



LCHC Named Top 20 Critical Access Hospital

LCHC was recently named one of the Top 20 Critical Access Hospitals (CAHs) for Quality in the country.

The Top 20 Critical Access Hospitals, including LCHC, scored best among critical access hospitals as determined by The Chartis Center for Rural Health for Quality. The rankings were recently announced by the National Rural Health Association (NRHA). An awards ceremony will be held during NRHA's Critical Access Hospital Conference in September in Kansas City, Mo.

The Top 20 Critical Access Hospital "winners" are those hospitals who have achieved success in the overall performance based on a composite rating from eight indices of strength: inpatient market share, outpatient market share, quality, outcomes, patient perspectives, cost, charge and financial stability. This group was selected from The Chartis Center for Rural Health's 2019 Top 100 CAH list, which was released earlier this year.

Those hospitals that have been recognized as Top 20 Critical Access Hospital "best practice recipients" have achieved success one of two key areas of performance:

Quality index: A rating of hospital performance based on the percentile rank across the five categories of Hospital Compare Process of Care measures.

Patient perspective index: A rating of hospital performance based on the percentile rank on two Hospital Compare HCAHPS measures ("Overall Rating" and "Highly Recommend").

"Lucas County Health Center is proud of the efforts of its providers and staff who have contributed to our hospital achieving this designation," said Brian Sims, CEO. "Our results as a top Critical Access Hospital means our community can count on us to deliver the services they need now and in the future."

About the National Rural Health Association

NRHA is a nonprofit organization working to improve the health and wellbeing of rural Americans and providing leadership on rural health issues through advocacy, communications, education and research. NRHA membership is made up of 21,000 diverse individuals and organizations, all of whom share the common bond of an interest in rural health. For more information, visit RuralHealthWeb.org.

About The Chartis Group

The Chartis Group® (Chartis) provides comprehensive advisory services and analytics to the health care industry. With an unparalleled depth of expertise in strategic planning, performance excellence, informatics and technology, and health analytics, Chartis helps leading academic medical centers, integrated delivery networks, children's hospitals and health care service organizations achieve transformative results. Learn more at Chartisrural.com.

LCHC Names Deb Black DAISY Award Winner



Lucas County Health Center is proud to announce that Deb Black, RN has been named the recipient of their first DAISY Award. The DAISY program is a national award, given at the local level, to nurses who exemplify extraordinary nursing. The focus is on the special touches and human considerations that these nurses give their patients.

An excerpt from Black's nomination read:

"She is the most giving person I have ever met. She consistently gives her time to help patients, nurses and providers with whatever extra needs they may have, even at her busiest times.

She is extremely personable, always kind, and considerate to everyone she comes in contact with. I often hear positive comments from the patients she cares for and I know how much care and compassion she consistently gives."

The not-for-profit DAISY Foundation is based in Glen Ellen, Calif., and was established by family members in memory of J. Patrick Barnes. Patrick died at the age of 33 in late 1999 from complications of Idiopathic Thrombocytopenic Purpura (ITP), a little-known but not uncommon auto-immune disease (DAISY is an acronym for Diseases Attacking the Immune System). The care Patrick and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of their patients and patient families.

Nomination forms are available throughout Lucas County Health Center. Nominations are reviewed on a yearly basis and one award winner is selected by the DAISY Selection Committee.

Provider Spotlight



Kaaren Olesen, DO was born in Cedar Rapids and grew up in several small communities throughout Iowa. She graduated high school from Sumner Community and went on to Boston University where she received a B.A. in Religion and Classics. She then attended Des Moines University (formerly known as University of Osteopathic Medicine and Health Sciences) in Des Moines, IA where she received a master's degree in Healthcare Administration simultaneously with her Doctor of Osteopathic Medicine. Kaaren then moved to Flint, Michigan for her internship and residency in Obstetrics and Gynecology at Genesys Regional Medical Center. She is board certified in her specialty. Kaaren is married to Jamie Bunn, DVM, owner of Waukee-Clive Veterinary Clinic. Together they have two school-aged sons and two dogs.

Dr Olesen started in OB/Gyn practice in 2002 with WDM OB/Gyn Associates. In 2014 she retired from OB to better meet the needs of her family. With that change Dr Olesen decided to open her gynecology-only private practice, Women's Care Clinic, PLC in February 2015.

Dr. Olesen sees patients on Mondays. To make an appointment with Dr. Olesen, call (641) 774-8103.

Healthier Habits: A Word From Our Dietitian



The weather is finally cooperating, which means it's time to get outside for exercise! Two things to keep in mind with any exercise routine is proper posture and hydration. Below is a picture of correct standing posture and three exercises for improving postural control for participation in exercise. The exercises were recommended from our very own physical therapist, Patrick Alt.

Elastic Band Rows:

Holding elastic band with both hands, draw back the band as you bend your elbows. Keep your elbows near the side of your body. Complete 1 set of 10, 3 times a week.

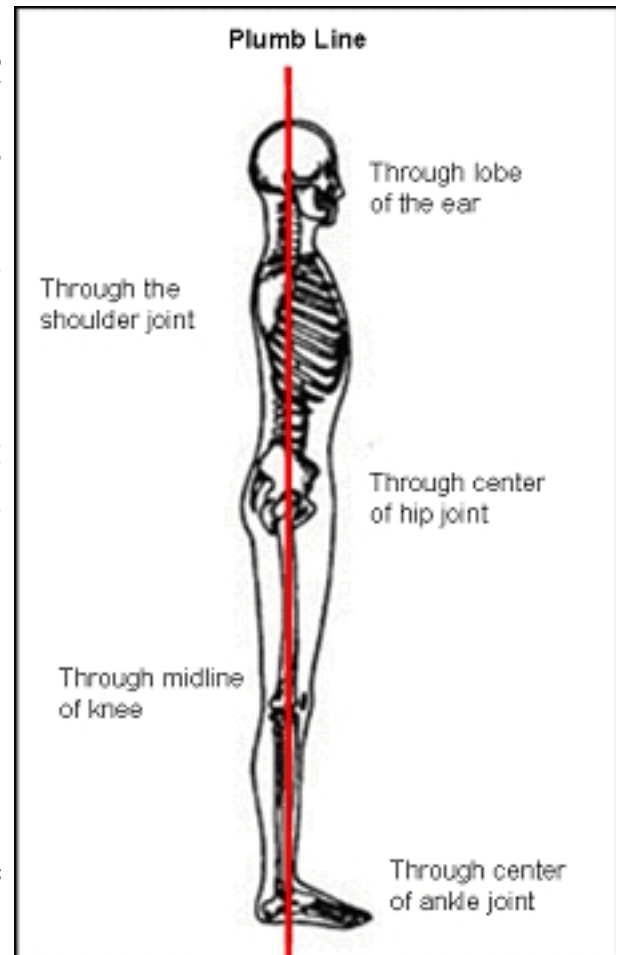
Elastic Band Scapular Retractions with Mini Shoulder Extensions:

While holding an elastic band with both arms in front of you with your elbows straight, squeeze your shoulder blades together as you pull the band back. Be sure your shoulders do not raise up. Complete 1 set of 10, 3 times a week.

Elastic Band Bilateral Horizontal Abduction:

While holding an elastic band with your elbows straight and in front of your body, pull your arms apart and towards the side. Complete 1 set of 10, 3 times a week.

When exercising, making sure you are adequately hydrated can improve performance and also minimize risks for heat illness and dehydration. Generally speaking, I recommend 24 oz. of plain water in the morning, afternoon, and evening for a total of 72 oz. throughout the day. Sports drinks are more for those who participate in high-intensity exercise routines. Lastly, be aware of early signs of dehydration which include thirst, flushed skin, fatigue, dizziness, and increased weakness.



<https://www.eatright.org/fitness/sports-and-performance/hydrate-right/hydrate-right>

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

Hospital Trustees Receive IHA Certification



A group of 76 Iowa hospital trustees and 14 Iowa hospital boards from across the state were honored April 26 at the Iowa Hospital Association (IHA) Trustee Recognition Ceremony at the Embassy Suites

Downtown in Des Moines. The event was held in conjunction with an annual IHA education conference for hospital trustees and governing boards.

This IHA Hospital Board Certification program provides a framework for hospital trustees and governing boards to demonstrate their individual and collective commitment to their governance roles and responsibilities. Certification is made up of two components: education and governance best practices. Trustees who have met the certification requirements have completed 12 hours of health care-specific education over a two-year period and confirm individually and as a board that recognized governance best practices are being utilized. Hospitals and health systems are also recognized as One, Two, or Three Star Boards depending on the percentage of board members certified.

“Lucas County Health Center’s Board of Trustees are one of five boards across Iowa that have achieved 100% certification. The time our Trustees spend keeping up with the ever changing healthcare landscape makes them one of the most active board of trustees in Iowa, said Brian Sims, CEO at LCHC. This recognition is only a measure of their dedication to LCHC and rural healthcare.”

Through this certification program, individual trustees and entire hospital boards show their community and its stakeholders including employers and businesses, lawmakers and hospital employees their commitment to serving in the best interests of the community. More than 230 trustees and 22 hospital boards are currently certified.

“Every hospital needs informed and engaged board members to function as a vital part of the hospital leadership team,” said Marty Guthmiller, CEO of Orange City Area Health System and IHA Board Chair. “Through this program, IHA is providing a structure to support and promote hospitals in fostering highly-effective governance.”

The Iowa Hospital Association is a voluntary membership organization representing hospital and health system interests to business, government and consumer audiences. All of Iowa’s 118 community hospitals are IHA members.

New Badge Process for Vendors

We are pleased to announce that we have implemented IntelliCentrics’ SEC3URE Passport platform to streamline the credentialing process for vendor representatives.

The SEC3URE platform collects, processes and verifies data and information digitally, resulting in faster credentialing, better compliance and elevated safety practices.

Effective May 3, 2019, vendor reps. visiting LCHC are required to be registered and credentialed through SEC3URE.

With IntelliCentrics SEC3URE Passport, we’ll be able to see, in real-time, vendors who are visiting our facility and the companies they represent. You should begin to notice that all vendors are identified with printed badges as they visit our facility. Most importantly, we can trust that every individual is credentialed, and our facility meets regulatory compliance. There will be a Kiosk at the front desk in the main lobby for vendors to check in and print a badge. They must be wearing this badge while in the facility.

If a vendor has come into your department without that badge kindly escort them back out to the kiosk. Intellicentrics will be notifying our vendors to let them know of this new requirement and the effective date. Almost all of our representatives will be accustomed to using this platform if they work with Unity Point and other larger facilities.

See the attached document for examples of badges.

						1
2	3 Mandatory Reporter Educ. Room, 1 PM	4	5	6	7 New Employee Training Education Room 8:30 AM	8
9	10	11 Fire Extinguisher Training CRA, 9 AM, 1 PM, 5 PM	12 Fire Extinguisher Training CRA, 10 AM, 2 PM A-Team Meeting Board Room, 2 PM	13 Fire Extinguisher Training CRA, 4:30 PM	14	15
16	17	18	19 BLS Training: 8 AM First Aid Training: 3 PM CPR Training: 6 PM Educ. Room	20 Go Pink Game 4:30 PM	21	22
23 30	24	25 Board Meeting Board Room, 6:30 PM	26 Managers Meeting Educ. Room, 2 PM	27	28	29

Anniversaries

24 Years:

Bev Bear - June 5

16 Years:

Melissa Ryan - June 16

9 Years:

Laura Miller - June 28

6 Years:

Ann Moon - June 3

4 Years:

Cassandra DenHartog- June 1

Mike Smith - June 17

3 Years:

Chrissy Busick - June 20

2 Years:

Jim Cain - June 22

Joe Hamilton - June 27

1 Year:

Dr. Sundquist - June 1

Konrad Konsitzke - June 8

Deb Anshutz - June 27

Birthdays

June 1 - Jenny Brown

June 1 - Steve Davis

June 1 - Konrad Konsitzke

June 4 - Lori Johnson

June 4 - Kayla Wallace

June 6 - Tyler Nance

June 12 - Stephanie Burke

June 12 - Cathy Heston

June 12 - Krystal Pendroy

June 15 - Jeanne Alitz

June 17 - Callie Davis

June 18 - Kim Powell

June 18 - Talia Torres

June 19 - Jamey Moore

June 19 - April Nelson

June 23 - Alicia Lynch

June 23 - Jenny Newton

June 26 - Rylee Mart

June 26 - Nicole Burgett-Williams

June 29 - Melody Matlock



Specialty Clinic Schedule - June 2019

CLINIC	PROVIDER	PHONE #	APPT. DATES
Allergy	Ravinder Agarwal, MD	(888) 226-0990	3
Audiology	AnnMarie Kinsella, HIS	(712) 623-4802	6, 17
	Tyler Duraes, AuD	(800) 233-4327	4, 18
	Michael K. Webb, AuD	(712) 623-4802	10
	Leah Uthe, AuD	(515) 225-2242	26
	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	14, 28
Podiatry	Randy Metzger, DPM	(641) 203-4664	4, 10, 11, 17, 18, 24, 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	Wednesdays
	Tim Mayfield, MD	(641) 774-8103	Fridays
Vascular Surgery	Eric Scott, MD	(515) 875-9090	28
Wound Clinic	Philip Sundquist, MD	(641) 774-3362	Tues., Weds.



An Affiliate of  UnityPoint Health

1200 North 7th Street
Chariton, IA 50049
(641) 774-3245 • (800) 404-3111 ext. 3245
www.lchcia.com

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

Clinic Extension

- Many in our facility have just learned that the clinic has an in-house extension. If you need to get in touch with the clinic or transfer a call, you can call/forward to their reception desk at x3120.

Dr. Peter Hoftiezer Elected Vice-President of IOMA



Elections were held during the 121st Iowa Osteopathic Medical Association's (IOMA) Annual Conference held in Des Moines, Iowa on May 2-5, 2019. Dr. Peter Hoftiezer of Chariton was elected vice-president of the Iowa Osteopathic Medical Association.

Peter Hoftiezer, DO of Chariton, Iowa graduated from Kirksville College of Osteopathic Medicine in 2009. He completed his family medicine residency at Northeast Regional Medical Center in Kirksville and a geriatric fellowship at Millcreek Community Hospital in Erie, PA. He is board certified by the American Board of Osteopathic Family Physicians.

Dr. Hoftiezer practices family medicine and geriatric care at Lucas County Health Center in Chariton, Iowa.

The Iowa Osteopathic Medical Association, founded in 1898 and headquartered in Des Moines, proudly represents osteopathic physicians in Iowa. There are approximately 1,000 osteopathic physicians practicing in Iowa. There are approximately 145,000 DOs in the United States practicing in all areas of medicine from neurology to sports medicine to dermatology to emergency medicine. As physicians, DOs are able to prescribe medication and perform surgery. In addition, DOs have added training in Osteopathic Manipulative Treatment (OMT), a hands-on treatment tool that they can use to diagnose and treat injuries or illnesses. OMT can be used in conjunction with and sometimes in place of medication or surgery to restore mobility and function.

Cohen Named IOMA Physician of the Year



Lucas County Health Center (LCHC) is pleased to announce Greg Cohen, D.O. has been named the 2019 Iowa Osteopathic Medical Association (IOMA) Physician of the Year.

The officers and trustees of the IOMA select a physician of the year only when suitable candidates are presented for consideration. The Association presents a "Physician of the Year" Award to a member osteopathic physician who has exhibited a notable commitment to his or her profession, patients and colleagues. Cohen received the award at the Upper Midwest Osteopathic Health Conference, held May 2-5, 2019.

Dr. Cohen is a 1991 graduate of Des Moines University. He completed his Family Practice Residency at Long Beach Memorial Hospital in Long Beach, New York. He is board certified by the American Osteopathic Board of Family Physicians and has practiced in Lucas County since 1994.

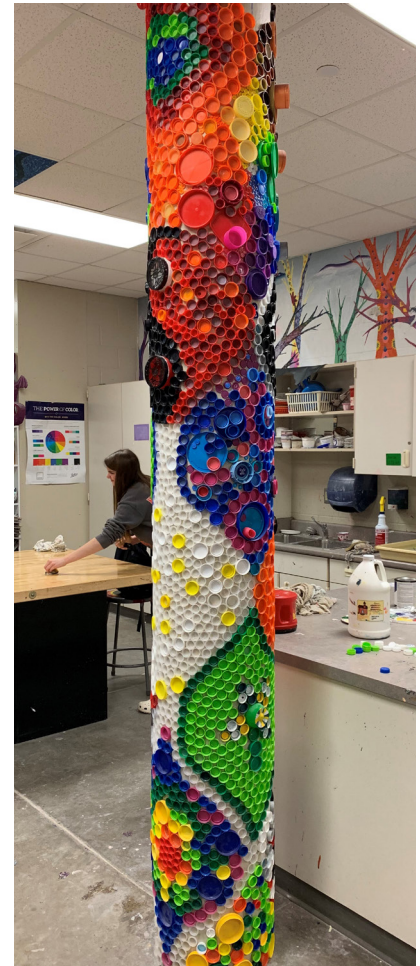
Founded in 1898, IOMA proudly represents approximately 1,000 osteopathic physicians in Iowa.

Pop Bottle Lids

Remember when Mary Jo was collecting bottle lids for the high school students art project? Well here's what they did with them!

From Mary Jo:

"Thank you everyone who dropped bottle lids off to me! As you can see, the high school students put them to good use!"



LCHC's Jenny Hall Receives IHERF Scholarship



Jenny Hall, an employee of Lucas County Health Center who is studying Nursing to obtain her Master's degree at Purdue University Global has been awarded a \$3,500 scholarship from the Iowa Hospital Education and Research Foundation (IHERF), which is supported by the Iowa Hospital Association (IHA). She is among 52 outstanding students from all over Iowa who

have received assistance this year from the IHERF Health Care Careers Scholarship Program.

IHA established the IHERF Health Care Careers Scholarship Program in 2004 to help address the ongoing shortage of health care professionals and encourage young Iowans to establish or continue their careers with Iowa hospitals. The first scholarships were awarded in 2005 and now more than 450 students have benefited from the program.

In exchange for that financial support, scholarship-receiving students agree to work one year in an Iowa hospital for each year they receive an award. In this way, the scholarship program helps stabilize and enhance Iowa's hospital workforce. Today, more than 280 scholarship recipients are working in Iowa hospitals.

Hospital leaders from all parts of the state evaluated scholarship applications from dozens of qualified students who were judged on grade-point average, a written personal statement, letters of reference, and extracurricular, community and health care-related activities.

"Because of the generosity of Iowa hospital leaders and other supporters of this program, we have presented more than \$1.5 million in scholarships," said IHA President and CEO Kirk Norris. "We are proud to help these high-achieving students fulfill their career goals at Iowa hospitals."

IHERF is a wholly owned subsidiary of the Iowa Hospital Association. IHERF is a charitable nonprofit and exempt from federal income tax under section 501(c)(3) of the IRS code.

LCHC Medical Clinic Identified As Pinnacle Level Practice

Lucas County Health Center and Medical Clinics has been identified as a Pinnacle level practice in the Transforming Clinical Practice initiative (TCPI) through Compass PTN (Practice Transformation Network). PTNs are peer-based learning networks designed to coach, mentor and assist clinicians in developing core competencies that are specific to practice transformation. Compass PTN has identified the top 5 percent of enrolled practices based on reporting and phase progression as TCPI enters its fourth and final year. TCPI is one of the largest federal investments uniquely designed to support clinical practices through nationwide, collaborative and peer-based learning networks. Lucas County Health Center and Medical Clinics has hardwired effective changes and identified best practices throughout their phase progression in the program which has allowed them to excel to the top 5 percent of enrolled practices.

The Transforming Clinical Practice initiative is designed to help clinicians achieve large-scale health transformation. Lucas County Health Center and Medical Clinics has successfully adapted and developed their comprehensive quality improvement strategies to meet these transformation goals. Lucas County Health Center and Medical Clinics has merged person and family engagement

(PFE) into their practice which encourages the patient and their family to partner with the medical staff in their care. Lucas County Health Center and Medical Clinics has also incorporated additional quality metrics and utilization metrics for national comparison and evaluation. Not only is Lucas County Health Center and Medical Clinics a recognized and awarded Pinnacle practice but the story they tell is scalable and worth emulating.

The Compass Practice Transformation Network (Compass PTN) is a clinician-led, patient-focused partnership of over 7,000 clinicians across Georgia, Iowa, Kansas, Nebraska, North Dakota, Oklahoma, South Dakota and Wisconsin, committed to transforming primary and specialty care practices in order to achieve better care, smarter spending and healthier people. Founded in 2015 as part of the Centers for Medicare & Medicaid Services' Transforming Clinical Practice Initiative, the Compass PTN is one of 29 networks that provide peer-based learning networks to coach, mentor and assist clinicians in developing core competencies specific to care transformation.

FIRE EXTINGUISHER TRAINING

**All Staff Encouraged to Attend...Mandatory for All Fire
Response Team Staff**

June 11th Conference Room A
9am, 1pm, 5pm

June 12th Conference Room A
10am & 2pm

June 13th Conference Room A
4:30pm





Discount Tickets Available

ONLY GOOD FOR THE MONTH OF JULY!

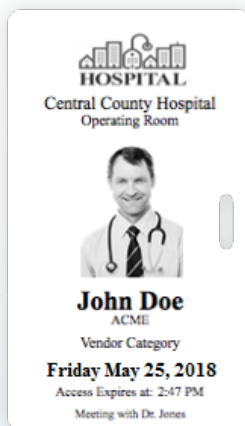
\$29 PER TICKET.
PAYROLL DEDUCT AVAILABLE.
CONTACT HUMAN RESOURCES.

We all play a role in creating a safe and secure environment. That is why it's so important to fully implement SEC³URE Passport. If you notice an HCIR onsite without a badge:

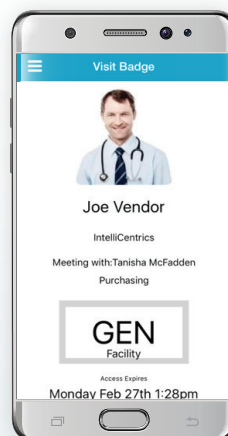
1. Inquire if he or she has lost their badge.
2. Explain that all HCIRs must wear a badge when onsite.
3. Direct the individual to the nearest kiosk or to check-in on the SEC³URE mobile app.

The key to facility security is everyone doing their part to enforce credential and policy requirements.

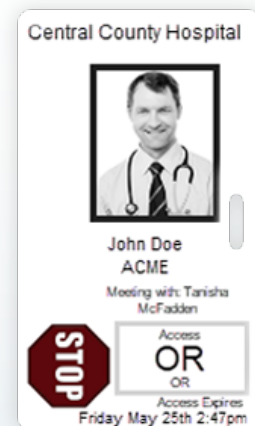
PREMIUM & PASSPORT HCIR BADGE



SEC³URE MOBILE APP HCIR BADGE

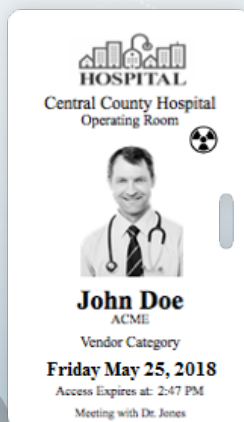


PREMIUM WITH STOP



RADIATION INDICATOR

If you or anyone else in the facility spots the radiation symbol on the badge, check to ensure the HCIR / Vendor Rep is also wearing a Radiation Monitoring Dosimeter.



SEASONAL FLU INDICATOR

During flu season (October – March), SEC³URE badges will display the word "MASK" for anyone who has not received the current seasonal flu vaccine.

