



MEMORIAL HOSPITAL'S The LAMP QUARTERLY NEWSLETTER

Vol. 1 Issue 2 - April 2020

Community Remains Connected in a Crisis



Decontamination tent purchased through the HOPE healthcare preparedness grant.

Memorial Hospital's Emergency Management Team Members have been meeting for what seems like months to prepare for the inevitable effects of COVID-19. When in reality has only been one month, these leaders have worked to guide their teams to transform their surroundings and rearrange their departments to best suit the needs of our patients and community as we prepare for the peak of this crisis. The Memorial Hospital emergency management team meets multiple times a week to discuss, staff safety, State recommended changes, advancements, supplies, and status of capacity and capability. Each person has a role that contributes to making sure Memorial is prepared in the best possible way to care for and protect our patients. Memorial's communications and actions are not just limited to internal activities, Georgia Allen, Emergency Preparedness Coordinator at Memorial Hospital, is an active member of the Randolph County Community Group Health and Medical Division and the HOPE (Healthcare Organizations Preparing for Emergencies) Coalition.



Georgia Allen, Emergency Preparedness Coordinator at Memorial Hospital

Allen typically meets with the Randolph County Community Group Health and Medical Division quarterly. These meetings have now turned into bi-weekly if not daily calls with members that include long-term care facilities, hospitals, rehab facilities, the Chester Mental Health Center, Menard Correctional Center, Randolph County Coroner's office, Randolph County Emergency Medical Association, Medstar Ambulance, and the Sheriff's office. This group of local organizations plans and shares emergency preparedness activities that they do at their facilities, and work together to put a countywide preparedness plan in place. **(Continued on Page 20)**



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Upcoming events:

COMMUNITY BLOOD DRIVE
MAY 13 11:30AM-4:00PM
CHESTER GRADE SCHOOL GYM

SOUTHWESTERN ILLINOIS REGIONAL LEADERSHIP: Scholarship Opportunity

DEADLINE EXTENSION: June 1, 2020. One \$1,000 and two \$500 scholarships will be awarded to current high school seniors or college students who live in one of the following school districts: Chester, Steeleville, Coulterville, Sparta, Red Bud, Evansville or Marissa. Download an application at: shorturl.at/huxE3

At this time, all other events have been suspended until further notice. Stay connected online...

DIABETES & WELLNESS GROUP

Currently, in-person sessions are not being held. Melissa Soeller, Registered Dietitian and Nutritionist, is utilizing Facebook to connect with group members at this time. Ask to join the Memorial Hospital Weightloss Facebook Group at: www.facebook.com/groups/MHweightloss

CALL FOR HELP ([callforhelpinc.org](https://www.callforhelpinc.org))

Sexual Assault Awareness Group hosting webinar Wednesdays throughout April at 9 am CDT. Visit their Facebook Page for more information: www.facebook.com/callforhelporg

NAMI SUPPORT GROUP (www.namiswi.org)

Lunch & Listen Speaker Series is currently available online. Details available on their Facebook Page: www.facebook.com/NAMISTL



RURAL HEALTH CLINICS

FAMILY HEALTH CARE Newborn Through Geriatrics

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

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.
Stephen Platt, M.D. • Angela Albertini, PA-C
Valerie Blechle, APN, FNP-BC • Jamie Hess, PA-C

Kirkpatrick Achieves Board Certification in Geriatric Medicine



Dr. James Kirkpatrick, M.D.

Memorial Hospital would like to congratulate Dr. James Kirkpatrick, M.D. on achieving Board Certification in Geriatric Medicine. As a result of his successful performance, he has been awarded a Certificate of Added Qualifications (CAQ) in Geriatric Medicine from the American Board of Family Medicine. This certification in Geriatrics is in addition to Board Certification in Family Medicine. The accomplishment demonstrates Dr. Kirkpatrick's commitment to deliver the best quality of care possible to our patients by meeting the standards for ethics and professionalism set by his peers. According to the American

Board of Family Medicine website, "Numerous studies have demonstrated that certification is associated with greater expertise in Family Medicine and improvement in the quality of care delivered."

Dr. Kirkpatrick joined the Memorial Hospital team in August 2017. Originally from Imperial, Missouri, he received a Doctorate of Philosophy in Biological Science at the University of Missouri, Columbia in 2009. He attended medical school at Saint Louis University School of Medicine, receiving his medical doctorate in 2013. In 2016, he completed his family medicine residency at University of Missouri – Kansas City, followed by a fellowship in primary care Geriatric Medicine in June 2017. He is a member of the Memorial Hospital team of family practice providers at Chester Clinic and Steeleville Family Practice. Dr. Kirkpatrick enjoys providing care to patients in the outpatient clinic, nursing home, and hospital setting, and is passionate about building relationships with his patients to bring about the highest quality health care.

AFTER HOURS



CANCELLATION LINE
NOW AVAILABLE AT

CHESTER CLINIC
618-826-2388

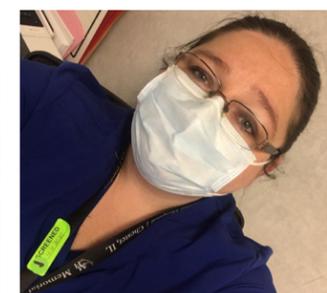
STEELEVILLE FAMILY PRACTICE
618-965-3382



MEMORIAL HOSPITAL
— Since 1962 —
RURAL HEALTH CLINICS



View our "Heroes Wear Masks" Video and more at:
www.youtube.com/channel/UCwLUrXX40V4AEUYqPOFijWO



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

SPECIALIZED EQUIPMENT:
 Bariatric Treadmill
 Biodex Balance System
 Mechanical Traction
 Ultrasound
 Electrical Stimulation
 Fluidotherapy
 Iontophoresis



Heather Huck,
Occupational Therapist/Rehab Clinical Leader
 Heather King, *Speech-Language Pathologist*
 Anita McDonough, *Physical Therapist Assistant*
 Brandi Salger, *Physical Therapist Assistant*
 Cheryl Sauerhage, *Physical Therapist*

APRIL IS OCCUPATIONAL THERAPY MONTH
Parkinson's Disease, Falls and Occupational Therapy

Each year, millions of people 65 years and older, slip, trip and fall in and around their homes and less than half tell their doctor. According to the U.S. Centers for Disease Control and Prevention¹:

- 1 in 4 Americans aged 65+ fall each year
- Every 11 seconds, an older adult is treated in the ER for a fall, every 19 minutes, an older adult dies from a fall
- In 2015, the total cost of fall injuries was \$50 billion. Medicare and Medicaid shouldered 75% of these costs. It is expected to increase to \$67.7 billion by 2020.

What About Parkinson's and Falls?

People living with Parkinson's Disease (PD) are at a higher risk for falls due to the motor symptoms, including stiff muscles, freezing, and balance impairment. Research estimates that people with PD are at twice the risk of falling as often as their peers. Falls can be mild, causing only bumps and bruises, or they can result in significant damage, causing increased disability and a reduced quality of life. The fear of falling in people living with PD is real and impacts both the patient and their caregiver or care partner. (Parkinson's Foundation 2017).

The result of falls is multifactorial in nature, influenced by personal, environmental and activity-based factors. Personal factors include such things as illness, behaviors, capabilities, medications, and a fear of falling. Environmental factors are hazards within the home, the stability of the shoes they wear, and the availability and use of mobility devices. Finally, specific activities can place someone at risk for a fall when the demands of the activity exceed their abilities. Older adults make one of two main mistakes that increase their chances of falling. Some overestimate their abilities and take too many risks. Others are so concerned about falling that they cut back on activities they actually can do and lose leg strength and balance.

Patient model receiving instruction from Heather Huck, Occupational Therapist/Rehab Clinical Leader



How Can Occupational Therapy Help?

Occupational therapists are skilled at evaluating and addressing influences from the person, their activity roles and routines and the environment to maximize independence for older adults. There are several steps one can take to prevent falls:

1. Assist in helping the patient make an honest inventory of their risks and limitations:
 - Length of disease duration
 - Posture, gait or balance
 - Certain medications and timing
 - Poor vision
 - Freezing episodes
 - Cognitive impairment
2. Make suggestions for home modifications: Parkinson's home safety checklist: <https://b9p3b5u6.stackpathcdn.com/wp-content/uploads/2018/06/Parkinsons-Home-Safety-Checklist-Davis-Phinney-Foundation-2018.pdf>
3. Assist patient to develop a routine to exercise regularly: Focus on exercises that emphasize not just balance and concentration, but aerobic, flexibility and strength-building exercises are also beneficial. Encourage patient to join a Parkinson's exercise group to hold one accountable to go and participate.
4. Work with a physical or occupational therapist. They can help develop an exercise routine, help find ways to continue day-to-day activities and help develop coping and management skills.
5. Teach patient to practice balance techniques
 - Consciously lift your feet when walking
 - Change positions slowly
 - Widen your base
 - Use a walking aid
 - Swing both arms when walking
 - Wear proper footwear
 - Avoid pivoting movements
 - Avoid multitasking



Patient model receiving instruction from Heather Huck, Occupational Therapist/Rehab Clinical Leader

Occupational Therapists use a variety of assessments to evaluate a patient with Parkinson's Disease and assist them with overcoming neuromuscular impairments, cognitive deficits and difficulties with performing activities of daily living. Occupational Therapy is only one of the stepping stones to helping one live with Parkinson's. By knowing the challenges and what lies ahead for these patients and their loved ones, OT's can show patients how to maintain, live well and improve their quality of life with Parkinson's disease.

Contact Us for More Information or to Request a Patient Assessment

¹. <https://www.cdc.gov/homeandrecreationalafety/falls/adultfalls.html>

MEMORIAL HOSPITAL
TSORC THERAPY & SPORTS
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833 Lehmen Drive, Chester, IL 62233
 618.826.4588

Specialized Care throughout the life span - helping you return to work, play and life.

SPECIALIZED EQUIPMENT

- Therapy Pool
- Biodex Balance System
- Mechanical Traction
- Therapeutic Ultrasound
- Electrical Stimulation
- Vital Slim
- Bariatric Treadmill
- Fluidotherapy
- Iontophoresis




Community CARE

We are truly humbled by the out pour of support from our community! Your generosity and thoughtfulness is appreciated by all. We ask that everyone continue to do their part to remain healthy, slow the spread of COVID-19 and find ways to be kind to your neighbors. Stay positive! Stay strong! We are all in this together!



April 2 - Special delivery from Domino's sent by an anonymous donor.



April 6 - Lunch provided by Pistol City Restaurant in Coulterville, IL



April 13 - Lunch catered to all locations by Joe's Pizza and Pasta.



Handmade masks provided for outpatients by: Marla Cleland, Marla Cushman, Jeanne Kleinschmidt, Terri McKinney, & Kathy Schilling



"Ear Saver" crocheted strips handmade by Henrietta Stallman



April 15 - Cookies catered by Chester High School



April 15 - Bottled water and snacks, delivered to all locations courtesy of Pepsi Mid-America



April 15 - Lunch catered by Chester First Baptist Church from Jodie's Farmhouse for all locations.



April 17 - Lunch catered to rural health clinics by Layla Kilpatrick through her GoFundMe fundraiser.



April 22 - Treat bags provided by First National Bank of Steelville.

MH Team WORK



Carrie Jo Dierks, CNA tests out the temporary ramp installed by plant operations employees Shane Chandler and Dave Salger.

Every department at Memorial Hospital has been working together to prepare for COVID-19. Memorial has been rearranging a few departments to create isolation areas for those who are sick with COVID-19 so they can remain separate from other well patients. Part of that change has included the temporary relocation of the infusion and chemotherapy department. A solution was derived that allows patients needing weekly treatments to still receive

care and also avoid traversing through the halls of the hospital to the infusion department. The department's temporary location can now be accessed through a side door. Maintenance installed a ramp today at the temporary entrance to allow easy access for those needing it. Thank you to our departments who continue to be flexible throughout all of the changes. Your team work will help all of us get through this together.



Marilyn Duensing, LPN with comfort strips.

Marilyn Duensing, LPN in Memorial Hospital's Operating Room, developed a solution to replace comfort strips on respirators at the hospital. Due to high demand for medical supplies Memorial has been unable to restock the removable comfort strips for the AirMax respirator hoods worn by medical staff to help treat COVID-19 patients. Duensing found a way to replace the strips so the hoods can continue to be used comfortably by the nurses and doctors.



As the situation surrounding COVID-19 (novel coronavirus) continues to evolve, we want our patients to know that their health and safety is the top priority of Memorial Hospital and all of our locations. We are implementing precautions and procedures to help protect our community. We encourage you to check our [website](#) or [Facebook page](#) often as we continue to update these sites with important information.

COVID-19

PUBLIC HEALTH INFORMATION

1 STAY AT HOME*

- Illinois residence are only allowed to leave their homes for essentials
- If you must go out, practice social distancing of 6 ft between you and others
- All public and private gatherings of any number of people occurring outside a single household are prohibited

2 SELF-MONITOR**

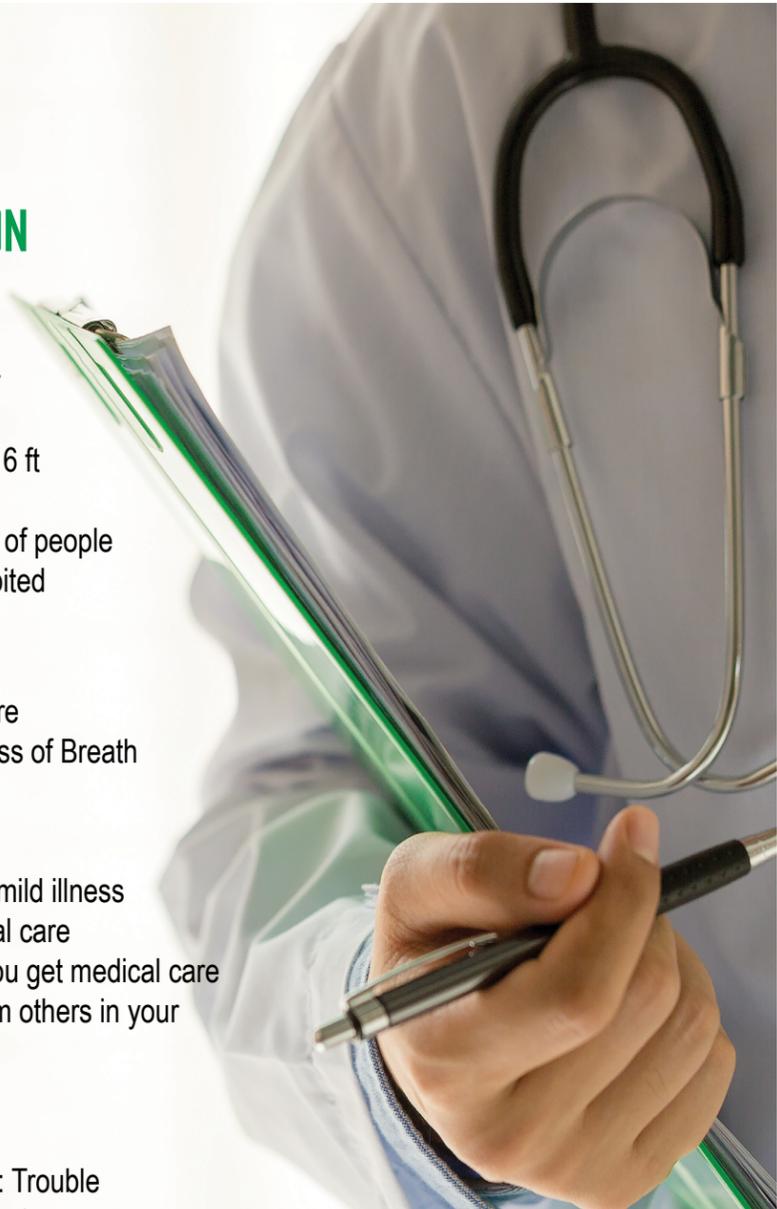
- Symptoms may appear 2-14 days after exposure
- Symptoms to watch for: Fever, Cough, Shortness of Breath

3 IF YOU ARE SICK**

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care
- **Stay in touch with your doctor.** Call before you get medical care
- **Stay away from others.** Separate yourself from others in your home if possible

4 CONSULT YOUR DOCTOR IF**

- You develop emergency warning signs such as: Trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face (This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.)



COVID-19 HOTLINE AVAILABLE:

Monday-Friday 8:00am-4:00pm

Is Memorial Hospital testing for COVID-19?
What is considered exposure?
What should I do if I was exposed?

COVID-19

COMMUNITY CARE IS TOP PRIORITY

KEY THINGS WE WANT YOU TO KNOW:

If you are sick and do not need medical care PLEASE STAY HOME. This is our greatest defense in preventing the spread of disease. The CDC has a list of recommendations on their website of what to do if you suspect you may be ill with COVID-19. ([Figure 1: Click to enlarge here.](#))

Memorial Hospital and all of our healthcare locations are currently implementing visitor restrictions.

- EVERYONE that enters one of our locations is screened. Even our employees are going through daily screenings to help keep our patients/visitors healthy.
- Visitors under the age of 12 will not be permitted.
- We ask that patients that are able to come without attendance/assistance do so. If assistance is needed please limit to 1 person.
- If you need to bring a child in for an appointment, we ask that only one adult attend that child. Arrangements can be made to phone conference in an additional person if necessary. Please try to not bring additional children to appointments or to the ER if possible.
- We are limiting visitors to 2 for any patient that is hospitalized during their entire hospitalization. Of course we are willing to work with families of loved ones on a case-by-cases basis as needed.

VISIT OUR [COVID-19 LANDING PAGE](#) FOR UP-TO-DATE INFORMATION AS SOME THINGS MAY CHANGE AS WE MOVE FORWARD.

We have added a Q&A to our COVID-19 landing page and encourage you to review this section as it may provide answers to many of the questions you have. We will continue to update this section as more information becomes available.

Practice Social Distancing to help prevent the spread and protect yourself. The Illinois Department of Public Health (IDPH) has posted recommendations on their website. ([Figure 2: Click to enlarge here.](#))

There are still plenty of activities you can participate in at home and around your house to stay active.

- Take a walk
- Go for a hike
- Complete yard work
- Play in your yard
- Clean out a closet or organize a cluttered area
- Read a good book
- Listen to music
- Teach your children to cook
- Play games with family members
- Facetime a loved one
- Call a friend
- Check on elderly neighbors
- Learn a new skill like knitting, YouTube has many educational videos to learn new things.
- Organize your digital photos or build your photo albums online

Find creative ways to occupy your time as you practice social distancing.

IMPORTANT LINKS/RESOURCES:

- **“Call4Calm” Help Line:** The Illinois Department of Human Services’ Mental Health Division has launched a free-of-charge emotional support text line, Call4Calm, for Illinois residents experiencing stress and mental health issues related to COVID-19. Individuals who would like to speak with a mental health professional can text “TALK” to 5-5-2-0-2-0, or “HABLAR” to the same number: 5-5-2-0-2-0. Call4Calm is free to use, and individuals will remain anonymous.
- You can view the latest details on current infection rates in Illinois on the IDPH website [here](#).
- Illinois Corona Virus Response from the State of Illinois: [coronavirus.illinois.gov](#)
- Daily press conferences at 2:30pm from the State of Illinois. [illinois.gov/livevideo](#)
- You can find the latest updates from the CDC [here](#).

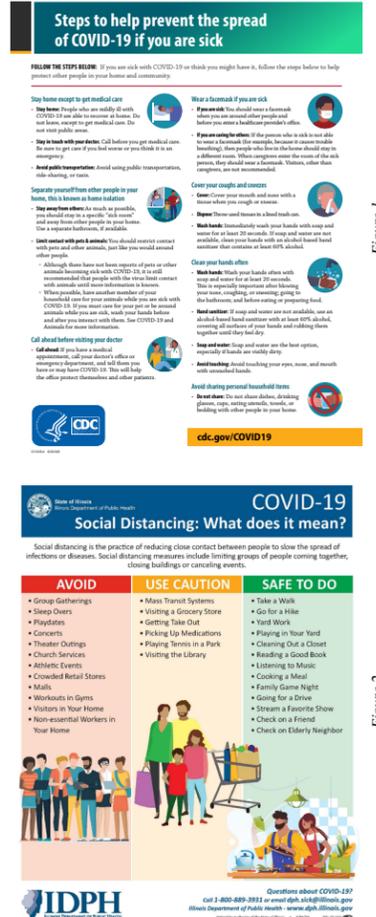


Figure 1
Figure 2

*Illinois Executive Order #10 (<https://www2.illinois.gov/Documents/ExecOrders/2020/ExecutiveOrder-2020-10.pdf>)
**Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-nCoV/symptoms-testing/symptoms.html>) and <https://www.cdc.gov/coronavirus/2019-nCoV/downloads/sick-with-2019-nCoV-fact-sheet.pdf>)

Memorial Hospital Wound Center



Dr. Margaret DeGuzman, General Surgeon

The Memorial Hospital Wound Center opened February 25, 2020. Dr. Margaret DeGuzman, general surgeon, is now accepting wound care appointments. The Wound

Center is located in the Memorial Hospital Specialty Clinic, with hours held weekly on Tuesdays. The Wound Center is staffed by a multi-disciplinary team of professionals with advanced training in wound care. Our approach to wound care is comprehensive, coordinating traditional and advanced therapies that aid and accelerate the healing process. For patients, that means faster healing times, longer-lasting results, decreased amputation rates and increased mobility.

A wound that is not healing properly may be complicated by underlying conditions such as diabetes, circulation problems or previous radiation treatment. Sometimes, the simplest of wounds can turn into a significant problem because the body's normal healing process is affected. Other types of hard-to-heal wounds result from pressure, trauma or infection. Non-healing wounds can have serious health consequences and may adversely affect your quality of life.

Types of Wounds Treated

As a comprehensive wound healing center, we specialize in the treatment of all types of non-healing and difficult-to-heal wounds including:

- Diabetic foot ulcers
- Venous ulcers
- Pressure ulcers
- Non-healing, surgical wounds
- Arterial/ischemic ulcers
- Traumatic wounds
- Infected wounds
- Crush injuries
- Compromised flaps or grafts

If you or a loved one has a wound that is of concern or is not healing properly, we encourage you to visit the wound center for an evaluation.

Please contact Memorial Hospital at 618-826-4583 to learn more about how we can help you or a loved one.

Memorial Hospital Now Offers Stress Echocardiograms



STRESS ECHOCARDIOGRAM TEST

Test patient walks on treadmill as the StressEcho team observes and tests the procedure process. (Below) Dr. Krikorian, Cardiologist, discusses the results with test patient and ultra sound tech.

The healthcare team begins the test by applying electrodes to the chest of the patient to measure the heart's electrical activity and regularity of heartbeats. The patient's blood pressure is also manually monitored throughout the test. During the resting state, the patient will be placed on their side while the ultrasound technologist takes images of the heart muscle. Once the resting images are taken, the patient will then be asked to walk on a treadmill to help increase their heart rate. Depending on the patient's physical condition, the care team may increase the intensity of the exercise. If a patient is unable to physically exert themselves to reach their target heart rate, medications will be used to help simulate exercise to the heart. Once the peak rate has been reached, the patient is then asked to lay on their side once more to take more images of the heart to determine if their heart muscles are getting enough blood and oxygen during exercise. As the person cools down and their heart rate returns to normal, they are continually monitored.



Memorial Hospital's team of ultrasound technologists, respiratory therapists, certified registered nurses, and cardiologists work together to provide stress echocardiography testing for patients. Stress Echocardiography or stress echo, is a test that uses ultrasound imaging to show how well your heart muscle is working to pump blood to your body. This test is most often used to detect a decrease in blood flow to the heart due to narrowing in the coronary arteries. A doctor orders this test if the patient has chest pain that is believed to be related to coronary artery disease or a myocardial infarction or heart attack. The stress echo can also be used to tell how well treatments such as bypass grafting, angioplasty, and anti-anginal or antiarrhythmic medications are working.

During the stress echo, the doctor is able to observe your heart at a resting state and peak rate to compare blood flow to the heart.

Stress echos are beneficial to the patient, as they are a non-invasive, and a safe painless way to help doctors diagnose abnormalities of the heart. Doctors are able to see how well your heart functions during exertion by studying what happens during the stress test. The information gained from the stress echo allows your doctor to make an accurate diagnosis and develop a treatment plan that is best for you.

MEMORIAL HOSPITAL

Wound Center

NOW OPEN

CALL 618-826-4583

Dr. DeGuzman
General Surgeon

Amy Brown
Specialty Clinic Supervisor

MEMORIAL HOSPITAL
— Since 1962 —
Chester, Illinois

Learn more about the Wound Center here:
www.mhchester.com/wound-center

Southern Illinois Orthopaedic Institute Now Offers State Of The Art Spine Services In Chester, IL

Chester, IL- The Orthopaedic Institute of Southern Illinois (OISI) will begin seeing patients Thursday, March 5, 2020 in the Specialty Clinic located at Memorial Hospital (MH) in Chester, IL by our spine center experts, Swastik Sinha, M.D., and Meshia Reed, PA-C.

At OISI and Memorial Hospital of Chester, Sinha and Reed will provide:

- Degenerative spine conditions services
- Spinal pain management services
- Musculoskeletal system prevention, diagnosis and treatment

“We are proud to welcome OISI spine experts to our facility,” said Brett Bollmann, Chief Executive Officer of Memorial Hospital. “We know they will offer our patients and the community high quality orthopaedic spine and back services and complement the wide range of health care already available here at our facility.”

“Patients can be seen in this area that may not have access to spine care. This means less waiting, less driving, less traffic, no payment for city parking. We have the most innovative advances in technology and have provided a less invasive option than traditional surgery for certain patients,” said Dr. Sinha.

“Being part of Memorial Hospital team is an important strategic collaboration for Memorial Hospital and OISI. Many OISI spine patients come from the Chester area and this

location will provide them with greater convenience, as well as access to the many ancillary services offered at MH.”

Dr. Sinha brings a new level of spine care to our region. With over 8 years of medical training and an extensive fellowship at the esteemed Johns Hopkins Hospital, he is considered one of the most skilled and up-to-date surgeons in his field. He is board certified in spinal surgery and brings many modern techniques to Southern IL including minimally invasive lateral access procedures, cervical disc replacements, “one-inch” discectomy and other outpatient spine surgeries.

Meshia Reed, PA-C, has 19 years of experience as a PA, 11 years as a registered nurse, and has been affiliated with OISI for three years specializing in spine. Prior to OISI, Reed’s career was mostly emergency medicine. Dr. Sinha trained Reed in spine and Reed is his first assist in surgery. Reed is involved in the hospital / post op management as well.

The Spine Clinic will be held at Memorial Hospital weekly. Memorial Hospital features all digital radiographic imaging including 1.5 tesla MRI, low dose 64-slice CT scanner, 3D digital mammography, ultra sound, bone densitometry, and nuclear medicine, a full service laboratory, cardiopulmonary department, sleep lab, chemotherapy and infusions services all close to home.



Swastik Sinha, M.D.



Meshia Reed, PA-C

What happened last quarter?

Spring into Nutrition

March Was National Nutrition Month®

How can a Dietitian Nutritionist Help?

“Developing healthful eating habits does not mean undertaking drastic lifestyle changes,” Registered dietitian nutritionist Jerlyn Jones, a national spokesperson for the Academy based in Atlanta, GA states, “registered dietitian nutritionists help their clients develop individualized eating and activity plans with simple steps that can help them meet their health goals. These simple steps are developed to become lifelong habits.” Medical nutrition therapy provided by a registered dietitian nutritionist includes reviewing the client’s eating

habits and lifestyle, assessing their nutritional status and creating a personalized nutrition treatment plan.

Registered dietitian nutritionists provide recipe ideas, cooking tips and other healthful advice for everyday issues such as cooking dinner or meal preparation for picky eaters. In addition, many registered dietitian nutritionists provide medical nutrition therapy to help clients manage chronic conditions such as diabetes, heart disease and hypertension. They often work as part of a medical team to help clients set nutrition goals to improve their health.

Contact Memorial Hospital’s Melissa Soellner, Registered Dietitian and Nutritionist, Cer-

tified Diabetes Educator, and ACSM Clinical Exercise Specialist at 618-826-4581 ext 1170 to schedule a consult.



Melissa Soellner, Registered Dietitian and Nutritionist

Read more here: www.mhchester.com/post/spring-into-healthier-nutrition

What happened last quarter?

Employee of the Quarter

On April 28, 2020 Memorial Hospital CEO, Brett Bollmann named Angela Mohring Employee of the Quarter for the First Quarter 2020.

Angela has worked at Memorial Hospital since 2015. She is a Registered Nurse/Infection Preventionist. When asked what she likes most about working at Memorial Hospital, Mohring replied, “We are family. We have a very competent and educated group of employees working in all departments. During this pandemic especially, I have been in awe of how we have all pulled together to make sure our staff and patients are safe. I have felt very proud of our progress through all of this.” Her co-workers write, “She truly cares about the health and wellbeing of not only our patients but also our staff! She has worked through emergency processes and maintained compliance with CDC and IDPH recommendations and directions. She is always willing to answer questions for staff, guide de-

partments in meeting criteria for emergencies and develop protocols that assure protection for all staff and our community. She has worked very hard these past few months working with every department to prepare for the pandemic.”

Angela resides in Chester and has two daughters Cameron and Audrey Hopper. In her spare time she enjoys spending time with her two favorite people, her daughters and bingeing a good Netflix series. Mohring received a personal plaque, cash prize and parking spot of her choice for the next three months.



Angela Mohring, RN Infection Control

CHS CPR Training & First Aid Review

The Chester Unit School District 139 educators and staff prepared to go back to school in January, following their holiday break. Memorial Hospital’s Randy Dudenbostle, certified CPR instructor, conducted a CRP review and basic first aid review for faculty and staff. The training is a refresher course on what they can do in an emergency situation before first responders or EMS arrive. Chief of Police Bobby Helmers was also in attendance to perform active shooter training.



Randy Dudenbostle with CPR training mannequin.



Randy Dudenbostle and CGS PE Instructor and CHS Coach Jennifer Cartwright

Buena Vista National Bank Health Fair

Buena Vista National Bank (BVNB) in conjunction with Memorial Hospital (MH) in Chester, held its 25th annual Health Fair on Friday, March 13. Forty-five participants received testing for Cholesterol, Glucose and Blood Pressure. Those that participated were entered to win a gift bag of BVNB and MH items as well as a FitBit Alta Versa. Charles Baughman of Chester was the winner of the attendance prize.

Staff members from Chester Clinic, Memorial Hospital Wound Clinic, Shawnee Health Care Black Lung, Therapy & Sports Rehab Center, and Memorial Hospital’s lab, nursing, and radiology staff were present to provide information to participants. The Southern Illinois Substance Abuse Alliance also handed out drug deactivation kits. All organizations are glad to be able to offer these services to the community.



Front Row, L to R: Gloria Queriapa-Valdes, SHS Black Lung; Tabatha Pinkley, RHC Receptionist; Jill Arbeiter, RN; Christy James, Admin. Assistant, BV Bank
Back Row, L to R: Heather Huck, OT, Therapy & Sports Rehab; Amy Mathis, RN; Mike Whitt, Lab Director; John Bender, Wound Care Clinic Marketer; Andria Zweigart, Director of Radiology; Natausha Motsinger, SHS Black Lung; Dennis Trask, Youth Prevention Coordinator; Mariah Bargman, Mktg/Community Relations Coordinator at Memorial; Kristen Reintier, Phlebotomist; Lisa Feldmann, Hospital Auxiliary.

What happened last quarter?

Memorial Hospital Hosts Go Red For Women Event



Attendees of the Go Red for Women 2020 Event

Memorial Hospital recognized American Heart Health Month by hosting a “Go Red for Women, Wine and Girl Power” event on Thursday, February 27, 2020 at the Chester Country Club. Attendees of the event enjoyed complementary wine samples, poured by Eric Winters with PRP Wine, and a delicious heart healthy meal, provided by Memorial’s Dietary Department. Special guest speaker, Kendall Boysen, CPC, CPRC Professional Life & Recovery Coach, delivered a presentation titled “You’ve got the POWER!”. The presentation explained how to create a positive ripple by collecting gratitude and pushing it out to everyone you encounter. Frustrated by a negative world, activate your power and do something about it. From small beginnings, great things can happen!

Memorial Hospital staff from the Chester Clinic & Steeleville



Guest Speaker: Kendall Boysen



Meal and dessert at right, provided by Memorial Hospital Dietary Team



Wine served by Eric Winters with PRP Wine.



Family Practice, Radiology Department, Nursing Department, Nutritionist, and Volunteer/Auxiliary members were available to educate patrons on the services offered at Memorial. Students from the Memorial Medical Explorers Program donated their time in helping at the event. The evening was capped off with prize giveaways provided by PRP Wine and Memorial.

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.

View more photos from the event here:
<http://www.mhchester.com/post/memorial-hospital-hosts-go-red-for-women-event>

What happened last quarter?

March Was National Kidney Month: Take the pressure off

Did you know high blood pressure is the second leading cause of kidney failure in the U.S. after diabetes? If you have high blood pressure, you could be at risk for kidney disease, which can lead to stroke, heart attack, kidney failure and even death. But, there is good news! You can help protect your kidneys by adopting these 6 healthy lifestyle habits to help manage your high blood pressure:

- Take your prescribed medications. If your doctor has prescribed blood pressure-lowering medications, take them as directed. These medications can help lower the development of kidney disease.
- Make goals for a healthy weight. By losing even a small amount of weight, you can help improve your blood pressure.
- Make healthier food choices. By selecting healthier food and beverage options like vegetables, lean meat, and whole grains, you can improve your overall health.
- If you smoke, try quitting.
- Get the recommended amount of sleep. The average adult needs 7-8 hours of sleep per night. Try to go to bed earlier to increase

the amount of sleep you get each night.

- Add physical activity to your routine and find ways to manage your stress. At least 30 minutes of exercise each day not only improves your health but can help reduce your stress as well.

If you suffer from kidney problems talk to your Primary Care Provider about a consult with Memorial Hospital’s Specialty Clinic provider, Dr. Randall Cowart, Nephrologist. Dr. Cowart has more than 30 years of experience in nephrology and internal medicine. He has been a part of the Memorial Hospital specialty staff since 2003 and is also affiliated with many hospitals in Southern Illinois. His primary practice, Kidney Disease and Medicine Specialty Consultants, is located in Carbondale, IL. Dr. Cowart holds outpatient clinics at Memorial Hospital once a month on Fridays. To learn more about Memorial’s Specialty Clinic at 618-826-4581 ext. 1366.



Dr. Randall Cowart, Nephrologist

February Was Heart Health Month



Dr. Gangadhar R. Malasana Dr. Raffi Krikorian John R. Groll

American Heart Month, a federally designated event, is an ideal time to remind Americans to focus on their hearts and encourage them to get their families, friends and communities involved.

- The first American Heart Month, which took place in February 1964, was proclaimed by President Lyndon B. Johnson via Proclamation 3566 on December 30, 1963.
- The Congress, by joint resolution on that date, has requested the President to issue annually a proclamation designating February as American Heart Month.
- At that time, more than half the deaths in the U.S. were caused by cardiovascular disease.

While American Heart Month is a federally designated month in the United States, it’s important to realize that cardiovascular disease knows no borders. Cardiovascular disease, including heart disease and stroke, remains the leading global cause of death with more than 17.9 million deaths each year.

That number is expected to rise to more than 23.6 million by 2030.

National Wear Red Day, Friday, February 7th (the first Friday in February each year) was developed to increase women’s awareness of the need for better heart health and early identification of potential heart related symptoms/issues. Wear red throughout February to raise awareness about cardiovascular disease and save lives.

Chances are, we all know someone affected by heart disease and stroke, because about 2,300 Americans die of cardiovascular disease each day, an average of 1 death every 38 seconds. However, together we can change that!

The biggest part of living healthy comes down to simply making healthy choices. While you can’t change things like age and family history, the good news is that even modest changes to your diet and lifestyle can improve your heart health and lower your risk by as much as 80 percent.

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

What happened last quarter?

Patient Safety Awareness Week March 8–14, 2020



Patient Safety Committee Members: Andria Zweigart, Director Diagnostic Imaging Department; Becky Bunselmeyer, Director Performance Improvement; Brett Bollmann, Chief Executive Officer; Deepa Dummi, Director Health Information Management and Compliance Officer; Deb Mevert, OR Nurse Manager; Georgia Allen; Director Cardiopulmonary and Emergency Preparedness Coordinator; Kathy Winkler, Director of Pharmacy; Kim Ruebke, ER Nurse Manager; Kristi Williams, Assistant Director of Nursing; Martha Roth, Director Safety, Risk Management, and Professional Services; Michael Whitt, Director Laboratory Department; Richard Clasen, Director Health Information Systems; Susan Diddlebock, Chief Nursing Officer; Torrie Davitz, Nurse Manager Rural Health Clinics.

About the Initiative

Patient Safety Awareness Week is an annual recognition event intended to encourage everyone to learn more about health care safety. During this week, the Institute for Healthcare Improvement (IHI), seeks to advance important discussions locally and globally, and inspire action to improve the safety of the health care system — for patients and the workforce. Patient Safety Awareness Week serves as a dedicated time and platform for growing awareness about patient safety and recognizing the work already being done.

Some studies suggest that as many as 400,000 deaths occur in the United States each year as a result of errors or preventable harm. Not every case of harm results in death, yet they can cause long-term impact on the patient’s physical health, emotional health, financial well-being, or family relationships. Preventing harm in health care settings is a public health concern. Everyone interacts with the health care system at some point in life. And everyone has a role to play in advancing safe health care. IHI promotes addressing patient safety within the public health framework. (Source: IHI.org)

Memorial Hospital would like to take time during Patient Safety Awareness week to share a few internal efforts to promote patient safety throughout the year.

Memorial Hospital Fall Management Program

The Memorial Hospital patient fall management program continues to be successful in reducing patient risk of fall, and mitigating risk of harm from falls or near falls. Memorial patient fall rate reached an all-time low of 1.6/1000 patient days in 2018. In 2019, the rate increased to 3.4. However, the post fall injury rate decreased, with 63% of patient falls resulting in no injury, and no major injuries reported as a result of fall. The continued goal remains zero harm from falls, which the Memorial team demonstrated progress toward in 2019.

Pharmacy Performance Improvement Study of Smart Pump (Guardrail) Utilization Continues to Steadily Improve – Thereby Increasing Medication Infusion Safety

Like many hospitals, Memorial Hospital has invested in “Smart Pumps”, which are infusion pumps with Dose Error Reduction Software (DERS). This software gives clinicians the ability to identify the medication to be administered to the patient, use the smart pump software to control concentration and dose rates, and alert the clinician to potential under and over doses of fluids and drugs. Smart Pumps can increase patient safety and reduce costs, but only if clinicians choose to use the Smart Pump software, and if appropriate systems are in place to support safe infusion therapy. Memorial Hospital’s pharmacy department conducted a performance improvement study of Smart Pump utilization to evaluate the extent to which this important safety mechanism (Guardrails) is being consistently used. Utilization was determined by review of Guardrails usage reports. The study demonstrated use steadily increased from baseline, improving to over 95% within 6 months of initiating the study.



Nursing Department Performance Improvement Study Shows Barcode Scanning To Maintain a Culture of Medication Administration Safety Remains High

The Nursing Department conducted a performance improvement study to demonstrate consistency in bedside medication verification by barcode scanning the patient bracelet before administration of medications. The study showed the use of this patient identification work flow remains high among users, increasing to over 95% utilization in January. Such results demonstrate the organization’s commitment to adopting a culture that emphasizes patient medication administration safety. Likewise it demonstrates continuous efforts to comply with The Joint Commission National Patient Safety Goal (NPSG) 01.01.01 which requires use of at least two ways to identify patients. Barcode scanning medications and the patient armband is one very important work flow to assure the right med-

What happened last quarter?

icine is administered to the right patient. In some situations, such as an emergency, time may not allow for barcode scanning prior to administering a medication. However, in such instances, staff are extra vigilant to follow safe medication administration practices and safe patient identification procedures.



Diagnostic Imaging Departments Adds Arms-Up CT Positioner to Improve Patient Safety and Comfort

The new CT Arms-Up positioning device allows patients to be more comfortable and receive less radiation. No more loosely supported buildup of pillows, risk of IV failure, or shoulder pain.

Arms-Up improves patient comfort and outcomes! This one CT positioning device offers multiple benefits to our

patients, including: removable ergonomic pillow for patient comfort, pillow keeps chins out of the lung field to eliminate dental artifacts, dual height bar accommodates different patient sizes.

NEW INITIATIVE: No Pass Zone

What is A No Pass Zone?

No Pass Zone is a new initiative Memorial Hospital will be implementing hospital-wide. The initiative supports service excellence and a culture of safety by empowering employees to take action toward improving the patient and visitor healthcare experience. More information will be released to Department Heads for training staff in their specific roles in the organization. In general, the program empowers employees with the knowledge that ALL Memorial Hospital Employees are expected to never pass on opportunities to respond to patient or visitor needs with regard to the following:

- Attend to patient call lights
- Follow 6 foot rule
- Address trash and clutter in the environment
- Follow hand hygiene guidelines
- Maintain quiet, healing environment for patients

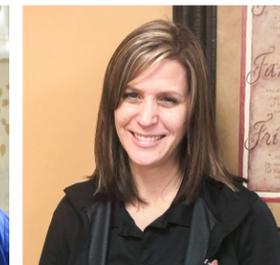
Star Employees of the Past Quarter



Thank you to our “Star” employees! Their co-workers submitted “star cards” in their honor for going above and beyond. Memorial Hospital employees are encouraged to nominate “Star” employees each quarter. At the end of the quarter, ALL star cards are put into a drawing for monetary prize.

Congratulations to our “Stars” for the quarter! (L-R,T-B): Angela Al-

bertini, PAC; Angie Schoenbeck, RN; Amy Kirkland, RN; Jane Prevallet, Accountant; Taylor Gross, RN; Amanda Rhyne, Administrative Assistant RHC; Tracy Loos, Radiology Tech. 4; Jennifer Mehrer, Insurance Specialist; Ryan Petrowske, Dave Salger, & Trevor Kelkhoff, Plant Operations; Ashley Schroeder, LPN; Tammy Parker, Administrative Assistant Diagnostic Imaging; Jennifer Hill, Receptionist.



What happened last quarter?

Get a Better Night's Sleep: March Was National Sleep Month



Patient model shown in Sleep Lab at Memorial Hospital

During National Sleep Month, we remind you about the importance of sleep to your overall health. Memorial Hospital has been providing Sleep Diagnostic testing since 1998. Memorial provides services for sleep diagnostic testing and treatment of all sleep disorders, home sleep studies, education on the many sleep disorders and support services for patients with CPAP systems. Sleep is more than a “time out” from your busy routine. Sleep is an important contributor to good health, mental and emotional wellness and safety. When you sleep well, you wake up feeling refreshed, alert and ready for your day. But when sleep is poor, it can have a big impact—not just on your daily routine, but on your health.

Do you find yourself struggling to feel rested? Do you have mood and memory problems?

Sleep apnea affects 18 million Americans—and there are certain characteristics that can put you at a higher risk for the disorder. Look out for these five.

- **A Higher BMI:** While not everyone who is overweight or obese has sleep apnea, carrying around extra weight greatly increases your risk. The reason: Being overweight puts added pressure on your respiratory system, making it harder to breathe at night.
- **A Large Neck Circumference:** Pay special attention if your neck measures 17 inches or greater (for a man) or 16 inches or greater (for a woman) in circumference. The extra weight of a larger neck pushes on the airway while you sleep.
- **Snoring:** Around half of everyone who is a loud snorer has

sleep apnea. The sound of snoring is caused by not breathing freely. With sleep apnea, snoring can actually get so bad that it sounds like you’re choking or gasping for air.

- **Smoking and Alcohol Use:** Alcohol can relax the muscles in the throat, which makes it easier for them to become obstructed. Smokers are also at a higher risk for sleep apnea—possibly because the tobacco irritates and inflames the upper airway, causing it to narrow.
- **A Small Airway:** Since sleep apnea occurs when you have trouble breathing at night, having a smaller airway can increase your risk.



Dr. Terry M Brown, DO

If you have a sleep problem that lasts for longer than a week, or if sleepiness is getting in the way of how you feel and function during the day, do something today to address it. Dr. Terry M Brown, DO, is the Sleep Lab Medical Director at Memorial Hospital. He attended and graduated from the University Of Osteopathic Medicine And Health Sciences in 1984, having over 36 years of diverse experience, especially in Sleep Medicine.

He is affiliated with many hospitals including Memorial Hospital of Chester, Heartland Regional Medical Center and Massac Memorial Hospital. Contact your Family Physician to discuss your symptoms and schedule a consult with Memorial Hospital’s Sleep Lab.

What happened last quarter?

Employee Appreciation Day: March 6, 2020

Memorial celebrated Employee Appreciation day by “popping” in on everyone with a little surprise treat to show how much we appreciate ALL of our employees across all of our locations. Thank you to our amazing team and the hard work they put in everyday to care for our patients and their families!!! We appreciate you EVERYDAY!



Community Remains Connected in a Crisis

(Continued from Page 1)

Through this pandemic, the division has communicated daily to share resources, supplies, and collaborate on the policies and practices being implemented at various levels. Through constant communication and planning everyone shares the same goal, to keep our community safe.

Allen is also in constant contact with the HOPE Region 4 Coalition, which is made up of 11-Southwestern Illinois (SWIL) counties surrounding the St. Louis Metropolitan area. Allen has been attending quarterly in-person and monthly phone meetings over the past few years. Currently the group is meeting 3 times a week in response to the pandemic. The HOPE Coalition provides training and preparedness supplies for individuals, businesses and healthcare facilities. Through the healthcare preparedness grant, Memorial has had the opportunity to procure emergency equipment such as: a decontamination tent, containment tent for isolation, vaccine refrigerators and freezers for the clinics, multiple 2 way radios, hospital beds, cots, a transfer ventilator, oxygen carts, hand operated suction units, pharmaceuticals for emergency use, and portable handwashing stations, just to name a few. Through advanced planning and preparation, Memorial has developed a plan to help



Isolation containment tent purchased with healthcare preparedness grant.

keep our community members safe during this pandemic. The tools, equipment, education, training, and constant communication with other organizations helps make us strong against this fight. By working together, we will all get through this.

but their engagement with visitors at the hospital holds an everlasting impression with those they assist. Volunteers find benefits in the hours they choose to dedicate to Memorial as well. They enjoy the time spent in the public interacting with people, helping people, and feeling a sense of importance and purpose in their lives.

During Volunteer Month, Memorial dropped off appreciation bags to our volunteers. To thank them for their service throughout the past year. Memorial is proud to honor those who give so much of their heart to our community and the betterment of our hospital.

Auxiliary Donation

Apryl Bradshaw, Auxiliary CEO Liaison, was present at Monday evenings Board meeting. She reported on the past year of Auxiliary events and also spoke of future plans of the Auxiliary. Apryl was able to present a check to Board Chairman, Tom Search, in the amount of \$8,785.50 to purchase 17 32" Samsung Healthcare Smart tvs for the New In-Patient rooms at the hospital. The Auxiliary is able to donate this money from funds collected by the Tree of Remembrance, Gift Shop, and various fundraisers throughout the year.



Tom Search, Board Chairman and Apryl Bradshaw, Auxiliary CEO Liaison.

April is National Volunteer Month

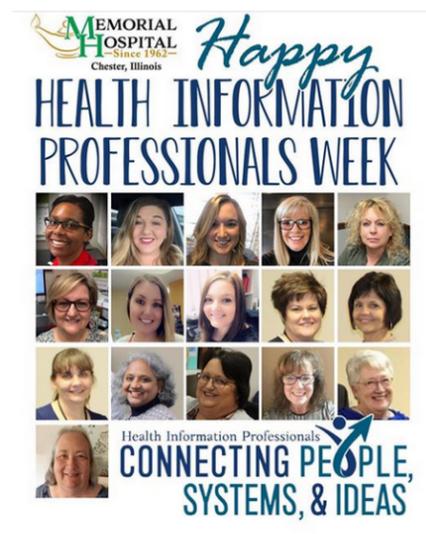
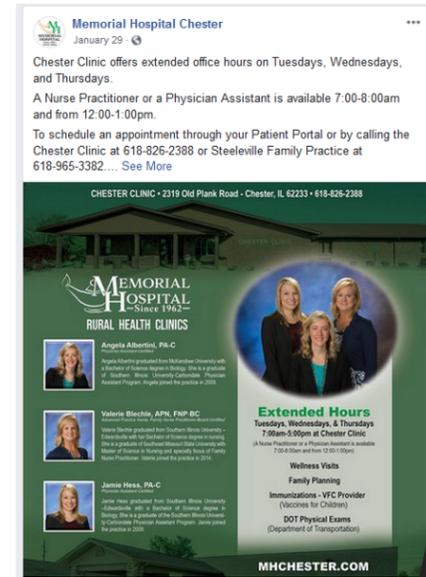
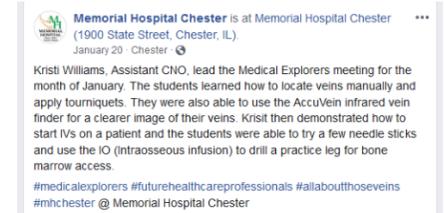


Memorial Hospital of Chester is fortunate to have a dedicated group of front desk volunteers who usually greet patients and visitors daily. During the COVID-19 event, our volunteers have been asked to remain home to help reduce the spread of the virus. These friendly faces remain valuable to the hospital. When things return to normal they will reappear

at their posts to provide the personalized service our visitors and families value. Our volunteers will once again be here to help people find their way and direct them to where they need to be.

The volunteers at Memorial dedicate as little as 4 hours a month,

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.



STAFF NEWS • VOLUNTEER & AUXILIARY NEWS • UPCOMING EVENTS • NEW SERVICES & PROVIDERS

MEMORIAL HOSPITAL'S SERVICES

Bone Density Screening	3D Mammography
Chemotherapy & Infusion Center	Nuclear Medicine
CT Scans	Radiology/X-Ray
Diabetic Resources	Same Day Surgery
ECG & EEG	Sleep Disorder Treatment & Lab
Endoscopy	Sonography/Ultrasound
Intensive Care Unit	Swing Bed Program
Lung Screening	Treadmill Stress Testing
MRI	Wound Center

MEMORIAL HOSPITAL'S SPECIALTY PROVIDERS

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

Allergy/Immunology Douglas Berson, M.D.	Oncology/Hematology Justin Floyd, D.O.
Audiology C. Joseph Hopper IV, AuD	Orthopedics Bret Miller, M.D.
Cardiology John Groll, M.D. Raffi Krikorian, M.D. Gangadhar R. Malasana, M.D.	Pain Management Paul Juergens, M.D.
Gastroenterology Charmaine Edwards, M.D.	Podiatry Amanda Hart, DPM
General Surgery Ziya Baghmanli, M.D. Margret De Guzman, M.D.	Urology Wesley Howell, PAC Sam Stokes III, M.D.
Nephrology Randall Cowart, M.D.	Vascular Surgery Ricardo Rao, M.D.
Neurology James Goldring, M.D.	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

Alyssa Hoops	Sharon Sabo
Megan Brockmeyer	Kim Fulmer
Aleisha Garver	Katie Jones
Denise Tucker	Kathryn Guetersloh
Danielle Muertz	

Congratulations Retirees

Linda Stern

24 HOUR EMERGENCY ROOM SERVICE



CONVENIENT CARE

HOURS:

MONDAY-SATURDAY 8AM-8PM

SUNDAY 11AM-3PM

Except Holidays

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



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618-826-4581