



# Highlights

## LCHC Welcomes Abby Hamilton to Medical Clinic



Lucas County Health Center (LCHC) is pleased to welcome Abby Hamilton, ARNP to LCHC Medical Clinic.

“We are excited to have Abby join our medical team. Her care and compassion makes her a great addition to LCHC,” said Brian Sims, CEO.

Abby is board certified in Family Medicine. She spent the last 6 years working at Mercy Medical Center in Des Moines as an RN on the cardiac floor and birthing unit. Abby received her Master of Science in Nursing from Graceland University in Independence, Missouri in 2018 and is excited to begin her career as an Advanced Registered Nurse Practitioner. Abby and her husband, Phil, live in Chariton with their dog, Miles. In her free time she enjoys cooking, reading, being outside, camping and spending time with her friends and family.

“To have the opportunity to return home and care for the community I grew up in is amazing,” said Hamilton. “I’m looking forward to starting the next part of my career, building relationships, and, ultimately, helping people.”

Abby is looking forward to being part of the medical providers where a positive patient experience comes first. She is accepting new patients beginning Monday, August 27th.

Lucas County Health Center is a critical access hospital serving Chariton and all of Lucas County.

### New Schedule for Huddles:

**Medical Clinic**  
Everyday  
7:45 AM

**Med/Surg**  
Everyday  
3 PM

**Finance**  
Tues. & Fri.  
11:15 AM

**Rad/ED/Amb/Lab**  
Mon., Wed., Thurs.  
11:15 PM

# LCHC Donates Sports Physical Proceeds to School Athletics Programs



Earlier this month, providers from Lucas County Health Center held a sports physical clinic during the Chariton School District registration. During the Booster Baster on August 26, LCHC presented a check to the Charger Athletics program for the \$790 that was collected from the physicals.

## Diabetes Support Group

Lucas County Health Center's Diabetes Education department will offer free, monthly Diabetes Support Group meetings for those diagnosed with diabetes and their families. The support group will feature a short presentation followed by an open discussion.

The group meets on the second Tuesday of each month from 6:30 – 7:30 PM in the Education Room at Lucas County Health Center. The next meeting is Tuesday, September 11. Registration is not required.

For more information, please call Diabetes Education at (641) 774-3362 or visit [www.lchcia.com](http://www.lchcia.com).

## Pat Alt Named Employee of the Quarter



For going “above & beyond” in the best interest of LCHC, Patrick Alt became the most recent recipient of the Employee of the Quarter Award.

Alt was nominated for:

- Always maintaining high quality work and keeping detailed notes on our patients;
- Working to build trusting and respectful relationships with patients, co-workers, and peers;
- Being personally “thanked” and recognized on patient satisfaction surveys for the help he gives patients;
- Actively protecting confidential information, carefully guarding against careless release of important information, and ensuring others do the same;
- Being a team leader and demonstrating professionalism and a caring attitude towards patients and co-workers;
- And being seen as a role model of integrity by supporting LCHC's values on a daily basis and setting a good example for others.

Congratulations for a job well done, Patrick!

## Upcoming Maintenance Projects

Maintenance has been busy working on several projects around the hospital, including updating our interior.

Upcoming projects include:

- Med/Surg nurses station remodel will begin the week of September 10th.
- ER/EMS nurses station remodel will begin the week of October 1st.

If you have any questions about upcoming projects, contact Calvin Dyer in Maintenance.

## HIPAA Reminder:

LCHC employees are reminded to be conscious of HIPAA policies to ensure the safety of our patients' protected health information.

If you have any issues, questions or concerns regarding HIPAA, please contact the following people:

HIPAA Privacy Officer - Terri McCurdy  
HIPAA Security Office - Lori Johnson

You may also call our Anonymous Compliance Hotline at (641) 774-3290.

## Healthier Habits: A Word From Our Dietitian



It's that time of year where many have headed back to school and that means getting back into a routine. Here are a few quick tips for shaping up the meal part of your schedule:

**1. Kids can be picky.** Try the Parent's Provide, Kid's Decide theory. Parents decide when the meal is given and what is provided while kids get to decide if they eat and how much. Check out the following website for more information. This theory can really make a positive difference on mealtime! <https://www.ellynsatterinstitute.org/wp-content/uploads/2016/11/handout-dor-tasks-cap-2016.pdf>

**2. Plan ahead.** Check out [hy-vee.com](http://hy-vee.com) for recipes or [mealsqueeze.com](http://mealsqueeze.com) for weekly menu ideas already planned out (including your grocery list and conversation starters for mealtime)!

**3. Drink plenty of water throughout the day.** It may surprise you how much this will boost your energy level. Aim for 24 oz before lunch, another 24 oz before the work day is over, and the final 24 oz before heading to bed.

**4. Plan for leftovers.** Think of it this way, if you cook dinner twice during the week and have enough for leftovers each time, you have two more dinners covered!

**5. Aim for a weekly stir-fry.** This is an easy dinner idea that can be made in a variety of ways, so your family won't get tired of it. Try a chicken stir-fry one week and beef the next. Change out the vegetables and seasonings each time you prepare it and you'll have a completely different taste to your meal!

The information is not intended as medical advice. Please consult a medical professional for individual advice.

## "Shock Walk" 5K is October 20th

LCHC will be hosting a "Shock Walk" 5K run/walk on Saturday, October 20th. Funds from this event will be used to purchase patches and batteries for AEDs in the community. Registration will be \$25 until September 30th and \$30 after that.

Marketing materials and registration forms will be available in early September. Please be on the lookout for this information and share it with your friends, family, neighbors, etc. Remember, you will get 30 wellness points for participating!

# LCHC Upgrades to Digital Radiology



Lucas County Health Center (LCHC) is proud to announce that its radiology department has upgraded from computed radiology (CR) to digital radiology (DR), resulting in better quality, lower dose radiation images and improved patient care.

The upgrade allows digital images to be quickly shared between physicians and specialists. A diagnostic interpretation by a radiologist can then be provided and lead to a quicker diagnosis.

“Ultimately our patients will be benefitting because our providers will be able to have better quality, quicker, more accurate answers while also receiving a lower dose of radiation,” said Melissa Ryan, Radiology Manager.



The new system replaces an older computed radiography system used to perform x-ray exams. Full implementation of the new system, including equipment upgrades and room renovations, will be completed this week.

“This technology is an important step for Lucas County Health Center,” said Brian Sims, CEO. “It not only allows us to improve our patient experience, but it improves our systems so employees and providers can focus on what they do best – caring for our patients.”

## LCHC Progresses to New Telemetry System

Lucas County Health Center (LCHC) has purchased a state-of-the-art Spacelabs Healthcare telemetry system for the Med/Surg, Emergency, Surgery, Special Care Unit, and Same Day Surgery departments. The new system will create better communication between nurses, providers, and LCHC’s electronic medical record system.

“Spacelabs telemetry system gives our nurses more flexibility and will create a better experience for our patients,” said Jessica Goben, Med/Surg Manager.

Additional features include bedside qubes (pronounced like “cubes”) which allow nurses to monitor patients from other rooms. Physicians will also be able to log

into the system from their office to view information relevant to their patients’ health, giving them the ability to more frequently monitor hospitalized patients.

“This system will allow our providers to spend less time charting and more time focusing on patient care,” said Brian Sims, CEO. “Any upgrade we can make to give our providers more time to spend with their patients is a win.”

LCHC expects to go live with the new system on September 5th.

						<b>1</b>
<b>2</b>	<b>3</b> Clinic Closed  <i>HAPPY Labor Day</i>	<b>4</b>  PALS - Full Course Education Room, 9 AM	<b>5</b>  PALS - Full Course Education Room, 9 AM	<b>6</b>	<b>7</b>  Iowa vs. Iowa State Jeans Day Cookie Sales at 9 AM	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b> Gifts Galore Tasting Gifts Galore 11 AM - 1 PM  Gifts Galore Fall Sale 9 AM - 3 PM	<b>13</b>	<b>14</b>	<b>15</b>
<b>16</b>	<b>17</b>  Mandatory Reporter Education Room, 1 PM	<b>18</b>	<b>19</b>  BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM	<b>20</b>	<b>21</b>	<b>22</b>
<b>23</b>	<b>24</b>	<b>25</b>  PALS - Renewal Education Room, 9 AM  Board Meeting Board Room, 6:30 PM	<b>26</b>  Managers Meeting Education Room, 2 PM	<b>27</b>  Scrubs on Wheels North Parking Lot 9 AM - 3 PM  Telemetry Class Education Room, 9 AM	<b>28</b>	<b>29</b>
<b>30</b>						

## Anniversaries

42 Years:  
Marian Holmes - September 10

16 Years:  
Earl Ellis - September 27

15 Years:  
Rhonda Morrow - September 25

11 Years:  
Kyle DalPonte - September 17

9 Years:  
Darcy Juline - September 30

6 Years:  
Cali Lacey - September 7

4 Years:  
Colleen Enns - September 2  
Ashley Schoolcraft - September 4

3 Years:  
Sheila Hoch - September 3  
Sara VanHulzen - September 8  
David Cronin - September 14

2 Years:  
Jacob Cockerham - September 12  
Amanda Condra - September 12

1 Year:  
Dr. Peter Hoffiezer - September 1  
Elena Ilyenko - September 19  
Jaclyn Martin - September 20  
Laura Hagen - September 29

## Birthdays

September 1 - Mark McCurdy  
September 8 - Janet Briggs  
September 8 - Dr. Gorski  
September 9 - Ashleigh Carroll  
September 15 - Amy Poncelow  
September 17 - Connie Allen  
September 17 - Pat Alt  
September 17 - Sarah Newton  
September 21 - Amanda Johnson  
September 23 - Deb Anshutz  
September 23 - Courtney Halterman  
September 23 - Jane Manser  
September 26 - Amy Kosman  
September 27 - Cindy McCracken  
September 27 - Deb Clark-Muilenburg  
September 29 - Niyole Kuzee  
September 30 - Katie Werts



### Specialty Clinic Schedule - September 2018

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	24
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	17
	Cyndi Lister, HIS	(800) 233-4327	4, 18
	Michael K. Webb, AuD	(712) 623-4802	10
	Leah Uthe, AuD	(515) 225-2242	27
	Donal Welch, AuD, FAAA	(712) 366-0503	13
Cardiology	Martin Aronow, DO	(800) 670-9428	5
	Craig Hoffman, PA-C	(800) 670-9428	19
ENT	Simon Wright, MD, PhD	(515) 223-4368	6
	Dave Wonnell, PA-C	(515) 223-4368	6
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Oncology	Seema Harichand, MD	(641) 774-8103	11, 25
Ophthalmology	Matthew P. Rauen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	7, 21
Podiatry	Randy Metzger, DPM	(641) 203-4664	4, 10, 11, 18, 25
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	17
	Dustin McCann, DO	(515) 875-9550	No clinic
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Weds., Thurs.
	Tim Mayfield, MD	(641) 774-8103	Fridays
Urology	Stephanie L. Pothoven, DO	(641) 774-3245	20
Vascular Surgery	Eric Scott, MD	(515) 875-9090	28
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



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## Stream of Excellence

- Congratulations, Earl Ellis! Earl was recognized by Ben Shelton who said “Thanks for coverage in the middle of the night when a family emergency came up. You’re a great man.”
- Stream of Excellence forms are collected and put into a drawing to receive a \$10 gift certificate and a reserved parking space.

## New Employees

**Emily Kurimski**  
*Environmental Tech*  
*Housekeeping*

**Abby Hamilton**  
*Nurse Practitioner*  
*LCHC Medical Clinic*

## Provider Spotlight



Dr. Agarwal is a distinguished physician with decades of experience in allergy, asthma and sinus care. He is dual board certified in Allergy and Immunology and Internal Medicine. Dr. Agarwal has notable expertise in nasal and ocular allergies, sinusitis, asthma, and anaphylaxis. In addition, he has extensive experience in evaluating food and medication allergies, cosmetic allergies, disease of the skin, insect sting reactions, and latex allergy.

He was trained in a premier medical school in New Delhi, India (All India Institute of Medical Sciences) and practiced medicine for many years in India. He trained in pediatrics at The Children’s Hospital in Buffalo, New York and did his fellowship in pediatric and adult allergy and immunology at The Children’s Hospital in Buffalo and Buffalo General Hospital in Buffalo, New York.

Dr. Agarwal visits LCHC’s Specialty Clinic on a monthly basis. To make an appointment with Dr. Agarwal, call (888) 226-0990.

# Common Reasons People Pass on the Flu Shot

Are you one of the vaccine holdouts? Below are five rebuttals to the common reasons people pass on the flu shot and risk infection.

**I'm young and healthy.** So what? Influenza can strike the healthiest of people and make them very sick. In 2010, the CDC's Advisory Committee on Immunization Practices issued a universal recommendation that everyone 6 months of age and older get the annual flu vaccine.

**I never get the flu.** Never say never. As Howard Koh, assistant secretary for health in the U.S. Department of Health and Human Services pointed out at the conference, "Flu season is predictably unpredictable." While 2011 may have been a mild season, think back to the deadly 2009 H1N1 pandemic, or just last year, when flu season hit early and intensely.

**So what if I get the flu?** I'm tough. Hypothetically, let's say you don't mind the fever, cough, sore throat, fatigue and other flu symptoms. You have no qualms with feeling sick enough to miss work or school. You're not even minutely concerned of complications that may result from the flu, such as pneumonia and bronchitis. Fair enough, but consider this: "We vaccinate not only to protect ourselves, but to protect the people around us," said William Schaffner, professor and chairman of the Department of Preventative Medicine at Vanderbilt University School of Medicine in Nashville, Tenn. "And when people realize that, 'Oh, [getting the vaccine] means I can't give influenza to any member of my family or co-workers or my pals the gym or whatever,' that gives them a lot of motivation, because no one wants to give anyone an illness."

**I've gotten the flu shot before, and it made me sick.** Some people insist you can get the flu from the flu vaccine, which is flat out untrue. "It's an extraordinarily persistent urban and rural myth," Schaffner said. "Every study of influenza indicates that you can't get the flu from the flu vaccine. And it's not conceptually possible, either."

Schaffner, who is also the past-president of NFID, suspects two reasons for why people insist they get sick after receiving the vaccine. For one, there are a few minor symptoms some people experience after the injection, including soreness and a low-grade fever. But these symptoms are mild and don't last very long – and they certainly won't lead to the flu.

The other reason people may associate the flu shot with feeling sick? Schaffner pointed out that sometimes folks just happen to catch one of the many cold viruses that circulate and attribute it to the flu vaccination they received a few days earlier. But alas, the timing of the vaccination and catching the cold was just an unhappy coincidence.

**The vaccine probably isn't covered by my insurance.** Actually, under the Affordable Care Act, many health plans cover the influenza vaccine and other preventative services without charging a copay, given that the service is provided by an in-network provider. Read more about preventive care benefits at [HealthCare.gov](http://HealthCare.gov).

**OK, OK, I'm convinced. I'll get the vaccine ... later.** Nope, get vaccinated now. "You need to get vaccinated before you're exposed to influenza for the vaccine to work," said Anne Schuchat, assistant surgeon general and director of the National Center for Immunization and Respiratory Diseases. "So that first cough or fever is not the time to think about influenza vaccination. Today is the time to start thinking about it."

Or, as Koh succinctly summed up: "Don't hesitate; vaccinate."

# Security Spotlight Review

Employees can expect to see Lori Johnson, Patient Security Officer, and Terri McCurdy, Privacy Officer, completing “security walkthroughs” beginning the first week of September. They will be going to each department at least once a year. During their walkthroughs, they will be asking questions and educating staff to ensure our patient information is and remains safe.

Things they will be looking for include:

- Are employees wearing name badges?
- Are paper charts/documentation stored in a secure/private manner?
- Is there patient information found on print/fax machines?
- Is there any patient data stored locally versus on the network?
- Are there unattended computers which are not locked?
- Are there computer passwords visible on paper or post-it notes near the workstation or visible to others?
- Are all flash drives stored securely and password protected or encrypted?
- Are work areas secure? (Protected health information locked in desks, file cabinets, etc.)
- Where are keys housed when the area is secure?
- Are shredder bins locked? Are personal “shred boxes” emptied regularly into the locked bins and not overflowing?
- Is there protected health information in garbage cans?

Some questions employees may be asked include:

1. Who is the Security Officer? Privacy Officer?
2. If you notice a HIPAA violation, who would you talk to about it?
3. Do you know where your downtime procedures are?
4. If a patient requested an electronic copy of their information, what would you do?
5. What do you do if you lose your laptop?
6. Is it okay to take a picture of yourself at work and post it on social media without Marketing approval?
7. If a patient asks to correct their medical record, how would you respond?
8. Should you look at another department’s patient list?
9. Should you look at your own medical records in Epic or the Epic MyChart portal?
10. What criteria do you use to choose a strong password?
11. Is your work password different from passwords you use for your home/personal accounts?
12. What should you do when you walk away from your computer?

The answers to these questions can be found below.

If you have any questions or concerns regarding these walkthroughs, please contact Lori Johnson at x3360.

1. Security Officer - Lori Johnson, Privacy Officer - Terri McCurdy
2. Supervisor then Privacy Officer
3. Each department is different
4. Refer them to Health Information Management (HIM). HIM will explain the process for providing electronic copies to the patient.
5. Notify IT and Security Officer immediately.
6. No

7. Refer them to HIM. HIM would explain the process for amendment.
8. No
9. MyChart
10. It should contain letters, numbers, special characters with no family names, pet names, etc.
11. The answer should be yes.
12. Lock the screen, logout, etc.