

A NEWSLETTER FOR GUTHRIE COUNTY HOSPITAL & CLINICS

Community Connection

Learn more about
THE COMMON COLD

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

MEDICAL MINUTES
FAMILY HEALTH HISTORY

WINTER 2023

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—STUART

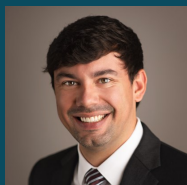
312 N. Fremont Street, Suite A | Stuart, Iowa
(515) 523-8050



GCH CLINICS—GUTHRIE CENTER

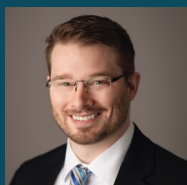
710 N. 12th Street | Guthrie Center, Iowa
(641) 332-3900

MEDICAL STAFF



Austin Boeckman

DO



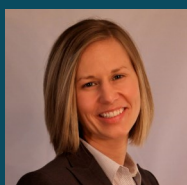
Eric Jones

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Jeff Roske

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Josh Strehle

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Jeff Wahl

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David Ahrens

MD



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MD



Donald Fillman

MD



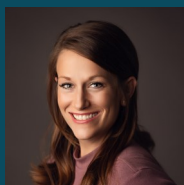
Sean Grambart

DPM, FACFAS



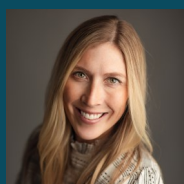
Amber Burgin

ARNP



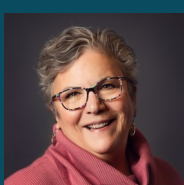
Sabra Miller

ARNP



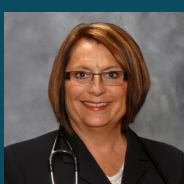
Lindy Nordstrom

ARNP



Cindy Peterson

ARNP



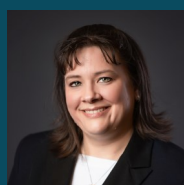
Marcia Roenfeld

ARNP



Nicole Topliff

ARNP



Sara Van Effen

ARNP



Brie Wessels

ARNP



Beth Woods

ARNP

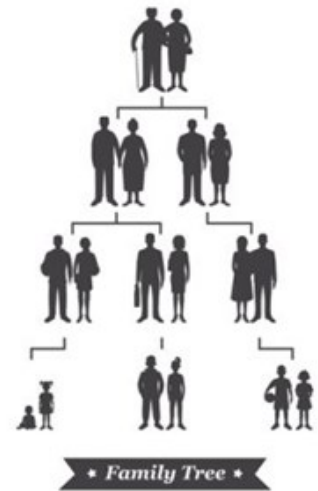
Family Health History

Knowing and acting on your family health history is an important way to protect your health. Collect your family health history and share it with your doctor at your next visit.

Your doctor can use it to develop a more complete picture of your health and your risk factors for disease. Together you can work on ways to reduce that risk.

What is family health history?

Family health history is a record of the diseases and health conditions in your family. You and your family members share genes. You may also have behaviors in common, such as exercise habits and what you like to eat. You may live in the same area and come into contact with similar things in the environment. Family history includes all of these factors, any of which can affect your health.



How can I collect my family health history?

You may know a lot about your family health history or only a little. To get the complete picture, use family gatherings as a time to talk about health history. If possible, look at death certificates and family medical records. Collect information about your parents, sisters, brothers, half-sisters, half-brothers, children, grandparents, aunts, uncles, nieces, and nephews. Include information on major medical conditions, causes of death, age at disease diagnosis, age at death, and ethnic background. Be sure to update the information regularly and share what you've learned with your family and with your doctor. You can use the Surgeon General's web-based tool called "My Family Health Portrait" to keep track of the information.

Why is family health history important for my health?

Most people have a family health history of at least one chronic disease, such as cancer, heart disease, and diabetes. If you have a close family member with a chronic disease, you may be more likely to develop that disease yourself, especially if more than one close relative has (or had) the disease or a family member got the disease at a younger age than usual.

Collect your family health history information before visiting the doctor and take it with you. Even if you don't know all of your family health history information, share what you do know. Family health history information, even if incomplete, can help your doctor decide which screening tests you need and when those tests should start.

How can I use my family health history to improve my health?

You can't change your genes, but you can change unhealthy behaviors, such as smoking, not exercising or being active, and poor eating habits. If you have a family health history of disease, you may have the most to gain from lifestyle changes and screening tests. In many cases, healthy habits can reduce your risk for diseases that run in your family. Screening tests, such as blood sugar testing, mammograms, and colorectal cancer screening, help find early signs of disease. Finding disease early can often mean better health in the long run.

If you have any questions or concerns, please call, or visit any of our GCH Clinics. We are located in Adair, Guthrie Center, Panora & Stuart.

RESOURCES

Center for Disease Control and Prevention (CDC) | www.cdc.org

What's happening at Guthrie County Hospital & Clinics?

WELCOME TO OUR NEW PATIENT PORTAL

As a patient, you have easy access to your health information through MyUnityPoint – wherever you go.

USING KEY FEATURES

The online portal or the MyChart app for iPhone® or Android®, gives you instant and secure access to your health records. Where you can:



SEND A NON-URGENT MESSAGE TO YOUR CARE TEAM

- Please expect to receive a response within 2-3 business days.
- Include files and images in your messages.
- Keep in mind, this feature is intended for questions about your care. Your provider may request you make an appointment.



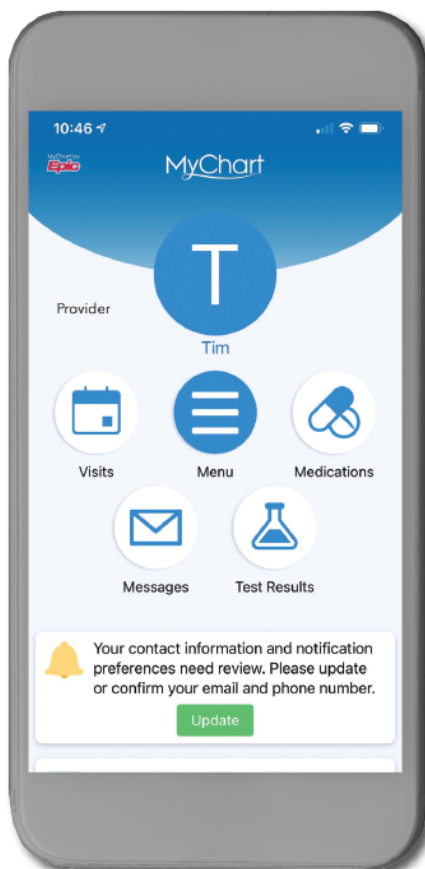
SCHEDULE OR REQUEST PRIMARY CARE APPOINTMENTS

- Directly schedule, confirm and cancel primary care appointments and enter details about the reasons for visit. If your provider requests more time for your appointment, we'll be sure to contact you.
 - See details about future appointments, including instructions and driving directions.
- Complete most of the check-in process from home, verify demographic information, allergies and pre-visit forms.
- Add or remove yourself to wait lists and move appointments to an earlier date when a new time is available. To complete, click on the upcoming appointment and review the wait list options.



REQUEST PRESCRIPTION REFILLS

- Send a refill request to the prescribing provider.



REVIEW YOUR TEST RESULTS AND PROVIDER NOTES

- Our commitment to providing timely access to test results means you may be viewing the results before your provider has had the opportunity to review them.
 - If you have an active MyUnityPoint account, your care team may not call you if you have normal lab results.
- If you have any questions about your test results, please send a secure message to your care team.
- View and download details of past appointments and admissions - including after visit summaries and provider notes.



ACCESS YOUR FINANCIAL STATEMENTS AND PAY YOUR BILL

- Prepay estimates and copays in advance.
- Pay bills from recent appointments.
- If you have questions, please contact our billing department customer service at 844-849-1260.



MANAGE YOUR HEALTH

- Add, remove, modify: health issues, medications and allergies.
- Print immunization records.
- Review the medical history we have on file.
- Review your plan of care summary and goals
- To-do reminders notify you of upcoming health checks.
- Request a copy of your medical record.

Don't Have An Account Yet?

Creating an account is easy, you can:

- Sign-up at chart.myunitypoint.org.
- Sign-up during an office visit with a unique email or text link.

Getting Started

Visit account settings:

- Your thumb print or face recognition security feature.
- Your communication preferences.
- Your email and phone number.
- Check the FAQ section of chart.myunitypoint.org for additional tips.

Have Questions?

Please contact the MyUnityPoint Support team at (877) 224-4430 or MyUnityPointSupport@unitypoint.org.

If you would like to update how you receive MyUnityPoint communication notifications:

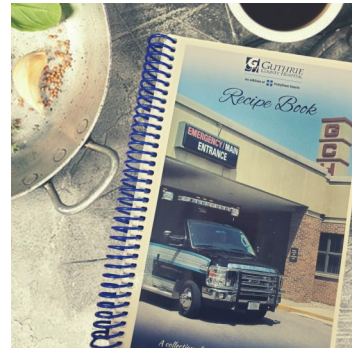
- Access MyUnityPoint
- Select "communication preferences" under the Account settings
- Select a category from the drop-down menu
- Click the notification icons of your choice for each corresponding item

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!



OUTREACH EVENTS

The month of December has been busy for Guthrie County Hospital & Clinics.

- The dietician presented at the Healthy Holiday event for Diabetes Education.
- GCH Staff helped with the GCH Auxiliary Baked Potato Bar & Bake Sale
- We delivered food to the local food pantries
- The Adair Clinic and Hospital adopted families for Christmas
- The Panora Clinic helped with Santa's Workshop event
- The Adair Clinic took part in the Festival of Trees
- The Guthrie Center and Stuart Clinic's delivered cards to the nursing home residents
- The Stuart Clinic sponsored a movie at the Stuart Fremont Theatre
- The Panora Clinic helped with Toys for Tots



What's happening at Guthrie County Hospital & Clinics?

UPCOMING EVENTS & FITNESS CENTER CLASSES

- Every Monday & Wednesday - Let's Get Pumped Class* @ 5:30 p.m.
- February 9–GCH Auxiliary Meeting @ Sneakers Café at 10:00 a.m.
- February 16–Diabetes Support Group–Located at Sneakers Cafe @ 7:00 p.m.

**Must be a current paid member. Not a member but want to take a class? Only a \$5 drop-in charge for each class.*



Join our team!

For all position vacancies and details, visit
www.guthriecountyhospital.org.

Online applications now available.



710 N. 12th St. Guthrie Center, IA 50115
641-332-3900

NOW OPEN!
GCH CLINICS IN
GUTHRIE CENTER

Now accepting new patients
& same day appointments!

Austin Boeckman
DO



Join the GCH Auxiliary

WHAT IS THE AUXILIARY?

Founded on a tradition of giving the Guthrie County Hospital Auxiliary is a non-profit service organization whose mission is to work in conjunction with the Guthrie County Hospital & Clinics by volunteering to promote the health of our community.

This volunteer organization augments the programs and services of Guthrie County Hospital & Clinics by hosting fundraising activities throughout the year, presenting monetary gifts to the hospital to aid in the purchase of new equipment and provide scholarships to four local high school students every year. Their contributions are far reaching and provide valuable benefits for the patients, families and employees of Guthrie County Hospital & Clinics.

This team of volunteers contributes greatly to the high level of care that Guthrie County Hospital & Clinics has successfully provided for over half a century.

SPECIAL EVENTS & PROGRAMS SPONSORED BY THE AUXILIARY

- Scholarships for students majoring in the health care field
- Biannual Baked Potato Bar & Bake Sale
- Masquerade Jewelry & Accessories Fundraising Sale (*everything \$5*)
- Patient bags
- Auxiliary vending machine located in the Main Lobby of the hospital

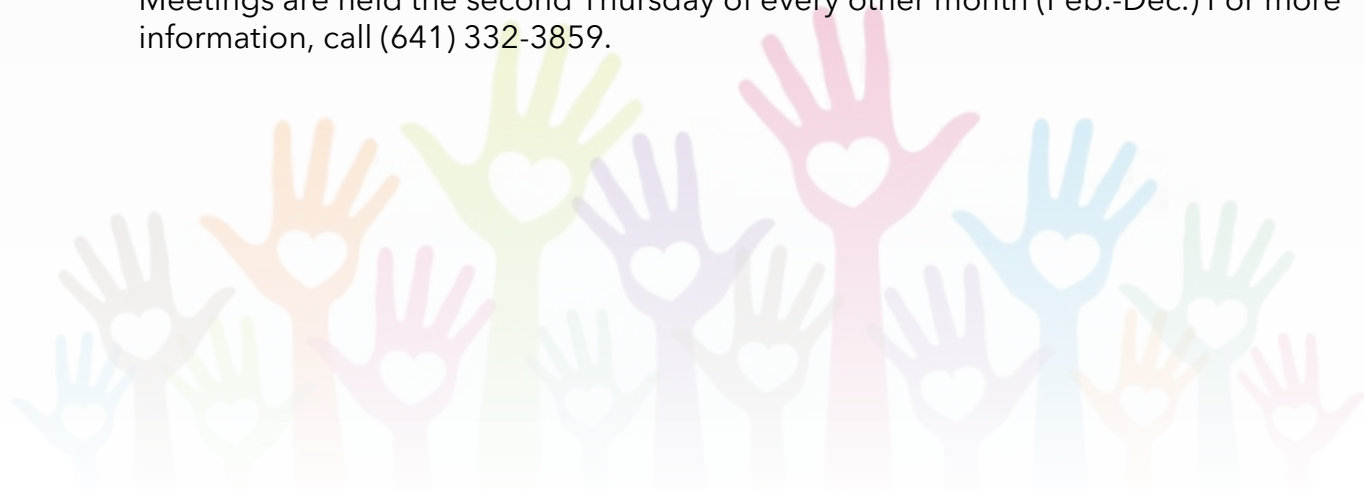
MEMBERS OF THE AUXILIARY ARE GIVEN THE OPPORTUNITY TO:

- Serve the community and support local healthcare.
- Use their individual skills and hobbies to help others.
- Spend vital time and resources with fundraising events as well as serving on Auxiliary committees.
- Attend all fundraising efforts.
- Meet new friends and establish relationships all while having fun!

TO BECOME A MEMBER...

- Must be 18 years or older
- Complete a membership form (*see next page*)
- Pay membership dues:
 - Active Member-\$5 annually
 - Supporting Member-\$10 annually
 - Lifetime Member-\$50 onetime fee

Meetings are held the second Thursday of every other month (Feb.-Dec.) For more information, call (641) 332-3859.





An Affiliate of  UnityPoint Health

Auxiliary

Membership Enrollment

Please help keep our records accurate by completing this membership form every year.

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Last year's Membership Status: _____

If you'd prefer to receive your meeting agenda by email, please provide your email for our records.

Email Address: _____

Membership Status

___ Lifetime Member - Dues **\$50.00**

Lifetime members – pay a onetime due.

___ I am a Lifetime Member - previously paid the onetime membership dues.

___ Active Member - Dues **\$5.00**

Active members – Pay membership dues annually and help with various activities, such as baking, phone calling, volunteering for different events, etc.

___ Supporting Member - Dues **\$10.00**

Supporting members – Pay membership dues annually **only** and do not help with various activities.

___ Inactive - I would like to change my Auxiliary status to Inactive.

Please take me off your list. (I understand that by doing this I will no longer receive meeting notices, the annual Auxiliary membership book, or phone calls to help at events.)

Areas of Interest

(Please check any you would be interested in helping with.)

	Yes	No		Yes	No
Bake Sale	<input type="checkbox"/>	<input type="checkbox"/>	Scholarship Program	<input type="checkbox"/>	<input type="checkbox"/>
Donate Money	<input type="checkbox"/>	<input type="checkbox"/>	Special Projects	<input type="checkbox"/>	<input type="checkbox"/>
Phone Calling	<input type="checkbox"/>	<input type="checkbox"/>	Vending Machine (refill)	<input type="checkbox"/>	<input type="checkbox"/>
Potato Bars	<input type="checkbox"/>	<input type="checkbox"/>			

Other, please list: _____

THANK YOU!

Return to: GCH Auxiliary - Membership Chair | 710 N 12th Street | Guthrie Center, Iowa 50115

THE COMMON COLD: REST AND RECOVER

As we approach cold and flu season, it is important to discuss the common cold and what we as healthcare providers and, more importantly, what YOU as patients can do to help. The common cold, or upper respiratory infections, are a group of illnesses caused primarily by viruses. These viruses typically have a seasonal pattern starting in the fall and persisting through late spring. Around 500 million cases are seen every year in the United States, with adults typically suffering 2-3 cases per year and healthy children suffering up to 8-12 cases per year. Only 0.5 to 2 percent of cases are indeed caused by bacteria.

Common overlapping symptoms for viruses causing upper respiratory infections include:

- fever > 100.4 F
- eye irritation
- decreased/loss of smell
- headache
- nasal congestion
- sore throat
- body aches
- runny nose
- cough
- ear/facial pressure
- nasal discharge
- chest congestion

How do we treat common colds caused by viruses?

- rest
- analgesics
- hydration
- acetaminophen (Tylenol)
- nasal irrigation (nasal saline)
- ibuprofen (Advil/Motrin)
- nasal steroid spray
- oral decongestants

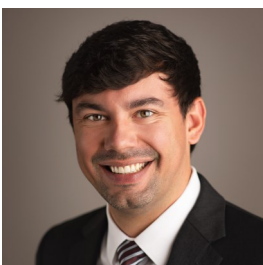
When should you be evaluated by a healthcare provider?

- if symptoms last longer than 10 days or if symptoms start to get better and then get worse.

DO NOT WAIT 10 DAYS IF:

- fever higher than 102 F
- trouble thinking clearly
- sudden severe pain in face or head
- swelling around 1 or both eyes
- trouble seeing or seeing double
- stiff neck

If you have any questions or concerns, please call your primary care provider, or visit any of our GCH Clinics.



Austin Boeckman, DO

5 HEALTHY EATING TIPS FOR THE HOLIDAYS

Here's your recipe for staying on track no matter what's cooking.

'Tis the season for family, festivity, and food—lots of food. Temptations are everywhere, and parties and [travel](#) disrupt daily routines. What's more, it all goes on for weeks.

How do you stick to your [diabetes meal plan](#) when everyone around you seems to be splurging? Here are 5 tips that can help:



Savor a serving of the foods you really love.

1. Holiday-Proof Your Plan

You may not be able to control what food you're served, and you're going to see other people eating tempting treats. Meet the challenges armed with a plan:

- Eat close to your usual times to keep your blood sugar steady. If your meal is served later than normal, eat a small snack at your usual mealtime and eat a little less when dinner is served.
- Invited to a party? Offer to bring a healthy dish along.
- If you have a sweet treat, cut back on other carbs (like potatoes and bread) during the meal.
- Don't skip meals to save up for a feast. It will be harder to manage your blood sugar, and you'll be really hungry and more likely to overeat.

If you slip up, get right back to healthy eating with your next meal.

2. Outsmart the Buffet

When you face a spread of delicious holiday food, make healthy choices easier:

- Have a small plate of the foods you like best and then move away from the buffet table.
- Start with vegetables to take the edge off your appetite.
- Eat slowly. It takes at least 20 minutes for your brain to realize you're full.
- Avoid or limit alcohol. If you do have an alcoholic drink, have it with food. Alcohol can lower blood sugar and interact with diabetes medicines.

Also plan to stay on top of your blood sugar. Check it more often during the holidays, and if you take medicine, ask your doctor if the amount needs to be adjusted.

5 HEALTHY EATING TIPS FOR THE HOLIDAYS

3. Fit in Favorites

No food is on the naughty list. Choose the dishes you really love and can't get any other time of year, like Aunt Edna's pumpkin pie. Slow down and savor a small serving, and make sure to count it in your meal plan.



Savor a serving of the foods you really love.

4. Keep Moving

You've got a lot on your plate this time of year, and physical activity can get crowded out. But being active is your secret holiday weapon; it can help make up for eating more than usual and reduce stress during this most stressful time of year. Get moving with friends and family, such as taking a walk after a holiday meal.

5. Get Your Zzz's

Going out more and staying out later often means cutting back on sleep. Sleep loss can make it harder to manage your blood sugar, and when you're sleep deprived you'll tend to eat more and prefer high-fat, high-sugar food. Aim for 7 to 8 hours per night to guard against mindless eating.

Most of all, remember what the season is about—celebrating and connecting with the people you care about. When you focus more on the fun, it's easier to focus less on the food.

Holiday Hacks

- ***Have pumpkin pie instead of pecan pie. Even with a dollop of whipped cream, you'll cut calories and sugar by at least a third.***
- ***Break physical activity up into smaller chunks so it's easier to schedule, like walking 10 minutes several times a day.***
- ***Schedule some "me" time every day—a nap, dog walk, or hot bath to get your energy back for the next celebration.***

Resource:

Centers for Disease Control and Prevention (CDC)
<https://www.cdc.gov/diabetes/library/features/holidays-healthy-eating.html>

Melting Sweet Potatoes with Maple Butter

Ingredients

- 2 pounds sweet potatoes, peeled and cut into 1-inch slices
- 2 tablespoons melted butter
- 1 tablespoon extra-virgin olive oil
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{2}$ cup low-sodium vegetable broth or chicken broth
- $\frac{1}{4}$ cup pure maple syrup
- 1 tablespoon lemon juice

Instructions

1. Position rack in upper third of oven; preheat to 500 degrees F.
2. Toss sweet potatoes, butter, oil, salt and pepper in a large bowl. Arrange in a single layer in a 9-by-13-inch metal baking pan. (Do not use a glass dish, which could shatter.) Roast, flipping once, until browned, 25 to 30 minutes.
3. Whisk broth, maple syrup and lemon juice together in a measuring cup. Carefully add the mixture to the pan. Continue roasting until most of the liquid is absorbed and the sweet potatoes are very tender, 5 to 8 more minutes. Serve hot.



Green Bean Casserole - Slimmed

Ingredients

- 3 to 4 medium shallots, in their skins
- Kosher salt, plus 1 1/2 teaspoons
- 1 pound fresh green beans, stemmed, and halved crosswise
- 1 tablespoon extra-virgin olive oil
- 8 ounces cremini mushrooms, sliced (about 4 cups)
- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 1/2 cups mushroom, vegetable, or chicken broth (see Cook's Note)
- 3 teaspoons fresh thyme leaves
- Freshly ground black pepper
- Vegetable cooking spray
- 1 cup fresh bread crumbs



Instructions

1. Preheat the oven to 400 degrees F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.
2. Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl.
3. In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.
4. Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly.
5. Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

Cook's Note

There has been an explosion of prepared broths on the market. We particularly like the mushroom broth in the aseptic packaging. However, for this recipe, make sure you don't use an Asian-style mushroom broth. If you can't find mushroom, a vegetable or chicken broth is a suitable substitute. When sauteing mushrooms, salt them right away--they will release moisture and you can use less oil - 1 cup fresh bread crumbs has less calories than 1 cup dried - Roasting whole shallots is an excellent way to cook them using absolutely no fat

DEPARTMENT SPOTLIGHT

CARE COORDINATOR

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

Theresa BSN, RN Nurse Care Coordinator. I have 26 years of experience and am new to the care coordinator role.

What services does your department provide?

Department provides assistance with discharge planning, whether it be to home or facility; assistance with Advance directive, getting insurance authorization for hospital stay, getting equipment set up for patients at home if needed.

Why do you choose Guthrie County Hospital & Clinics?

I choose to work with Guthrie and the clinics for I grew up rural Iowa and want to help those living in rural Iowa.

When was your department established?

The department was established in 1985

Advance Care Planning

It starts with a conversation.

Your decisions matter - and when it comes to critical medical situations, we want to know how you want us to care for you. Do you have a living will or advance directives? Start thinking about your end-of-life care - and start the conversation with your loved ones today.

Advance care planning involves learning about the types of decisions that might need to be made, considering those decisions ahead of time, and then letting others know—both your family and your health care providers—about your preferences. These preferences are often put into an *advance directive*, a legal document that goes into effect only if you are incapacitated and unable to speak for yourself. This could be the result of disease or severe injury—no matter how old you are. It helps others know what type of medical care you want. An advance directive also allows you to express your values and desires related to end-of-life care. You might think of it as a living document—one that you can adjust as your situation changes because of new information or a change in your health.

We're here to help! Navigating advance care planning can sometimes be tricky. If you have questions, call our care coordinator at (641) 332-3812.

Advance Care Planning



GUTHRIE
COUNTY HOSPITAL

An Affiliate of



UnityPoint Health

What is advance care planning, and what are advance directives?

Advance care planning involves learning about the decision making process in regards to your health care wishes, considering those decisions ahead of time, and letting your family members and health care providers know what those decisions are.

Advance directives are legal documents that allow you to plan and express your own end-of-life wishes in the event that you are unable to communicate them yourself. The two parts to an advance directive are a living will and a durable power of attorney for health care. A living will describes your wishes regarding medical care, and a durable power of attorney for health care appoints a person to make health care decisions for you in a situation where you cannot speak for yourself.

Living will: A legal document that allows you to tell medical providers how you want to be treated if you are unconscious, or unable to make your own decisions about medical treatment. This document goes into effect when you are no longer able to make your own decisions according to your health care provider.

Durable power of attorney for health care: A legal document that names an individual, or multiple individuals, who can make medical decisions for you in times where you are unable to do so for yourself. This document goes into effect when you are no longer able to make your own decisions according to your health care provider.

When should I start advance care planning?

You can start advance care planning at any age once you have entered adulthood. Creating advance directives is not just for those who are considered “elderly.” Even if you are not ill now, planning for your future health care is an important step in making sure you get the medical care you desire if you are unable to speak for yourself.

What end-of-life decisions need to be made to prepare my advance directive?

Life-sustaining treatments involve specific medical procedures that keep a person alive when the body is unable to function on its own. The most common end of life-of-life medical decisions that you, family members, or an appointed durable power of attorney for health care must make are:

- Cardiopulmonary Resuscitation (CPR)
- Do Not Resuscitate (DNR)
- Do Not Intubate Order (DNI)
- Artificial Nutrition and Hydration

There are other treatments that might be provided in a life-sustaining treatments that are not listed above. These might include:

- Major surgery
- Blood transfusions
- Dialysis
- Antibiotics
- Other medical procedures meant to sustain life

What is cardiopulmonary resuscitation (CPR)?

Cardiopulmonary resuscitation is an emergency life-saving procedure that is performed when your heart stops (cardiac arrest) or breathing stops (respiratory arrest). When your heart stops, treatment may involve chest compressions, electrical stimulation, or use of medication to support or restore the heart's ability to function. When you stop breathing, treatment may include insertion of a tube through your mouth or nose to artificially support or restore your breathing function.

What is a Do Not Resuscitate order (DNR)?

A Do Not Resuscitate order is a medical provider's written order that prevents the health care team from initiating CPR. A DNR order is written at the request of you as the patient, your family, or an appointed durable power of attorney for health care if you do not wish to receive CPR in the event of cardiac or respiratory arrest. If a DNR order is not signed by a medical provider, it cannot be honored.

Some facts you should know about a DNR order:

- It can be cancelled at any time if you have changed your decision. The medical provider will need to be informed so they can make this change for you.
- It will remain in effect if you transfer from one health care facility to another, however, this should be consulted with the accepting facility's policy to confirm the order.
- The DNR may not be honored if you are discharged home from the health care facility if you do not have an out-of-hospital DNR. (The Iowa out-of-hospital DNR Order form is available through the Iowa Department of Public Health, Bureau of EMS, Lucas State Office Building, Des Moines, Iowa 50319-0075, or through the Bureau of EMS's web site www.idph.state.ia.us/ems.)
- It should be posted in the home if that is where you are being cared for.

If there is no DNR order, the health care team will perform CPR in the event of an emergency.

What is a Do No Intubate order (DNI)?

Your physician may ask you about your wishes to be intubated when you request a DNR order. Intubation is an intervention that is performed to help you breathe when you cannot breathe adequately on your own. Refusal of intubation does not mean you are refusing other methods of resuscitation. If you do not desire mechanical ventilation, you must discuss intubation because it could be included as your DNR order. If you have completed a DNR order, it does not mean that you have refused to be intubated. If you do not want life mechanically sustained, you must discuss these decisions about intubation with your medical provider.

What is artificial nutrition and hydration?

Artificial nutrition and hydration are medical interventions that allow you to receive nutrition (food) and hydration (fluid) when you are no longer able to take them by mouth. This treatment can also be provided to you if you cannot eat or drink enough to sustain life.

Where can I get an advance directive form and how can I prepare it?

Guthrie County Hospital can provide you with the following advance care planning documents:

- Five Wishes
- IPOST (Iowa Physician Order for Scope of Treatment)
- Iowa Durable Power of Attorney for Health Care Decisions

You can complete these forms without an attorney, however, if you wish to have legal guidance you must refer those questions to your attorney. Guthrie County Hospital staff cannot offer legal advice. The IPOST should be completed with a health care team member and be signed by your medical provider before it will take effect. Your health care team at Guthrie County Hospital is available to assist you with completing your advance directives upon request.

If you wish to use a different document than one provided by Guthrie County Hospital, it is recommended that you confirm the validity of that form with an attorney.

To make your advance directive a legal document, you must sign it in front of two witnesses OR a notary public, according to Iowa Legal Aid. Your advance directive will not be honored by a health care team until it is legalized.

Questions?

Please make note of any questions you have regarding advance care planning and your health care team will assist you with answering them.



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