

Personal BLESSING

OUR PATIENTS. THEIR STORIES.

Spring/Summer 2017

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Published by the Marketing, Communications & Community Relations 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 communities

The Blessing Hospital Vision Statement:

Blessing will be the leader in quality patient- and family-centered health care. 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
- Health care educational provider of choice

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East meets West

Teamwork can improve care, lower costs

By Maureen Kahn, RN, MHA, MSN
President/CEO, Blessing Health System

Blessing Health System is working with two northeast Missouri providers to improve health care in the region.

Blessing and Hannibal Clinic have signed an affiliation agreement that will allow us to work more closely together to enhance clinical programs and services, to improve access to quality health care and to lower health care costs.

Hannibal Clinic is a multispecialty group of more than 50 providers, delivering patient care from its main facility in Hannibal and four satellite facilities in northeast Missouri. It recently added a multidisciplinary sports medicine clinic, the only one of its kind in the region; several of its general surgeons perform the Hidden Scar™ technique for breast cancer surgery, which leads to optimal clinical and aesthetic outcomes, and has successfully recruited a new neurologist to the area.

Blessing Hospital offers cardiology services, including cardiac catheterization, open heart surgery and an electrophysiology lab that helps patients address irregular cardiac rhythms. Blessing also offers a newly created hybrid operating room with advanced imaging and robotic surgery.

Leaders of both organizations identified initial areas of joint effort, including expansion of clinic services, particularly in rural areas; coordinated recruitment of physician specialties and attracting and retaining healthcare providers to address the challenging health care needs of the region.

Further up the Mississippi River, Kahoka (Missouri) Medical Clinic and its providers and staff are now part of Blessing Physician Services (BPS).

BPS, established in 2005 as part of the Blessing Health System, is a multispecialty practice group that serves residents of western Illinois, northeast Missouri and southeast Iowa. BPS operates medical offices in Quincy as well as rural clinics in Warsaw, IL and Palmyra, MO.

Dr. John Beckert established his practice in Kahoka in 1970. Drs. Matthew and Brigitte Cormier joined him in 2000. Dr. Cormier is Dr. Becker's daughter.

Both parties say becoming a part of Blessing will allow the Kahoka Medical Clinic to make critical improvements that have been out of reach, including changing from paper to an electronic medical record system.

At Blessing Health System we are committed to providing services that are convenient, accessible, and vital to our mission of improving the health of our communities. As a leading health care provider in the region, it is our goal to work cooperatively with physicians and

other providers who share our commitment to delivering superior outcomes, innovative care, high-level service and greater choice for patients and employers on both sides of the river. ■

Medical oncologist joins Blessing Health System

Bassel Jallad, MD, medical oncologist, will join Blessing Physician Services this summer, enhancing patient access to advanced, specialty cancer care close to home.

"With cancer rates in our region higher than the national average, Dr. Jallad will make a great impact on improving the health of our [community](#)," said Maureen Kahn, RN, MHA, MSN, President/Chief Executive Officer, Blessing Health System.

"He was ranked in the top sixth percentile of his medical school graduating class and is board certified in hematology, clinical oncology and internal medicine," she continued.

Dr. Jallad comes to Blessing from St. Louis University Cancer Center, Division of Hematology and Oncology, where he is assistant professor of medicine and associate director of the Hematology and Oncology Fellowship Program.

Dr. Jallad completed a hematology/oncology fellowship at Henry Ford Hospital/Wayne State University, Detroit, MI, an internationally recognized cancer care provider; an internal medicine residency at St. Joseph Hospital/University of Illinois, Chicago and earned his medical degree from the School of Medicine, Jordan University of Science and Technology, Irbid, Jordan.



Dr. Jallad credits his mother with his career choice.

"My mentor is my mother," he said. "She is a pediatric hematologist. I have seen her passion for treating patients with cancer and how much she made a difference. I knew that was what I wanted to do."

During 2015, the last year for which statistics are available, 613 patients were diagnosed and/or treated at Blessing Cancer Center. The top five types diagnosed and/or treated at Blessing were breast, lung, prostate, colon and bladder cancer. Blessing's number of breast cancer cases was nearly five percent higher than the national average; colon cancer cases were more than three percent higher; lung cancer cases were two percent higher and bladder cancer cases were less than one percent higher than the national average.

"Blessing Hospital has a long and nationally recognized history of providing state-of-the-art radiation therapy to the region's cancer patients," Kahn concluded. "Patients and their loved ones told us the region also needed greater access to medical oncology services, cancer treatment with chemotherapy and other medicines."

Dr. Jallad is expected to be in practice and seeing patients at Blessing sometime after June 19. ■

A MIRACLE IN CAMO

You don't notice any scars when you look at Kendal Hannant. You do, however, when he and his family talk about what happened.

"Being 19 and not knowing if you'll ever walk again is the worst feeling ever," Kendal said, his voice cracking with emotion.

On October 15, 2016, Kendal was climbing up to his deer stand in rural Pike County near Chambersburg, IL, when a strap broke, putting him into freefall 20 feet to the ground below.

"I hit the ground hard and my legs went numb," he said.

The accident began a 48-hour odyssey of fear for the Hannant family.

Kendal was flown by Air Evac medical helicopter to Blessing Hospital and stabilized in the Emergency Center. He and his family then came under the care of the Intensive Care Unit staff.

"They told us this was not their first deer stand accident. It was for us, but not for them. They had experience and knew what to do," said Kendal's mother, Michele, a 22-year member of the Blessing Health System Radiology department. "They went above and beyond to give our family the best care ever."

Mark Gold, MD, Quincy Medical Group neurosurgeon and member of the Blessing Hospital medical staff, assessed Kendal the morning after his fall.

"He flat out told us, 'This is a spinal cord injury. We just don't know if Kendal will walk again. We will do every bit of the best we can to get him walking again,'"



Back row, left to right: Michele, Kendal and Kurt Hannant. **Front row, left to right:** Kendal's girlfriend, Ashley Scranton and his sister, Mercedes.

Michele recalled of what Dr. Gold told her and her husband, Kurt.

Dr. Gold remembers that painful conversation, too.

"A vertebra burst and sent bone fragments into his spinal canal, which put pressure on the spinal cord," he said. "In addition, Kendal broke other spinal bones, ripped ligaments and ruptured the membrane covering the spinal cord, leaving the nerves and the cord exposed."

"This may not get better, ever. That was my initial thought when I saw the extent of the injury," Dr. Gold stated.

However, Dr. Gold had seen this type of injury before and knew what needed to be done to give Kendal the best chance to walk again.

During a 10-hour surgery, Dr. Gold decompressed Kendal's spinal cord, removed bone fragments from the spinal canal, put the nerves back that had been



Mark Gold, MD
Neurosurgeon

violently jarred out of place by the force of the fall and closed the torn spinal membrane.

From there, he used vertical rods, horizontal cross links and screws to strengthen several inches of Kendal's damaged spine. Finally, Dr. Gold ground up the bone fragments that had been removed and sprinkled them strategically along the damaged area of Kendal's spine to help it bond with the new metal supports and heal.

Throughout the day and into the night, Surgery staff regularly updated the Hannants on Kendal's progress. The surgery ended after midnight, and the wait began to see if Kendal would walk again.

It didn't take long. A day after surgery, Kendal had some feeling in his legs, and three days after surgery, he was able to take a few steps.

"I would not have predicted he would get so much better so quickly," said Dr. Gold, who expected the progress Kendal made in three days to take at least three weeks. "He has done remarkably well. A lot of it is a testament to his mindset."

Dr. Gold also credits the surgical staff at Blessing Hospital for what the Hannant family calls a "miracle".

"It is a very sophisticated treatment that can only be done in an environment where you have a team that is dedicated, educated and motivated. These people are really good; really, really good and I've worked with some really good teams. I've worked in Level I trauma centers. We have a very good team here," Dr. Gold concluded.

Kendal's odyssey was not over. Ten days after arriving at Blessing Hospital, he chose to transfer to Blessing's nationally accredited inpatient rehabilitation unit to relearn how to walk more than a few steps.

"Once he came to Rehabilitation, there was no looking back," said Kiran Datar, physical therapist. "He did better each day and finally walked out of here using a walker."

Kendal left Blessing just over a month after his accident. "He progressed much quicker than I expected," Kiran concluded.

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DeRosa, Sandhu and daVinci— Changing lives at Blessing Hospital

Doctors Austin DeRosa and Garry Sandhu, Blessing Physician Services, are the region’s only fellowship-trained urologists. What does that mean? It means the doctors invested two additional years after medical school and residency to focus on the minimally invasive treatment of urologic cancers. What does that mean to you? It means access to the latest care without leaving the area.

Helping the doctors change the lives of their patients is the daVinci surgical system at Blessing Hospital. The daVinci has four arms; one holds a tiny camera, the other arms hold surgical instruments. Instead of the large incision required with traditional open surgery, the daVinci arms work through small incisions—about the size of a dime. The arms are controlled by the surgeon from a console in the operating room.

Patients whose condition qualifies them for robotic surgery experience less pain, less blood loss, a shorter hospital stay and quicker recovery time. The technology also provides outstanding visualization, featuring a camera that displays the surgical area in high definition, magnified up to 10 times.

Following are the stories of three men whose lives were changed by DeRosa, Sandhu and daVinci.

“My husband was one very sick man”

Lee Roy Crider says a headache brought him to see his primary care doctor. It also led him to become a “first” at Blessing Hospital.

“My husband was one very sick man,” said Lee Roy’s wife, Kathryn. In addition to that headache, Kathryn said her husband’s blood pressure exploded, he

felt nauseated, his appetite disappeared, he alternated between exhaustion and sleeplessness, experienced pain in the right side of his body in the abdomen and back and his personality changed.

“You didn’t know what each day was going to bring,” she recalled.

Medical tests indicated the adrenal gland on Lee Roy’s right kidney was enlarged and growing.

The adrenal glands sit on top of each kidney. They produce hormones a person can’t live without, including epinephrine and norepinephrine, hormones responsible for the “fight or

flight” response when the body is stressed.

Lee Roy’s primary care physician referred him to Dr. DeRosa.

The diseased gland was pumping out an excessive amount of “fight or flight” hormones, leading to Lee Roy’s debilitating symptoms. He needed surgery to remove the suspicious gland and was a candidate for the daVinci procedure.



“It was a
five-star
procedure
done by a
five-star
doctor.”



Dr. Austin DeRosa (seated) and Dr. Garry Sandhu (standing) at the controls of the daVinci surgical robotic system

Because adrenal surgery is fairly rare, Dr. DeRosa consulted with his partner, Dr. Sandhu, who joined Blessing from Washington University in St. Louis, where he had performed the procedure frequently.

“It’s a unique case because when this is a concern, you also have to be very delicate during surgery to not manipulate the mass too much, otherwise the patient’s blood pressure could spike because of the release of the excessive amount of hormones it is producing,” said Dr. Sandhu.

“Because daVinci offers better visualization, the diseased gland is manipulated less than it would be during open surgery,” said Dr. Sandhu.

Three days after surgery, Lee Roy was home in Loraine, IL.

“I was surprised. I thought it would take longer,” he said. “I am grateful.”

One more piece of good news, Lee Roy’s tumor was noncancerous. “He had a smile on his face from ear to ear,” said Lee Roy when Dr. Sandhu gave him the news.

Changing family history

Randal Brewer has lived with chronic kidney disease for years. So when his doctor told him he had kidney cancer, it was not a surprise, yet the diagnosis hit him particularly hard. “My mother died of kidney cancer,” Randal said. “I was really scared.” A Macomb, IL resident, Randal became a patient of Dr. DeRosa.

“Many patients are offered a radical nephrectomy

(removal of the entire kidney) when they have a small renal mass, which is not good for the patient’s renal function and life expectancy,” said Dr. DeRosa.

He suggested Randal undergo a partial nephrectomy using the daVinci system. “Partial nephrectomy preserves renal function as best as possible,” the doctor continued. “That’s very important in the older population prone to diabetes or high blood pressure. They need as many nephrons (cells of the kidney) as possible.”

Nephrons are the filtering structure in the kidney. Each kidney contains more than a million tiny filtering nephrons that help clean the blood—removing excess water, wastes and other substances—and return other elements such as sodium, potassium, or phosphorus when they run low in the body.

“Nephron-sparing surgery means removing only the tumor and not the entire kidney,” stated Dr. DeRosa.

“After surgery, he came up to my room and said, ‘We got it,’” Randal recalls of his encounter with Dr. DeRosa after the procedure. “I was relieved to hear that.”

“I was up and walking two days after I returned home,” he continued. “I thought it would be at least a month before I could get up and get around.” Randal was the first Blessing patient to undergo a robot-assisted partial nephrectomy.

“I love Dr. DeRosa,” he said. “He was patient with me, explained things so I could understand and was quick to answer questions. I would recommend him to anyone.”

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Janie Neu slips into her seatbelt pain free after shoulder-replacement surgery.

ENJOYING THE RIDE

There are tasks in life that people take for granted. Pain made some of those common activities uncommonly difficult for Mary Jane “Janie” Neu.

“It just dictated everything,” she said of intense pain in her left shoulder. “The two worst things were sleeping – every time you’d move you’d wake up – and putting your seat belt on in the car.”

After putting up with the pain for too long, Janie went to see a doctor.

“I thought I needed some therapy. After an X-ray, he said, ‘You need a total shoulder replacement,’” she recalled. “I was shocked.”

The year was 2015, and there were no surgeons in Quincy doing shoulder-replacement surgery. So Janie opted for medication to see if it would help.

“I put it off because I did not want to go out of town. I am great for staying in Quincy,” she stated.

Janie was lucky. While the medication did not work, Luke Harmer, MD, came to work at Quincy Medical Group and joined the Blessing Hospital medical staff. The Mayo Clinic-trained orthopedic surgeon had performed more than 130 shoulder-replacement surgeries before arriving in Quincy.

“Shoulder surgery really does make a difference in people’s lives,” he said.

Nationally, demand for shoulder surgery has increased by 150 percent since 2000.

There are two types of shoulder-replacement surgery:

- **Anatomic Total shoulder replacement surgery** can be performed on patients with no damage to the rotator cuff in their shoulder. The rotator cuff allows the shoulder to rotate. In this surgery, metal and plastic parts replace the shoulder’s ball and socket.

- **Reverse total shoulder replacement surgery** is for a patient whose rotator cuff is damaged. In this case, the replacement parts are reversed—the socket goes where the ball in the shoulder naturally would be, and the ball goes where the socket belongs.

“What reverse total shoulder replacement surgery allows is a shoulder that functions normally without the rotator cuff being intact,” stated Dr. Harmer. “It allows an entirely different problem to be treated with total shoulder replacement surgery. Patients that otherwise would not be able to have a good outcome with anatomic total shoulder replacement surgery can now have a successful outcome.”

Janie’s rotator cuff worked just fine. After 77 years, her problem stemmed from very little cartilage left in her shoulder, leaving the ball and socket rubbing against each other—it is the same situation that can lead to knee and hip replacements. Janie had anatomic total shoulder replacement surgery.

Six months after her surgery, she felt completely healed and was back to all of her usual activities. “I could do anything,” exclaimed Janie.



Luke Harmer, MD
Orthopedic Surgeon

While Janie was aware of shoulder-replacement surgery because some of her friends had it before she did, many people think of shoulder surgery as a procedure for athletes.

"Total shoulder replacement is not an operation for young athletes because the plastic and metal replacement pieces wear out over time," observed Dr. Harmer.

He said that his colleague, Dr. Adam Derhake, sports medicine specialist, treats shoulder problems in athletes and younger patients with a minimally invasive procedure called arthroscopy. It puts the patient's own tendons and cartilage back into position to restore their anatomy and return them to their sport or work.

"Total shoulder replacement is an option for people whose demands on their shoulder are slightly less than the athlete or working person," Dr. Harmer continued. "It is a reliable way to get them back to enjoying their life and being pain free."

There are cases in which a shoulder replacement will not work. If the socket bone is worn down too far, replacement will not work as well as expected. There

are other anatomic limitations in some patients.

"Oftentimes not doing surgery is the best answer for patients," Dr. Harmer said. "Patients are often surprised when they come to see a surgeon and I spend my time convincing them not to have surgery, but instead, maximize their function using physical

therapy, injections into their shoulder, creams and rubs or non-addictive pain medications that can get them back to full function, far more function than they imagined, even without surgery."

For Janie, surgery was the answer. She now sleeps well and enjoys the ride thanks to the ability to fasten her car's seatbelt pain free. Janie is grateful Dr. Harmer came to practice in the Quincy area.

"I thought he was wonderful. He was so personable and explained everything so well. I had total confidence," she said. "He has great credentials. I looked him up."

"Shoulder surgery really does make a difference in people's lives,"

.....
Luke Harmer, MD

For more information on the orthopedic care available at Blessing Hospital, go to blessinghospital.org/orthopedics. ■

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Patients using new operating rooms

Blessing Hospital is prepared to meet the region's surgical needs into the future with the completion of its year-long Surgical Services expansion project. A hybrid operating room (OR) hosted its first procedure on February 27, and the new multipurpose OR opened on February 14.

The additional ORs 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. A virtual tour of the new spaces and interviews with surgeons using the new ORs can be viewed at blessinghospital.org/surgery.

Hybrid OR: Leading-edge technology

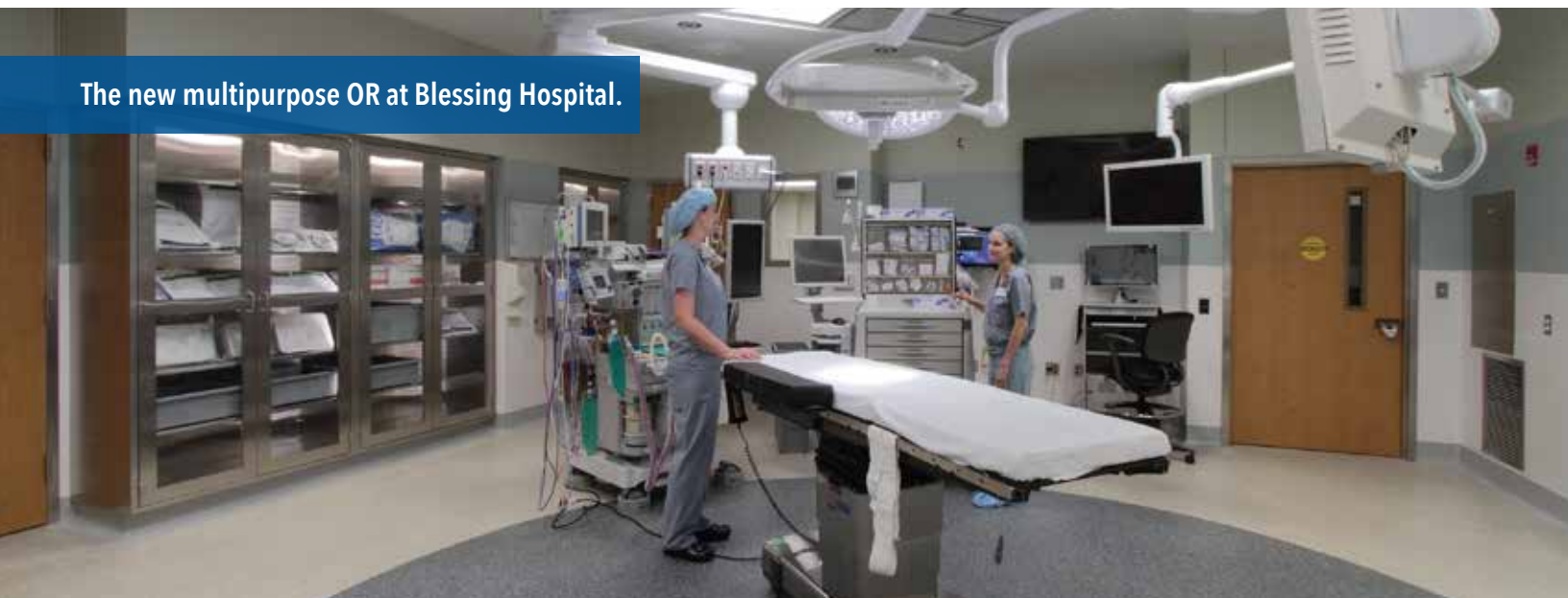
The hybrid OR combines the features of a traditional surgical suite with advanced imaging capabilities needed to perform the latest minimally invasive surgical procedures. The combination of equipment in one room creates a care environment dedicated to complex, minimally invasive procedures with the ability to convert to an open-procedure surgical suite.

Multipurpose OR provides more space

The size of the new multipurpose OR, compared to the other multipurpose ORs in Blessing's Surgery Department, better meets the needs of trauma and orthopedic cases, which often require the use of large surgical and imaging equipment.

The expansion project brings the total number of operating rooms at Blessing's 11th Street campus in Quincy to 10 and allows all surgical suites to be best equipped for specialized procedures. Blessing also operates three outpatient ORs at the Blessing Surgery Center located in the Quincy Medical Group office complex. Last year, Blessing Hospital performed more than 16,500 surgical procedures. ■

The new multipurpose OR at Blessing Hospital.



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BlessingCareOnDemand.com



A MIRACLE IN CAMO

Continued from page 5

“He took to it like a duck to water,” said Diane Tappe, Certified Occupational Therapy Assistant-Licensed, about Kendal’s determination in rehabilitation. “He worked hard and never complained. Kendal had good family support, and strength and youth were on his side.”

As an adult, Kendal made the decisions about his care and says staying at Blessing was his choice and not because his mother works for Blessing.

“Probably the number one reason I decided to stay here was because of my family and friends; I didn’t want to be away from them. I think if I would have

gone somewhere else, I would not have been as motivated to work as hard as I did,” Kendal stated. “I can walk. I can do everything I want again.”

“This is a miracle,” said Michele, her voice also cracking with emotion. “This is prayers being answered. This is the care we received at Blessing. I do not feel we would be here today if it wasn’t for the care we received at Blessing Hospital.” ■

For more on the services available at Blessing Hospital, visit blessinghospital.org.

“We wouldn’t accept that as an answer”

Well-meaning advice from a teacher fueled Kathy Harland’s drive to help her son become independent.

“I had a teacher in the fourth grade who told me that I should just quit worrying about Matthew not being able to write. If he could print his name and he could type, that was good enough,” recalled Kathy, a 24-year member of the Blessing Hospital nursing staff. “We wouldn’t accept that as an answer.”

From the day he was born, 16-year-old Matthew Harland struggled. While Kathy’s pregnancy and Matthew’s delivery were normal, from the day he was born, he fought illness after illness.

“As a result, he was very delayed—crawling, walking, talking, everything,” Kathy stated. “The older he grew, the more problems he experienced.”

As a teenager, Matthew became a patient of Ronald St. Hill, MD, Blessing Behavioral Center, and Michael Kirkpatrick, MD, family medicine, Blessing Physician Services, and the sources of his challenges were identified—autism and attention deficit disorder.

Matthew’s problem with his fine-motor skills contributed to his writing being unreadable. He could barely print his name and could not write in cursive. To help him develop those skills needed to succeed in school and life, Kathy brought Matthew to Advance Physical Therapy at the Blessing Health Center to

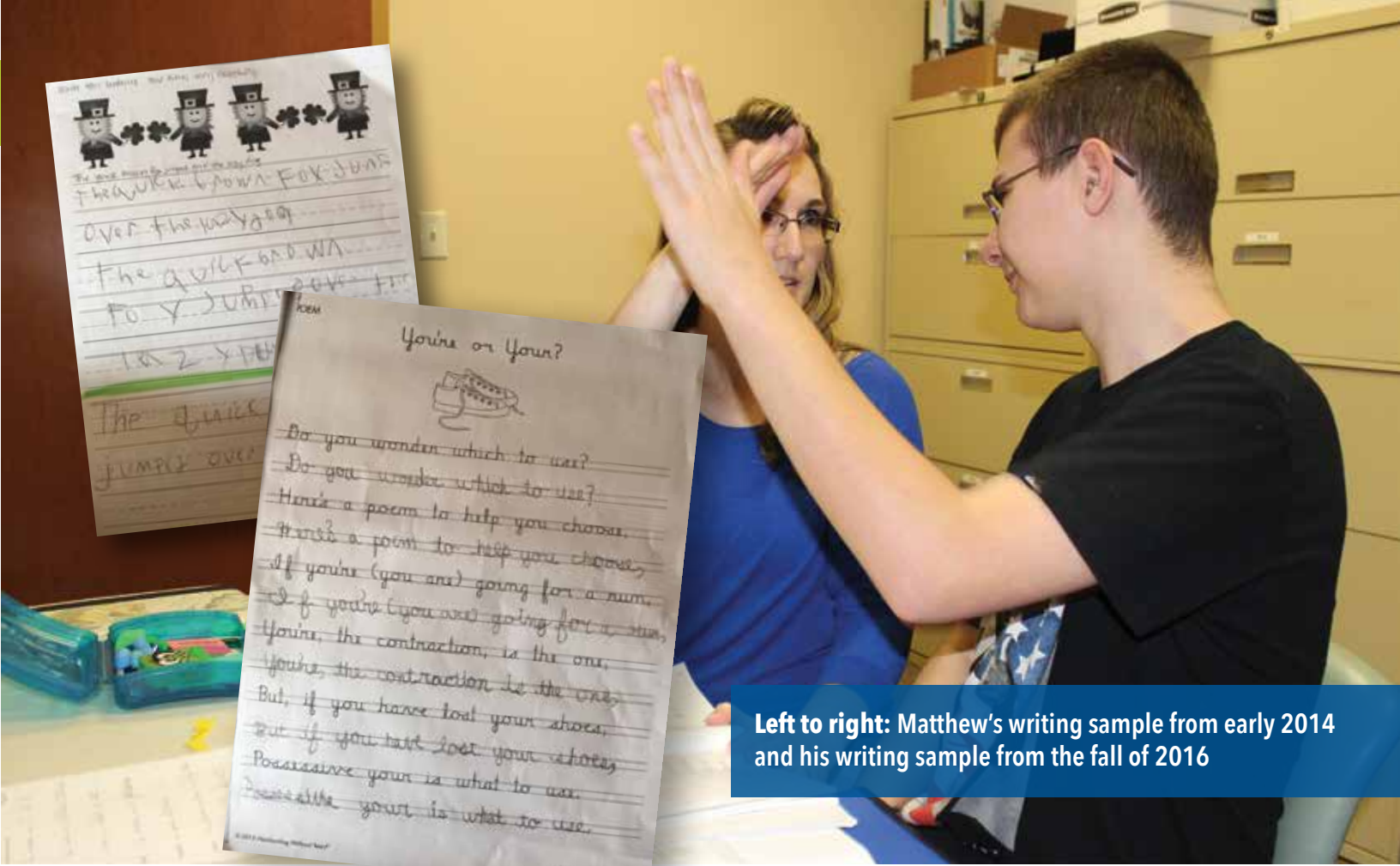
work with occupational therapists Cinda Barnes and Cheryl Hagmeier.

“Taking notes in cursive is far more effective than printing is,” said Cinda, who is trained in a national program called, Handwriting Without Tears, and teaches it to Matthew. “We know from research that when children take notes and write in cursive, they actually are able to take more notes and better notes. They spend less time writing, so they spend more time listening and learning and retaining. If you can spend more time listening to your teacher and more time absorbing what you are being taught, you learn more, you do better in school.”

Handwriting Without Tears is designed to help any child having difficulty writing for whatever reason. It simplifies writing instruction and uses techniques to correct problems with letter formation. It coordinates with any writing instruction a school may use.

The program has changed Matthew’s life. When he began working with Cinda and Cheryl five years ago, his printing was illegible, and he could not write or read cursive. In fact, Cinda said at the beginning of their relationship, Matthew would experience panic attacks if she mentioned cursive writing. Today, his printing is legible, and he is writing very well in cursive and reading it, too.

Cinda also incorporates Matthew’s love of history



Left to right: Matthew's writing sample from early 2014 and his writing sample from the fall of 2016

into his Handwriting Without Tears weekly, one-hour lessons and homework, heightening his interest.

"The progress he has made is amazing," said Kathy.

Those skills have had a domino effect for Matthew.

"Matthew's social skills have blossomed. He's gained so much confidence," observed Cinda. "He's able to participate more in the classroom. It gives him more control over how he gets through his day. That is a huge confidence builder."

That is what Kathy, husband Jerry and brother Christopher want most of all for Matthew.

"He is learning to become an advocate for himself.

That is what I want him to be able to do, to be as independent as possible," stated Kathy. "That's the fine line we have with kids with special needs. You want to help them but you don't want to help them

so much that you disable them. You want them to be able to progress."

Matthew is proud of what he has accomplished and knows it is important to his future.

"When I get older I can write bills and stuff," he said.

Cinda encourages anyone who wants to learn more about Handwriting Without Tears

to visit their website, hwtears.com or call Advance Physical Therapy to discuss how occupational therapy can help and whether a child could benefit from an occupational therapy evaluation to assess writing. If so, a doctor's order is required. ■

The program
has changed
Matthew's life.

WELCOME NEW PHYSICIANS



Sara Baig, MD, has joined the Blessing Physician Services Cardiology Department. Dr. Baig grew up in

St. Louis, MO and completed her medical education at the University of Missouri, Kansas City School of Medicine. After completing her residency at Tufts University School of Medicine—New England Medical Center in Boston, MA, Dr. Baig completed a cardiology fellowship at the University of Missouri, Columbia. In addition, she completed an advanced fellowship in cardiac imaging from the University of California in San Francisco. She has a keen interest in preventative care.



Lindsay Brink, DO, has joined the Quincy Medical Group Pediatrics Department. Dr. Brink received her medical degree

from A.T. Still University-Kirkville College of Osteopathic Medicine. She completed her residency at the University of Illinois College of Medicine at Peoria, OSF St. Francis Medical Center Children's Hospital of Illinois.



Pierre S. Charles Jr., MD, has joined the Quincy Medical Group Trauma Surgery Department. Dr.

Charles received his medical degree

from Louisiana State University School of Medicine and Health Science Center in New Orleans. He completed his residency in general surgery and his trauma/critical care fellowship at UCLA/Drew Medical Center in Los Angeles. Dr. Charles is certified by the American Board of Surgery. Before joining Quincy Medical Group, he was the Trauma and Medical Director of Quality Management at Beloit Hospital in Beloit, WI. Dr. Charles has 23 years of experience.



Wes Creech, D.C., has joined Blessing Physician Services. He practices at Performance Spine & Sports

Center, 332 South 36th Street, Suite 3, Quincy. Dr. Creech received his Doctor of Chiropractic degree from Logan College of Chiropractic. He completed a physiotherapy internship in Queensland, Australia. Dr. Creech is certified in Active Release Techniques (ART). He is a native of Hannibal, MO.



Nickolas Gillette, DO, has joined the Blessing Walk-In Clinic medical staff. Dr. Gillette earned his medical

degree from A.T. Still University-Kirkville College of Osteopathic Medicine. He completed residency at Northeast Regional Medicine Center in family medicine in Kirkville. His experience includes providing care as an urgent care physician at Complete Family Medicine in Kirkville.

Dr. Gillette joins Dr. Brian Snyder and Dr. Joseph Lane, medical director, on the Blessing Walk-In Clinic medical staff.



Robert Johnson, MD, has joined the Radiation Therapy Department of the Blessing Cancer Center. Dr. Johnson

joined the department following the retirement of Dr. Young Yu. Dr. Johnson is board certified by the American Board of Radiology. He earned his medical degree from the University of Kansas School of Medicine where he also completed his radiation oncology residency after an internship.



Ada Kagumba, MD, has joined the Quincy Medical Group OB/GYN Department. Dr. Kagumba received her medical degree

from Johns Hopkins University School of Medicine in Baltimore, MD. She completed her residency in obstetrics & gynecology at Johns Hopkins Hospital. Dr. Kagumba is certified by the American Board of Obstetrics and Gynecology. Dr. Kagumba was on staff at Quincy Medical Group once before. Before returning, she practiced at Piedmont Providers Medical Group in their General Practice and Obstetrics & Gynecology departments in Newnan, GA.





Javeed Khan, MD, has joined the Blessing Physician Services Department of Surgery. Before joining the

Blessing staff, Dr. Khan performed surgeries at St. Agnes Hospital, Baltimore, MD, and Howard County General Hospital, Columbia, MD. Both hospitals are affiliated with Johns Hopkins University Hospital. Board certified in general surgery, Dr. Khan completed surgical residency at St. Agnes Hospital and earned his medical degree from Dr. B.R. Ambedkar Medical College, Bangalore University in India, where he also completed an internship.



Dr. Mark S. Khil, MD, has accepted the position of Blessing Hospital Radiation Therapy Department

Medical Director. He replaces Dr. Young Yu, who retired after holding the position for 40 years. Dr. Khil has been in the department for 15 years. He is board certified by the American Board of Radiology. He earned his medical degree from the College of Medicine Seoul National University. He completed his fellowship, residency and internship at the State University of New York–Downstate Medical Center and Health Science Center.



David Kimple, MD, has joined the Quincy Medical Group Department of Neurology. He received his

medical degree from the University of Kansas School of Medicine, Kansas City. Dr. Kimple completed his neurology residency at West Virginia University School of Medicine, Morgantown.

The following Hannibal Clinic surgeons have been granted admitting privileges at Blessing Hospital as part of the affiliation between Blessing Health System and Hannibal Clinic:



Melissa Matrisch, MD

Certified by the American Board of Surgery, Dr. Matrisch

completed medical school at Wake Forest University School of Medicine, Winston-Salem, NC and her residency at East Tennessee State University in Johnson City.



Patricia L. Hirner, MD

Certified by the American Board of Surgery and a Fellow of

the American College of Surgeons, Dr. Hirner has interest in breast, thyroid and parathyroid surgery. She earned her medical degree from and completed her residency at the University of Missouri-Columbia.



Aphrodite M. Henderson, MD

Certified by the American Board of Surgery and a Fellow of the American College

of Surgeons, Dr. Henderson has interest in vascular and venous disease, breast surgery and chronic wounds. She earned her medical degree from the Medical College of Pennsylvania and completed her residency at the University of Texas Medical Branch.



The most important nursing skill there is – a caring touch

That is how a mother described the care her baby received at Blessing Hospital. The care was provided by Sara Campbell, RN, and she earned a DAISY Award for it.

Through the international DAISY Award program, patients or their family members, visitors, doctors, hospital staff members and volunteers recognize the extraordinary care provided by nurses.

Since the last issue of *Personal Blessing* magazine, three more Blessing Hospital nurses have joined the ranks of DAISY Award winners.

Sara was nominated by Marie Woods, the mother of 10-month-old Makenna, to whom Campbell provided care. In her nomination, Woods said, “My husband, who never comments much, said, ‘She cares, doesn’t she?’ Sara left a lasting impression on him.”

mind about Chad is how he took the time to see my dad as a person first. He took his time to develop a friendship with Dad. They’d talk about crops, cows and general country living guy stuff. My dad got to where he looked forward to Chad’s visit. My dad would actually do what Chad suggested, where I would fall short.”

Amy Evers, RN, Blessed Beginnings, was nominated for the DAISY Award by two former patients. One of the moms, whose baby was born with a breathing problem said, “Even my family was impressed with the time she took to explain things to them.”

The other mom said, “Amy truly is an inspiration and is what all nurses need to be. She showed me that there are amazing people in the world that do go above and beyond their call of duty.”

DAISY stands for “Diseases Attacking the Immune



Sara Campbell (right)



Amy Evers (left)



Chad Yingling (left)

“I never felt like the care she provided was just another task, but another step to get Makenna well and home. Sara held Makenna and provided the most important nursing skill there is – a caring touch.”

Chad Yingling, RN, Blessing Home Care, received a DAISY Award, and was nominated by the daughter of a patient to whom he provided care. Her nomination stated, “When it came to health care, dad was quite stubborn. Chad would come check on dad, who chose to live at home after a medical setback. What is still in my

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. There are more than 1,900 health care providers worldwide who participate in the DAISY Award program.

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



Do Worthwhile Work Now

jobs.blessinghealthsystem.org

provides an updated, online look for employee recruitment

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.

DeRosa, Sandhu and daVinci– Changing lives at Blessing Hospital

Continued from page 7

“A five-star procedure done by a five-star doctor.”

Numbers go down. Numbers go up. One number men do not want to rise is their PSA level. PSA is prostate specific antigen. It is a protein produced exclusively by prostate cells. A man’s PSA level is measured by a blood test. The chance of having prostate cancer are greater as the PSA level increases.

Ken Rauch and his doctor tracked his PSA level as it rose over the years. Ultimately, medical tests detected two spots on his prostate.

“The two spots turned out to be significant cancer,” Ken said.

Ken, of Colchester, IL, became a patient of Dr. DeRosa. “We counsel men on their options: surgery, radiation or active surveillance, depending on the stage and grade of the cancer,” said Dr. DeRosa of his interaction with prostate cancer patients. “Ken was a patient who needed treatment.” Dr. DeRosa and Ken decided the best option

for long-term success was a robotic prostatectomy.

“Better visualization of the daVinci allows the surgeon to avoid important nerves, which leads to less erectile dysfunction and urinary incontinence after prostate surgery,” stated the doctor.

To get all the information he needed to make an informed decision, Ken took the advice of an acquaintance who survived prostate cancer and went to Mayo Clinic for a second opinion. He said the Mayo urologist recommended the same treatment as Dr. DeRosa.

“Why go all the way up there (Mayo) when Dr. DeRosa has done the procedure as many times as he has?” Ken stated.

The surgery was a success. Ken described his recovery as “excellent”.

“It was a five-star procedure done by a five-star doctor,” he said. ■

EMPLOYEE ACCOMPLISHMENTS



Julie Cassens, RN, and Kellea Hendrian, RN, both of Blessing Hospital's Care Coordination

Department, have earned the status of Certified Case Manager (CCM).

A CCM is a health professional who has the expertise,

knowledge and professional experience to identify the right services for patients with serious or complex medical conditions and/or catastrophic injuries and illnesses.

Requirements to earn CCM status include being a licensed registered nurse, having 24 months of full-time case management ~~employment~~ experience and passage of the certification examination for case manager.

Cassens earned her nursing degree from Blessing-Rieman College of Nursing & Health Sciences. She started working at Blessing in 1994. Cassens has worked on a medical/surgical unit, in quality management, health information management, and now care coordination.

Hendrian earned her Bachelor of Science in nursing from Blessing-Rieman College of Nursing & Health Sciences. She joined Blessing in 2010 and worked as a registered nurse on the medical oncology unit and joined care coordination in 2013.



Abby Dunker, PharmD,

Emergency Department clinical pharmacist, co-

authored an article published in the November 2016 issue of *Hospital Pharmacy Journal*.

The article examined how the use and monitoring of azithromycin, an antibiotic commonly known as Zithromax or Z-pak, changed after a March 2013 U.S. Food & Drug Administration public warning that the drug could cause abnormal electrical activity of the heart and could lead to potentially fatal irregular heart rhythm.

Dr. Dunker is a graduate of Chicago State University College of Pharmacy. She completed a two-year pharmacy practice residency, specializing in critical care, at the University of Chicago and joined the Blessing staff in August 2016.



Kathy Harland, RN,

One Day Surgery, is now a Certified Ambulatory Perianesthesia

Nurse (CAPA) from the American Board of Perianesthesia Nursing Certification.

The CAPA has received extra training and completed the exam to be certified in the care of patients both before and after the administration of anesthesia, sedation or analgesia. Certification is a voluntary process that provides patients and their families with confirmation that the nurse caring for them has

demonstrated experience, knowledge and skills in the complex specialty of ambulatory perianesthesia nursing.

Certification requires a minimum of 1,800 hours of perianesthesia nursing practice as a registered nurse and successful passage of a written examination.

Harland is a 24-year member of the Blessing Hospital staff. She received her nursing education from MacMurray College, Jacksonville, IL, and worked on an inpatient surgical unit at St. Mary's Hospital in Quincy before joining Blessing Hospital and providing care on the medical/oncology unit and One Day Surgery.

Harland is a member of the American Society of Perianesthesia Nurses.



Ginger Dieterich Hodson,

administrative coordinator, Provider

Recruitment, Blessing Health System, has earned certification as a Fellow of the Association of Staff Physician Recruiters (FASPR).

Certification requires the passage of three written examinations demonstrating expertise in physician/provider recruitment, onboarding and retention, human resources and relevant legal issues.

Dieterich Hodson holds a Master of Business Administration degree from William Woods University and a Bachelor of Science degree from Western Illinois University.



Alicia Mohr, MSN, MBA, RN-BC, quality coordinator, Administration, Blessing Physician

Services, met the requirements to retain certification in Nursing Informatics from the American Nurses Credentialing Center.

Nursing informatics integrates nursing with management of information and communication technologies in the health care delivery setting.

Requirements for retaining certification include 75 or more hours of continuing education in the field and a minimum of 1,000 hours of practice in the specialty.

Mohr earned her nursing degrees from Loyola University–Chicago and Blessing-Rieman College of Nursing & Health Sciences. She received her MBA from Culver-Stockton College.



Jayne Pieper, MBA, sales and promotion coordinator, Blessing Corporate Services, has been

accepted into the Leadership Illinois program.

Leadership Illinois brings together a diverse group of accomplished women who participate in a year-long program focusing on leadership.

Among Pieper’s responsibilities are development and marketing of the Blessing Be Well at Work program.

MAKING THE GRADE



Blessing Hospital has earned its second consecutive grade of “A” for patient safety from a leading national health care consumer group. Blessing was one of only 823 hospitals nationwide and 38 in Illinois named among the safest by the Leapfrog Group for spring 2017.

The Leapfrog Group, a nonprofit organization committed to driving quality, safety and transparency in the U.S. health care system assigns A, B, C, D and F letter grades to hospitals nationwide. Developed under the guidance of an expert panel, the Leapfrog Hospital Safety Grade uses 30 measures of publicly available hospital safety data to assign grades to more than 2,600 U.S. hospitals twice per year. It is calculated by top patient-safety experts, peer-reviewed, fully transparent and free to the public.

“If we can compare this accomplishment to the world of sports for a moment, we know that repeating as a champion is very difficult,” said

Maureen Kahn, RN, MHA, MSN, president/chief executive officer, Blessing Health System. “For the Medical Staff and employees of Blessing Hospital to earn a Safety Grade “A” from Leapfrog for two consecutive survey periods—fall of 2016 and spring 2017—is a testament to their ability to never take their eye off the ball, resulting in an unwavering commitment to reducing errors, infections and accidents that can harm patients.”

“The winners in this situation are the patients,” Kahn concluded.

“Hospitals that earn top marks nationally in the Leapfrog Hospital Safety Grade, have achieved the highest safety standards in the country,” said Leah Binder, president and CEO of The Leapfrog Group. “That takes commitment from every member of the hospital staff, who all deserve thanks and congratulations when their hospitals achieve an ‘A’ Safety Grade.” ■

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: **Beth Calabota Metastatic Breast Cancer Fund, Blessed Beginnings, Blessing Hospice & Palliative Care, Blessing Hospice of Greene County, Blessing Hospice of Hancock County, Blessing Hospice of Pike County, Blessing Hospital, Blessing Lauretta M. Eno Early Learning Center, Blessing Nurses Alumni Association Scholarship Fund, Blessing-Rieman College of Nursing & Health Sciences General Endowment, Blessing-Rieman College of Nursing & Health Sciences–Unrestricted, Breast Services, Cancer Center & Radiation Services, Diabetes Services, Emergency Center, Employee Crisis Fund, Heart & Vascular Center, Hospice/Palliative Care HOPE Project, Intensive Care Unit, Intermediate Care, Merrick Family Medical Crisis Fund, Nurse Education Fund, Patient Care Addition Fund, Patient Family Fund, Psych Services, Quincy Hospitality House, Quincy Hospitality House Building Fund, Rehabilitation Services, The Blessing Foundation–Unrestricted and Volunteer Services.**

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The Blessing of a good night's sleep



Carol Dodds' life changed thanks to the skill of a heart surgeon and the generosity of people she doesn't know.

Blessing Hospital cardiothoracic surgeon, Dr. John Arnold, recently performed a quadruple bypass on the West Point, IL resident so that her heart could resume its ability to effectively pump life-giving, oxygen-rich blood.

Donors to The Blessing Foundation then invested in Carol's recovery.

"I used to sleep on a 40-year-old mattress and box spring on the floor," said the former nurse.

As her health deteriorated, she could not get off the mattress without a bed frame. "So I slept in a desk chair," Carol stated.

Her sleeping options threatened to tear her incision and increase the risk for infection. So the Blessing Hospital Cardiovascular Unit (CVU) care team and discharge planner Donna Winters worked to give Carol the help she needed to recover.

Donna requested that The Blessing Foundation provide funds to rent a hospital bed for Carol to use in her home for 30 days.

"Everyone in the Blessing Health System practices good stewardship," said Ann Awerkamp Dickson, administrative director, The Blessing Foundation. "In this case, it was clear that for a similar investment, the situation could be addressed on a long-term basis."

So, from donations made to the Blessing Heart & Vascular Center restricted fund, a new box spring and mattress were purchased for Carol from Ashley HomeStore in Quincy. The new bed would sit on a bed frame donated by a Blessing nurse.

"When I went into her room to tell her, I've never seen such a look of shock," Donna recalled of sharing the news with Carol. 'You're going to buy me a bed?' she said to me. The surprise on her face was heart-warming," Donna described.

"I cannot begin to describe how wonderful it is to lay down," Carol said. "No one knows how wonderful it is unless they have slept in a desk chair for a couple of months."

Ashley HomeStore provided a discount to increase the value of the donation.

"We do a breast cancer awareness fundraiser for Blessing each year," said Lonnie Brown, sales manager, about the store's relationship with Blessing and its involvement in this effort. "We want to keep the relationship good."

That good relationship has meant a donation of more than \$26,000 from Ashley HomeStore to the Blessing Breast Services fund over the past four years.

To promote her safe recovery, Carol could not be discharged from the hospital until she had her new bed at home. In order to get her home as soon as possible, two Blessing employees – Dell Williams of the Maintenance Department and Damion Dodd of Construction – volunteered to get up early one



Dell Williams of the Maintenance Department (left) and Damion Dodd of Construction (right) help deliver the mattress

Saturday morning to load up the box spring and mattress in Quincy and set up the new bed in Carol's home in West Point.

"I don't mind helping those in need," said Damion. "Life has a funny way of shifting the balance at times, and I never know when I may be in need of some sort of assistance. It was clear this was a need, and I am glad that Dell and I were able to help."

"Patients first because ICARE," said Dell, repeating the phrase Blessing Hospital caregivers follow when carrying out their daily duties. "It makes me feel good to help others. I think that is why a lot of us choose to work at Blessing Hospital. Each of us is a very small piece of the puzzle. But it takes every piece to make the puzzle whole."

Dr. Arnold told Carol she was healing more quickly than he would have imagined and is further along in returning to her normal activities than he expected.

Carol credits her recovery to a wonderful doctor, the wonderful staff of the CVU, the wonderful donors of The Blessing Foundation and a good night's sleep.

"They have changed my life in a very great way," she exclaimed. ■

**"THEY HAVE
CHANGED
MY LIFE IN A
VERY GREAT
WAY"**


.....
Carol Dodds

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