

Health Update

HENRY COUNTY
HEALTH CENTER
CARE YOU TRUST. COMPASSION YOU DESERVE.

MOUNT PLEASANT, IOWA
APRIL, MAY, JUNE 2015

McMullin family gives positive review of certified nurse-midwife experience at HCHC

Every birth is special at Henry County Health Center. This was especially true in January when HCHC welcomed the first baby of 2015, Avere McMullin, daughter of Elisha and Chad McMullin.

This wasn't the McMullins first birth experience at HCHC. Their oldest daughter, Ellaina, was also born at the health center. However, this was a first for the McMullins to experience labor and delivery with a certified nurse-midwife.

"We chose HCHC for our obstetrics needs because we had such a positive experience with our first child, Ellaina. We appreciated the service we received right here in our own backyard," explained Elisha McMullin.

Robert Smith, M.D., was Elisha's obstetrician/gynecologist for her second pregnancy. "I always appreciated Dr. Smith's cheerfulness and caring demeanor when I had my appointments. During the time of my pregnancy, HCHC added two certified nurse-midwives. Dr. Smith discussed with me the possibility of midwives at various appointments. He was very encouraging asking if I wanted to try that option," said Elisha.

Dr. Smith assured her that he wouldn't view her decision in any negative regard, explaining that the midwives are his team members. He realizes how important it can be for women to have the opportunity to have women healthcare providers. At Elisha's 34-week checkup, Kari Payne, CNM, observed and assisted Dr. Smith and they openly discussed the midwife program and the availability of this service to Elisha for the remainder of her pregnancy and beyond.

"There was no pressure to make the decision that day, but I did schedule my next appointment with Kari. I knew I could change back to Dr. Smith at any time if I wanted. At my next checkup, Kari met with me for an hour to discuss the program more in-depth, and we discussed signs of labor, the admission process, and any questions or concerns I had," explained Elisha.

By the time she left the appointment, she was confident in her decision to continue her care with Kari. She felt extra comfortable with Kari because when Elisha delivered their oldest daughter, Kari was her nurse. HCHC has two certified nurse-midwives on staff, so during prenatal visits Elisha also met with Kendra Bonnesen, CNM, who she deemed equally as caring and knowledgeable.

Looking back at the appointments and labor and delivery, the McMullins are very pleased with their certified nurse-midwife experience.



Photo by Studio K

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Women's Health Services

Women's Health Services at HCHC

CERTIFIED NURSE-MIDWIVES JOIN HEALTHCARE TEAM

Physicians & Clinics of Henry County Health Center welcomed two certified nurse-midwives to the healthcare team. Certified Nurse-Midwives Kendra Bonnesen and Kari Payne join Robert Smith, M.D., HCHC's board certified obstetrician/gynecologist, to serve the healthcare needs of area women.

Certified nurse-midwives (CNMs) are healthcare providers with advanced nursing degrees, master's level or above, and are board certified through the American Midwifery Certification Board. CNMs focus on partnering with women to provide unique, individualized care throughout all ages and stages of life, from puberty through the elderly years. In addition to specializing in pregnancy, labor, and birth, CNMs provide general healthcare to women, gynecologic services, family planning, and newborn care.

I developed a passion for supporting women throughout pregnancy, labor, and birth, and helping young families to thrive.

Kendra Bonnesen, ARNP, CNM

Kendra Bonnesen, ARNP, CNM, earned a Master of Science in Nursing in the Family Nurse Practitioner program from Frontier Nursing University, where she also earned a Post-Master's Certificate in Nurse Midwifery. Bonnesen is a family nurse practitioner, certified nurse-midwife, advanced nurse lactation consultant and certified lactation counselor. Bonnesen has been a registered nurse for 6 ½ years, which includes working at HCHC. She has experience in labor/delivery, postpartum, nursery, gynecology services, pediatrics, and has been a lactation specialist for four years.

"I have always been interested in women's health and the care of children. This has evolved into a love of caring for the entire family throughout all stages of life as a family nurse practitioner. Being with women and supporting them as a certified nurse-midwife throughout their unique childbirth experiences is an honor, and helping people, through their healthcare, is a delight," Bonnesen explained. "I believe in

individualized, quality care that occurs through utilizing the HCHC provider community in a team approach, taking into account the patient's lifestyle and preferences."

Kari Payne, ARNP, CNM, earned a Master of Science in Midwifery from Philadelphia University. During her 12 years of obstetrics and newborn nursing, she has served as a prenatal instructor, and has provided labor and lactation/breastfeeding support for new moms, as well as education about mother-baby care, bonding and new family role transitions. Payne has worked at HCHC since 2002, and since 2003 worked as a primary nurse in the Maternity Services Department. Payne furthered her education because of her passion for obstetrics.

"Safety is the most important objective for me while taking care of mothers and babies. Teamwork between healthcare professionals is essential in providing our patients and their families with an excellent and successful experience, and I am a firm believer in providing evidence based care for the safety and

I used a midwife for both of my own pregnancies and realized the empowering care midwives provide. Kari Payne, ARNP, CNM

improved outcomes for patients," explained Payne. "I loved the partnership with my CNM and I also see her for primary care. I enjoyed the emphasis on teaching and approaching pregnancy as a normal part of life, as well as the approach of handling care from least invasive to most invasive only if needed."

To schedule an appointment with Dr. Smith, Kendra Bonnesen or Kari Payne, call 319-385-6770.



HCHC's Women's Health Services team includes: Dr. Smith, OB/GYN, Kendra Bonnesen, ARNP, CNM, and Kari Payne, ARNP, CNM.

Women's Health Services

For all ages...
and stages

OF WOMEN'S HEALTH

CNMs PROVIDE CARE FOR ALL AGES AND STAGES OF WOMEN'S HEALTH. THESE ARE THE SERVICES CNMs PROVIDE:

- Broad range of services for females of all ages throughout life.
- Gynecologic health services such as well woman exams, pap smears, breast care, fertility and preconception counseling, menstrual problems, infections, STI screening and treatment including treatment of partners, and a variety of other women's health services.
- Contraception and natural family planning options, including intrauterine devices and contraceptive implants.
- Prenatal care with a focus on patient and family education and support.
- Labor and birth management for all low to moderate risk women.
- Postpartum care and education for you and your baby.
- Lactation counseling, breastfeeding support and care.
- Newborn care in hospital and after discharge.
- Menopausal and postmenopausal care.
- Ability to work as a team and remain involved when specialized care from physician is needed.



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"Kari is amazing. We never felt rushed during our appointments, and I really appreciated how she was by my side during my entire delivery, from start to finish. She helped me tremendously with my breathing and pain management, and did everything possible to ensure my birth plan was followed. My husband felt that she was very hands-on during the entire process. She thoroughly explained all symptoms and procedures that were done in a way that could be easily understood," said Elisha.

The McMullins were also very pleased with their overall experience in HCHC's Maternity Services Department. Elisha knew she was in good hands throughout the entire process, and that she was working with individuals who were extremely knowledgeable and had her best interests at heart.

"I would definitely recommend HCHC's Women's Health Services to other women. I sincerely believe that I received just as good of care at HCHC, if not better care, than a larger facility. I say this because HCHC has state of the art equipment, caring nurses and doctors, and you aren't just a number. My husband and I felt the care we received was far more personal. I plan to continue my future healthcare needs at HCHC."

HCHC Foundation

HCHC Foundation Board of Directors

Henry County Health Center Foundation Board of Directors is comprised of 11 prominent community leaders. The Board is committed to the future wellness of our communities. They oversee the mission and purpose of the organization, recognize and cultivate relationships with fellow Foundation supporters, and help secure financing of various Foundation initiatives. The HCHC Foundation Mission – *“With integrity, responsible stewardship, transparency and capacity building, the HCHC Foundation will plan, promote, develop, fund and deliver important health related initiatives for the benefit of individuals and families of Henry County and surrounding areas”* is core to all of the Foundation Board activities.



Top row (l-r): Mark Hempen*, Robb Gardner, Tom Holtkamp*, Ed Longanecker;
Bottom row (l-r): Jill Daniel*, Diane Barton, Heidi Ryon, Pat Callaway, Erica Pickle, Sally Olson,
Michelle Tansey, M.D. * New to Board January 2015

My appreciation and gratitude to the HCHC Foundation Board of Directors for their time, wisdom and commitment to developing and delivering important health related initiatives for the benefit of individuals and families of Henry County.

Michelle Rosell, Foundation Director

HCHC Foundation

What's the Game Plan?

Over the last few months the *Cedar Rapids Gazette* has been running a series of stories on challenges Iowa health systems face specifically in attracting medical providers to rural areas. Henry County has been fortunate to have access to a number of qualified medical professionals. However, bringing new providers to our area is an ongoing necessity and one that is becoming more difficult in today's competitive market.

It is for this reason that Henry County Health Center Foundation is examining various aspects of recruitment issues and is in the process of developing an initiative to help ensure that local access to care continues.

Here are some facts:

- Of 1,200 final-year medical residents surveyed, only 3 percent would consider practicing in a community of 25,000 or fewer, and only 1 percent would practice in a community of 10,000 or fewer (Merritt Hawkins).
- Students are graduating medical school with debt typically between \$150,000 and \$200,000.
- In 2013, more than 35 percent of active family physicians in Iowa were age 55 or older and approaching retirement (Office of Statewide Clinical Education Programs at the University of Iowa's Carver College of Medicine).
- An estimated 23 jobs — both direct and indirect — are created for every physician recruited to work in a community health care facility (National Rural Health Association).

With a limited number of viable recruits coupled with large, urban health systems offering attractive loan repayment programs, it is important that our whole community work together to successfully attract medical providers to Henry County. That means we need to show the things rural healthcare offers that larger systems can't, share the benefits of small community living, and develop competitive and attractive incentives for providers. Together we can develop solutions to the growing challenges of today's healthcare.

To learn more about HCHC Foundation efforts in provider recruitment or any of the Foundation programs, please contact Michelle Rosell at 319/385-6541. Thank you.



The HCHC Foundation plays an important role in provider recruitment to help ensure that local access to care continues.



Patient Satisfaction

HCHC Service Stars

Henry County Health Center knows that to achieve our mission and vision we must ensure that we are providing quality healthcare and customer service that our patients expect and deserve. One key way to guarantee that we measure patient satisfaction is through the feedback we get from patient satisfaction surveys. The goal of the survey is to measure our patients' experience while receiving services at HCHC.

A positive patient experience is extremely important to HCHC. Patient satisfaction scores are reviewed regularly, and in recognition of outstanding patient satisfaction, HCHC has developed the Service Star program. Departments that have achieved HCHC's patient satisfaction goal of an 85 percentile ranking or higher over three consecutive months are recognized as Service Stars.

Congratulations to the following four departments named as Service Stars for achieving goal patient satisfaction scores for three months in a row. These departments are Rehabilitation Services, Cardiopulmonary & Cardiac Rehabilitation, Surgery, and Anesthesia & Pain Management. HCHC also recognizes non-clinical departments that provide outstanding service and support to patient care departments, and for the month of February the associates in Materials Management were named Service Stars. HCHC thanks all of these departments for their commitment and dedication to service excellence, and for providing great service for every single patient, every single associate, every single time.



Rehabilitation Services

(Front, l-r): Mandy Borchers, Cherie Brown, Rosi Krogmeier, Deborah Herrick, Andy Youngquist; (back, l-r): Robb Gardner, Andy Neimann, Valerie Felland, Tina Loges, Lynn Grell, Christina White, Beth Walker, Kim Shelangoski.



Cardiopulmonary & Cardiac Rehab

(L-r): Peggy Rust, Linda Veldboom, Devan Rhum, Ali Welcher, Andrea Moeller, Jenn Vantiger, Robb Gardner.



Surgery

(Front, l-r): Diane Steffensmeier, Jill Burtlow, Gloria Fear, Robb Gardner, Ann Weber, Lori Coakley; (back, l-r): Laurie Hoyer, Judy Sammons, Jodi Geerts, Erika Duvall, Jean Glandon.



Anesthesia & Pain Management

(L-r): Steve Park, Jodi Geerts, Jared Miller, Robb Gardner, Todd Ralls.



Stores

(L-r): Robb Gardner, Rami Ridinger, Gary Brose, Rhonda Fetterman.

Healthy Henry County

Healthy Henry County Communities celebrates 15 years

“Working together to make Henry County a better place to live, work, and raise a family.”

That is the mission of Healthy Henry County Communities (HHCC), a non-profit organization formed 15 years ago as a community partnership of Henry County Health Center. Through partnerships with HCHC and ISU Extension and Outreach, numerous programs have been developed serving the entire age continuum and making an impact on all segments of the community. Many of these programs continue successfully today.

HHCC’s 25 member Board of Directors meets monthly to discuss areas of need and opportunity in our communities and discuss ways that we can pull resources together and meet those needs. “We are fortunate to have an organization like Healthy Henry County Communities that is always looking for ways to better our community and to provide programs and activities that our residents can benefit from,” states Ryan Duffie, Board Chair. The Board is currently focusing efforts on Promoting Healthy Behaviors and Reducing Child Abuse and has programs and/or committees working on the following:

PROMOTE HEALTHY BEHAVIORS

- Healthy Eating
- Active Living
- Substance Abuse Prevention
- Tobacco Free Living

REDUCE CHILD ABUSE

- Community Partnerships for Protecting Children
- Parent Education

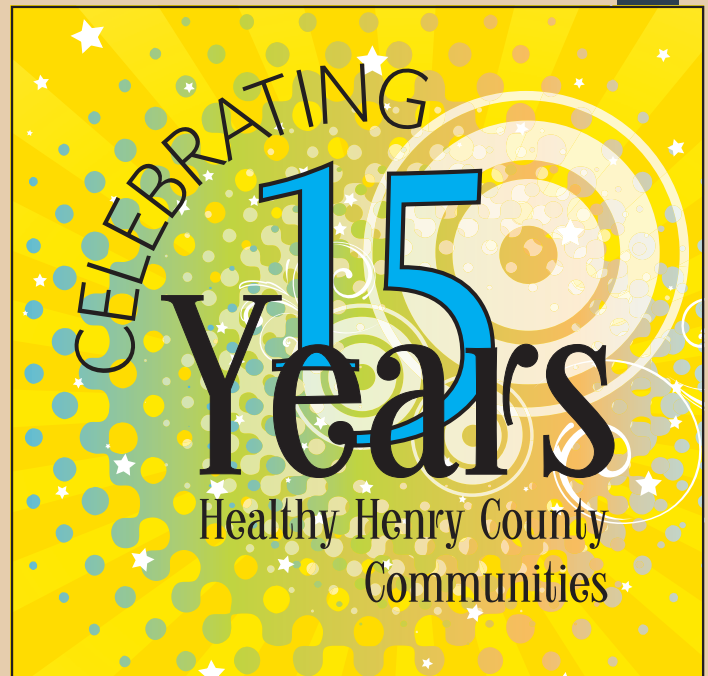
If you would like to learn more about Healthy Henry County Communities please visit our new website at www.HealthyHenryCounty.org or like us on facebook at facebook.com/HealthyHenryCounty. If you would like to get involved and help make a difference in one of the areas above please contact Kelly Carr, HHCC Coordinator, at 319-385-6523 or carrk@hchc.org.

Thank you to all of the past board members, community members, businesses, organizations, partners, and funders who have helped to make the past 15 years possible.

This is truly a community-wide initiative and we appreciate all of your support!

“Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it’s the only thing that ever has.”

Margaret Mead, world-renowned American anthropologist



A community partnership of Henry County Health Center.



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Upcoming Events

CARDIAC/PULMONARY SUPPORT GROUP

Wednesday, May 13, Noon
Presentation by Linda Veldboom,
RN, BA, CCP & Andrea Moeller, RN,
BSN, CCP **"Goal Setting for Success"**
Free lunch provided
Health Education Center, HCHC

DIABETES 2-HOUR FOLLOW-UP CLASS

Thursday, April 2, 2-4 p.m.
Thursday, May 7, 2-4 p.m.
Thursday, June 4, 2-4 p.m.
*Diabetes Education Center,
Suite 24, HCHC*

DIABETES GROUP TRAINING

Tuesday, April 28
Tuesday, May 26
Tuesday, June 30
Call 385-6518 to register
*Diabetes Education Center,
Suite 24, HCHC*

PRE-DIABETES CLASS

Tuesday, April 21, 12-1 p.m.
Tuesday, June 16, 12-1 p.m.
Call 385-6518 to register
*Diabetes Education Center,
Suite 24, HCHC*

COFFEE CLUB

Thursday, May 21, 8:30-9:30 a.m.
Free social hour discussing diabetes
and other health topics
*Diabetes Education Center,
Suite 24, HCHC*

HCHC AUXILIARY MEETING

Monday, May 11
Monday, June 8
9:00 a.m. Monthly Meeting
Classroom A1, HCHC

PHYSICIANS & CLINICS of HCHC

WAYLAND COMMUNITY CLINIC

Jessie Anderson, 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.
Wednesdays 8:30–11:30 a.m.

WINFIELD COMMUNITY CLINIC

Tess Judge-Ellis, DNP, ARNP
110 W. Pine
319.257.6211

Clinic held on Tuesdays (Dr. Judge-Ellis &
Kendra Bonnesen, ARNP)
and Fridays (Dr. Judge-Ellis &
Jessie Anderson, ARNP)
8:30 a.m.–Noon and 1 p.m.–5 p.m.
Wednesdays (Jessie Anderson) 1–4:00 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 a medical question, consult your medical professional.

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