

# Health Update

HCHC'S  
learning to live well

## Let HCHC share your miracle!

### PERSONALIZED MATERNITY CARE IS OUR PRIORITY

The birth of a child is one of life's most precious moments. Making each birth a pleasant experience filled with positive memories is the goal of HCHC's Maternity Services team.

Lori and Curt Wagler of Wayland have experienced this personalized care first hand – not just one time, but three! With the birth

“Our doctor was always very upfront and honest with us. If we had questions or concerns he would always talk it through or give us literature about the subject. He got to know our needs and from that realized what was best for us. He also took the time to chat with us on a more personal level,” said Lori.



### A TEAM EFFORT

The couple also agrees that the hospital staff is very attentive and friendly, doing all in their power to make each patient's stay as comfortable and homelike as possible.

“The nurses are wonderful! They were always ready to help us with any concerns or questions, and were very attentive to our needs with any questions we had.

of each child, the Waglers received the specialized care to make every birthing experience individualized, having their own unique and special memories with each birth.

“Henry County Health Center is conveniently located near the town that we live in, and it was nice that our family didn't have to travel far to visit us. Curt and I grew up in Henry County and this is where our family doctor is. We also enjoy the small town feel of HCHC,” explained Lori.

The convenience of location is not the only factor that drew Lori and Curt to deliver at HCHC. They had many positive experiences during their three deliveries in the Maternity Services Department. This included the homelike atmosphere and top-notch care from healthcare professionals they could trust.

They are very knowledgeable regarding problems with your baby or with breast-feeding. Even after being discharged from the hospital I could call the nurses any time and they were happy to answer my questions or concerns. Since Curt and I have had our three children at HCHC we have gotten to know some of the nurses on a more personal level, which I don't think would have happened at a larger hospital,” she stated.

According to Maternity Services Supervisor Shayla Malone, the nursing staff takes pride in treating patients like family, and this special care did not go unnoticed by the Wagler family.

“I like the special attention that each family receives. The staff knew each of my family members by name. I feel like we now have friends that we didn't know before having

*continued on page 2*

MOUNT PLEASANT, IOWA  
FEBRUARY 2009 / MARCH 2009

LEARN TO LIVE WELL.....2

LEARN TO LIVE WELL.....3

FOUNDATION.....4

FOUNDATION.....5

HCHC SERVICES.....6

HCHC AUXILIARY.....7

UPCOMING EVENTS.....8



# Learn to Live Well



*continued from page 1* **Let HCHC Share Your Miracle!**

with the prenatal care they received both from their family physician, as well as through the prenatal classes offered by the hospital. The classes for new parents explain what to expect during labor and delivery, and the refresher courses are also available to parents who have already taken the prenatal class, but have a desire to review information before going through labor again.

## AN EXPERIENCE TO LAST A LIFETIME

Mothers and babies experience first hand quality care and compassion at HCHC. But as a father, Curt can also testify to the reasons why HCHC was the perfect choice for their family.

“When you want your experience to be the best, most informative, non-

judgmental, and as easy as it can be, visit HCHC. From the beginning they provide friendly advice and sisterly care along with some of the best cooking around. When it comes to baby, the nurses will impress you with their experience and care for your baby,” said Curt.

“The physician and nurses only goal is mom and baby’s health, and when you go home they give unlimited phone support from your home directly to the nurses with no run-around. My honest experience is that you will not find better trained or skilled healthcare professionals than you find at HCHC. Take it from me – they delivered the next generation of Wagler Wood Manufacturing miracles. So let HCHC deliver your miracle!”

kids because the nurses were so personable,” said Lori. “I also liked the calm atmosphere that I felt at HCHC, which is unlike a larger hospital that seems so busy.”

The Waglers were also impressed

## HCHC’s Maternity Services delivers precious memories

Henry County Health Center’s Maternity Services Department offers families the comfort and satisfaction they expect for their special delivery. With approximately 150 babies born each year at HCHC, the physicians and nurses who specialize in obstetrics deliver quality care that meets and exceeds our patients’ expectations.

To make the birthing experience as pleasant and memorable as possible for each family, patients are offered private rooms complete with private bathrooms and showers.

“We pride ourselves in offering all of our patients an atmosphere that is beautiful and homelike,” said Shayla Malone, Maternity Services Supervisor. “We have two labor/delivery/recovery rooms, and a delivery room with a birthing chair. We have four postpartum rooms that are private, with loveseats that make into single beds for the father to be comfortable while he stays with his new family. We do encourage fathers to stay through the night to enhance bonding with the new family member.”

### ADVANTAGES OF DELIVERING AT HCHC

There are several advantages to delivering in a hospital the size of HCHC. According to Malone, patients receive personalized care and excellent one-on-one attention. The obstetrics nurses are all experienced in labor and delivery, as well as newborn and postpartum care.

“We offer education throughout the entire natal period. We start by giving an antepartum teaching booklet to new OB



*continued on page 7*



# Learn to Live Well

## From hospital to home

### LOCAL FAMILIES RECEIVE CONTINUITY OF CARE

The birth of your baby is one of life's most exciting and anticipated events. Along with that excitement can come some apprehension and questions from parents about caring for their newborn when they return home from the hospital.

Is my baby gaining enough weight? Is the umbilical cord healing properly? Is the baby getting enough to eat? These are all commonly asked questions when parents take their babies home. Even though you have been preparing for the arrival of your baby for months, you cannot anticipate all of the questions and concerns that may develop the first few days at home.

The Henry County Home Visitor Program is available to answer some of the common concerns parents may experience through a home visit free of charge. Maternal and Child Health Nurse Gayle Cornick, R.N., visits with new parents and offers the help and reassurance they need to feel comfortable in the care of their newborn.

"The goal of the program is to share information with parents on health, safety, parenting, growth and development, and community resources. I also assist with referrals," explained Cornick. "This is a free service for anyone who has a new baby, no matter their income level; there are no stipulations on who receives a visit."

Parents referred to the program must be a Henry County resident, but the baby does not have to be born in Henry County. However, if a baby is born at Henry County Health

Center and the parents do not reside in the county, Cornick will visit if they live within a reasonable driving distance.

During a home visit, Cornick routinely does a full assessment of the infant, which includes a weight check, listening to the heart and lungs, taking the temperature, checking the baby's color for jaundice, looking at the umbilical cord, and making sure the circumcision on little boys is healing correctly. One of the major areas of discussion involves eating habits of the baby.

"I don't follow a script, we just have a conversation and I try to touch on certain points during the visit. I can tell what the mother is nervous about, so I focus on the areas that the mother wants to focus on," explained Cornick. "I think I offer parents some teaching along with a lot of reassurance that they are doing things fine. The home visit seems to give them the reassurance that they can care for their baby and that's a confidence booster."

The Home Visitor Program is a Community Health Program supported through Henry County Empowerment funding. For more information on the Home Visitor Program, contact the Henry County Public Health Department at 319-385-6724.



## *HCHC welcomes Robert Smith, MD, Board Certified OB/GYN to our Maternity Services Team*



ROBERT SMITH, M.D.



KENT METCALF, D.O.



KENT RYNDERS, M.D.



JULIE WAGNER, D.O.

# HCHC Foundation

## Jan Roth serves on Foundation Board

Henry County Health Center Foundation Board members have varied reasons for being involved in Foundation work, but all have the desire to make a positive impact on health resources in our area. This is true of Janet Roth who is on the Foundation Board, and also serves as the Auxiliary President. Her volunteerism has made a positive impact on both groups and how they support HCHC and our community health.



In August of 1969, Roth moved to Mt. Pleasant from South Bend, Indiana, with her two sons, Scott and Mark Van Der Heyden. She worked as a Speech and Language Pathologist for the Henry County School system, which in 1975 became Area Education Agency 16. In 1975, she married Bob Roth, Superintendent of the Mt. Pleasant Golf and Country Club. She is now retired and stays busy with various activities.

**Q: AS THE PRESIDENT OF THE AUXILIARY, WHY DO YOU FEEL IT IS IMPORTANT FOR THE AUXILIARY TO BE REPRESENTED ON THE FOUNDATION BOARD? WHAT UNIQUE PERSPECTIVE DO YOU FEEL YOU BRING TO THE BOARD AS AUXILIARY PRESIDENT?**

A: The HCHC Auxiliary is an important part of the hospital. I feel that the Auxiliary and the Foundation working together can promote and deliver important health initiatives for the benefit of Henry County Health Center and the people of Henry County communities. This, in turn, will make for a better quality of life for all families.

**Q: WHAT DO YOU FEEL THAT YOU CAN CONTRIBUTE TO THE FOUNDATION BOARD FROM YOUR PERSONAL EXPERIENCES OF LIVING AND WORKING IN THE COMMUNITY FOR MANY YEARS?**

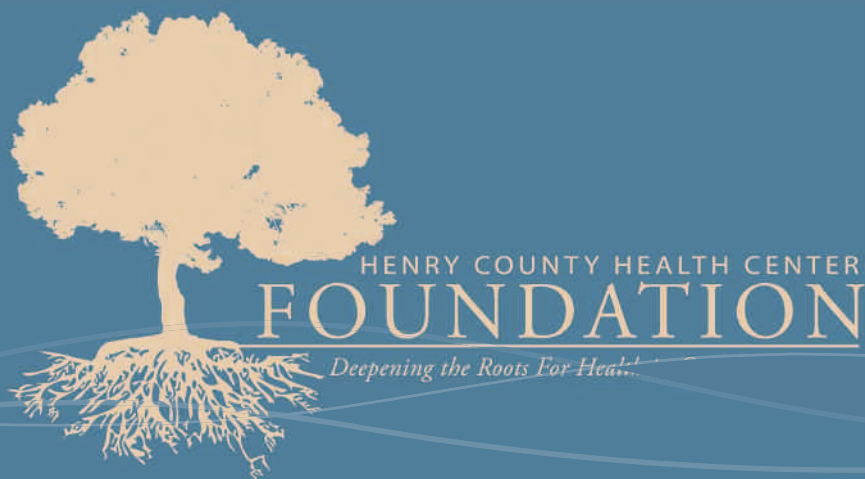
A: I am excited about the mission and the initiatives of the Foundation and my role in it. I feel that my many years and skills in special educational services and work on many committees will be an asset to the Foundation. I also have a strong commitment to preventative health care, and the delivery of excellent, high quality health care.

**Q: WHY DO YOU FEEL THE FOUNDATION IS IMPORTANT TO BOTH HCHC AND THE COMMUNITY?**

A: I feel the Foundation is important to both HCHC and the community because with the monies that are raised and the efforts of the Foundation, present health programs and services can be expanded and new ones will be started.

**Q: HOW CAN THE FOUNDATION IMPROVE OUR COMMUNITY HEALTH?**

A: The HCHC Foundation is in a unique position to help promote public awareness and education of various health issues which will improve the overall wellness of our community.



## A Star is Born

We know there's nothing that compares with the birth of your child. No matter how many times you experience the miracle of birth, there will always be anxious moments, unforgettable memories and unbridled joy.

To help your family celebrate this unforgettable moment, the Henry County Health Center Foundation has developed A Star Is Born Baby Wall. The wall is located on the second floor of HCHC in the Maternity Services Department.

Stars may be purchased by parents, grandparents, family members or groups of friends to honor the birth of a child at HCHC. Once your star has been engraved with the child's name, birthday and other information of your choice, it will be displayed on the **A Star Is Born Baby Wall**.

### PERSONALIZED STARS

All contributions received from **A Star Is Born Baby Wall** will support health initiatives of the HCHC Foundation. Such initiatives include equipment purchases, continuing education for our nurses, doctors and other health professionals, and community wellness programs.

### BABY RECOGNITION

Each star is four inches in diameter and made of durable pink or blue Corian. For a contribution of \$100, a star will be engraved with the child's name, birthday and the contributor's name. Stars will be displayed for 12 months on the Star Is Born Wall and then sent to the parents for the baby's birthday.

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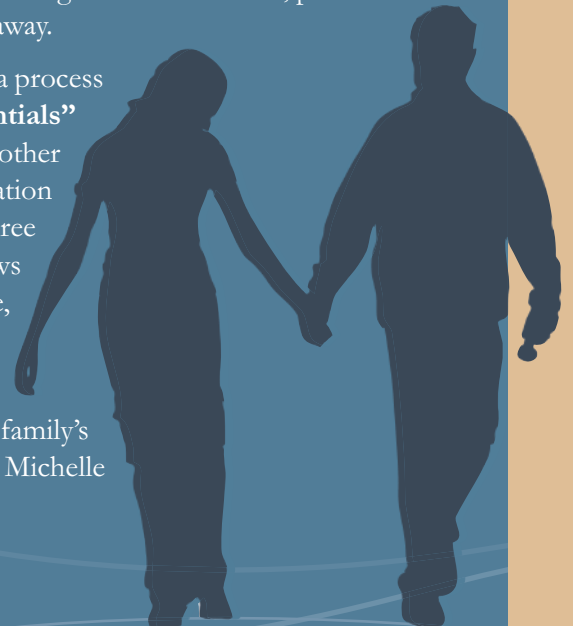
## Check out our new web page!

The HCHC Foundation is proud to bring you a newly revised and enhanced web page. The Foundation page is easily accessible from our main HCHC web site located at [www.hchc.org](http://www.hchc.org). This is your one-stop shop for planned giving ideas.

The HCHC Foundation web page will provide you with a variety of tools and information about charitable giving. The online planned giving guide offers useful estate planning tips that can help you fulfill your financial and charitable planning goals. Regular, interactive articles provide the most recent insight and news. Free, printable "ebrochures" discuss a variety of estate planning topics and are just a click away.

A decision tree located under "**Where Do I Begin?**" walks visitors through a process to help them decide what type of giving option may be the best. The "**Essentials**" link contains sections pertinent to each and every one of us, such as wills and other basic estate planning documents. The site provides definitions and clarification of the benefits associated with charitable giving. Comparisons of up to three gift types can be done. Plus, as an added bonus, the "**Gift Calculator**" allows individuals to customize a gift and view the related reports and benefits online, in the privacy of their home.

Please visit our new page at [www.hchc.org](http://www.hchc.org). Click on the Foundation link at the top right hand corner of the page. Learn more on how to secure your family's future, your legacy and the mission of HCHC Foundation. Please contact Michelle Rosell, Foundation Director at 319-385-6541 if you have any questions.



# HCHC Services

## A labor of love

### PAIN MANAGEMENT OPTIONS AT HCHC

When an expectant mother nears her delivery date, one of the first questions is how painful will labor be and how will that pain be managed? Some

mothers decide to deliver without pain medication, while others

know from the very beginning that they want the pain controlled.

Henry County Health Center offers several pain management options for patients during labor and delivery. These choices range from natural, relaxation methods, to using medication.

#### RELAXATION TECHNIQUES

There are several natural methods of coping with labor pain that are utilized in Maternity Services. According to Shayla Malone, Maternity Services Supervisor, breathing techniques are helpful to many women in labor. Nurses focus on breathing and relaxation techniques when the patient feels she needs help relaxing or when she can no longer walk or talk through the contractions.

“The use of a cleansing breath before and after each contraction is important. It is an exaggerated, deep breath, usually done by breathing in through the nose and out through the mouth. This breathing allows for increased oxygen to the baby, allows for blowing off residual tension after a contraction, and also gives the baby a boost of oxygen at the end of the contraction,” explained Malone.

Slow paced breathing allows the patient to breathe evenly in and out with slow, easy abdominal breathing.

Patterned paced breathing uses rhythmical breathing approximately twice the patient’s normal respiratory rate. Paced breathing can be used in conjunction with a focal point to maximize the relaxation technique. The use of a focal point also helps enhance a patient’s relaxation and increases concentration during a contraction. An internal focal point, such as a peaceful scene, may work well for some, while others find they may need to concentrate on an actual object in the room.

“We also encourage the use of the birthing ball as a relaxation technique. Sitting on the birthing ball sometimes helps relieve the pressure involved with labor. Relaxation CD’s are also utilized,” said Malone.

#### PAIN MEDICATION

Two types of IV narcotics are also offered for pain management at HCHC. Nubain is a mild narcotic that is most commonly used during labor. It is an effective and safe analgesia that lasts approximately an hour. Nubain lessens the pain perception, thereby making the pain more tolerable. Unlike heavier narcotics, Nubain does not cause muscle weakness, so patients can still feel the urge to push.

The second IV narcotic offered at HCHC for women in labor is Fentanyl. It is a moderate sedation narcotic that is sometimes given with Phenergan to produce a more relaxed state and to reduce the occurrence of possible side effects of nausea and vomiting.

“The benefits of IV pain medication outweigh the risks for most women. These medications can help most women feel like they are more in control of the birthing experience, and just make it a bit more pleasant.

These medications will not take away all the pain, but will take the edge off so the birthing experience does not have to be quite so miserable. Labor usually comes along with intense pain, and the combination of pain medication and relaxation techniques can help mothers concentrate on the end result instead of being so consumed by the pain,” explained Malone.

Both breathing and relaxation techniques are reviewed with parents in the prenatal classes. In class they also have the opportunity to role play the different techniques. At the end of every class the instructor plays a relaxation CD and all the participants are encouraged to again practice the different breathing and relaxation techniques.

#### INTRATHECAL AND EPIDURALS

The Anesthesia/Pain Management Department offers intrathecal narcotics for OB pain management. Intrathecal are a combination of long-acting local anesthetic and a short-acting and a long-acting narcotic placed into the spinal canal. In the near future, patients can also look forward to HCHC offering epidurals as a pain management option. Ron Troy, CRNA, Manager of the Anesthesia/Pain Management Department, speaks with each prenatal class regarding anesthesia at HCHC.

“Ultimately, each mother needs to remember that pain management during labor is highly individualized,” said Troy. “It is vital to remember that adequate pain management in labor can shorten the labor period and provide for fewer potential complications for mom and baby. HCHC’s goal is to make the birthing experience as safe and pleasant as possible.”

HCHC’s goal is to make the birthing experience as safe and pleasant as possible.

RON TROY, CRNA,  
Manager of the Anesthesia/Pain  
Management Department



# HCHC Auxiliary

## Auxiliary donations enhance Maternity Services at HCHC

The Henry County Health Center Auxiliary has been a longstanding supporter of HCHC's Maternity Services by contributing to the department in several ways.

Most recently, the Auxiliary gave \$20,000 for the purchase of a portable fetal monitor, an infant warmer, and educational videos for patients and staff. Another past contribution of \$30,000 was given by the group to purchase a new infant security system. This replaced the previous security system, and featured several enhancements to make the department even more secure for parents and their newborns. Other items that the Auxiliary has purchased for obstetrics have included a bili-bassinet for jaundiced babies, as well as wooden bassinets used for transferring babies from patient rooms to the nursery.

Aside from monetary donations, Auxiliary members also give their time and talents throughout the year by knitting or crocheting hats for every baby born at HCHC. Each baby also receives a smoke detector for the baby's room, a gift bag from the Auxiliary Gift Shop, Unique Expressions, and handmade fleece stockings are given to every baby born in the month of December. In addition, the Auxiliary celebrates the first baby born at HCHC each New Year by giving several gifts from the Gift Shop, as well as handmade gifts from Auxiliary members.

"A new baby is a joy to the family that he/she is joining. The HCHC Auxiliary feels it is a privilege to help celebrate this new life through our gifts to the families and

to the Maternity Services Department," said Auxiliary President Janet Roth.

Shayla Malone, Maternity Services Supervisor, is appreciative of the continued support of the Auxiliary.

"The Auxiliary's many donations over the years have enhanced the services that we offer our patients. The group's contributions have allowed us to continue to offer high quality obstetrics equipment that ensures the safety and comfort of the mothers and babies at HCHC. The parents also appreciate the 'extras' that the Auxiliary gives, like the knitted and crocheted caps, the fleece Christmas stockings, and the gift bags," explained Malone. "The support of the Auxiliary is truly appreciated by the doctors and nurses in the Maternity Services Department, and we feel that their contributions are priceless. The Auxiliary's efforts play an essential role in making this memorable event even more special for the families who use our services."



Pictured is a newborn at HCHC going home in her fleece Christmas stocking and knitted cap given by the HCHC Auxiliary.

*continued from page 2* **Maternity Services**

patients in the physician's office. This booklet is written and compiled by the OB staff and explains what is happening to the woman's body from conception to birth and postpartum," explained Malone.

Prenatal education classes are offered during the seventh month of pregnancy, complete with a tour of the Maternity Services Department, and written and verbal education is provided to parents during their hospital stay. New parents are also encouraged to call Maternity Services with any questions or concerns after they are discharged home with the new baby. A home visit is offered by the Home Health Care Nurse, and follow-up phone calls are made to see how the new mom and baby are doing.

"The other advantage to delivering at HCHC is that we are a small staff, so the mom really gets to know the OB nurses who are caring for her and her baby. Patients often have the same nurse during labor/delivery and postpartum care," said Malone. "Our physicians are caring, talented, and provide quality care to their patients. We are very fortunate to have these health care professionals in our hospital and community."

For more information on HCHC's Maternity Services, call 319-385-6187 or visit the HCHC web site at [www.hchc.org](http://www.hchc.org).



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# Upcoming Events

## CARDIAC/PULMONARY SUPPORT GROUP

Friday, February 20, Noon  
Lunch provided.

*Health Education Center, HCHC*

## DIABETES SUPPORT GROUP

Tuesday, February 10, 2:00 p.m.

*Health Education Center, HCHC*

## DIABETES REFRESHER CLASSES

Thursday, February 26, 3:00-5:00 p.m.

*Health Education Center, HCHC*

## DIABETES GROUP TRAINING

Tuesday, February 17 and  
Tuesday, February 24

Call 385-6518 to register

*Health Education Center, HCHC*

Tuesday, March 24 and  
Tuesday, March 31

Call 385-6518 to register

*Health Education Center, HCHC*

## SURGEONS SPEAKERS BUREAU

Thursday, February 26

**Dr. Christopher Dupuis,  
Orthopedics**

Call 385-6124 to register

*Health Education Center, HCHC*

Thursday, March 26

**Dr. John Hart, Podiatry**

Call 385-6124 to register

*Health Education Center, HCHC*

## HCHC BOOK FAIR

Thursday, February 12,

9:00 a.m.– 4:30 p.m.

*Health Education Center, HCHC*

## HCHC AUXILIARY MEETING

Monday, February 9

Monday, March 9

9:00 a.m. Monthly Meeting

*Classroom A-1, HCHC*

## Henry County Health Center's Outreach Clinics

serving the primary healthcare needs of the  
Winfield and Wayland Communities

### WAYLAND COMMUNITY CLINIC

**Sylvia Graber, ARNP**

227 W. Main

319.256.7100

Clinic held on Mondays and Thursdays  
8:30 a.m.-Noon and 1 p.m.–5 p.m.

### WINFIELD COMMUNITY CLINIC

**Tess Judge-Ellis, DNP, ARNP**

110 W. Pine

319.257.6211

Clinic held on Tuesdays and Fridays  
8:30 a.m.-Noon and 1 p.m.–5 p.m.

This publication does not constitute professional medical advice. Although it is intended to be accurate, neither the publisher nor any other party assumes liability for loss or damage due to reliance on this material. If you have medical questions, consult your medical professional.

Chief Executive Officer: *Robert Miller*

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