; total sugar 9g; protein 2g; potassium 250mg; phosphorus 55mg.

**Choices/Exchanges: 1/2 Fruit, 1/2 Carbohydrate**



# RECLAIM YOUR HEALTH DURING AMERICAN HEART MONTH IN FEBRUARY

By American Heart Association

February is American Heart Month, a time to pay special attention to understanding, preventing and treating heart disease – the leading cause of death in the nation.

This year, the 58<sup>th</sup> American Heart Month, the American Heart Association is urging people all over the country to "reclaim your rhythm."

What does that mean? Quite simply, the AHA is encouraging people to reclaim control of their mental and physical well-being after two difficult years of the COVID-19 pandemic.

For American Heart Month, the AHA and other organizations reinforce the importance of heart health, the need for more research and efforts to ensure that millions of people live longer and healthier.

Here are just a few examples of how you can reclaim your health:

- Doing at least 150 minutes of moderate-intensity physical activity a week (or, just getting started and working your way there!)
- Eating healthy (the AHA's [Heart-Check](#) mark can guide you in the grocery store)
- Not smoking or vaping
- Maintaining a healthy weight
- Controlling blood sugar, cholesterol and blood pressure
- Getting regular checkups
- Learning [Hands-Only CPR](#)
- Following COVID-19 safety protocols
- Finding ways to relax and ease your mind, such as meditation

Caring for yourself and others are great ways to counter the pandemic's heavy toll on health.

Heart disease has remained the leading health threat during the pandemic, and more people are reporting lower physical and emotional wellness. Many people have delayed or avoided seeking medical care. Unhealthy use of alcohol and other substances has been on the rise.

All these things can increase the risk of heart disease.



# RECLAIM YOUR HEALTH DURING AMERICAN HEART MONTH IN FEBRUARY

By American Heart Association

For nearly a century, the AHA has worked to encourage people to live healthier and longer, free of heart disease and stroke. But the first American Heart Month didn't come until 1964.

President Lyndon B. Johnson, among the millions of people in the country who'd had heart attacks, issued the first proclamation for American Heart Month in 1964 to spotlight heart disease. Since then, U.S. presidents have annually declared the federally designated event for February.

The first Friday of American Heart Month, Feb. 4, is also National Wear Red Day as part of the AHA's Go Red for Women initiative.

Coast to coast, landmarks, news anchors and neighborhoods go red to raise awareness and support for the fight against heart disease – the No. 1 killer of women, causing 1 in 3 deaths. That's more than all forms of cancer combined.

For more information on the event and other activities during the month, visit [goredforwomen.org](http://goredforwomen.org).

## February is American *Heart Month*

Heart disease is the leading cause of death for men and women in the United States. Every year 1 in 4 deaths are caused by heart disease. The good news?

**Heart disease can often be prevented.**

*Dr. Bissing of Iowa Heart Center meets with patients  
locally each month at our Specialty Clinic.*

We encourage you to schedule an appointment with Dr. Mark Bissing, D.O. to determine if you are at risk for heart disease. Call 877-914-3600.



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



# DEPARTMENT SPOTLIGHT

## REHABILITATION SERVICES

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

Andrea, Beth, Janie, Jessica, Kari, Kellie, McKenzie, Melissa, Rory, Shannon.

***Collectively as a department, we have more than 62 years combined here at GCH.***

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

Our team provides comprehensive physical, occupational and speech therapy at Guthrie County Hospital, the Stuart Rehab Clinic, and through Guthrie County Public Health. We treat patients of all ages.

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

Working at GCH allows us to positively impact the lives of the individuals in our community. We enjoy being part of a close-knit team here at the hospital. You know your co-workers by name, and you can go to them for help whenever you need. The hospital also provides some nice benefits such as IPERs.

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

Physical therapy and speech therapy were established in 1982. Occupational therapy was added in 1995. The fitness center was established in 1999.

## *Testimonial*

Addison went out of her way to make sure my mother-in-law and father-in-law, Goldie and Steve Eckhart, had the ability to stay in the same room. She also advocated for them to be transferred here to GCH from Iowa Methodist. She made each of the kids and their spouses feel validated in their care and made sure they were taken care of. Steve was not taken care of well at Methodist, in the 7 days he was there he was not shaved, nor were his teeth brushed. On his hospital bed there was blood from him scratching himself that was still there 3 days later. I am not bashing the care he received there, but at the same time it was uncomparable as to the care he received at GCH. I congratulate your staff as they made us all feel comfortable and made the stress a whole lot less! Addison also assisted in making sure their next stay at Spurgeon Manor was a smooth transition. She advocated for us all and researched the best facility fit for them. I can't tell you how "at ease" Addison made us all feel. She is a real "gem" for GCH.

—Tawnee E.

# *Stay Safe During and After a Winter Storm*

By Centers for Disease Control and Prevention



*Winter storms are dangerous. They can bring cold temperatures, power failures, loss of communication services, and icy roads. This can make being outside dangerous, so you should limit your time outside. Although staying indoors as much as possible can help reduce the risk of car crashes and falls on the ice, you may also face hazards inside your home.*

## **STAY SAFE INDOORS**

Protect yourself and your loved ones during a winter storm. Take extra steps to make sure you heat your home safely, and follow the tips below.

### **Heat your home safely.**

If you plan to use a wood stove, fireplace, or space heater, be extremely careful. Follow the manufacturer's instructions and remember these safety tips:

- Turning on the stove for heat is not safe; have at least one of the following heat sources in case the power goes out:
  - Extra blankets, sleeping bags, and warm winter coats
  - Fireplace that is up to code with plenty of dry firewood or a gas log fireplace
  - Portable space heaters or kerosene heaters. Check with your local fire department to make sure that kerosene heaters are legal in your area.
- Use electric space heaters with automatic shut-off switches and non-glowing elements. Make sure to keep them away from any flammable materials, like curtains or blankets.
- Use fireplaces, wood stoves, or other combustion heaters only if they are properly vented to the outside and do not leak gas from the flue or exhaust into the indoor air space.
- Have your heating system serviced by a qualified technician every year.
- Do not burn paper in a fireplace.
- Make sure you have proper ventilation if you must use a kerosene heater.
- Use only the type of fuel your heater is designed to use—don't substitute.
- Keep heat sources, like space heaters, at least 3 feet away from drapes, furniture, or bedding. Never cover your space heater.
- Never place a space heater on top of furniture or near water.
- Never leave children unattended near a space heater.
- Make sure that the cord of an electric space heater is not a tripping hazard, but do not run the cord under carpets or rugs.
- Avoid using extension cords to plug in your space heater.
- If your space heater has a damaged electrical cord or produces sparks, do not use it.

## **Light your home safely.**

If there is a power failure:

- Use battery-powered flashlights or lanterns rather than candles, if possible. Candles can lead to house fires.
  - If you do use candles, never leave lit candles unattended.

## **Use generators and other appliances safely.**

- Generators should be located at least 20 feet from any window, door, or vent and in a space where rain and snow will not reach them.
- Protect yourself from carbon monoxide (CO) poisoning by installing a battery-operated CO detector.
- Never using generators, gas or charcoal grills, camp stoves, or similar devices inside your home, in basements, in garages, or near windows. The fumes are deadly.
- Plug in appliances to the generator using individual heavy-duty, outdoor-rated extension cords.
- Do not use the generator or appliances if they are wet.
- Do not store gasoline indoors where the fumes could ignite.

## **Conserve heat.**

- Some gas-fueled heaters, such as vent-less gas fireplaces, require some ventilation. Otherwise, if you don't need extra ventilation, keep as much heat as possible inside your home.
- Avoid unnecessarily opening doors or windows.
- Close off unneeded rooms.
- Stuff towels or rags in cracks under doors.
- Close draperies or cover windows with blankets at night.

## **Make sure babies and older adults stay warm.**

### **Babies**

Infants less than one year old should never sleep in a cold room because they lose body heat more easily than adults. Follow these tips to keep your baby safe and warm during the extreme cold:

- Remove any pillows or other soft bedding. These can increase the risk of smothering and Sudden Infant Death Syndrome (SIDS).
- Dress babies in warmer clothing such as footed pajamas, one-piece wearable blankets, or sleep sacks.
- Try to maintain a warm temperature inside your home. If you're not able to keep your home warm, make temporary arrangements to stay elsewhere.
- In an emergency, you can keep your baby warm using your own body heat. If you must sleep, take precautions to prevent rolling on or smothering your baby.

### **Older Adults**

Older adults often make less body heat because of a slower metabolism and less physical activity. Check on elderly friends and neighbors often to make sure their homes are heated properly.

If you are over 65 years of age, check the temperature in your home often during extremely cold weather.

## **Keep a water supply.**

Extreme cold can cause water pipes in your home to freeze and sometimes rupture or break. When you are expecting very cold or freezing temperatures:

- Leave all water taps slightly open so they drip continuously.
- Keep the temperature inside your home warm.
- Allow heated air to reach pipes. For example, open cabinet doors beneath the kitchen and bathroom sinks.
- If your pipes do freeze, do not thaw them with a torch. Thaw the pipes slowly with warm air from an electric hair dryer.



## **Keep a water supply, continued.**

- If you cannot thaw your pipes, or the pipes have broken open, use bottled water or get water from a neighbor's home.
- As an emergency measure, if no other water is available, snow can be melted for water. Bringing water to a rolling boil for one minute will kill most germs but won't get rid of chemicals sometimes found in snow.

## **Eat well-balanced meals, and avoid alcoholic or caffeinated drinks.**

Eating well-balanced meals will help you stay warmer. Do not drink alcoholic or caffeinated beverages—they cause your body to lose heat faster. Instead, drink warm, sweet beverages or broth to help keep yourself warm. If you have any dietary restrictions, ask your doctor.

## **Stay Safe Outdoors**

Try to stay indoors during extremely cold weather. Make any trips outside as brief as possible, and remember these tips below to protect your health and safety.

### **Dress warmly and stay dry**

#### **Adults and children should wear**

- a hat
- a scarf or knit mask to cover face and mouth
- sleeves that are snug at the wrist
- mittens (they are warmer than gloves)
- water-resistant coat and boots
- several layers of loose-fitting clothing

#### **Layer-up**

1. **Inner Layer:** Wear fabrics that will hold more body heat and don't absorb moisture. Wool, silk, or polypropylene will hold more body heat than cotton.
2. **Insulation Layer:** An insulation layer will help you retain heat by trapping air close to your body. Natural fibers, like wool, goose down, or a fleece work best.
3. **Outer Layer:** The outermost layer helps protect you from wind, rain, and snow. It should be tightly woven, and preferably water and wind resistant, to reduce loss of body heat.

#### **Additional Tips:**

- Stay dry—wet clothing chills the body quickly.
- Excess sweating will cause your body to lose more heat, so remove extra layers of clothing whenever you feel too warm.
- Avoid getting gasoline or alcohol on your skin while de-icing and fueling your car or using a snow blower. Getting these materials on your skin will cause your body to lose a lot more heat.
- Do not ignore shivering—it's an important first sign that your body is losing heat. Constant shivering is a sign that it is time to go inside.
- If you have asthma, breathing in cold, dry air can trigger an asthma attack. Talk to your doctor about how you can prevent asthma attacks when outside in winter weather and remember to follow your Asthma Action Plan.

## **Know the signs of frostbite and hypothermia.**

### **Hypothermia**

Hypothermia (abnormally low body temperature) is a dangerous condition that can happen when a person is exposed to extremely cold temperatures.

**Hypothermia, continued.**

In adults, warning signs of hypothermia include shivering, exhaustion or feeling very tired, confusion, fumbling hands, memory loss, slurred speech, and drowsiness. In babies, signs include bright red, cold skin, and very low energy.

If you notice any of these signs, take the person's temperature. **If it is below 95° F, the situation is an emergency—get medical attention immediately.**

**Frostbite**

Frostbite is a type of injury caused by freezing. It can lead to a loss of feeling and color in the areas it affects, usually the nose, ears, cheeks, chin, fingers, and toes. Frostbite can permanently damage the body, and severe cases can lead to amputation (removing the affected body part).

Signs of frostbite include a white or grayish-yellow skin area, skin that feels unusually firm or waxy, and numbness. **If you notice signs of frostbite, seek medical care.**

**Stay off the ice.**

Walking on ice is extremely dangerous. Many injuries related to cold weather happen from falls on ice-covered sidewalks, steps, driveways, and porches. Keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound. Sand may also be used on walkways to reduce the risk of slipping.

**Avoid exerting yourself, and stay safe during cleanup.**

Cold weather puts an extra strain on the heart. If you have heart disease or high blood pressure, follow your doctor's advice about shoveling snow or performing other hard work in the cold. Otherwise, if you have to do heavy outdoor chores, dress warmly and work slowly to avoid excess sweating. Remember, your body is already working hard just to stay warm, so don't overdo it.

**Be safe during outdoor activities.**

- Let your friends and family know where you will be before you go hiking, camping, or skiing.
- Do not leave any areas of your skin exposed to the cold.
- Try not to sweat or become too tired.
- Be prepared to take emergency shelter.
- Pack dry clothing, a two-way radio, waterproof matches, and paraffin fire starters with you.
- Do not use alcohol and other mood altering substances, and avoid caffeinated drinks.
- Avoid walking on ice or getting wet.
- Carefully watch for signs of cold-weather health problems, like hypothermia and frostbite.

**Be careful while traveling.**

- Listen for radio or television reports of travel advisories issued by the National Weather Service.
- Do not travel in low visibility conditions.
- Avoid traveling on ice-covered roads, overpasses, and bridges if at all possible.
- Never pour water on your windshield to remove ice or snow—this can cause your windshield to shatter.
- If you must travel by car, use tire chains and take a mobile phone with you.
- If you must travel, let someone know your destination and when you expect to arrive. Ask them to notify authorities if you are late.
- Check and restock the winter emergency supplies in your car before you leave.
- Always carry extra warm clothing and blankets with you. Don't rely on a car to provide enough heat. The car could break down.

## If you get stranded:

Staying in your car when stranded is often the safest choice if winter storms create poor visibility or if roadways are ice covered. These steps will increase your safety when stranded:

- Tie a brightly colored cloth to the antenna as a signal to rescuers and raise the hood of the car (if it is not snowing).
- Move anything you need from the trunk into the passenger area.
- Wrap your entire body, including your head, in extra clothing, blankets, or newspapers.
- Stay awake. You will be less vulnerable to cold-related health problems.
- Run the motor (and heater) for about 10 minutes per hour, opening one window slightly to let in air. Make sure that snow is not blocking the exhaust pipe—this will reduce the risk of carbon monoxide poisoning.
- As you sit, keep moving your arms and legs to improve your circulation and stay warmer.
- Do not eat snow because it will lower your body temperature.
- Huddle with other people for warmth.





# AVOID\*SPOT\*TREAT

## FROSTBITE & HYPOTHERMIA

In cold temperatures, your body begins to lose heat faster than it can be produced, which can lead to serious health problems.

### \*\*\*AVOID\*\*\*

When the weather is extremely cold, try to stay indoors. If you must go outside, **dress properly** and know who is at **high risk** for **hypothermia** or **frostbite**.

When going outside be sure to wear:



When going outside in winter make sure body parts most often affected by frostbite are covered in warm, dry clothing.



Know who is at high risk:



without proper food, clothing, or heating



# SPOT

## FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



### Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

### Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

## HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.

### Signs & Symptoms

#### Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

#### Infants:

- bright red, cold skin
- very low energy



If a person's temperature is below 95° get medical attention immediately.



# \*\*\*TREAT\*\*\*

If a person is experiencing hypothermia or frostbite...



## FROSTBITE CAUTION

Since skin may be numb, victims of frostbite can harm themselves further.  
Use caution when treating frostbite and:



**1** UNLESS NECESSARY,  
DO NOT WALK ON  
FEET OR TOES  
WITH FROSTBITE



**2** DO NOT USE A  
FIREPLACE, HEAT  
LAMP, RADIATOR,  
OR STOVE FOR  
WARMING



**3** DO NOT USE A  
HEATING PAD  
OR ELECTRIC  
BLANKET FOR  
WARMING



**4** DO NOT RUB  
OR MASSAGE  
AREAS WITH  
FROSTBITE



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