

Highlights

LCHC Medical Clinic Recognized As Exemplar Practice

Lucas County Health Center's Medical Clinic was recently selected as Iowa's Exemplar Practice for Compass Practice Transformation Network (PTN) and was among 55 clinics nationwide to be honored.

LCHC Medical Clinic was recognized at the Centers for Medicaid and Medicare Services (CMS) annual Quality Conference in January. One of the most popular events at this conference was the Transforming Clinical Practice Initiative (TCPI) Marketplace: Exemplary Practice Showcase. This event featured representatives from clinics across the nation who are taking part in TCPI and are accomplishing real transformation within their practices.

"Our goal is to continuously strive to improve the quality of care for residents in Chariton and Lucas County," said Kenneth Anderson, DO, Chief Medical Officer. "We want our patients to feel better going out than they did when they came in."

The purpose of the Marketplace was to give exemplary practices the opportunity to present their transformation stories to audiences. Amy McCurdy, Chief Clinical Officer, and Kenneth Anderson, DO, Chief Medical Officer, represented LCHC Medical Clinic and shared the success story of LCHC's Chronic Care Coordination.

"Our goal is to "wow" every patient, every time," said Brian Sims, CEO. "This recognition is a great example of how hard our staff works to meet that goal. I am very proud of staff and all their efforts."

LCHC's TCPI Committee works on improving patient outcomes, reducing hospitalization and unnecessary procedures, and reducing overall cost by focusing on high quality of care and value based payments. LCHC continues to be invested in transformation, learning, and progress of services provided.

Teresa Reed Named "Employee of the Quarter"



For going "above & beyond" in the best interest of Lucas County Health Center, Teresa Reed became the most recent recipient of the Employee of the Quarter Award. Reed was recognized for making sure the patients feel as if they are the most important one there and providing great quality care, respecting her coworkers, making everyone feel welcome, and ensuring everything gets done in a timely manner by offering a helping hand. Congratulations for a job well done, Teresa!

Dr. Cohen Receives 2019 Distinguished Fellow Award



The American College of Osteopathic Family Physicians (ACOFP) recently honored Greg Cohen, DO with the Distinguished Fellows Award during the 2019 Annual Convention.

Since 1994, Cohen has served as a Trustee, Office, and ultimately, President of the Iowa Chapter of the ACOFP and the Iowa Osteopathic Medical Association. He also represents Iowa as a

Delegate to the American College of Osteopathic Medicine House of Delegates and the American Osteopathic Association House of Delegates. He currently serves as a governor on the ACOFP.

Marketing Request Form

In an effort to streamline requests, Jena has created a "Marketing Request Form." All employees will be asked to use these forms beginning April 1st. This new process will enable the marketing department to better meet your needs and expectations and will help eliminate confusion on projects.

This form covers a variety of projects including: brochures, grant proposals, lamination requests, purchasing promotional items, photography requests, social media posts, digital signage, flyers, press releases, t-shirts, and more. This process also applies to items that have already been created, but need to be restocked (including department brochures, etc.)

Forms are available on the Public Drive or in the folder on the wall outside the Marketing office. All requests will be required to be submitted with this form.

Provider Spotlight



Dr Mayfield was raised in Cape Girardeau, Missouri. He completed both medical school and general surgery residency at the University of Missouri in Columbia, MO. Tim sought further training in advanced laparoscopic surgery in Shawnee Mission, KS, a suburb of Kansas City. After completing his fellowship in 2011, he and his wife Emily moved to West Des Moines to be closer to family. He has become a trusted surgeon in central Iowa, serving the Des Moines metro area as well as surrounding communities.

"I enjoy talking with people and making a connection with them. We discuss how a problem has been negatively impacting their life. Then we talk about how I can partner with them to determine the best course of action for each individual, whether that is a surgical or non-surgical treatment. My goal is to get you back to enjoying your life"

Dr Mayfield is certified in general surgery by the American Board of Surgery. He is a fellow of the American College of Surgeons (FACS).

To schedule an appointment with Dr. Mayfield, call (641) 774-8103.

Healthier Habits: A Word From Our Dietitian



Share your favorite recipes! My brother recently started sending me recipes he has been trying with their new Instant Pot® and I LOVE IT. I don't have an Instant Pot®, but cooking up the new and simple recipes (either by Crock-Pot® or oven) has been refreshing; saving time and stress! I will share the links to the recipes below. Throughout the month of April send me your go-to recipes. I will review them, provide the nutritional information, and then send out to everyone for tasty dinner ideas!

- <http://onehangrymama.com/recipe/instant-pot-creamy-bacon-ranch-crack-chicken/>
- <https://thatlowcarbife.com/spinach-stuffed-chicken-2/>
- <https://www.ruled.me/instant-pot-smothered-pork-chops/>

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

LCHC Physical Therapy Now Offering Dry Needling

Those in pain now have one more option available through Functional Dry Needling therapy at Lucas County Health Center's Physical Therapy.

Dry Needling is a technique that uses a fine filament needle to deactivate or shut down painful or knotted areas in muscles. At LCHC, dry needling is offered to patients as an add-on to their physical therapy plan.

Pat Alt, Physical Therapist, trained through respected outlet Kinetacore to obtain his dry needling certification.

"Dry needling is fairly new to Iowa, but is growing," says Alt. "It is a great way to speed up the healing process and create better movement."


Dry needling is used to treat a variety of musculoskeletal issues including: neck, back, and shoulder pain; arm pain; tension headaches; knee and foot pain; buttock and leg pain; and more. At a cost of \$60 per session, it is an effective way for patients to enhance their therapy.

Alt has specialized training and certification in dry needling therapy. For the most effective treatment, this service is performed as part of a comprehensive rehabilitation plan rather than a standalone treatment.

For more information about Dry Needling, visit www.lchcia.com or call (641) 774-3213.

Illness or Injury?

Before any employee (full time, part time, or PRN) may return to work, he/she must provide a physician's written release to Human Resources if they have been away for more than three consecutive shifts or received medical treatment with restrictions noted. Human Resources will review any restriction or accommodation with the employee's supervisor and make the appropriate decision regarding their return to work.

	1	2	3	4	5	6
	Mandatory Reporter Educ. Room, 1 PM	HU: Basics of Budgeting Facebook Live & Educ. Room, 5:30 PM				
7	8	9 HU: Take Charge of Your Retirement Educ. Room, 5:30 PM Diabetes Support Group Educ. Room, 6:30 PM	10 Telemetry Class Educ. Room, 9 AM A-Team Meeting Board Room, 2 PM	11	12 Denim Days Pay \$3 in Marketing New Employee Training Education Room 8:30 AM	13
14	15	16 HU: Understanding Credit Scores Educ. Room, 5:30 PM PALS Renewal Educ. Room, 9 AM	17 BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM Educ. Room	18	19	20
21	22	23 The Nutman Company Atrium Time TBD ACLS Renewal Educ. Room, 9 AM	24 The Nutman Company Atrium Time TBD Managers Meeting Educ. Room, 2 PM	25	26 Denim Days Pay \$3 in Marketing	27
28	29	30 Board Meeting Board Room, 6:30 PM				
31						

Anniversaries

24 Years:

Terri McCurdy - April 20

23 Years:

Deb Lindsey - April 5

20 Years:

Tate Stansbery - April 26

16 Years:

Steve Davis - April 3

12 Years:

Angie Shriver - April 2

10 Years:

Erin Andersen - April 7

6 Years:

Nicole Burgett-Williams -
April 8

4 Years:

Michelle Oelmann -
April 20

2 Years:

Blake Smith - April 6
Shelley Quillin - April 11

1 Year:

Rene Fetters - April 4
Lori Boland - April 9
Jake Jacobs - April 10

Birthdays

- April 3 - Dr. Ryan Williams
- April 6 - April Marth
- April 6 - Lacey Roe
- April 7 - Cameron Koffman
- April 12 - Heidi Alexander
- April 13 - Tereasa Emerson
- April 13 - Steve Hoch
- April 13 - Jake Jacobs
- April 14 - Bev Bear
- April 16 - Blake Smith
- April 17 - Nora Ogle
- April 20 - Sara Vandevenne
- April 21 - Rene Fetters
- April 24 - Dr. Peter Hoftiezer
- April 27 - Amy McCurdy
- April 28 - Sharon Squibb
- April 28 - Karla Wiederholt
- April 30 - Tara Arnold
- April 30 - Tabetha Dollison
- April 30 - Shannon Page
- April 30 - Ashley Schoolcraft



Specialty Clinic Schedule - April 2019

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	1
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	4, 15
	Tyler Duraes, AuD	(800) 233-4327	9, 23
	Michael K. Webb, AuD	(712) 623-4802	8
	Leah Uthe, AuD	(515) 225-2242	24
	Donal Welch, AuD, FAAA	(712) 366-0503	11
Cardiology	Martin Aronow, DO	(800) 670-9428	No clinic
	Craig Hoffman, PA-C	(800) 670-9428	17
ENT	Simon Wright, MD, PhD	(515) 223-4368	4
	Dave Wonnell, PA-C	(515) 223-4368	No clinic
Gynecology	Kaaren Olesen, DO	(641) 774-8103	Mondays
Oncology	Seema Harichand, MD	(641) 774-8103	9, 23
Ophthalmology	Matthew P. Rauhen, MD	(800) 542-7956	Weekdays
Orthopaedics	Ian Lin, MD	(800) 688-3980	5, 19
Podiatry	Randy Metzger, DPM	(641) 203-4664	2, 8, 9, 16, 22, 23, 30
Pulmonology	Amerlon L. Enriquez, MD	(515) 875-9550	No clinic
	Dustin McCann, DO	(515) 875-9550	15
Surgery Clinic	Dapka Baccam, MD	(641) 774-8103	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Vascular Surgery	Eric Scott, MD	(515) 875-9090	26
Wound Clinic	Randy Metzger, DPM	(641) 774-3362	Tuesdays



An Affiliate of  UnityPoint Health

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Chariton, IA 50049
(641) 774-3245 • (800) 404-3111 ext. 3245
www.lchcia.com

New Employees

Cassandra Address

Comm. Specialist | Business Office

Madison Newton

CNA/Ward Clerk | Med/Surg

Nickolas Howell

PT Assistant | Physical Therapy

Austin Rinehart

Paramedic | ER

Stephanie Varese

Receptionist | LCHC Medical Clinic

Aaron Keeney

RN/Float | ER

Sharon Squibb

Midwife | LCHC Medical Clinic

Johanna Baker

Registration Clerk | Business Office

Fire Alarm Reminder:

Fire drills are not business as usual.

IF THE FIRE IS NOT IN YOUR AREA:

1. Remain where you are. Clear all corridors and exists of any obstructions and close all doors and windows. Wait for further instructions.
2. Monitor the fire doors in your area to ensure safe passage. It is recommended that no one should pass through a fire door until an "all clear" has been called.
3. Patients and/or visitors should be allowed to exit the building as long as they do not pass through the fire area.

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.

LCHC Hosts April Denim Days to Benefit Crisis Intervention

In 1992, an 18-year-old woman in Italy was picked up by her driving instructor to begin a lesson. Soon after, the instructor had her pull over to the side of the road and raped her. She pressed charges and won her case. The perpetrator appealed and the case went to the Italian High Court. In 1999, they overturned the conviction stating that since the victim wore tight jeans, the perpetrator would not have been able to remove them himself and, therefore, the victim must have willingly participated. Women of the Italian legislature protested the decision by wearing jeans. As news of the decision spread, so did the protest.

In April of 1999, California established the first Denim Day in the United States to challenge myths like this. The month of April has been designated as Sexual Assault Awareness Month in the United States. The goal is to raise public awareness about sexual violence and to educate communities and individuals on how to prevent sexual violence.

On April 12 and 26 LCHC employees are invited to wear jeans to raise awareness and funds for Sexual Assault. Employees can pay \$3 per day to wear jeans. Make payment in Marketing. All funds raised will benefit Crisis Intervention Services, which provides services in Lucas County.

Huddles

Medical Clinic
Daily at 7:45 AM

Finance
Tues., Fri. at 11:15 AM
Rad/ED/Amb/Lab
Mon., Tues., Thurs. at 11:15 AM

Med/Surg
Daily at 3 PM

Hospital Week

A-Team is diligently working on hospital week preparations so be sure to mark your calendar for May 12th - 18th and join us for the festivities! All employees are invited to participate in activities, including our trail mix hunt, meal, and more! Be on the lookout for more information at the end of the month!

National Volunteer Week “Coffee, Cookie and Conversation” is April 8

National Volunteer Week, April 7-13, is an opportunity to celebrate the impact of volunteer service and the power of volunteers to come together to tackle tough challenges, and build stronger, more resilient communities. Each year, Volunteer Week allows us to shine a light on the people and causes that inspire us to serve, recognizing and thanking volunteers who lend their time, talent and voice to make a difference in our communities.

National Volunteer Week was established in 1974 and has grown exponentially each year, with thousands of volunteer projects and special events scheduled throughout the week. Plan to attend an event to celebrate the impact of volunteers in our community, and inspire others to serve. LCHC will be hosting a Coffee, Cookie and Conversation event on April 8, 2019 at 10AM in the Education room. Volunteers will be attending to celebrate their service and we'd welcome LCHC staff to stop by and say thank you to our volunteers!



An Affiliate of  UnityPoint Health

Employee Illness/Injury Incident Report

Reporting packets are available from Human Resources, Supervisors and the
Emergency Department

REQUIRED
Forward all documentation to Human Resources
within 24 hours of incident!

Blood Borne Pathogen Exposures
&
Needle-Sticks
Immediately Report to the Emergency Department

LCHC reserves the **right to choose** the physicians and other medical providers who will furnish the employee's medical care.

Employee Instructions:

1. Notify your supervisor and complete attached Report of Injury/Illness form in your own words immediately
2. Sign Workers compensation Benefit Overview – keep a copy for your records
3. Check box waiving medical treatment at this time
OR
 - A. Contact LCHC's Medical Clinic to receive medical treatment by an active medical staff member
 - B. Emergencies only - Go to LCHC's outpatient desk and request to be seen by the medical provider on duty. Non-emergent should receive care in the clinic.

Note: Employees choosing a provider other than above does so at their own expense.

4. Return Release to Return to Work to Human Resources immediately

Supervisor Instructions:

Inspect accident site immediately taking action to prevent similar injuries and complete supervisory sections on reverse of Report of Injury or Illness form.



DENIM DAYS

MAKE A SOCIAL
STATEMENT WITH
YOUR FASHION
STATEMENT.
WEAR JEANS
WITH A PURPOSE.

APRIL 12
APRIL 26

Employees may pay
\$3 per day to wear
jeans. Make payment in
Marketing.

Jeans must be
accompanied by
professional attire or
LCHC t-shirt.

BENEFITS:



Crisis Intervention
Services

HEALTHY UNIVERSITY PRESENTS:

FINANCIAL HEALTH CHECK-UP



When was your last financial health check-up?

Healthy University brings you a series of FREE workshops to answer your financial health questions including:



Borrowing Money: What You Need To Know

Tues., March 26 | 6:30 - 7 PM | Where: Facebook Live

Enjoy the comforts of home and join us for a Facebook Live focused on what you need to know about borrowing money, from student loans to mortgages and everything in between. Presented by Community 1st Credit Union and Midwest Heritage Bank.

Basics of Budgeting

Tues., April 2 | 5:30 - 6:30 PM | Education Room and Facebook Live

Learn how creating, managing, and using a budget can help you accomplish your financial goals. Participate from the comfort of your own home or join us in LCHC's Education Room. (We'll even make dinner!) Presented by Ameriprise Financial and Community 1st Credit Union.



Take Charge of Your Retirement

Tues., April 9 | 5:30 - 6:30 PM | Education Room

Join us for a free retirement planning seminar to make sure you're aware of and planning for the 5 realities you'll face in retirement. Begin planning now so you can pursue a more confident retirement! Presented by Ameriprise Financial and RiverSource.

Understanding Credit Scores

Tues., April 16 | 5:30 - 6:30 PM | Education Room and Facebook Live

Learn the importance of credit scores, what impacts your score, and what actions you can take to make improvements. Participate from the comfort of your own home or join us in LCHC's Education Room. (Dinner provided.) Presented by Community 1st Credit Union and Midwest Heritage Bank.



Get in Touch

Information/Registration:
(641) 774-3219 | jwiley@lchcia.com
www.lchcia.com/upcoming-events

Dinner will be provided for all seminars held in LCHC's Education Room.
Registration required. Weekly drawings will occur at each seminar.

Attend all seminars to be entered to win a \$100 Visa Gift Card!

Healthy University Sponsors:

