

## New Bladder Scanner Improves Care

Patients can now avoid the discomfort of catheterizations after surgery or during their hospital stay through new technology – a bladder scanner.

The scanner measures the amount of urine in the bladder using a portable ultrasound machine. The only way to check for urine retention in a patient in the past was to insert a catheter, an uncomfortable procedure.

“A urinary tract infection can develop with a catheterization because placement of a urinary catheter opens an opportunity for bacteria to enter the urinary tract,” says Patty Sandmann, director of nursing. “While we did not have these problems with catheters, this scanner ensures that patients are not placed at risk of developing infections.” The scanner offers other benefits, too.

*Burgess nurse Cindy Vaughn shows off the new bladder scanner donated by the Auxiliary to eliminate unnecessary catheterizations.*

“Our patients know this is a non-invasive, painless procedure which makes their care more pleasant,” Sandmann says. “It can also reduce hospital costs, save time and help us monitor a patient’s progress with more accuracy. It enables us to provide the highest standard of care.”

The scanner was funded by Burgess Auxiliary. “Once again the Auxiliary answered the call to help us improve quality of care for our patients,” Sandmann says.

## Future Physician Fund Succeeds



Dr. Alison Stangel

Guests and donors to last year’s Poinsettia Ball are seeing their support paid off for the “Physicians for Our Future” fund.

Recruitment efforts resulted in signed contracts with medical residents Drs. Allison Stangel of Onawa and Brandon Kovar from Omaha to practice at the Family Medicine Clinic. Kovar is scheduled to start this summer. Stangel will begin her practice in summer of 2011.



Dr. Brandon Kovar

“We are delighted to announce that we have contracts from two physicians to practice in Onawa at the Family Medicine Clinic,” says Fran Tramp, Burgess president. “Our efforts were strengthened by the extra recruitment funds we had to work with that came in through donations to the ‘Physicians for Our Future’ fund. We are deeply grateful for our community support.”

## New OB/GYN Offers Specialty Clinics

Dr. Kevin Hamburger, a board-certified obstetrician/gynecologist, has joined the medical staff and will begin offering an outpatient clinic at Burgess March 1.

A Nebraska native, Hamburger has been with Siouxland Womens’ Health Care in Sioux City since 1993. After graduating from Drake University, he earned his medical degree from the University of Nebraska’s School of Medicine and completed his residency at Good Samaritan Regional Medical Center.

Patients need referrals from local providers.



Dr. Kevin Hamburger

## Spring 2010 Burgess Wellness Screens

**A panel of 25 lab tests with lipids \$35**  
**Additional PSA (prostate test) or TSH \$20**

**Burgess Health Center ONAWA** Wednesday, April 7 & April 14 6:30-9:30 a.m.

**Burgess Family Clinic DUNLAP** Wednesday, April 21 6:30-8:30 a.m.

**Burgess Family Clinic SLOAN** Wednesday, April 28 6:30-8:30 a.m.

**Burgess Family Clinic MAPLE VALLEY** Wednesday, April 28 7-9 a.m.

Must fast 10 hours.\*

\*If oral medications are required, take with only enough water to swallow.

**Please pre-register:**

Dunlap **712.643.5880**

Maple Valley **712.882.2234**

Onawa **712.423.2311**

Sloan **712.428.4100**

## The Burgess Spirit of Care: Going Above and Beyond

*From Our Mailbox ...*

*A winter weather note of gratitude for Plant Operations employee John Fister from the Burgess ER ...*



“We just had to let you know how above and beyond John Fister went for us tonight in the Burgess Emergency Department.

Carlene and I got called out for a possible broken arm down on 11th street at about 1:45 this morning. When we got into the ambulance to go John pulled up in front of us with the plow and had us follow him. If he had not done this we would have never been able to even make our way down the street because they had not been plowed at all. Then, as we are in the house assessing the patient, John gets the ambulance turned around in the street and pointed back toward the hospital, and begins to scoop us a path in the 3 ft deep drifts. He also was very helpful with getting the patient out of the house and onto the cot.

Just felt you all should be aware of how grateful we are for his assistance which again went way above and beyond his line of duty. We couldn’t have done it without him.”

*The Burgess Emergency Department*

# Burgess IN ACTION



A publication of Burgess Health Center • Onawa, Iowa • Winter 2010

## Onawa Couple Work at Raising Healthy Family



*Annette Sorensen, of Onawa, advises her oldest, Isaac and Hannah, to make healthy food choices and stay active. Burgess and the Family Medicine Clinic help her and husband Jamie keep the family healthy.*

New baby of the year, Charis Sorensen, born Jan. 5 at Burgess, joined an Onawa family that focuses on good health.

The healthy baby girl is the seventh child of Jamie and Annette Sorensen – all born at Burgess. While Jamie works as a pharmacist at Stangel Pharmacy, Annette cares for and home-schools their children.

Her “students” include, Issac, 10; Selah, 8; and Micah, 5. There is

also pre-school for Jeriah, 4 and soon for Elias, 2. The kids go to school for band and vocal music and stay active in piano and sports throughout the year.

So how does a busy mom raise healthy children in today’s hectic world?

She encourages activity and tries to serve healthy food. The family avoids eating out. Drinks are water and milk. Pop and processed snacks are considered a “splurge.”

“We are big on fruit and green vegetables in our family,” Annette says. “Jamie also grows vegetables in the garden. We know as parents we are the leaders and have to set the example, even though it can be hard to do.

“Finding time to plan meals can be difficult for me, but when I do plan them, it helps us eat healthier.”

Annette has taught Isaac and Hannah, her 2 oldest, to compare prices and read labels at the grocery store.

“I have to make a choice to buy healthy foods. Jamie probably encourages that even more than I do,” she says.

The Onawa mom embraces the health messages of Got 2 Move which encourages kids to eat healthier and move more. As a healthcare professional, Jamie also knows first-hand that healthy eating and activity support good health.

“Winter is tough but we do try to get out to do some sledding and in warm weather we go fishing, hiking, camping, biking, anything outdoors. The kids play soccer, go to the park and pool, and ride their bikes sometimes, even in the south parking lot of Burgess which sits at the edge of our backyard.

“We have our hectic days,” Annette adds, “but all in all it’s a joy.”

## BURGESS is the Family’s Hospital of Choice

With a big family, the Sorensens rely on Burgess for special healthcare needs and the births of their children.

“I can’t say enough about Burgess,”

Annette says. “I love staying there because it’s actually a vacation. The staff takes such good care of you. They know a lot and their bedside manner makes you feel like anything you ask is important.

They take it seriously.”

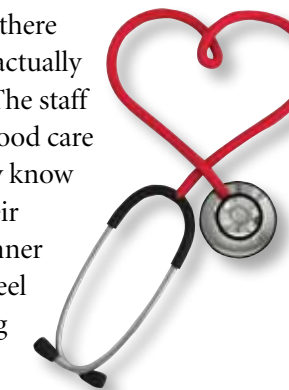
There have been other visits to Burgess for ultrasound checks, care for a high fever and swollen throat and kidney problems, she says.

“When Elias had a kidney that wasn’t working, they helped us through outpatients and radiology. They responded so carefully. I’m so thankful we have such a reliable and accessible hospital in town.”

She appreciates physicians, too.

“Dr. Dudley has been our doctor from day one,” Annette says. “He and his staff have been more than wonderful and have continually been there for our family with advice and give us superb care.”

The Sorensens also have worked with Dr. Dudley and his staff on adoption paperwork and appreciate the prompt service they receive. When a little girl arrives from China someday for an adoption (planned before Annette learned she was pregnant,) Burgess will be there for her care, too.



# Burgess Welcomes Mapleton Clinic



New patients are welcome at Maple Valley Medical Clinic in Mapleton, now serving the healthcare needs of its area residents as part of the Burgess family.

Mercy Medical Center, previous long-time owner

of the clinic, officially sold it to Burgess Jan. 1 after final approval by the Burgess board of directors.

Drs. Alan and Jennifer Schenne, Amanda Lander, and their staff members continue to provide patient care along with NeLinda Rhode, former nurse practitioner at Midwest Health and Wellness Center.

"We are committed to making sure health care will be available to Mapleton area residents for the long term," says Fran Tramp, Burgess president.

"We are pleased to serve the Mapleton area with the assistance of Burgess," Dr. Jennifer Schenne says. "We have used Burgess for radiology, dietitian support and other services and referred patients to Burgess, so it was an easy transition. We have had wonderful support and the hospital has welcomed us with open arms. It's nice to be part of the family."

A critical access hospital, Burgess qualifies for higher Medicare and Medicaid payments for the clinic because it is certified as a Provider Based Rural Health Clinic. Burgess also offers home health, hospice and physical therapy services in the clinic's building and operates family clinics in Sloan and Dunlap.

Persons can make appointments at the Maple Valley clinic by calling 712-882-2234.

*Photo compliments of Brad Swenson, The Mapleton Press.*

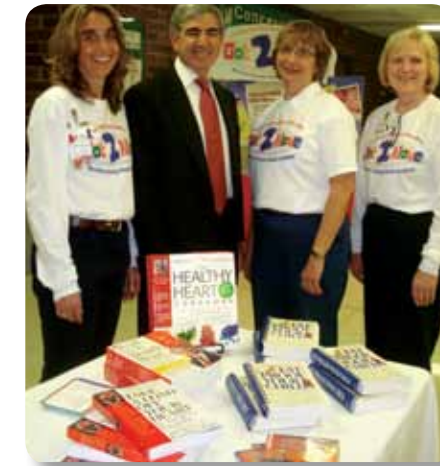
# Kids are Focus for Burgess Health Program

Heart Health expert Joe Piscatella left Onawa school teachers, parents, healthcare professionals, and retired residents a little smarter regarding kids' health after a series of programs last October.

His visit was funded primarily by Burgess Foundation, the Got 2 Move Grant and Burgess Health Center to educate community audiences.

A motivational speaker and author, Piscatella endured major heart bypass surgery and a grim diagnosis of aggressive coronary disease at age 32 after a bout of chest pain. When his physician predicted he would die young of heart disease, Piscatella promptly changed his lifestyle to eat healthier, exercise regularly and reduce stress.

Today, some 32 years, 10 books and thousands of presentations later, he feels good and sends a card to his cardiologist each year celebrating his health.



*Burgess staff joining Joe Piscatella at West Monona High School are from left Michele Kirkendall, Jean Pekarek and Shirley Bruegger.*



## Our Focus on Best Practice Care

### Heart Attack

Burgess publicly reports data about the quality of care we provide to heart attack patients to state and national quality organizations. Reporting of quality measures for hospital outpatient services encourages hospitals, providers and staff to improve their quality of care for patients presenting with cardiac symptoms.

A heart attack (also called AMI or acute myocardial infarction) happens when arteries leading to the heart become blocked and the blood supply is slowed or stopped. Burgess follows national standards of care for AMI patients.

When patients present to our Emergency Department, it is our goal to perform an EKG within 10 minutes of arrival, ensure the patient has taken an aspirin within 24 hours, and, if appropriate, receive "clot busting" medications or be transferred to another facility if appropriate to receive the "clot busting" medication there. It is important for an EKG to be performed as soon as possible as faster diagnosis leads to faster treatment.

**Our goal for heart attack patients: 100 percent best practice care.**

### Glycemic Control

Poor glycemic control can result in three conditions, including diabetic coma, which CMS (Medicare/Medicaid) considers to be an event that should never occur. Never Events cause serious injury or death to hospitalized patients and result in unnecessary costs due to the need to treat the consequences of the medical events.

Burgess is implementing best practices to ensure our patients receive evidence-based, standardized care for glycemic control. The first step is ensuring all doctors and healthcare providers use an approved set of orders for diabetic patients who receive insulin. By using the order sets, or protocol, the safety of medication administration also improves for the patient: as acceptable insulin doses are monitored closely by providers and nurses. This standardization allows for patients to consistently receive "best practices" for diabetic care.

**Our goal for diabetic standards: 100 percent best practice care.**

### Surgical Care Improvement

The Surgical Care Improvement Project (SCIP) is a national quality initiative by organizations focused on improving surgical care. Burgess follows these national standards, or best practices, for surgical care. SCIP hospitals reduce the risk of wound infection after surgery when they make sure patients get the right medicines at the right time on the day of their surgery, make sure patients take their beta blockers before surgery, and make sure patients receive the appropriate antibiotic for surgery within an hour of incision time and that the antibiotic is stopped within 24 hours after incision if the provider does not feel it needs to continue. SCIP also encourages preventative measures to keep patients safe by lowering their risk for developing blood clots, and maintaining the patient's temperature with warming devices and warm blankets.

**Our goal for surgical care improvement: meet or exceed best practice care.**

## Medical Records Go High Tech EMR PROJECT

"Having the most current medical information on our patients at our fingertips at all times of the day benefits patients, providers and our staff," says Kris Petersen, director of ER and outpatients.

That's why Burgess is implementing its Electronic Medical Record (EMR) system in the hospital and connecting all the clinics together. EMR also will give providers access from home at all hours of the day – a first for Burgess.

The new system calls for new laptops, new computer servers, hardware and software installation and extensive training. The clinics will share in expenses.

"It's a huge improvement over the old system," says Kim Norby, chief information officer. "The electronic system can put all information simultaneously in the hands of a care provider at all their different locations. You can't do that with paper!"

Hospitals across the country are embracing electronic medical records to experience a number of benefits. Installation should be completed by next fall. See right hand story.

### Benefits of Electronic Medical Records:

- Assures better patient safety
- Increases efficiency
- Supports continuity of care
- Captures charges more accurately
- Catches drug interactions
- Supplies patient education on chronic diseases
- Positions Burgess financially for better government reimbursement



*Karla Copple, ER nurse, reviews an x-ray that is part of a patient's electronic medical record.*

## Holiday Ball Highlights Cold Winter

The Poinsettia Ball celebrated its 25th anniversary this year with the addition of a champagne brunch the day before, hundreds of twinkly lights, colorful décor, glowing glasses, and 200 festive guests.

Proceeds from the brunch and ball raised \$45,182 to help fund the hardware and software needed by Burgess and area physician clinics to implement the new EMR system.

"I have heard from many people that it was the most beautiful Poinsettia Ball ever," says Shirley Bruegger, foundation director. It all started with Fern Garred, she adds. To recognize her leadership, Fern and Dr. John Garred, Sr. were chosen to serve as honorary chairs this year.

Who would have guessed that the "really nice party" that Fern Garred planned 25 years ago is now the biggest and most popular holiday evening social event of the year in the Onawa area?

"We started the Burgess Foundation to raise money and I was just racking my brain to come up with a fun way to bring in extra funds," Fern says. "I thought the ball was a good excuse for people to spruce up a bit and have a good time."

Today, Fern is proud of how the ball has grown.

"You can't help but be proud when you look back over the years to know something you did was successful," she says, adding that she and Sr. missed only one in 25 years.

*Burgess co-workers and friends celebrate support and the holidays at the champagne brunch and Poinsettia Ball.*



## Health Tips for Kids

*Heart Health Expert, Author Joe Piscatella*

### How Parents Can Help Kids Become More Active

1. Set an example. Become more active yourself.
2. Involve your child in your own activities like walking or running.
3. Limit computer and TV screen time.
4. Support fitness and sports activities of your kids.
5. Support a strong physical ed program at school.

### 8 Ways to Help Kids (and Adults) Eat Healthier

1. Don't follow fad diets.
2. Eat breakfast.
3. Serve fresh fruits and veggies.
4. Limit processed foods.
5. Cook and modify your recipes.
6. Choose healthy drinks.
7. Eat healthier choices of fast food.
8. Snack smarter. (Store only healthy snacks in the fridge and read processed food labels for sugar, fat and sodium content. If numbers are high, don't buy.)



## Kids Fitness Sessions Offered at School

After School Got 2 Move fitness sessions are helping third local thru fifth graders get some needed exercise this winter months.

The after school program, organized by physical education instructor Dan Kell, runs Tuesdays and Thursdays now thru March 31 from 3:30 to 4 p.m. in the Central Elementary School gym. Students can play fitness video games, do yoga, and exercise on kid-sized hydraulic fitness stations.