

BURGESS EARNS

TOP 100 HONOR

Burgess Health Center has been named a Top 100 Critical Access Hospital in America by the National Rural Health Association (NRHA).

Burgess and other top hospitals scored best in the "Hospital Strength Index," in the first-ever such rating by the association. Hospital leaders use the index to measure their performance in 56 areas that include: outstanding quality and safety programs, efficient services and patient satisfaction.

"To be named in the top 100 list is an honor," said Fran Tramp, Burgess president and CEO. "It is also a tribute to the hard work and professional dedication of our staff. This recognition highlights Burgess' overall excellence in caring for our patients. We are working to be the best rural healthcare system in the country, and this confirms our progress."

In the past five years at Burgess, staff members have focused efforts on quality initiatives, performance improvement, staff development, customer service, patient satisfaction and best practice care, Tramp said.

The NRHA supports performance improvement in 1,750 rural hospitals in the nation.

UPCOMING EVENTS

Holiday Jazz

Burgess will be jazzing up the holidays at the Onawa Community Center with its 3rd annual Holiday Brunch Friday, Dec. 2 and the 27th annual Poinsettia Ball Saturday, Dec. 3.

This year's 11 a.m. brunch will feature musician Steve Raybine of Omaha along with an elegant buffet catered by Villamonte's of Omaha.

The 6:30 p.m. ball will feature "On the Rocks" of Omaha along with the popular live and silent auctions, a designated "jazz bar" and hors d'oeuvres buffet. "A Grand Omaha Weekend" will be a new live auction item.

Proceeds will fund a new digital portable x-ray unit for radiology. The unit, replacing traditional film, will produce computerized images that can be quickly uploaded into a patient's medical record for 24-hour computer access by physicians.

To provide an auction item, help sponsor Onawa's premier holiday event, or make a reservation for one or both events, contact Shirley Bruegger at 712-423-9374 or sbruegger@burgesshc.org.

Lower prices are available for those who register early. Go to www.burgesshc.org

Burgess IN ACTION



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FIRST KNEE SURGERY *at Burgess*



Emma Adams has regained her mobility with knee replacement surgery at Burgess, a first in Onawa.

Emma Adams is ready to walk around Blue Lake again.

With her milestone knee replacement surgery on her left knee several months ago at Burgess Health Center, she's looking forward to getting around more.

Some 60 years of work and life activities had taken their toll. Adams had spent a lot of time on her feet –

first in a school kitchen, then as a teacher's aide, and then 33 years working for Berry Lumber Company. Along the way she raised four children, became a grandma, took care of her husband who died in 1995, and kept working.

"I was a walker before my knee went bad. I walked the circle around the lake a lot," she says. "My knee had bothered me off and on for quite a while, and it grew worse the last two years. It got to the point where I needed a cane, and then I wasn't walking anywhere. It hurt too bad to even go the grocery store."

Adams says the severe pain in her knee caused her to start falling.

When she learned Dr. Michael Espiritu of CNOS was doing procedures at Burgess and read about a successful carpal tunnel surgery in "Burgess in Action" last March, Adams was determined to have her knee replacement surgery at Burgess.

"It's really hard for older people to drive to Sioux City," she says. "I see no need to go out of town or to Sioux City when the healthcare professionals are so capable here."

After her surgery, Adams received more than painkillers. Cupcakes arrived in honor of her birthday and friendly staff members stopped by.

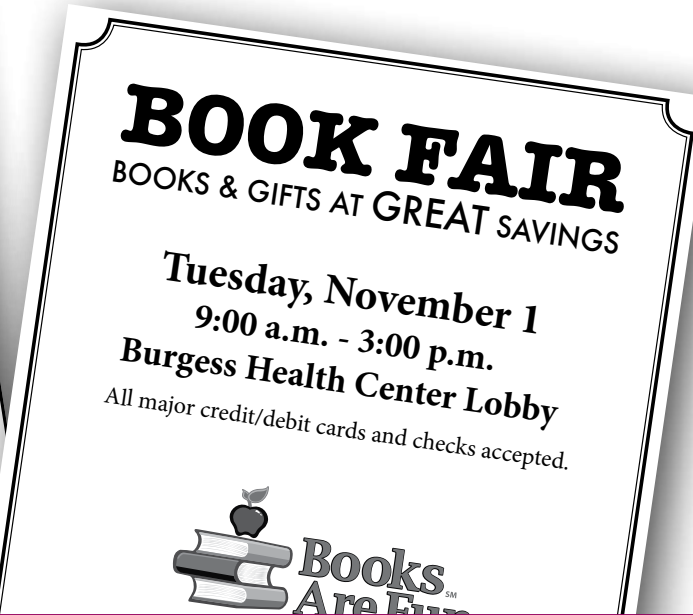
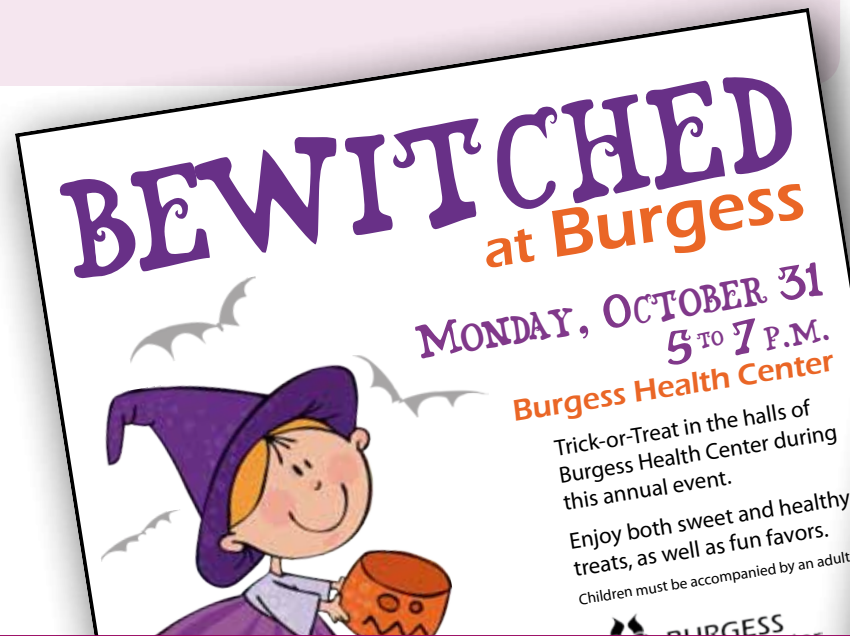
"I've known a lot of the nurses at Burgess since they were born," she says. "They're good people."

Burgess home health and physical therapy played a big role in her recovery.* "By two weeks they were amazed at my progress," she says. "I was amazed at my progress! Thanks to Dr. Espiritu and Burgess, my knee feels good. I have more energy and a new sense of freedom. I'm looking forward to walking wherever I want to walk."

* See article on page 2.



In Emma Adam's knee surgery, Dr. Michael Espiritu of CNOS removed her diseased cartilage and replaced it with a metal and plastic Zimmer total knee. Espiritu see patients at Burgess specialty clinics every Thursday.



Promotions and Appointments News

Emergency Services & Critical Care

Karla Copple has been promoted to director of emergency services and critical care. In this role she also oversees the infusion center, cardiac rehabilitation and specialty clinics.

Copple joined the Burgess staff nearly three years ago and worked in the ER, and on the medical/surgical floor. She has a degree in nursing from Western Iowa Tech Community College and bachelor's degree in business and human resources from Briar Cliff University.

Family Beginnings

Jenna (Johnston) Eich has been promoted to director of Burgess Family Beginnings.

As a student at West Monona High School, Eich first worked at Burgess as an aide. She most recently was a nurse on the medical/surgical floor and in Family Beginnings. Eich has a BSN degree from Briar Cliff University and is studying to become a nurse practitioner.

Mental Health

Charlotte Ellwanger of Burgess Mental Health was recently appointed to the Office of Consumer Affairs Advisory Committee which supports adults and children with mental illness.

Ellwanger, a peer support specialist, will gather and exchange information about mental health needs in district 1 to help improve quality of care for patients in the state.

New Specialist

Kate Garred, nurse educator, has been named to a newly created position, clinical informatics specialist, to work with patient care and clinical departments and the electronic health records (EHR) system in the hospital and clinics.

Garred played a major role in educating staff in EHR last year. A 25-year-employee, she will continue teaching life support classes to healthcare workers and the community.

More Tools for Surgery Team

Burgess surgery team members are using \$70,000 worth of new equipment for total knee and total hip replacement surgeries and other procedures with proceeds from the 2010 Poinsettia Ball and Holiday Brunch and a gift from the Burgess Auxiliary.

"Our patients and the community can see how donor and Auxiliary dollars directly benefit patients in our area," says Shirley Bruegger, Burgess Foundation director.



Knee surgery requires a skilled surgical staff. From left are Reggie Rogers, Anita Madsen, Emily Clayton, Terry Theobald, Beth Jamison and Jodi Kafton.

Staying Healthy in Sloan

Persons in the Sloan area have more choices than ever for their healthcare. Drs. Shannon Kennedy and Brandon Kovar rotate to see patients every Thursday and Friday at Burgess Family Clinic Sloan.

“Dr. Kovar and Dr. Kennedy fit right in,” says Clarissa Ronfeldt, clinic patient scheduler. “They’re friendly and outgoing. Our patients like them.”

The two physicians join nurse practitioner Joyce Cornwell and physician assistant Jane Roepke. As a team they offer women’s healthcare, obstetrics, baby care, well child exams, diabetes and other chronic disease management, urgent care, health screens, physicals and more.

That means the clinic is ready for anyone – from moms with newborns, to seniors with chronic illnesses. Now with cold weather moving in, the Burgess Sloan clinic is going into its busy season.

“In summer we handle a lot of sports physicals and back-to-school exams,” says Michelle Hunter, clinic nurse. “In fall we roll into vaccinations and flu season. Winter illnesses often increase health issues among patients with chronic diseases.”

The busiest day of the week in Sloan?

“Monday,” Michelle says. “Problems often surface over the weekend.”

The clinic providers refer patients to Burgess for specialized needs: mammograms, CT and MRI scans, physical therapy, diabetes support and specialty clinics. With a quick trip to Onawa, Sloan clinic patients can see specialists at any of 16 outpatient clinics.

BURGESS FAMILY CLINIC SLOAN HOURS:

Monday-Friday 8 a.m. – 5 p.m. (closed over lunch hour)

Call for an appointment:
712.428.4100



Physicians now see patients on Thursdays and Fridays – joining the Burgess Family Clinic Sloan staff – from left, Clarissa Ronfeldt, Michelle Hunter and Jane Roepke.

Dr. Stangel Comes Home to Care for Patients

When she was a young girl, Dr. Allison Stangel enjoyed joining her dad on rounds to deliver medications to house-bound patients and nursing homes around Onawa.

She became hooked on healthcare when years later as a senior at West Monona High School she took part in the Burgess Health Center’s work-study program, and job-shadowed physicians and personnel at the hospital.

“I loved when my dad would let me mix medicines at the pharmacy,” she says, adding that she considered becoming a pharmacist at Stangel Pharmacy along with her Dad and brother.

“In the end I wanted to understand more about how medications work and why. I decided I could serve the most people and use my skills best by providing primary care.”

Now after college, medical school at the University of Nebraska Medical Center, and Clarkson Family Medicine Residency Program in Omaha, Stangel has joined the medical staff of Burgess Health Center and the Family Medicine Clinic in Onawa.

“I’m very impressed with the advancements Burgess has made over the years,” she says. “It really is a tremendous facility and the staff is outstanding.”

The Onawa native sees patients at her clinic four days a week and at Burgess Family Clinic in Mapleton every other Monday. Since beginning her practice, she has already seen a “great mixture of patients in all age groups.”

Stangel is especially pleased to be recently named the new



Dr. Alison Stangel is the recipient of the 2011 Tracy Osborne Award from the Nebraska Medical Directors Association based on her dedication to long-term care and interest in geriatrics.

Medical Director of Burgess Hospice.

“It’s really an honor to medically take care of folks I have known my whole life,” Stangel says. “It makes my job so much more worthwhile. I care more intensely about my patients and find myself working all the harder. It’s like taking care of your family members.”

Stangel used computers heavily in her medical education, and foresees a day when email exchanges between physicians will enhance communication and healthcare.

“When the next generation grows older and develops chronic diseases such as diabetes or high blood pressure, we may be interacting with our providers in follow-up by email,” she says. “It will never replace a physical exam, but it will be a valuable supplemental way to improve people’s health.”

Stangel is accepting new patients. Call the Family Medicine Clinic at 712.423.1525 or Burgess Family

RECOVERY TEAM Helps Patients Heal



Brenda Hinrickson, physical therapy assistant, demonstrates with Carrie Wilson, physical therapist how working with an elastic band helps strengthen a knee after surgery.

loosened it up and made the knee stronger and able to bend and do more,” Adams says.

“We offered inpatient therapy and home therapy for about a month,” says Carrie Wilson, Burgess physical therapist. “We used ankle weights and a Thera-band, a latex exercise band, to focus on extending and bending the knee. We also taught her home exercises to do on her own to further strengthen her knee. She was a very good patient.”

Home Health

Home health also made a difference in post surgical recovery for Emma Adams.

Home Health aides and registered nurses came to Adam’s home after surgery to change her surgical dressing, watch for infection, and help her get in and out of the shower.”

“She was upbeat and wanted to get well fast,” says Missy Koenig of Burgess home health. “I absolutely love seeing patients like Emma progress.”

Therapy Speeds Recovery

Burgess physical therapists helped Emma Adams with strengthening exercises before and after her knee replacement surgery at Burgess.

Physical therapists came to Adams’ home three times a week for half-hour therapy sessions to speed her recovery. “They

CALL BURGESS
to find out how you can
receive specialized care.

Physical Therapy:
712.423.9287

Home Health:
712.423.9265

SPECIALTY CLINICS AT BURGESS HEALTH CENTER

Audiology	Kathy Rizk	1st & 3rd Tuesday, 8:30-12 noon
Cardiology	CVA	Every Wednesday, 1-4 p.m.
Dermatology	Dr. Chris Huerter	2nd & 4th Monday, 1-5 p.m.
ENT	Dr. Paul Sherrerd	1st & 3rd Tuesday, 8:30-12 noon
Gynecology	Dr. Kevin Hamburger	1st & 3rd Monday, 1-4 p.m.
Nephrology	Dr. Richard Lund	1st & 3rd Wednesday, 10-4 p.m.
Neurosurgery	Dr. George Greene	4th Monday, 8-12 noon
Oncology	Dr. Donald Wender	Twice monthly Tuesday, 1-5 p.m. & Friday, 9-4:30 p.m.
Ophthalmology	Dr. Beth Bruening	Every other Wednesday, 8:30-12 noon
Orthopaedic	Dr. Michael Espiritu	Every Thursday, 8:30-3:30 p.m.
Physical Medicine	Dr. Stewart Oxford	3rd Friday each month, 1-5 p.m.
Podiatry	Dr. Greg McCarthy	3 Fridays a month, 1-5 p.m.
Psychiatry	Dr. Rodney Dean	2nd & 4th Wednesday, 11-7 p.m.
Pulmonary	Pulmonary Associates	1st Tuesday, 8:30-12 noon & 3rd Friday, 8:30-12 noon
Rheumatology	Dr. John Hurley	One Monday, 8:30-5 p.m.
Urology	Dr. Timothy Kneib	2nd, 3rd & 4th Tuesday, 8:30-3 p.m.

Ask Your Provider for a Referral



Linda Seieroe, left and Tami LeFebvre schedule appointments at Burgess Specialty Clinics to help physician and patient visits run smoothly.