

MEMORIAL HOSPITAL'S *The* LAMP QUARTERLY NEWSLETTER

Vol. 5 Issue 2 - April 2024



Brett Bollmann, CEO; Susan Diddlebock, CNO; Kelly Jany, MSU Nurse Manager; Greg Crain, Board Member; Melissa Soellner, RDN & Exercise Physiologist; Amy Mathis, Rehab Nurse Supervisor; Casey Parker, Board and Chamber Member; David Randall, Chamber Member.

CARDIAC PULMONARY REHAB CENTER

Ribbon Cutting

OPENING MAY 1

Memorial Hospital's Cardiac Pulmonary Rehab Center will be opening May 1, 2024 and is currently enrolling patients. Rehabilitation programs at the center will provide comprehensive care to patients with heart and lung conditions. Through the program, individuals are given a structured program that includes education, counseling, and exercise to strengthen their lungs and heart. Participants in the program have access to various tools and a full support system to help them recover.

Memorial Hospital completes a Community Health Needs Assessment (CHNA) every five years through the Illinois Critical Access Hospital Network (ICAN). Through this community evaluation, it aids Memorial in identifying healthcare needs,

disparities, and health trends in our rural service area. In our region there are over 500 people who are being treated for pulmonary or cardiac diagnoses that could benefit from rehab services. 276 with some cardiovascular disease and 271 with some form of pulmonary disease. "Each year these numbers continue to grow," explains Susan Diddlebock, Chief Nursing Officer at Memorial. "These patients are at higher risk for ER visits, admissions to the hospital, and readmissions to the hospital." By providing cardiac and pulmonary rehabilitation services at Memorial Hospital, this program will allow patients to receive the care they need where they are. They will no longer have to make frequent trips over longer distances to access quality care. By participating in Memorial's new rehab program,

(Continued on [Page 10](#))





RURAL HEALTH CLINICS

FAMILY HEALTH CARE Newborn Through Geriatrics

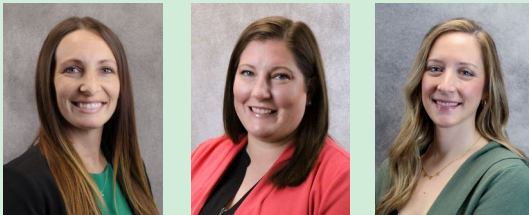
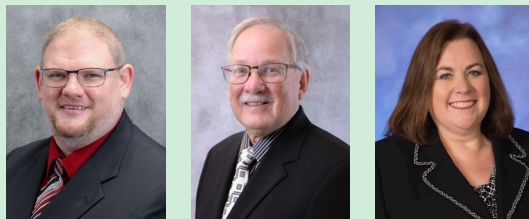
- | | |
|------------------------------|----------------------------|
| Immunizations – VFC Provider | Minor In Office Procedures |
| Age Specific Wellness Exams | Same Day Appointments |
| Injection Therapy | School & Sports Physicals |
| Family Planning | Patient Portal |
| DOT Physicals | |

CHESTER CLINIC

2319 Old Plank Road - Chester, IL 62233
618-826-2388

STEELEVILLE FAMILY PRACTICE

602 W. Shawneetown Trail - Steeleville, IL 62288
618-965-3382



James Kirkpatrick, M.D. • James Krieg, M.D.
Lisa Lowry-Rohlfing, M.D. • Joseph Molnar, D.O.
Valerie Blechle, APN, FNP-BC
Cassandra Chambers, FNP-C
Mindy Dudenbostel, FNP-C • Angela Albertini, PA-C

New Paired System Provides Continuity of Care

Memorial Hospital's Rural Health Clinics (RHCs) strive to provide the best quality care possible. To provide this level of care, collaboration and continuity of services is necessary and that is why they are advancing to a team approach for your healthcare.

The RHCs are moving to a paired system, meaning each physician is paired with an Advanced Practice Provider (APP); Nurse Practitioner or Physician Assistant. The pair works TOGETHER as a team to ensure your needs are being met with the same consistent providers every time you visit the clinic. Having a team approach allows for more patients to be seen, allows for collaboration in care and continuity of services.

If you are unable to see your doctor on the day you need to, you will be scheduled with their APP partner. This allows staff to get you in as soon as possible with the appropriate provider who is familiar with your unique health needs.

By ensuring you see the same providers every time you visit, you can have the confidence knowing that they are knowledgeable about your health history. You no longer need to re-explain your concerns and health issues every time, they already know, as they have been there with you at every appointment.

The APP and physician work together and collaborate on your care plan. You now have a TEAM of professionals assessing your needs.

What does this mean regarding scheduling my appointment?

If your Primary Care Provider (PCP) does not have an opening, and their APP does, then you can be scheduled with them that same day.

If your PCP and APP schedules are both full or if they are off that day, you can schedule an appointment with another APP for same-day, acute issues. If a same-day appointment is not necessary, you are welcome to schedule a future appointment with your PCP or APP.

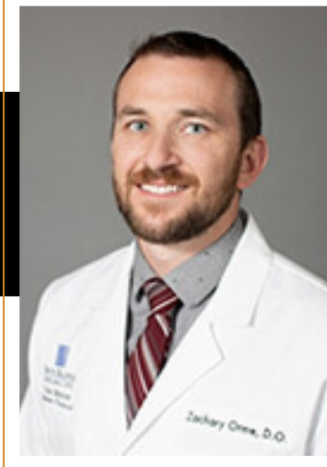
Questions?

If you have questions regarding this team approach to your healthcare, please contact one of the Rural Health locations; in Chester 618-826-2388 or in Steeleville 618-965-3382.



New Family Providers

Joining Memorial Hospital Team of Family Medicine Providers



Dr. Zachary
ORME

July 2024

Dr. Zachary Orme received his medical doctorate from Kentucky College of Osteopathic Medicine in Pikeville, Kentucky in 2020. In 2023, he completed family medicine residency at South Baldwin Regional Medical Center in Foley, Alabama, and is currently completing an addiction medicine fellowship at the University of South Alabama in Mobile. Dr. Orme is board certified by the American Board of Family Medicine.

In addition to specializing in family medicine and addiction medicine, Dr. Orme has experience in hospital medicine and a strong background in emergency care. Drawing from his training and experience,

Dr. Orme appreciates the full scope of care he can offer patients as a family medicine physician. He is passionate about establishing patient relationships, providing exceptional healthcare, and ultimately wants to improve patient outcomes. He enjoys treating patients of all ages and is fluent in conversational Spanish.

Originally from a small town in Idaho, Dr. Orme is familiar with rural community values and finds rural medicine rewarding. He looks forward to completing the fellowship program in June and relocating to the Chester area with his wife, Heather, and their four children in July.



Dr. Monica
LUKOSE

August 2024

Dr. Monica Anil Lukose received her medical doctorate from Ross University School of Medicine in Barbados and is currently completing family medicine residency training at Mount Sinai Health System in Chicago. Dr. Lukose's training at Mount Sinai has allowed her to gain experience in a variety of patient care settings of different acuity and complexity, both acute and chronic and including level one trauma. Dr. Lukose, originally from Vancouver, Canada, moved to the United States to complete her family medicine residency and remained in the U.S. after meeting her husband - Varun Varghese.

As a resident at Mount Sinai Hospital-Family Medicine program, Dr. Lukose was awarded the Manthani J. Reddy, M.D. award for Resident of the Year in 2022. She was promoted to chief resident during her third

year of residency. She is a member of the American Academy of Family Physicians and looks forward to board certification this Spring.

Dr. Lukose's training and experience has given her the opportunity to provide care to patients of all ages as well as those of various social and economic backgrounds. She has interests in both inpatient and outpatient family medicine and enjoys women's health. Dr. Lukose takes a preventative approach in treating her patients, and values connecting and building relationships with them. She and her husband find reward in volunteering within their community, and in their free time love to go hiking. She is excited to complete the family medicine residency program in June, with plans to relocate to the Chester area with her husband in August 2024.

Caring for you throughout your life span.

Treating pediatrics, youth, adults, and geriatrics.

SPECIALIZED SERVICES:

- Sports Rehab
- Balance Rehab
- Vertigo
- Stroke Rehab
- Hand Therapy
- Pool Therapy
- Urinary Incontinence
- Manual Therapy
- Orthopedic Rehab
- Women's Health Therapy

SPECIALIZED EQUIPMENT:

- Bariatric Treadmill
- Biodex Balance System
- Mechanical Traction
- Ultrasound
- Electrical Stimulation
- Fluidotherapy
- Iontophoresis



Ryan Schaal, Director of Therapy & Physical Therapist

Kristyn Riley, Physical Therapist



Megan Stewart, Occupational Therapist

Isabel Hotop, Speech-Language Pathologist

Oops! Did you just sneeze and leak a little?

That's Not Normal: Pelvic Floor Physical Therapy Can Help

What most women accept as normal as they age and have children is not medically the case. Pelvic floor therapy does not only help control dribbles while coughing or laughing, there are so many great benefits and most women don't know there is help.

Kristyn Riley, Women's Health Physical Therapist at the Therapy and Sports Rehab Center specializes in treatment and therapy for many conditions that may be causing pain, discomfort, and disruptions to women's daily lives. "Through therapy many women start to see results in just a few sessions," explains Kristyn.

"What I love most about Women's Health PT is helping women of all ages and backgrounds make a drastic difference in their daily lives, in just a matter of a few treatment sessions."

What is a Pelvic Floor?

Everyone has a pelvic floor. It's made up of the muscles that support the urinary and reproductive tracts. These muscles also control your bladder and bowels. The pelvic floor muscles attach your pubic bone to your tailbone and in between your sit bones to make up the floor of your core. Functions include: support for your abdominal and pelvic organs, controlling your ability to hold or release contents of your bladder and bowels, sexual function, and posture.

A women's health physical therapist goes through additional post graduate training to evaluate and treat musculoskeletal conditions specific to women, including:

- Pregnancy and post-partum related issues
- Pelvic pain
- Urinary or fecal incontinence
- Pelvic organ prolapse

Pelvic floor muscles can become stretched during childbirth, weak with aging, or hypertonic with increased stress.

Do I Need to See a Woman's Health Physical Therapist?

If you experience any of the following, you may benefit from seeing a women's health PT:



Kristyn works with model patient on exercises.



Kristyn educates model patient on musculoskeletal anatomy and movement.

- Leaking of urine or feces when you cough, sneeze, jump, or perform any other form of exercise
- Frequent need to urinate, strong urgency or feeling of incomplete ability to empty your bladder
- Any leaking of urine, unrelated to movement or activity.
- Pain with intercourse or gynecological exam
- Pregnant and experiencing back pain, pubic symphysis pain, hip pain, or round ligament pain
- History of childbirth and have diastasis recti (when your belly sticks out because the space between your left and right belly muscles has widened) or problems with a c-section scar
- Pelvic pressure or prolapse

What To Expect

During your first consultation with Kristyn she will ask a variety of questions regarding your symptoms, family history, and health history. Then she will perform a physical exam of your posture, lower back and SIJ movement, abdominal muscle function, and hip muscle flexibility.

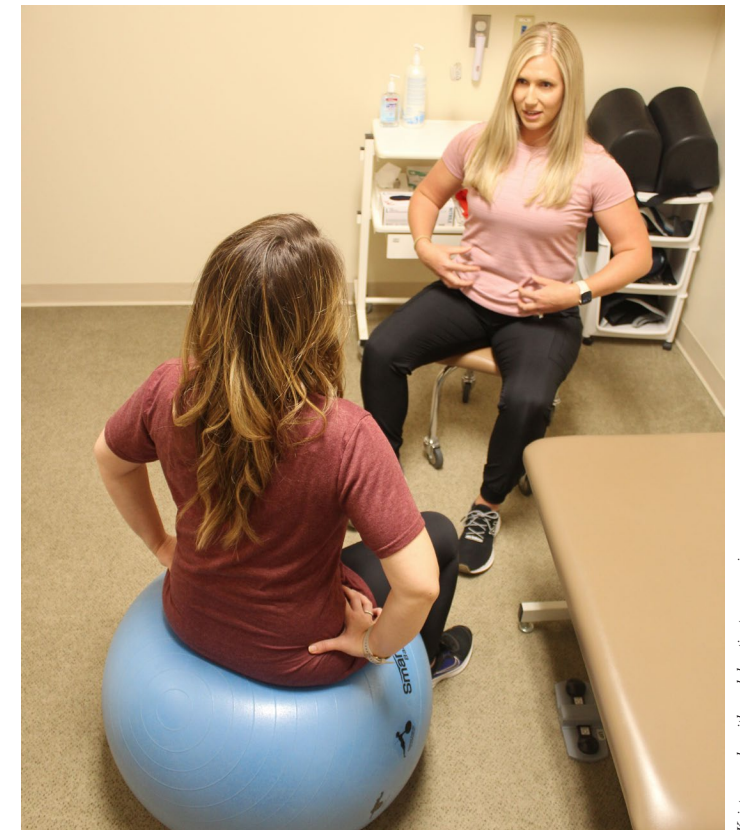
An internal assessment of the pelvic floor may be needed to assess the following:

- | | |
|-------------|--|
| Muscle Tone | Coordination |
| Flexibility | Strength, Endurance |
| Pain | Patient's Ability to Voluntarily Contract or Relax |
| Prolapse | |

A treatment plan typically consists of 1-2 visits per week over a span of 8-12 weeks. Many patients reach their goals within just 4-8 in-person visits. During your sessions there will be a strong emphasis on education and adherence to a home exercise program. Those who perform their at home exercises as instructed usually

see greater results in a shorter length of time.

All of these conditions are common, but they are not normal, and can be treated with physical therapy by a women's health physical therapist. No matter your age or history, it is NOT normal to leak, have pain or feel pressure "down there". Get help! Talk to your doctor about a referral to a pelvic floor physical therapist.



Kristyn works with model patient on exercises.

A Speech-Language Pathologist can help

AGE-RELATED COGNITIVE DECLINE?

If you are experiencing slowness in thinking, a short attention span, trouble multitasking, or struggling to remember things you could benefit from Cognitive Speech Therapy.



Dysphagia - problems swallowing.

Many medical conditions can result in problems swallowing while eating or drinking. A speech-language pathologist can help identify and diagnose your issue and provide an individualized treatment plan to improve your condition.



TROUBLE EATING OR DRINKING?

HEAD OR NECK CANCER?

Meeting with a speech-language pathologist who has experience working with cancer patients, during or even before starting treatment, can prevent or lessen the severity of dysphagia, or trouble swallowing, due to radiation. Often, the earlier therapy starts, the better the outcome.



Isabel Hotop, M.S., CCC-SLP
Speech Language Pathologist

Get Help 618.826.4588



mhchester.com

Healing Closer to Home with Swing Bed

Today's reduced hospital stay often means that further recovery and rehabilitation must continue after an individual is discharged from the acute hospital environment. Often, that post-acute phase needs to take place in an environment where skilled care is available daily. Memorial Hospital provides post-acute skilled care in its Swing Bed Program.

Skilled Care

Memorial's Swing Bed Program provides a wide range of interdisciplinary rehabilitation services to patients with short term rehabilitation and medical needs. The Swing Bed Program is designed to provide short-term "skilled care" to patients recovering from an acute illness, injury, or surgery. Skilled care includes post-surgical or medical care requiring special dressing changes, instruction of new treatments or physical, occupational, or speech therapy. Patients may need nutritional services or intravenous medication. There are many things that may qualify a patient for care in the Swing Bed Program.

Referrals

Patients may be referred by physicians, acute care hospitals or other health care professionals, for admission to swing bed status. Patients may be admitted to swing bed if they are medically ready to be discharged from acute care and they have a qualified skilled need. Patients must be able to follow instructions, be non-violent and cooperative and willing to participate in the Swing Bed Program.

Family Involvement and Interdisciplinary Team

Our Swing Bed team meets with the patient to evaluate their condition and level of function. The team assesses the patient's needs, treatment plan, and establishes an estimated time frame to meet the team's goals. Family members are an integral part of

the treatment team. They are involved in decision making, made aware of daily progress, and are also invited to participate in the tri-weekly interdisciplinary patient care meetings. Three times a week the interdisciplinary care conference takes place with the healthcare team, patient, and family, where plans, progress, and goals of the swing bed patient are reviewed.

Length of Stay

Memorial Hospital's Swing Bed Program is a short-term program. The average length of stay is 5-10 days. During Swing Bed, the nursing staff continues to assist the patient with their care, but as part of their rehabilitation, they are encouraged to increase their level of independence by doing what they can for themselves first then staff will assist them.

The Swing Bed Program allows you to bring your family members and loved ones close to home to complete their recovery, so you don't have to travel away from home to see them. "My family member received excellent care while in the Swing Bed Program," stated a former family member.

"The one-on-one care they received from physical therapy, speech therapy, occupational therapy, and nursing was top notch...much better care than in the larger hospitals in the city."

Ask your physician, discharge planner, care coordinator or contact us directly about the Swing Bed Program and whether your loved one qualifies.



Memorial Hospital's Patient Safety Initiative

At Memorial Hospital our priority is our patients, and our mission is their safety. Every one of our employees dedicates themselves to ensuring the best safety practices possible to reduce harm and improve patient outcomes. Memorial recognized Patient Safety Awareness Week, March 10-16, with departments sharing information on the safety practices and improvements in their areas and by recognizing patient safety advocates throughout the organization who were nominated by their co-workers.

The diagnostic imaging department utilizes low dose CT screening using the ALARA Principle



Technologist performing CT screening on patient.

The low dose principle, also known as the ALARA principle, is the rule of thumb in medicine, specifically radiology. What is the ALARA principle? ALARA means the dose should be kept "As Low As Reasonably Achievable". Thanks to ever-improving technology and knowledge, it is possible to produce high quality images with a lower dose of radiation, and likewise improved patient safety. Below are a few of the developments helping support the ALARA principle:

Hardware: Improved X-ray tubes and detectors, using filters to pre-harden the X-ray beam.

Software: Software solutions that increasingly automate parameters such as tube current, exposure time, or focal spot size, as well as iterative reconstruction of image data.

Positioning: Dose reduction by means of optimum patient positioning and proper staff training.

An example of the ALARA principle applied at Memorial Hospital is the low dose Computed Tomography (CT) scan, which is the recommended imaging test for lung cancer screening.

Staff participate in emergency preparedness exercises to plan for improvements

Memorial Hospital's Rural Health Clinics (RHCs) and Therapy and Sports Rehab Center (TSRC) participated in a Workplace Violence tabletop exercise with the Illinois Health and Hospital Association (IHA) on November 8, 2023. During the live interactive simulation, these two departments navigated an evolving workplace violence scenario that resulted in a compromised healthcare facility and a mass casualty incident. In addition to Memorial Hospital, an impressive 109 hospitals, 27 health systems and 1,500 individuals participated in the exercise, which means healthcare facilities across Illinois are now stronger and better prepared for this type of event.

As a result of the exercise, Emergency Preparedness Coordinator, Georgia Stipe, and others who participated, identified the need for a first aid bag at the TSRC building, and patient transport backboards at both RHCs and TSRC. These will be used in the event of emergency evacuation and will help improve safe patient

transport as well as staff and responder safety. The backboards were received by Memorial Hospital through a partnership and long-standing relationship with the Illinois EMS Region 4 Southwestern Illinois HOPE Coalition. RHC and TSRC staff will be trained in safe use of the backboards by Ryan Schaal, PT, and TSRC staff will be trained to use the First Aid supplies by ER Nurse Manager Kim Ruebke, RN.

Pharmacy incorporates electronic pill counter to improve patient safety

With the Pharmacy's new Eyecon Automatic Pill Counter, they can fill prescriptions with an advanced level of safety and accuracy. Eyecon is the first vision-based validation and pill counting system that also saves a photo of every transaction. If a count is questioned, the photo can be reviewed. Every pill is numbered, and all the prescription data is included on the photo in the patient's record. The Eyecon recognizes not only the number of pills being dispensed, but the type of pill or medication. This advanced resource is an added safety feature to those already in place at the Pharmacy. (See [page 17](#) of this issue for more information.)



Pharmacy Tech uses Eyecon to count pills.

Outpatient lab renovations improve patient access and safety

In the upcoming weeks a new outpatient lab draw station will be opening on the main floor of the hospital. The new location is just a few feet from the main registration area, making it easily accessible for patients and closer for the critical response team if assistance is needed.



New Outpatient Lab Opening Soon

During Patient Safety Awareness Week, employees nominated coworkers in recognition of their outstanding efforts as safety advocates at Memorial Hospital. Those nominated were Carrie Jo Dierks, Rebecca Hahn, Rhonda Mott, Ryan Petrowske and Denise Wilson. Here is what their coworkers had to say about them:

Memorial Hospital

SAFETY Advocates



Carrie Jo Dierks,
Nursing Assistant
Infusion and Chemotherapy
Department

"Carrie Jo always shows concern for our patients receiving treatment, by checking on them frequently and ensuring they get to and from their vehicle safely. This was especially appreciated during the construction when the direct route to infusion was not available."



Rebecca Hahn, LPN
Specialty Clinic

"I would like to nominate Becky. She will stop what she is doing and go get a patient from their car and take them to their appointment or take a patient to their car to make sure they don't fall. She will stop to pick something up from the floor and make sure the pathway is clear and safe for patients and coworkers alike. She will also offer a patient who is having a hard time getting around a wheelchair to assist them, again getting them where they need to go with a smile."



Rhonda Mott,
Chief Radiologic Technologist
Diagnostic Imaging

"Rhonda takes on many roles in the department to ensure patient safety. As the lead mammography technologist, she spends countless hours staying on top of the FDA safety requirements outlined in the MQSA (Mammography Quality Standards Act). She oversees all aspects of mammography for quality patient care. This includes the initial patient exam but also includes sending patient follow up exam letters, performing quality assurance equipment tests, and staying on top of the latest regulatory changes to come into effect in September of this year. Due to her efforts, Memorial continues to maintain our ACR (American College of Radiology) accreditation providing the highest level of image quality and safety with equipment, medical

personnel, and quality assurance. Another role she fills is SWIC (Southwestern Illinois College) clinical coordinator. She trains the next generation of x-ray technologists in radiation safety and patient positioning. By their second year, students are well prepared to work immediately after graduation. Many who have gone through the program continue to work at Memorial Hospital. With her many roles, Rhonda consistently goes above and beyond for the patients and the community."

Ryan Petrowske,
Project Foreman
Plant Operations



"Each day I see him working in the construction environments or outside. Ryan is always wearing protective gear – eyewear, knee protection, safety boots, and a hardhat. Ryan is a good safety example for the others and ensures the environment for the contractors working at Memorial is safe as well."

Denise Wilson,
Clinical Assistant
Specialty Clinic



"She not only goes above and beyond for safety but, in all aspects of her job functions. Denise offers for patients to call her any time they need assistance getting into the hospital, regardless of whether it is one of her doctor's patients. Denise is the employee you will find in the hallway/hospital picking up debris for the safety and cleanliness of the facility."

We take this time to share our gratitude to ALL employees and departments who work together to make patient safety a priority. Their dedication reflects Memorial Hospital's longstanding commitment to professional excellence in providing safe, quality healthcare, compassion and service to patients, the community and each other.

Cardiac Pulmonary Rehab Center Ribbon Cutting

(Continued From Page 1)

they can work on meeting their wellness goals with a skilled team of professionals just a few minutes from home.

A ribbon cutting and staff open house was held for the new rehabilitation center on April 17. The newly renovated department is on the lower level of the main hospital. The state-of-the-art facility features top-of-the-line exercise and weight training equipment with space for group sessions.

Under the supervision of Dr. John Groll, Cardiologist Specialist at Memorial, each patron has a complete team of professionals - trained registered nursing staff, a dietitian nutritionist, exercise physiologist, respiratory therapist, pharmacist, and social worker - supervising them through the program and helping them to reach their recovery goals. The professional rehab staff monitor all exercise sessions to ensure safety and progress.

Cardiac and pulmonary rehabilitation services are usually covered by Medicare and most insurance plans for heart and lung conditions. A physician's prescription is required to enroll in the rehab program. The staff work with the patient and their physician to determine the most appropriate plan for their individual needs. To learn more, contact the Cardiac and Pulmonary Rehab Center at 618-826-4581 ext. 1151 or visit the website at www.mhchester.com/cprehab.



Model patients use exercise equipment under nurse supervision.



Model patients participate in group nutrition education session.



Exercise equipment and gym area.

Community CARE

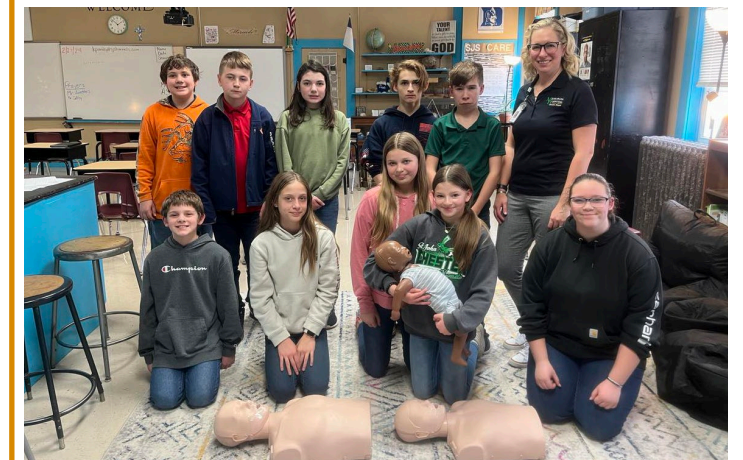
Memorial Hospital Employees, Out & About in Our Community



Julie Stern, Human Resources Director, had the pleasure of meeting with several students with interests in healthcare at Southwestern Illinois College's Health Science Day on Friday, March 22.



Memorial Hospital employees participated in the College and Career Fair at Chester High School on March 22. They talked to the students about the various healthcare careers available at Memorial. The Therapy & Sports Rehab Center, Diagnostic Imaging, Nursing and Human Resources Departments, and Medical Explorers Program had tables to share info and show off some tools of their trades.



Mariah Bargman, CPR Instructor, provided CPR education to St. John Lutheran School's 6th and 7th Grade on February 27.



Memorial Hospital in conjunction with Buena Vista National Bank held its 28th annual Health Fair on Friday, March 8, at the main bank branch in Chester. Seventy-one participants received testing for Blood Pressure and a Complete Blood Count for Cholesterol and Glucose, along with several PSA screenings. Staff members from Memorial Hospital's Lab, Nursing, and Diagnostic Imaging departments were present to provide information to participants along with staff from Randolph County Health Department. Staff from Hoyleton Youth and Family Services were on hand to help with translation services for the Spanish-speaking community. The Chester Lions Club coordinated a Mobile Screening Unit to provide free hearing and vision tests. 17 Hearing and 20 vision tests were performed.



Employees participated in the Chester Grade School's Fitness Day on April 26. Kristyn Riley, Physical Therapist, and Bailey Misuraca with the Therapy & Sports Rehab Center got the kids moving with some fun activities. Ashley Homan and Becky Hahn with the Specialty Clinic along with Amanda Rhyne from the Chester Clinic and Apryl Bradshaw from Memorial Hospital shared information on hand hygiene and sun safety tips as the kids prepare for summer break.

TOTALLY eclipsed

Chester, IL once again fell in the path of totality for a solar eclipse on April 8, 2024. The last eclipse was on August 21, 2017 and the next one won't happen until 2099. Staff took this final, lifetime, chance to gaze at the eclipse by stepping outside for a few moments, to watch day turn night and back to day in minutes.



What happened last quarter?

Colvis Receives Employee of the Quarter: 1st Quarter of 2024



Brett Bollmann, CEO and Emily Colvis

Brett Bollmann, CEO at Memorial Hospital named Emily Colvis Employee of the Quarter for the First Quarter 2024 on April 25, 2024.

Emily Colvis, LPN at the Rural Health Clinics, has worked at Memorial Hospital since August of 2022. When asked what she likes most about working at Memorial, she replied, "What I love most about working for Memorial Hospital is the

amazing close-knit family that has been curated here. After leaving MH for several years and coming back it was like arriving back at home. I have always known that nursing was a passion for me, but MH has made my passion not feel like a job but more so an opportunity to give back to the community."

Her co-workers who nominated her wrote, "This employee goes above and beyond for our patients. She is always willing to step in and help with whatever job it may be to get it taken care of. She is always a team player and never complains! She is great at explaining things to patients in a way that they can understand. Very compassionate and caring!"

"She is always willing and asking all departments at the clinic if they need help with anything, but most important Emily's personality brings a ray of light to the clinic for not only her co-workers but also her patients. This employee makes patients and employees laugh with her spunky attitude

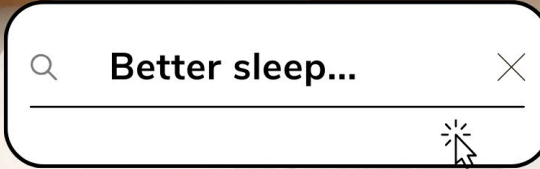
and she always knows how to make them feel comfortable."

"She has been seen putting her clinical nursing skills to work even outside of the hospital at sporting events when players may be injured. She is a true asset to Memorial Hospital!"

Colvis resides in Ellis Grove, IL with her daughter. In her free time, she enjoys spending time with her daughter and watching her journey into her nursing career while building memories with rodeos, concerts, ballgames, and hockey.

Each quarter employees are encouraged to submit "star cards" for their co-workers who go above and beyond in their patient care or teamwork. Four random cards were drawn at the award presentation for Bernie Ernst, Environmental Services Floor Technician; Heather Wingerter, RHC Medical Assistant; Molly Ebers, RHC LPN; and Jennifer Donjon, Lead Lab RHC Phlebotomist.

Searching for Better Sleep?



CONTACT MEMORIAL HOSPITAL'S

SLEEP LAB

618-826-4581

WWW.MHCHESTER.COM

Sleep Lab Services at Memorial

- Diagnostic Testing
- Treatment of Sleep Disorders
- Home Sleep Studies
- Education on Sleep Disorders
- Support services for patients with CPAP systems

What happened last quarter?



On Friday, March 22, Memorial Hospital of Chester hosted their 3rd Annual Community Fun Run/Walk at the Chester Cohen Complex. 115 individuals participated in the event, and 6 businesses joined in with informational tables and free goodies. "It was such a wonderful turnout, and we had a great time!," exclaimed Mariah Bargman, Marketing and Community Relations Coordinator at Memorial. "This year's numbers are the largest we have seen. Last year we hosted the event in May, and it was almost too warm, we were blessed with good weather for our March date this year and were very happy with the turnout."

Participants at the event started out with a warm-up led by Memorial Hospital's Therapy & Sports Rehab Center (TSRC) Director and Physical Therapist, Ryan Schaal and TSRC Supervisor, Bailey Misuraca.

Participants then walked, ran, or wheeled around the paved path and enjoyed the company of friends and family while getting active. During their stroll they were able to visit tables and learn about other health and wellness services and pick up some goodies. After a few laps, they had the opportunity to visit Juicy J's Concession stand, which served up refreshments.

This annual event encourages the community to get outside and move to maintain or improve their health and wellness. Participating businesses included: Buena Vista National Bank, U of I Extension, Randolph County YMCA, Illinois CATCH Onto Health Consortium, the Randolph County Health Department, and Dieterich Bank of Chester.

The fun run/walk was also organized as a kick-off event for the Randolph County Health Department's, Cardiovascular Risk Reduction Committee's, "Get Movin' Randolph County" campaign



This crew had fun in their tutus, which also seemed to bring them luck in the attendance prize giveaways.

that will take place throughout April. This health and wellness campaign encourages individuals and families to improve their health. Worksheets are provided for participants to track their movement and once completed, they can turn in their sheet for a free t-shirt at the wrap-up event in Red Bud in May 2. Learn more at getmovinrandolphcounty.org.

"The goal of the event is for people to get active and take initiative to improve their health and wellness," says Bargman. "Memorial Hospital works with health organizations throughout our area to help promote healthy living. We were happy to partner with the Health Department for a kick-off event." Memorial Hospital plans to host this event again next spring.



Walkers of all ages, joined in on the fun.

What happened last quarter?



Joetta McFarland demonstrates tourniquet application.



L-R: Tim Blair, Assistant Principal at CGS; Kim Ruebke, Trainer, and ER Nurse Manager; Deb Mevert, OR Nurse Manager; Adrienne Caby, Surgery RN; Megan Berkhuegler, Surgery RN; Mariah Bargman, Community Relations Coordinator; Kimberly Briggs, Superintendent; Jeremy Blechle, Principal CHS. Not pictured: Joetta McFarland, Surgery RN and Kelly Jany, MSU Nurse Manager

Memorial Receives Grant for Bleed Control Training for Schools

Memorial Hospital in Chester, IL was the recipient of an Illinois Critical Access Hospital Network (ICAHN) 2023-2024 EMS Education Mini Awards grant. Through the grant, Memorial is providing bleed control training and kits to all schools in the Chester and Steeleville school districts.

Bleed control training at the schools provides staff with hands-on education on what they can do in an emergency, while they wait for help to arrive. Certified, Stop the Bleed trainer and Memorial's ER Nurse Manager, Kim Ruebke is lead instructor for the training events. With the assistance of Deb Mevert, OR Nurse Manager, and Mariah Bargman, Community Relations Coordinator and BLS Instructor, the goal is to have all schools trained by the start of the 2024-2025 school year. The team conducted their first training event for the Chester Unit School District 139 staff for the public High School and Elementary School on March 22. Additional Memorial employees from the surgical and nursing departments assisted with the hands-on training for the large group.

Through grant funding, training manikins to simulate real-life scenarios were purchased and enough supplies to create 200 kits for

the schools in both Chester and Steeleville. Upon completion of the training, schools are provided with multiple bleed control kits which contain 2 tourniquets, gauze, tape, and supplies. This project helps create first responders in each school to help in a trauma event and gives them the skills to intervene until help arrives. During the training, staff learn how to properly pack wounds, apply tourniquets, and how to use alternative materials to make tourniquets. This type of training can be used for any type of injury which could cause the loss of blood, from punctures to large gashes.

Memorial Hospital works with the schools in Chester and Steeleville to provide CPR training and recertification annually, this additional bleed control training adds another layer of life support response to their repertoire. "As partners in building a healthier community, we work with schools to provide them with resources they need to ensure a safe and secure environment for their children," says Bargman. "We are grateful for this grant and to be able to provide the schools with these lifesaving tools and training. We hope they never need them, but through training and exercise it helps ensure they are prepared for an emergency."

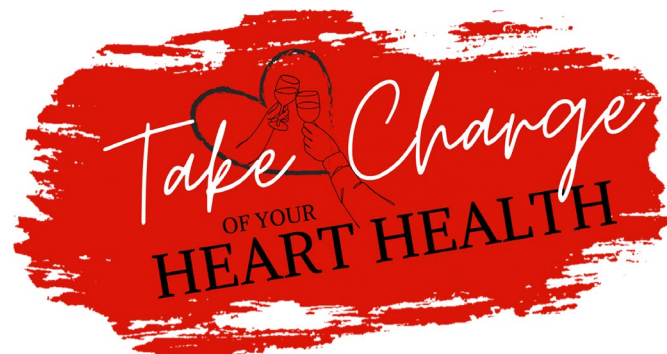


Educational staff apply treatment to superficial wounds.



Adrienne Caby assists with traumatic wound station.

What happened last quarter?



2024 Go Red for Women Event

February is American Heart Health Month, and each year Memorial Hospital hosts their annual Go Red for Women Event. This year's event at the Chester County Club was on Thursday, February 22 and titled, "Take Charge of Your Heart Health". With heart disease being the leading cause of death in women in the United States, this event helps spread awareness and educate women on what they can do to prevent heart disease. Those in attendance enjoyed a heart healthy dinner, wine samples, and had the pleasure of hearing from three presenters.

Susan Diddlebock, Chief Nursing Officer at Memorial, spoke to the group about heart and lung disease and revealed plans for a new Cardiac Pulmonary Rehab Center that will be opening at the Hospital in May. She explained how the program would work, who it would benefit, and how it would help improve the lives of those with cardiac and pulmonary diseases. She also introduced the nursing staff that will help run the program, Kelly Jany, RN, BSN and Amy Mathis, RN. (See [page 1](#) of this issue for more information.)

Cassandra Chambers, Nurse Practitioner at Memorial's Rural Health Clinics, has a background in cardiac care and explained in detail the many factors that can contribute to heart disease and signs and symptoms to watch for. She educated the women on the factors we can and cannot control and how to take charge of the things we CAN control. By improving our diets, exercising, reducing stress, quitting smoking, and limiting alcohol intake, we can help keep our bodies healthy and help prevent cardiac disease.



Cassandra Chambers, Susan Diddlebock, Kristyn Riley

Kristyn Riley, Physical Therapist specializing in Women's Physical Therapy, wrapped up the night with information on what Women's Physical Therapy is, who can benefit from this type of therapy, and what a therapy session would include. Her presentation was highly informative as many women can be suffering from pelvic floor issues and conditions and may not realize there is help. With a consultation, individualized plan, and some exercises many women can see improvements in a short period of time. (See [pages 4-5](#) of this issue for more information.)

Attendees of the event enjoyed complementary wine samples, poured by Eric Winters with PRP Wine International, and a delicious heart healthy meal, provided by the Chester Country Club. Educational stations were available at the event which provided blood pressure check-ups, and screening and diagnostic service information. The Memorial Hospital Medical Explorers served guests and waited on tables throughout the event.

The "Go Red for Women" campaign encourages awareness of the issue of women and heart disease, and also action to save more lives. The movement harnesses the energy, passion and power women have to band together and collectively wipe out heart disease. It challenges them to know their risk for heart disease and take action to reduce their personal risk. It also gives them the tools they need to lead a heart healthy life.



Kristyn Riley, presents to the crowd of women about women's health therapy.

What happened last quarter?

Memorial's Pharmacy Department Receives Eyecon Pill Counter



Chris Barthol, Laura Nihells, Kathy Winkler, and Diane Meyerhoff

The Memorial Community Pharmacy had the honor of being this year's recipient of the Memorial Hospital Auxiliary's Tree of Remembrance Campaign donation. With the Auxiliary's generous donation of \$11,415 they were able to purchase an Eyecon Automatic Pill Counter.

This new equipment brings improved safety features to the pharmacy department and helps streamline processes. Eyecon is the first vision-based validation and pill counting system that also

saves a photo of every transaction. If a count is questioned, the photo can be reviewed. Every pill is numbered, and all the prescription data is included on the photo in the patient's record. The Eyecon recognizes not only the number of pills being dispensed, but the type of pill or medication. "Knowing we are dispensing the correct drug, in the correct amount and have record of what we did, is a great tool," exclaims Kathy Winkler, Director of the Pharmacy. This advanced resource is an added safety feature to those already in place at the Pharmacy. The Pharmacy also uses bar coding and second verification during medication dispersion, so this new device adds a third layer of protection. "You can never have enough safety features built into your workflow, particularly when it comes to patient safety," says Winkler.

The pharmacy staff pass along their gratitude and thanks to the Auxiliary and campaign contributors for their continued support of the Hospital and in turn the patients we serve.



Jennifer Colvis uses the Eyecon to count out a medication.

Drug Take Back Day - Every Day at the Memorial Community Pharmacy

The Memorial Community Pharmacy participated in the nationally recognized spring Drug Take Back Day event on Saturday, April 27. The bi-annual event happens once in the fall and once in the spring and is promoted by the United States Drug Enforcement Administration (DEA) to encourage the public to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.

Since 2023, the Memorial Community Pharmacy has had a drug take back program in place at their location with a secure drop off available six days a week (Mondays-Fridays 7:00am-5:30pm and Saturdays 9:00am-1:00pm, holidays excluded). During the nationally recognized events, the pharmacy takes this opportunity to educate the public on the importance of disposing of their unused or expired medications correctly and reminds them that they offer a free service available to everyone at their facility to do this safely.

In an effort to help reduce the risk of drugs in the home that can potentially harm children, teens or adults, the Pharmacy has set up a secure, safe drop-off location in its retail service area.

ACCEPTED: Unused or expired prescription medication (Including Schedule II-V controlled substances). Unused or expired over-the-counter medication. Pet medication.

NOT ACCEPTED: Schedule I controlled substances, illegal drugs, thermometers, inhalers, aerosol cans, needles, lotions/liquids, hydrogen peroxide.



VOLUNTEER & AUXILIARY NEWS

Gift Shop Grand Re-Opening Soon!

The new Memorial Hospital Auxiliary Gift Shop will be opening soon. The Auxiliary Gift shop was included in the most recent round of remodeling inside the hospital. The shop was moved from its original location near the main elevators and upgraded to a more luxurious and larger space off of the main entrance lobby. This new space is being fully stocked with popular items and some new collections.

Watch for the Grand Re-Opening of the Gift Shop! "We have been stocking the Gift Shop with some of your favorite merchandise from before and also adding some new merchandise," says Gift Shop coordinator Brenda Ruroede. Some of the new merchandise includes sling purses, gift sets for men and women, cards, candles, wax melts, florals and RADA seasonings, soups, dips, and black handle cutlery.

Upon reopening, the Gift Shop will be open to the public Monday through Friday 10:00am-2:00pm. The Auxiliary invites you to stop by and shop their new space.



Brenda Ruroede (top) and Mardell Granger (bottom) work to stock the gift shop shelves in preparation for the Grand Re-Opening



Follow us on Facebook for Updates
www.facebook.com/MHChesterAuxiliary

MEMORIAL HOSPITAL
AUXILIARY

NEW AUXILIARY GIFT SHOP
OPENING SOON

Opening Spring 2024!!

To learn more about the Memorial Hospital Auxiliary or Volunteer Program, visit: www.mhchester.com/volunteer or call Apryl Bradshaw at 618-826-4581 ext. 1299.

Upcoming



community Events



May 10 and July 5
 11:30am-4:00pm - Memorial Hospital, Chester
 Sign-up to Donate: www.redcrossblood.org

May 10 or July 17 | 8:30am-3:00pm
Cost: FREE | Open to Anyone
 Memorial Hospital - Conference Room, Presented by ComWell
 Pre-Registration required; to register email kkennedy@comwell.us
 Sometimes, first aid isn't a bandage, or CPR, or calling 911. Sometimes, first aid is YOU.

May 28, June 25, or July 30 | 8:00am-2:00pm
Cost: \$25 | Ages 11-14 years
 Memorial Hospital - Conference Room
 Limited Space! Pre-Registration Required; Register Online at: www.mhchester.com
 Program Booklet, Certification Card, and Lunch is included.

June 6 | Open House 9:00am-4:00pm
 Memorial Hospital - Chemotherapy & Infusion Department
 All cancer survivors, fighters, and their families are welcome to join our staff in celebrating those whom have won their battle, cheering on those fighting their battle, and remembering those whom we have loved and lost to cancer.

June 19-21 | 8:00am-3:00pm each day
Cost: \$35 | Students Entering 6-8th Grade
 Memorial Hospital - Conference Room
 Limited Space! Pre-Registration Required; Register Online at: www.mhchester.com
 Lunch is included each day.

July 6 | 8:00am-NOON
Cost: FREE | Open to Everyone
 Memorial Hospital - Conference Room, Use ER Entrance Day of Class
 Pre-Registration Required; Register Online at: www.mhchester.com
 Presented by Jill Arbeiter, RN

FALL REGISTRATION NOW OPEN
Cost: FREE | High School Students 14 years to Age 21
 Download a Registration Form Online at: www.mhchester.com/exploring
 Program year starts September 2024 and ends May 2025.

WWW.MHCHESTER.COM/CALENDAR-OF-EVENTS

MEMORIAL HOSPITAL'S SERVICES

Bone Density Screening
Cardiac Pulmonary Rehabilitation
Chemotherapy & Infusion Center
CT Scans
Diabetic Resources
ECG & EEG
Endoscopy
Intensive Care Unit
Lung Screening Program
MRI

3D Mammography
Nuclear Medicine
Radiology/X-Ray
Retail Pharmacy
Same Day Surgery
Sleep Disorder Treatment & Lab
Sonography/Ultrasound
Swing Bed Program
Treadmill Stress Testing
Wound Center

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

*Bringing Specialty Clinic Doctors to you
so you don't have to travel away from home.*

Audiology

C. Joseph Hopper IV, AuD

Cardiology

Frederick Ochieng', M.D.
John Groll, M.D.

Gastroenterology

Matthew Gaeta, M.D.

General Surgery

Ziya Baghmanli, M.D.
Margret De Guzman, M.D.

Nephrology

Vamsi Chilluru, M.D.

Oncology/Hematology

Justin Floyd, D.O.
Michelle Voudrie, DNP, FNP-BC

Orthopedics

Robert Bell, M.D.
Robert Deaton, FNP-C

Otolaryngology/ENT

Samuel Medaris, M.D.

Pain Management

Tong Zhu, M.D. PhD.

Podiatry

Amanda Hart, DPM

Sleep Lab

Terry Brown, M.D.

Urology

Wesley Howell, PAC

Wound Center

Margret De Guzman, M.D.

To learn more about our specialists call Memorial
Hospital Specialty Clinic at (618) 826-4581 ext. 1366

Welcome New Employees

Sadie Kirkland

Lydia Pearce

Abigail Miles

Michelle Guebert

Allison Petrowske

Amanda Yankey

Alexandra Pomales

Ashley Roberts

John Havel

Alyssa Keith

Jacey Weis

Congratulations Retirees

Jeanette Decker

Donna Martin

Deb Mevert

Donna Schroeder

24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

SUNDAY-SATURDAY

8:00AM - 8:00PM

A Triage Nurse will perform an initial assessment. The Triage Nurse and/or Physician shall have final authority in determining whether the patient's medical condition qualifies them for treatment in Convenient Care.

If the patient does **NOT QUALIFY**, they will be offered Emergency care.

If the patient **DOES QUALIFY**, they will be charged for this service at a reduced rate. Any testing (lab tests, X-rays, etc.), supplies used, or medications given are at an additional cost. Additional reviews of X-ray or lab work may be necessary and will be charged separately.



JOIN OUR TEAM

- Paid PTO and Holidays
- Paid Pension
- Tuition Reimbursement Program
- Insurance Options: Health, Dental, Vision, & more.
- Discounted services up to 60% off for services provided by Memorial Hospital, Chester.
- Fitness Program
- Deferred Compensation

View current positions & apply at:
www.mhchester.com



Sign-up for an electronic newsletter at:
www.mhchester.com



1900 State Street - Chester, IL
618-826-4581