

Personal **BLESSING**

Improving Your Life

OUR PATIENTS. THEIR STORIES.

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Personal **BLESSING**

Published four times a year by the Public Relations & Communications staff of Blessing Hospital. *Personal Blessing* provides general information on health related topics. It is not intended to be a substitute for professional medical advice, which should always be obtained from your physician.

The Blessing Health System

Mission Statement:

To improve the health of our community.

The Blessing Hospital

Vision Statement:

Blessing will be the leader in quality patient and family centered healthcare.

In partnership with our community, patients, staff, students, volunteers, and physicians, we will create and support a culture of excellence and financial sustainability.

We will be recognized as the:

- Provider of choice for our patients
- Employer of choice for our staff
- Partner of choice for our physicians
- Healthcare educational provider of choice

For more information, contact:
Blessing Hospital
Broadway at 11th & 14th Street
PO Box 7005

Quincy, IL 62305-7005
(217) 223-8400, extension 4192

BlessingHealthSystem.org

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B **BLESSING** **HOSPITAL**



Making progress in the battle against heart disease

By Maureen Kahn, president/CEO, Blessing Health System

Blessing Hospital and the residents of this region were recognized recently for a couple of hard-fought victories in the battle against heart disease.

The recognition came with The Society of Cardiovascular Patient Care (SCPC) extending Blessing's full accreditation as a Chest Pain Center with PCI (Percutaneous Coronary Intervention) through May 22, 2018. Blessing first earned national Chest Pain Center accreditation in 2005.

The PCI portion of the accreditation recognizes the ability of Blessing's Cardiac Catheterization Lab team to quickly clear blockages to reduce the damage caused by a heart attack.

SCPC's Chest Pain Accreditation process ensures that hospitals meet or exceed a wide set of stringent criteria and undergo a comprehensive onsite review by a team of accreditation review specialists. Hospitals that receive Accreditation have achieved a higher level of expertise in dealing with patients who arrive with symptoms of a heart attack.



Victory #1: The accreditation survey recognized that Blessing exceeds the national goal for the amount of time between the patient's arrival at the hospital, diagnosis of a blocked artery, and the time the artery is opened in the Cardiac Catheterization Lab. Ninety-six percent of Blessing patients – 11 percent over the national goal – have their blocked artery opened in 90 minutes or less after their arrival at the Hospital.

Victory #2: For the past several years Blessing has conducted a public education campaign highlighting the importance of calling 9-1-1 when feeling chest pain and other signs and symptoms of heart attack instead of arriving at the hospital in a private vehicle. Treatment given by first responders and their communication with hospital staff on the way to the Emergency Center allows treatment to begin sooner. The Chest Pain accreditation survey recognized Blessing for a more than 20 percent increase in the number of chest pain patients arriving at the hospital by ambulance over the past two years.

Delivering these results is a credit to the leaders of the Blessing Hospital Chest Pain program, Kathy Muder, RN, director, Emergency Center; Richard Saalborn, DO; Medical Director, Blessing Emergency Center; and Steven Krause, DO, cardiologist, Blessing Physician Services and Medical Director, Blessing Heart & Vascular Center. But they are not alone. Success requires the commitment of all Blessing Hospital Medical Staff members - particularly the cardiologists and other members of the Blessing Heart & Vascular Center team - and all nurses and technicians who provide this outstanding care to Blessing's chest pain patients. Thank you!

Healthcare is a choice. Making smart choices can save you money and increase your satisfaction in the care you receive.



BLESSING FAST CARE

Treating patients
18 months or older.

Mon-Fri: 8:30 am - 8:30 pm;
Sat: 9 am - 5 pm;
Sun: 10 am - 5 pm;
Holidays: 10 am - 2 pm

Located within Shopko, 3200
Broadway, Quincy

- Burning with urination/ infection
- Cold Sores and fever blisters
- Cold or Flu symptoms
- Coughs and Sore Throat
- Ear/Sinus infection (swimmer's ear)
- Mild Rashes and Minor Burns/Sunburns
- Minor Allergic Reaction
- Physicals, school and sports

Does not provide shots, lab work, X-rays.

This chart does not contain an exhaustive list of illnesses and injuries and should not be considered to be medical advice. If in doubt always err on the side of caution.



BLESSING WALK-IN CLINIC

Treating patients
3 months or older.

Open 7 days a week,
including holidays : 6 am - 10 pm

Blessing Hospital, look for blue awning, 11th & Broadway

- Allergies
- Animal Bites
- Lab Work
- Bumps, Cuts & Scrapes
- Burning with urination/ infection
- Cold or Flu symptoms
- Cold Sores and fever blisters
- Coughs and Sore Throat
- Ear/Sinus infection (swimmer's ear)
- Eye Irritation, Swelling, Pain
- Fevers
- Foreign Object in Eye or Nose
- Mild Asthma
- Mild Rashes and Minor Burns/Sunburns
- Minor Allergic Reaction
- Minor Fracture
- Minor Headaches
- Nausea, Vomiting, Diarrhea
- Sprains and Strains
- Stitches
- Vaccinations



EMERGENCY DEPARTMENT

Treating patients
of all ages.

Open 24 hours a day,
seven days a week, 365 days a year

Blessing Hospital
11th & Broadway

Call 9-1-1 immediately

For life-threatening emergencies, including

- Burns
- Chest pain or pressure, any symptoms of heart attack including pain in the left arm or the jaw, sudden weakness or dizziness
- Convulsions or seizures
- Difficulty breathing
- Loss of limb
- Series head, neck or back injury
- Severe bleeding
- Severely broken bone
- Signs of a stroke, such as numbness, slurred speech, severe headache, weakness on one side of the face or loss of consciousness
- Poisoning
- Unconsciousness

Improving Your Life

blessinghealthsystem.org



Orthopedic Services



Ruby Cowell (left) talks with Dr. Rena Stewart about her recovery from a broken hip.

BREAK FREE

BLESSING GERIATRIC FRACTURE PROGRAM

WORLD CLASS CARE

Ruby Cowell may not have known she was getting “World Class Care” but she knew her care was special.

“I live in a small town but the care I needed was available,” said the 85-year-old Quincy resident. “I don’t think everyone has that. I am blessed with the progress I have made.”

Ruby received care for her broken hip through Blessing Hospital’s “Break Free” program. It uses evidence based treatment for broken bones caused

by the bone-weakening disease Osteoporosis. Break Free recently earned the highest level of certification for Geriatric Fracture Care Programs from The International Geriatric Fracture Society (IGFS) CORE Certification Program. The CORE Certification Program recognizes programs worldwide that exceed outcome benchmarks in the management of geriatric fractures.

Blessing was only the 10th hospital in the world and the first in Illinois to receive the highest level of certification from the IGFS.

“We are giving world class treatment in Quincy,” said Rena Stewart, MD, Break Free program medical director. Dr. Stewart is an orthopedic traumatologist at Quincy Medical Group and a member of the Blessing Hospital Medical Staff. “Our data shows we significantly exceed national standards,” she said.

As the number of senior citizens in the population increases, so does Osteoporosis and related bone fractures, known as geriatric or fragility fractures. These occur mostly in the hip. Currently, one-half of all women and one-quarter of men will experience an osteoporotic fracture in their lifetime. Hip fractures are expected to skyrocket as the population ages. One in four people who suffer a hip fracture die as a result of complications from the injury.

Blessing Hospital developed the Break Free program in 2014 to address the growing need for this type of care. The program employs protocols based on leading literature and best practices to get patients to surgery as quickly as possible and back to their daily activities.

“The longer a patient stays in bed the worse their overall outcomes,” said Dr. Stewart. “Complications can include confusion, pneumonia, bed sores, infections and muscle weakness. The quicker we can get surgery done and the patient back on their feet the fewer complications occur.”

Ruby broke her hip on July 28, 2015.

“It happened around noon and I was in surgery later that day,” she recalled.

During surgery, Dr. Stewart put a titanium rod inside Ruby’s femur, or thigh bone.

“It essentially acts like rebar inside the femur. The patient can get up that afternoon after surgery. They can put their full weight on the leg with no restrictions. They can move the hip, they can lie on their side, they can do whatever,” said Dr. Stewart.

She added that because Ruby was fit before her fall, motivated and worked hard after surgery her recovery was excellent.

Ruby was back in her home, receiving outpatient physical therapy at Advance Physical Therapy and treatment for Osteoporosis on August 15.

The most recent statistics show Break Free protocols resulted in patients getting to surgery in an average of only 18 hours from the time they arrived in the Blessing Hospital Emergency Center - half the time of the national guidelines.

Every Blessing Break Free patient is seen by an Osteoporosis coordinator. The national goal is for one patient in 10 to see an Osteoporosis coordinator.

“Break Free patients leave Blessing Hospital already on treatment for Osteoporosis,” said Dr. Stewart. “This treatment is not just to stop their Osteoporosis from getting worse, but to reverse it.”

Dr. Stewart sites the cooperation and commitment of every physician and hospital department with Break Free protocols and practices for the program’s success and international accreditation.

“Dr. Stewart and her team at Blessing Hospital have displayed the commitment and dedication to transform the delivery of care to geriatric fracture patients to optimize outcomes,” stated Michael Suk, M.D., J.D., M.P.H, Chairman of Orthopedic Surgery at Geisinger Health System and President of the IGFS. “We welcome Blessing to our community of Certified Programs that continue to champion best practices to address one of the greatest health care challenges our society must address.”

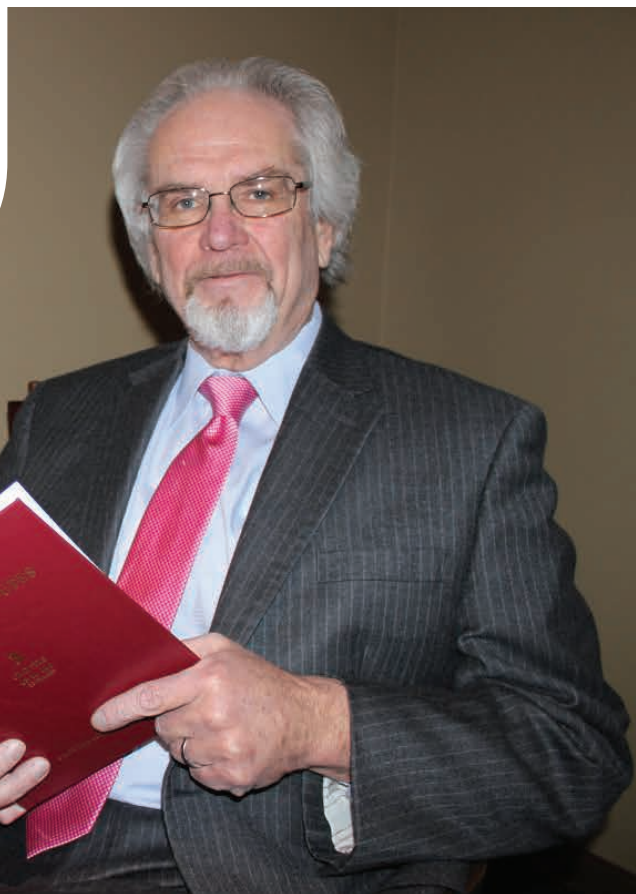
“They have an outstanding program. There is a feeling of family on campus. The team spans all disciplines, and you can see that all parties are dedicated to hip fracture patients,” added Michele Gingo, MS, RN, IGFS Certification Specialist.

“The Break Free program is vital to Blessing’s mission to improve the health of our community, because the contributions of senior citizens are vital to the quality of life in this region,” said Maureen Kahn, RN, MHA, MSN, president/chief executive officer, Blessing Health System.

“It is through the cooperation and commitment to quality care of every physician and hospital provider that this prestigious accreditation has come to Quincy,” she concluded.

Primary Care/Cardiothoracic Surgery

The sentence is LIFE!



Richard R. “Riff” Scholz, III, has been in the middle of life and death circumstances nearly all of his professional life. As a criminal law attorney he served in the Cook County, IL, Public Defender’s Office working on murder and death penalty cases and in the Missouri Public Defender’s Office on capital litigation.

In the fall of 2014, the tables turned and Riff found himself in need of help, facing his own life and death situation.

“I was experiencing shortness of breath going up and down stairs,” the 65-year-old recounted. “It had been a while since I had a check-up, so I went to see Dr. Sharp.”

Jason Sharp, MD, family medicine, Blessing Physician Services, is Riff’s primary care doctor.

The evidence of a potential problem noticed by Dr. Sharp came as a surprise to the experienced defense attorney-turned patient.

“I defended death penalties and murder cases for a long time. I am not shocked or surprised often,” Riff said. “But I had never heard of this.”

The evidence Dr. Sharp noticed was the “clubbing” or the rounding of Riff’s fingertips. From the time of Hippocrates - known as the “Father of Western Medicine” - fingertip clubbing has been considered a sign of heart and lung disease.

Based on the clubbing and other history and risk factors, including being a smoker for 40 years, Riff underwent further testing. The test results led Dr. Sharp to refer Riff to Venu Reddy, MD, pulmonologist, Blessing Physician Services. The diagnosis was lung cancer and Riff was referred to John Arnold, MD, cardiothoracic surgeon, Blessing Heart & Vascular Center.

“I was very happy with, very impressed by and very thankful to and for Dr. Sharp,” Riff stated. “He

knew where this was going and got me right to the point I needed to be.”

“There are certain things they teach us in medical school that you may or may not ever use,” said Dr. Sharp. “Clubbing fingertips is one of those things that may or may not mean something. Given Riff’s other symptoms and risk factors, we needed to follow up.”

Once Riff received his diagnosis, he had a decision to make.

“Obviously the choice of Blessing or somewhere else is a big one,” he said. “I considered it. I looked around. I did research on where else and who else. Based on what Dr. Arnold talked to my wife and me about, and his credentials, I was satisfied that he could do the job and do it well. I was confident in his knowledge and skills. We felt very comfortable with Dr. Arnold.”

“Dr. Arnold was very up front with every fact,” said Riff’s wife Susan, an employee of Blessing Hospital. “There was no sugar coating, ‘This is it. I have done this before.’ Riff and Dr. Arnold made a connection on an intellectual and professional level.”

For his part, Dr. Arnold said Riff’s condition required a standard surgical approach, thanks to the quick action of the patient and Dr. Sharp.

“The problem with lung cancer is it typically presents late in the disease process,” Dr. Arnold stated. “The stage at presentation is everything. The fact that Mr. Scholz went for a check-up to have his shortness of breath assessed, and the attentiveness of his primary care doctor probably saved his life.”

“Everyone ought to have a primary care physician.”

- Riff Scholz

“If you can see the same person over and over, you can see changes, things that are different from six months ago. What’s wrong? What’s different? What’s new? And you can follow that,” added Dr. Sharp. “When you are in an emergency care setting, you want a diagnosis quickly and to not have to go back again. Primary care provides continuity.”

The upper lobe of Riff’s left lung was removed. Surgery was done on a Friday. He was home the following Monday and back to work in just over a month with no need for chemotherapy or radiation treatments.

“He understood what he was up against and embraced the path that was going to be required,” said Dr. Arnold of Riff’s surgery and recovery. “He recovered within expectations and has done everything needed to get better and stay better.”

While Riff was impressed and pleased with the care of Drs. Sharp and Arnold, his matter-of-fact, lawyer-like demeanor fades and emotion takes over when he talks about the others involved in his care and recovery.

“My wife is the one who got me through all of this,” Riff said. “And the Cardiovascular Unit nurses were superb. I cannot compliment and thank them enough for the care they gave me. It was great.”



Jason Sharp, MD
Family Medicine



Venu Reddy, MD
Pulmonologist



John Arnold, MD
Cardiothoracic
Surgeon

Surgery expansion could bring new doctors and new procedures to Blessing

Blessing Hospital has launched a year-long, \$8.5 million expansion project that will enhance the quality and safety of surgical services, retain surgeons currently serving the region and attract new ones, and bring new types of procedures to the community.

Blessing is building two operating rooms (OR) on the 11th Street campus. One will be a hybrid OR, the other a multipurpose OR. The expansion will add more than 1,600 square feet to Blessing's Surgical Services department.

While Blessing is building two ORs, it will gain only one additional room. An existing OR will be closed for storage as part of the project. After construction Blessing will have a total of 10 ORs on its 11th Street campus.

Blessing also operates three outpatient ORs at the Blessing Surgery Center located in the Quincy Medical Group (QMG) office complex.

“You will be awestruck”

Hybrid ORs combine the features of a traditional surgical suite with advanced imaging capabilities needed to perform the latest minimally invasive surgical procedures.

The combination of equipment in one room creates a care environment dedicated to complex, minimally invasive procedures with the ability to convert to an open procedure surgical suite.

Hybrid ORs are particularly important to the delivery of minimally invasive care provided by vascular and cardiothoracic surgeons and cardiologists.

Tim Smith, DO, vascular surgeon, QMG and Blessing Hospital Medical Staff, is a key member of the team that researched and designed Blessing's hybrid OR.

“This OR will make care safer and more comfortable for patients,” said Dr. Smith. “Currently we do an angiogram, that's the diagnostic procedure, and then schedule the patient for the surgery they need at a later date. The hybrid OR will allow us to do

the diagnostic procedure and immediately perform the surgery needed without another hospital visit for the patient.”

“A number of procedures now are part open procedure and part endovascular procedure or minimally invasive,” he continued.

A key feature of the hybrid OR is the latest, robotic imaging system.

“Imaging is 10 times or more improved. Blessing's hybrid OR will have the same imaging system used at the University of Illinois,” Dr. Smith stated.

“Adding a hybrid OR will help us retain the surgeons we have and attract new doctors because most surgeons graduating today are trained with hybrid technology,” said Christian Zwick, DO, vascular surgeon, QMG and Blessing Hospital Medical Staff. “It's really the trend where vascular surgery is going.”

“It will allow us to do procedures that we cannot do at this time,” Dr. Smith concluded. “It will be a great addition. When it's done and you see it, you will be awestruck. It's going to be one of those kinds of places.”



A hybrid operating room.

Multipurpose OR = more space

The size of the multipurpose OR, compared to Blessing's current ORs, will better meet the needs of trauma and orthopedic cases, which often requires the use of large surgical equipment.



Equipment in Blessing Hospital's hybrid operating room will allow surgeons to seamlessly move from diagnosing an illness or injury to performing the procedure required for treatment during the same patient visit. Today, patients often require one visit for diagnosis and another for the treatment.



"This is a huge and growing area," said Rena Stewart, MD, orthopedic traumatologist, QMG and Blessing Hospital Medical staff. "Blessing is the region's Level II Trauma Center. Additionally, we have the services of second orthopedic traumatologist as Dr. Luke Harmer has joined QMG and the Blessing Medical Staff."

"The new multipurpose OR will provide the capacity needed to meet patient demand and reduce the need to refer patients out of town for care," she added. "The growth in OR capacity and sophistication reflects the growth in surgical talent in the community."

"Adding two new ORs, outfitted with state-of-the-art technology, will serve the community and all patients well," said George Crickard, III, MD, orthopedic surgeon, QMG, and Director of the Blessing Hospital Medical Staff OR Committee.

Last year, Blessing Hospital performed nearly 15,000 surgical procedures.

Construction brings traffic changes

Construction is occurring on the two-story building between the entrance to Blessing Hospital's

Emergency Center and the Blessing Walk-In Clinic, directly across from the Air Evac hangar. Traffic through the Blessing Emergency Center parking lot area is restricted during the year-long project. Drivers can enter and exit the lot off of Broadway, but may only enter off of 11th Street. Traffic flow may change during the project, so drivers should pay attention to signage until construction is complete. The entrances to the Emergency Center and Blessing Walk-In Clinic remain open during construction.

In addition, the location where nursing home vans and handicapped-equipped buses bring patients to Blessing Hospital for scheduled outpatient care and pick them up after discharge from hospitalization has been permanently moved from the Blessing Hospital Emergency Center entrance as a result of the Surgery expansion project. These vehicles now drop-off and pick-up patients from the new North Entrance to Blessing Hospital at Moorman Pavilion. See more about this part of the story on page 15.

Blessing Home Care

Helping Parkinson's patients "build a new recipe box"

Walking into Father Anthony "Tony" Schmidt's apartment when he is working with Mindy Entrup is like having a front row seat at rehearsal for a Broadway musical. But the sweeping movements performed by the Blessing Home Care physical therapist and the 91-year-old retired priest are not practice for a staged production. They are reality to improve the quality of everyday living.

"If it weren't for Mindy I probably would not get out of bed," said Fr. Tony. "Some might call it depression."

Fr. Tony has suffered from Parkinson's disease (PD) for more than 15 years. PD is a chronic and progressive disorder involving the malfunction and death of vital nerve cells in the brain, called neurons. This causes a disconnection in the brain between vision and feeling, perception and reality, leading to miscalculated movements. PD patients shuffle their feet instead of taking steps, can "freeze" in mid-shuffle

and be unable to move, may not be able to stop their movement at times when they want to, experience difficulty with balance and coordination, and suffer stiffness in the limbs and trunk of the body.

Nearly one million people in the US live with PD. The cause is unknown and presently there is no cure.

PD fueled Fr. Tony's fear of falling.

"I don't want to fall and break a hip," he said.

Then, 18 months ago, Fr. Tony met Mindy. Today his fear of falling is not as overwhelming.

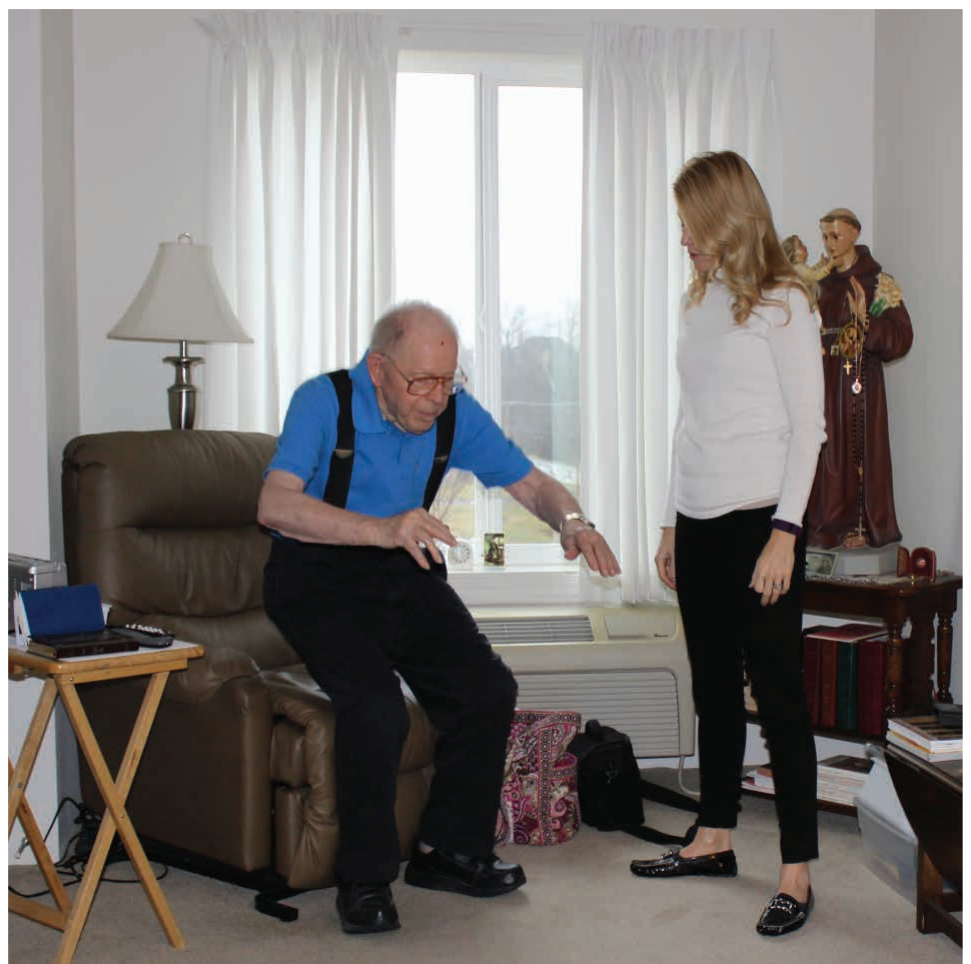
Mindy is certified in the LSVT BIG program. LSVT stands for Lee Silverman Voice Treatment. Silverman, a nationally known therapist, invented two programs for PD patients: LSVT LOUD for speech disorders and LSVT BIG



for mobility issues. Mindy and fellow Blessing Home Care physical therapist Rita Arment are both LSVT BIG certified.

"The concept is Parkinson's disease slows the body's muscular functions. We teach people to compensate for that slowness by thinking big," Mindy stated.

"We are helping Parkinson's patients build a new recipe box in their brain," she continued. "Inside the old recipe box in their brain is how they have always walked, turned and stood up. But because of Parkinson's, the old recipes don't work anymore. So, we work with the patient to fill a new recipe box with amplified movement patterns, movements that require double the



Mindy Entrup is one of two Blessing Home Care physical therapists nationally certified in the LSVT BIG program for Parkinson's disease. These photos show Mindy and Fr. Tony Schmidt performing LSVT BIG exercises to help him move more easily and reduce his risk for falling.

effort they would normally use.”

While BIG looks very simple, it delivers life-changing benefits to PD patients. Amplified movement patterns decrease fall risks by using bigger steps to reduce shuffling; and improve trunk rotation and balance.

“I have seen a significant decrease in falls with follow through of the BIG program,” said Rita. “I also feel like the program improves the patient’s confidence for transfers and walking.”

Mindy says among the benefits of BIG for Fr. Tony was learning a new way to get up from a chair. Instead of pushing up with his arms, which were weakened by

the PD, BIG taught him to transfer his weight forward and reach out with a big movement to get out of the chair (see photo above). He also rides a stationary bike three days a week for 20 minutes to help reinforce repetitive movements.

“Mindy gives you a jump start, charges your battery and cheers you on,” he said. “She’s a motivator.”

“For many people BIG is an ‘ah ha’ moment,” Mindy observed. “They will say, ‘Oh my gosh, this is so much easier.’”

“It’s not rocket science,” she says of the LSVT BIG program. “It’s helping people change their mind set. When you see how it helps, it

is amazing.”

Blessing Home Care offers PD patients LSVT BIG training four times a week for four weeks, with a referral from their doctor, and then weekly maintenance visits.

“BIG is ideal for someone newly diagnosed, to learn what to do to keep going for the long term,” Mindy stated. “It can help keep patients stable and keep their quality of life higher for a longer period of time.”

A doctor’s order is required for Blessing Home Care services. Call (217) 223-8400, ext. 4910, for more information on LSVT BIG or any Blessing Home Care service.

BLESSING-RIEMAN COLLEGE OF NURSING CHANGES NAME, BEGINS ANNIVERSARY CELEBRATION

Blessing-Rieman College of Nursing became Blessing-Rieman College of Nursing & Health Sciences on January 1, 2016. The name change reflects the addition of the College's Associate of Science in Respiratory Care degree program and anticipated expansion into other health sciences programs.

The name change coincides with the beginning of the College's 125th anniversary.

Discussions about starting a training school affiliated with Blessing Hospital began in 1887. Pupils were first accepted into the school in 1891. A class of three nurses graduated in 1894. Blessing Training School for Nurses was a two year training program. It became a three-year diploma program in 1904 and was one of only 34 nursing schools registered with the State of Illinois in 1909.

Discussion of a baccalaureate program began in 1957. Twenty-eight years later, in 1985, the School of Nursing became a College of Nursing to grant a four-year Bachelor of Science (BSN) degree. At this time the name Rieman was added to the College's name, reflecting a major gift from Cedric and Lucille Rieman.



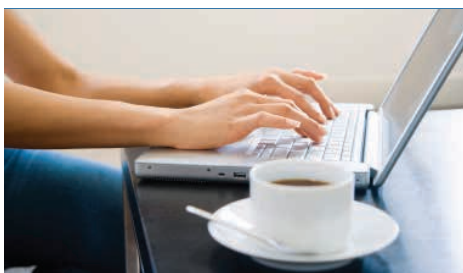
Blessing-Rieman offers its four-year BSN degree through joint programs with partners, Culver-Stockton College, Canton, MO, and Quincy University. Students take their nursing courses and participate in clinical experiences at Blessing-Rieman, and their general education courses at the partner college in which they are enrolled.

Blessing-Rieman added a Master of Science in Nursing (MSN) degree to its educational offerings in 2007 and an Associate of Science in Respiratory Care program in 2015.

"I believe we are one of the jewels in this Gem City that shines through our graduates who have delivered quality health care around the country and the world for generations," said Brenda Beshears, PhD, RN, President/Chief Executive Officer, Blessing-Rieman College of Nursing & Health Sciences.

Using the theme, "Celebrating 125 years of Transformation & Tradition" Blessing-Rieman will host events monthly during 2016 to commemorate its anniversary.

For information on events throughout the year visit brcn.edu/125years.



Registered nurses living in Illinois, Missouri and Iowa can now earn a Blessing-Rieman Bachelor of Science in Nursing or Master of Science in Nursing degree completely online.

"We wanted to offer completely online programs to provide professional nursing education to registered nurses who are unable to attend on-campus

BLESSING-RIEMAN OFFERS DISTANCE LEARNING

classes due to work, family, and travel constraints," said Karen Mayville, PhD, RN, Administrative Coordinator, Accreditation and Director, Master's Program.

The College provides a laptop to students for their use throughout the program.

In addition to convenience and flexibility, Blessing-Rieman's Distance Learning programs are less expensive than classroom-based programs and other online nursing degree programs available.

Blessing-Rieman Distance Learning students can access support services such as advising, tutors, library resources and other College features from their computer, over the phone or in-person. Program faculty members are also full-time PhD or Masters prepared.

To learn more about these programs, contact the Blessing-Rieman Admissions Office at 217-228-5520, ext. 6964 or visit brcn.edu.

New leadership at Blessing-Rieman



Brenda Beshears, PhD, RN, has been named President/Chief Executive Officer, Blessing-Rieman College of Nursing &

Health Sciences. A member of the Blessing-Rieman faculty since 1991, Dr. Beshears has served as Academic Dean and Professor since 2007. She succeeds Pam Brown, PhD, RN, who retired after 38 years of service, including 18 years as President/CEO.

Dr. Beshears earned her Doctorate from the University of Missouri, Columbia; her Master of Science in Nursing degree from Southern Illinois University, Edwardsville; and her Bachelor of Science in Nursing and Associate of Science in Nursing degrees from Hannibal LaGrange College.

Among her accomplishments was leading the team that secured over \$1 million in grant funding to develop the state-of-the-art Blessing-Rieman Simulation Center where students gain clinical experience working with computerized mannequins.

Prior to joining Blessing-Rieman, Dr. Beshears provided patient care as a member of the nursing staff at Blessing Hospital, Family Planning in Hannibal, MO; and was a nursing instructor at Hannibal LaGrange College.

Nursing research Dr. Beshears has conducted during her academic

career includes, "The Experience of Young Adults Living with Relapsing - Remitting Multiple Sclerosis," "Implementation of Quality and Safety Education for Nurses (QSEN) Safety and Patient-Centered Competencies into Student's Practice in a Rural Regional Medical Center," and, "Impact of High Fidelity Simulation Experience on Faculty's Anxiety, Active Learning and Perception of Design Skill: Understanding Faculty's Lived Experience with High Fidelity Simulation."

Enrollment grows during Brown tenure



Dr. Brown joined Blessing-Rieman as an instructor in 1984 after providing patient care in Blessing Hospital's Critical

Care and Emergency Departments, and working as a nurse educator in the Hospital's Health Education department.

She served as Interim Dean of Blessing-Rieman in 1997, and was named President/Chief Executive Officer in May of 1998.

Dr. Brown's accomplishments include development of the second Joint Bachelor of Science in Nursing degree program with Quincy University, development of the RN-to-BSN and RN-to-MSN programs, the Advanced Placement track for nursing students who hold degrees in other disciplines, Distance Learning technology,

Master of Science in Nursing degree program and obtaining approval to grant an Associate Degree in Allied Health Sciences with the first offering being the Associate of Science in Respiratory Care, and completion of the Simulation Center.

Blessing-Rieman enrollment grew from 100 to over 350 during Dr. Brown's tenure. The May 2014 graduating class delivered a 98 percent first-time pass rate on the National Council Licensure Examination (NCLEX); 16 points higher than the national passage rate. Passing the NCLEX examination is required to practice as a registered nurse in the United States. The exam contains more than 250 questions and may take up to six hours to complete.

Dr. Brown has also been active in forming nursing policy at the state and national levels during her career, including as president of the American Nurses Association (ANA)-Illinois, the Illinois Association of Colleges of Nursing (IACN) and the Illinois Coalition for Nursing Resources (ICNR).

A graduate of the forerunner to Blessing-Rieman, the Blessing Hospital School for Nurses diploma program, Dr. Brown went on to earn a Bachelor of Science in Nursing degree from Quincy College; a Master of Science in Nursing degree from Southern Illinois University-Edwardsville, and her Doctorate from Wayne State University, Detroit, MI. She is also an Academy of Nursing Education Fellow (ANEF), awarded by the National League for Nursing in recognition of her contributions to nursing education in sustained and significant ways.

Patients, families honor Blessing nurses



Nurses providing cancer, newborn and pediatric care are among the first DAISY award winners at Blessing Hospital.

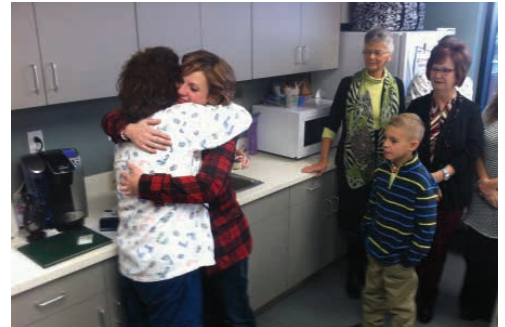
There are more than 1,900 healthcare providers worldwide who participate in the DAISY Award program. DAISY stands for "Diseases Attacking the Immune System." The family of a 33-year old man who died of an immune system disorder began the program in 1999 to honor his memory by recognizing extraordinary nurses everywhere who make a difference in the lives of people by the work they do every day. Patients or their family members, visitors, doctors, hospital staff members and volunteers may nominate a nurse for a monthly DAISY Award.

Holly Smith, RN, (*top right photo*) who cares for cancer patients, was the first Blessing nurse to receive the award. She was nominated by two women for the care she provided to their mother. The nomination stated, "Not only did

Holly provide emotional, medical and sympathetic care to our mother, she provided exceptional care for the entire family... Sometimes we forget what was said or what was done, but we will never forget the way that Holly made us feel."

Davin Acklie, RN, (*bottom right photo*) cares for patients on Blessed Beginnings: The Birth Center of Blessing Hospital. Davin was nominated by the family of a woman who suffered a stillbirth. Davin had personally experienced a stillbirth, too. The nomination read in part, "I asked her, 'how do you do it?' She said that this was her way of healing, of making sense of her loss...Davin's loss will never be in vain. She is exactly where God needs her to be, honoring her 'sleeping baby' daily by the care she gives. The impact she has on lives is lasting. I will personally never forget her."

Holly Vanderbol, RN, (*photo on left*) provides pediatric care. She



was honored by the family of a seven-year-old patient to whom she provided care. The nomination read in part, "She touched my daughter's heart as she continues to relay the story of her stay at Blessing and 'Nurse Holly' who took care of her."

"The DAISY Award honors excellent nursing care delivered with extraordinary compassion," said Regenia Stull, MSN, RN CNL-C, Associate Chief Nursing Officer, Acute Care Services, Blessing Hospital. "We want people to share with us the extraordinary care and service they experience through the work done by Blessing nurses."

DAISY Award nomination forms are located on Blessing Hospital nursing units, other locations on the 11th Street campus and on the internet at blessinghospital.org/daisyaward.

jobs.blessinghealthsystem.org



Do Worthwhile Work Now

jobs.blessinghealthsystem.org provides an updated, on-line look for employee recruitment.

“Blessing wanted to provide a more powerful experience for those looking for a career with Blessing Health System,” said Dawn Hobbs, manager of Operations and Employee Services, Human Resources. “Candidates can now watch videos featuring many aspects of employment at the Health System, including interviews with current employees. Candidates can also now apply from their mobile device.”

The site also serves as a database for a new talent community. Candidates can upload a resume and their contact information without going through the entire application process. From there, recruiters can make contact.

Blessing Radiation Therapy

LESS TIME AS PATIENT. MORE TIME AS YOU.

New cancer-fighting technology in use at the Blessing Cancer Center's nationally-accredited Radiation Therapy Department delivers treatment with greater precision and speed. The TrueBeam STx treats tumors anywhere in the body, including the brain and spine.

"The TrueBeam STx system uses enhanced, real-time imaging tools that allow us to see the tumor we are about to treat much more clearly and observe it through the course of treatment," said Young Yu, MD, radiation oncologist, Blessing Hospital. "These are major improvements in radiation oncology technology."

Those tools include on-board X-ray and Computed Tomography (CT) imaging that deliver a higher level of resolution than previously available.

"It also takes a shorter time to capture these clearer images," Dr. Yu continued. "The benefit of better and faster imaging is improved treatment accuracy and reduced radiation exposure risk to healthy tissue and critical organs."

Reducing treatment time is particularly important in the stereotactic treatment of the brain and spine.

To compensate for tumor movement between treatments, TrueBeam STx has a robotic treatment couch on which the patient lies. It moves in three dimensions instead of two dimensions to provide more accurate daily patient positioning delivering maximum treatment to the tumor while better protecting surrounding healthy tissue and organs.

"Now, we don't have to physically move the patient if the images show the tumor has moved from the previous treatment," said Dr. Yu. "We can move the table in any direction."

Finally, to compensate for patient movement during

treatment, TrueBeam STx uses Vision RT, a real-time optical surface tracking camera that monitors patient movement during treatment.

"Vision RT ensures the patient is in correct position before treatment and tracks any movement during the treatment with real-time feedback," said Dr. Yu.

Purchase and installation of the TrueBeam STx, manufactured by Varian Medical Systems, totaled just over \$4 million, including the use of a \$22,716 donation to The Blessing Foundation, specifically for the purchase of a new linear accelerator by Blessing Cancer Center Radiation Therapy Department.

The Blessing Cancer Center Radiation Therapy Department is accredited by the American College of Radiation Oncology and offers the most technologically advanced radiation therapy, including image-guided radiotherapy, Stereotactic Radiosurgery, Intensity-Modulated Radiation Therapy (IMRT), superficial therapy and prostate brachytherapy. The care team includes two board certified radiation oncologists; a board certified Ph.D. physicist; certified dosimetrists and certified radiation therapists.

Each member of the team works full-time in the Blessing Cancer Center. No other provider in the Tri-State area offers a full-time radiation therapy team that includes these specialties.



Welcome, Doctors



Pascal Nyachowe, MD, FACS, has joined the Quincy Medical Group Trauma Surgery Department.

Dr. Nyachowe earned his medical degree from Howard University, Washington, DC. He comes to the region from the medical staff at SSM St. Joseph Health Care Center, St. Charles, MO; and St. Joseph Hospital West, Lake Saint Louis, MO.

Dr. Nyachowe is certified in Surgical Critical Care and General Surgery by the American Board of Surgery.



Brian R. Snyder, DO, has joined the Blessing Walk-In Clinic provider team.

Dr. Snyder earned his medical degree from the Philadelphia College of Osteopathic Medicine, Philadelphia, PA, where he also completed his family practice residency following an internship at the University of Medicine and Dentistry, Stratford, NJ. He is certified by the American Osteopathic Board of

Family Physicians.

Dr. Snyder is a United States Navy veteran.

Before joining the Blessing Walk-In Clinic staff, Dr. Snyder was a staff physician at MEDcare Urgent Care, Columbia, SC.

The Blessing Walk-In Clinic, a department of Blessing Corporate Services, provides care for most non-life threatening illnesses and injuries in patients 3 months old and older from 6 am to 10 pm, seven days a week from facilities on the Blessing Hospital at 11th Street campus.

For more information on the conditions treated at the Blessing Walk-In Clinic, see page 1.

Thursday at 6 & 10 pm on **WGEM**

BE WELL
with **B** **BLESSING**
Health System



Join Dr. Chris Solaro for
health news that will
improve your life

See any of the Be Well reports you missed at
BlessingHealthSystem.org/BeWellVideos



Blessing changes location for inpatient discharge

To make the hospital discharge process go more smoothly, Blessing Hospital has moved the location for most inpatient discharges from the hospital's main entrance to the North Entrance at Moorman Pavilion.

The change will decrease the number of people using the main entrance, improving traffic flow through the circle drive that goes past the entrance and increasing safety for patients, visitors and staff. It will also make discharge more comfortable for those patients who are waiting for a loved one to arrive to take them home and more convenient for the driver.

"We have opened a Discharge Lounge just inside the North Entrance at Moorman Pavilion," said Emily Hendrickson, RN, BSN, MBA, NE-BC, associate chief nursing officer-Professional Practice and Operations. "Those patients who have completed the discharge process and are simply waiting for a loved one to arrive can wait in the comfort of the Discharge Lounge rather than their hospital room. The person picking them up can pull up to the North Entrance and walk a short distance to the Discharge Lounge, which is inside the Infusion Center waiting room."

Use of the Discharge Lounge also allows patient rooms to be cleaned more quickly and ready for the next patient to use.

Not every patient will use the Discharge Lounge. Those picking up patients should confirm from where the patient will be discharged.

News**makers**

Proudly recognizing the accomplishments of these staff members



Christie Campbell, RN, BSN, patient care supervisor, Blessing Hospice & Palliative Care, has earned Certified

Hospice & Palliative Care Nurse (CHPN) status by meeting the requirements and passing the examination of the National Board for Certification of Hospice and Palliative Care Nurses.

Blessing Hospice & Palliative Care provides end-of-life care to terminally ill patients and specialized support services to their family members in 10 west central Illinois counties.



Jeri Conboy, PhD, MSHCE, LCSW, director, Blessing Hospice & Palliative Care and Clinical Ethics, has been named

to serve a two-year term on the National Hospice & Palliative Care Organization's (NHPCO) Ethics Advisory Council. This is a volunteer position.

The Council focuses on ethical issues identified by the Council, the Board of Directors, and NHPCO members. The Council plays a central role in advising and updating organizational stakeholders on ethical issues in hospice and palliative care by providing ethics content and opportunities for discussion across NHPCO learning and professional development platforms; authoring

and updating relevant NHPCO technical publications; and serving as an interdisciplinary resource in ethics to NHPCO leaders.

Dr. Conboy and Jonathan Miles, PhD, members of the Blessing Hospital Ethics Committee, coauthored a case study, "Warm and Dead?" published in the Hastings Center Report, a peer reviewed bioethics journal.

The case study addressed the ethical complexities faced by healthcare providers when therapeutic hypothermia has been administered to a patient who had suffered a heart attack before the providers knew the patient had a Do Not Resuscitate (DNR) Order.

Dr. Miles is Assistant Professor, Philosophy, at Quincy University. He serves on both the Blessing Hospital and Illinois Veterans Home Ethics Committees.



MaryAnn Cornwell, RN, BSN, and **Toni Cardwell**, RN, Post Anesthesia Care Unit, have earned Certified Post Anesthesia Nurse (CPAN) certification from the American Board of Perianesthesia Nursing.

Post anesthesia nurses care for patients who have just come out of surgery, monitoring their initial recovery.

Certification requirements included a minimum of 1,800 hours of direct clinical experience and successful completion of the CPAN examination.



Ellerman



Javaux



Martin

Mike Ellerman, MS; **Greg Javaux**, D.Min, and **Richard Martin**, M.Div, chaplains, have earned Board Certified Associate Clinical Chaplain status from the College of Pastoral Supervision and Psychotherapy (CPSPP).

The objective of certification is to enable chaplains to achieve high levels of competence in the art and science of clinical chaplaincy in order to

offer a pastoral relationship to a variety of persons through the integration of theory, theology and the practice of pastoral care.

Requirements for certification include holding a Master of Divinity or Master or Doctoral level degree in theology, counseling or related disciplines; completion of 800 hours or more of clinical pastoral education; and Ecclesiastical endorsement from the candidate's faith group.

Two Blessing Hospital caregivers have been recognized by Adams County, IL, EMS with CPR Hero Life Saver awards for their response to medical emergencies while off duty.

Morgan Fry, EKG tech, Non-Invasive Cardiology, was one of three people presented the award for performing CPR and setting up an Automated External Defibrillator (AED) to assist a woman in the Quincy Mall on November 7, 2015. The incident was the first time Fry had to perform CPR.

Linda Garner, RN, Emergency Center, was one of two people presented the award for performing CPR during an emergency at the Quincy, IL, HyVee store on Broadway on November 11, 2015.



Todd Haverstock, administrative coordinator, Information Security, Compliance

Department, Blessing Corporate Services, has earned Certified Information Systems Security Professional (CISSP) status from the Information Systems Security Certification Consortium by meeting or exceeding national requirements and passing an examination.

Universally recognized as the Gold Standard in information security certifications, the

Information Systems Security Certification Consortium (ISC2) supports and provides members and constituents with credentials, resources, and leadership to address cyber, information, software and infrastructure security.



Linda Manley, BSN, RN, CNOR, infection control coordinator, has earned the Certified in Infection Control (CIC) credential.

She met the prerequisites and passed the examination of the Certification Board of Infection Control and Epidemiology to earn the certification.

The purpose of the certification process is to enhance delivery of the highest quality healthcare by providing standardized measurement of current basic knowledge needed for persons practicing infection control; encouraging individual growth and study to promote professionalism among infection prevention and control professionals; and formally recognizing infection prevention and control professionals who fulfill the requirements for certification.

Manley also holds Certified Nurse Operating Room (CNOR) status.



Sharon Olson, Blessing Hospice & Palliative Care, has earned certified Adult-Gerontology Primary Care Nurse Practitioner

(AGPCNP) status.

A Blessing Hospice & Palliative Care nurse for 18 years, she will continue to provide end-of-life care for Blessing in her new role of Nurse Practitioner.

Olson graduated from the Nurse Practitioner program at Maryville University, St. Louis, and passed the certification examination of the American Association of Nurse Practitioners.



Khalil S. Rabie, R.Ph., has joined Blessing Hospital as Director of Pharmacy.

Rabie has 35 years of hospital pharmacy experience. Before joining Blessing he was a Director of pharmacy at American Hospital, Dubai, United Arab Emirates and King Faisal Specialist Hospital, Riyadh, Saudi Arabia.

A graduate of the University of Illinois at Chicago, College of Pharmacy, Rabie is a registered pharmacist in the states of Illinois, Iowa and Indiana. His professional experience includes lecturing at several international pharmacy conferences and as an adjunct clinical preceptor.

News**makers**



Jo Lynn Reagan, activity coordinator, Skilled Nursing Unit, has earned Certified Dementia Practitioner (CDP) status.

Requirements for certification included holding a college degree, having a minimum of five years' experience in a geriatric healthcare related field or setting, completion of the National Council of Certified Dementia Practitioners' (NCCDP) curriculum taught by an approved instructor and passage of an examination.

The NCCDP's goal is to develop and encourage comprehensive standards of excellence in direct care skills, education and sensitivity in the area of dementia care.

In addition to holding CDP status, Reagan is a Certified Activity Professional (CAP).



Kelly Smyser, RN, Clinical Documentation Management Professional (CDMP), has earned her Bachelor of

Science in Nursing degree from Chamberlain College of Nursing.

Smyser is a 30-year member of the Blessing Hospital staff. Before joining the Clinical Documentation Management Program staff in the Health Information Management department, she worked in the Intensive Care Unit for 12 years, as an Intermediate Care Unit Patient Care Supervisor for 10 years and in the Cardiac Catheterization Lab for six years.



Katie Thomure, MSW, social worker, Care Coordination, received her Licensed Social Worker (LSW)

credential from the State of Illinois. Requirements for LSW licensure include holding a Master of Social Work (MSW) degree and passing the Association of Social Work Boards examination.

The following have joined Blessing Hospital's senior leadership team:



Solaro

Christopher Solaro, MD, PhD, has accepted the position of Chief of Medicine; **Arden Reynolds**, MD, has accepted the position of Chief of Surgery; and



Reynolds

Tim Tranor, RN, BSN, MBA, has joined as Chief Nursing Officer.



Tranor

Drs. Solaro and Reynolds are continuing their clinical practices while serving as members of the Blessing Hospital leadership team on a part-time basis, providing input, strategic

direction and serving as a clinical contacts and spokespersons for the Medical Staff.

Dr. Solaro brings over 19 years of clinical practice in emergency medicine and has served in

positions as Medical Director and Associate Medical Director for Emergency Services throughout his career.

Dr. Reynolds brings over 38 years of clinical practice in neurosurgery and has been a professor, associate and assistant professor and instructor at the Universities of Oklahoma, Arizona, New Mexico and Washington, respectively. Dr. Reynolds has been a neurosurgeon with Quincy Medical Group for 16 years.

Tranor joins Blessing Hospital with more than 19 years clinical experience and leadership skills. He has held several leadership positions within Barnes-Jewish Hospital, most recently as Administrative Director, Surgical Services.

Tranor earned his Bachelor's degree from the University of Cincinnati and MBA from Webster University.



Scott Koelliker has joined Blessing Physician Services (BPS) as Executive Vice President. He is responsible for all BPS operations.

BPS, a member of Blessing Health System, is a multi-specialty practice group serving western Illinois, northeast Missouri and southeast Iowa. BPS operates medical offices in Quincy; rural clinics in Warsaw, IL and Palmyra, MO; and specialty clinics in Carthage, Pittsfield, Warsaw, IL and Memphis and Unionville, MO.

Koelliker joins BPS from Heartland Regional Medical Center/Mosaic Life Care, St.

Joseph, MO, where he served in leadership positions for 20 years, including 15 years managing a 277-member multi-specialty physician clinic. In total, Koelliker brings 31 years of experience in hospital and physician practice management to Blessing.

He received his Bachelor in Business Administration degree from Missouri Western State University and his Master in Health Administration degree from Central Michigan University.

Koelliker's professional affiliations include the American College of Healthcare Executives and the American College of Medical Practice Executives.



Volunteer Today

Improving the health of our community is a team effort.

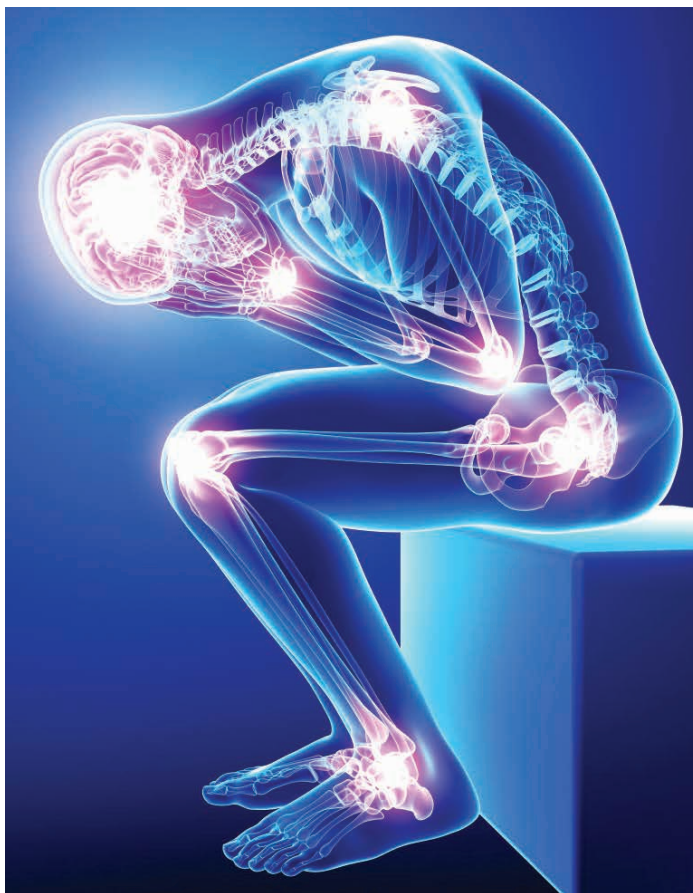
At Blessing Hospital volunteers play key roles on the team.

If you have a little time to spare, and the desire to make a difference, then Blessing Hospital Volunteer Services would like to speak with you.

Call Susan Scholz, 217-223-8400, ext. 6821 or email susan.scholz@blessinghealthsystem.org.

What's the most common reason people seek healthcare?

Pain.



It's a leading cause of disability and a major contributor to health care costs.

Blessing Health System makes pain management a top priority, offering a special course to its caregivers. It gives them advanced knowledge regarding identifying, assessing and managing pain to support patients, families, and their fellow caregivers.

But to help you, they have to know about your pain. When you're in pain, tell your caregiver. You're not complaining. You're not weak. You are a partner with your caregiver, providing the information they need.

Pain is a part of illness and injury. Sometimes it cannot be eliminated right away or completely. But together, we can manage pain.

Giving Society

Programs, services and new technology featured in this issue of Personal Blessing are made possible in part by donations to Blessing Hospital and The Blessing Foundation.

The Giving Society is an honor roll of those showing love through charitable giving of \$100 and above.

Gifts below were received for the following services: Blessed Beginnings, Blessing Hospice & Palliative Care, Blessing Hospice of Greene County, Blessing Hospice of Hancock County, Blessing Hospice of Pike County, Blessing Hospital, Blessing Nurses Alumni Association Scholarship Fund, Blessing-Rieman College of Nursing & Health Sciences, Blessing-Rieman College of Nursing & Health Sciences General Endowment, Breast Services, Cancer Center & Radiation Services, Emergency Center, Employee Crisis Fund, Home Care, Merrick Family Medical Crisis Fund, Patient Care Addition Fund, Psych Services, Quincy Hospitality House, Rehabilitation Services, and The Blessing Foundation – Unrestricted.

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*designates deceased

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