

Personal

Improving Your Life

BLESSING

OUR PATIENTS. THEIR STORIES.

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Athlete
chooses the

HOME TEAM

for her
orthopedic

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Personal **BLESSING**

Published 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 communities.

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:
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BlessingHealthSystem.org

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B BLESSING HOSPITAL



Blessing creates company to help businesses

By Maureen Kahn, president/CEO, Blessing Health System

Business owners and managers are experts at managing costs. However, one type of business cost can be much tougher than all others – employee and dependent healthcare - because it is not something

which a business person has the same type of control over as other costs. However, healthcare is a business expense owners and managers can better understand. A better understanding can result in healthier employees and lower costs in the long run.

As one of the region's largest employers, as well as the largest healthcare provider, Blessing Health System understands the needs of other employers and now offers help to keep their employee and dependent healthcare plan healthy.

Current Health Solutions (CHS) is a new venture within Blessing Health System. CHS provides third party administration, local customer services, and population health programs to area employers that offer self-insured health plans to their employees. Working with CHS, employers can improve the health and wellbeing of their employee population and better manage their healthcare costs.

CHS works closely with an experienced health plan administrator and population health provider to ensure local self-funded employers are utilizing best practices to improve the quality and effectiveness of coverage offered to their employees. CHS uses sophisticated data analytics to measure different aspects of health plan use and, in conjunction with local Care Coordination experts, uses that information to improve the value of coverage for the organization, employees and their dependents. This information assists employers with creating plan design benefits and programs to help improve the health of the covered population.

Another CHS benefit is understanding of the market. CHS provides members and employers with convenient and local customer services. This helps health plan members better understand their benefits and how to access the most efficient and effective level of care for their needs. This also allows CHS to truly develop and design benefit plans and population health programs that specifically meet the needs of the local market.

Our goal through this initiative is simple. We want to help employers keep their staff healthy and productive while doing the same for their bottom line so the economy of this region can thrive. CHS is another way in which Blessing Health System is fulfilling its mission of improving the health of our communities.

Businesses offering self-insured health plans to their employees or insurance agents assisting self-insured health plans can learn more about CHS by calling 217-277-8980. The CHS office is located at 1246 Broadway and is open 8 am to 5 pm, Monday through Friday, or visit the website, currenthealthsolutions.org.



The local, state and federal governments allow tax-exempt healthcare providers, like Blessing Hospital, to invest the money they would have paid in taxes into programs and services that improve the health of the community. It's a win-win situation for everyone: Blessing invests more than it would have paid in taxes into programs and services that improve the health of the community, allowing the government to focus its attention and resources on other

community needs.

Blessing Hospital takes its role as a non-profit, community owned, tax-exempt healthcare provider very seriously. In addition to the investments you see below, Blessing works side-by-side with other healthcare and social service providers in Adams County to annually identify the community's healthcare needs and formulate plans to address them.

During Fiscal Year 2015 (10/1/14 through 9/30/15) Blessing Hospital invested

\$74,172,327

into what are known as "Community Benefit" programs and services.

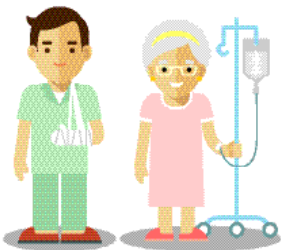
Following is where some of those dollars were invested.

For the complete investment report, go to blessinghospital.org/communitybenefit

\$6.6 million in **FREE CARE** to those in need
Number of lives touched 1,499



\$1.4 million in **CARE COORDINATION**



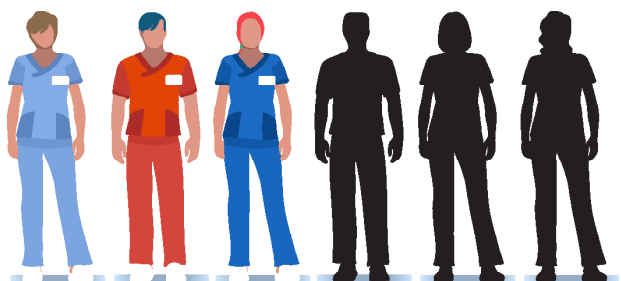
Care Coordination helps people with chronic health conditions, or facing other barriers, make their way through the healthcare system to get the right care at the right time in the right place. How does that help? Fewer hospitalizations and Emergency Center visits and the costs associated with those.

1,347 PATIENTS HELPED

This \$1.4 million investment in Care Coordination improved the health and quality of life of the people served and reduced the need for more expensive healthcare services for a "savings" of \$1.3 million.

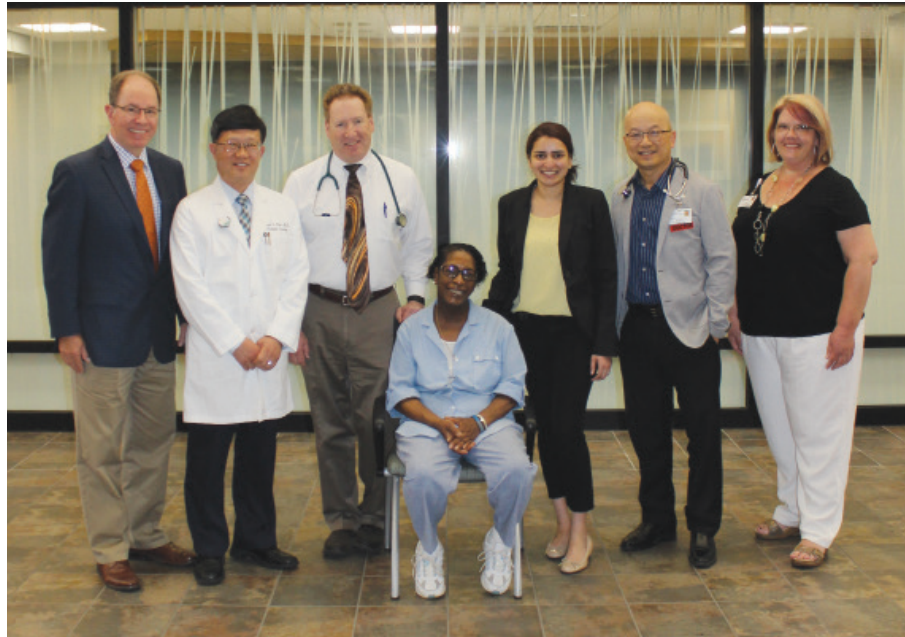
\$2.3 million invested in **educating student nurses**

Half of these student nurses choose to work at Blessing after graduation.



TEAM LENISE

ALL IN THIS TOGETHER



Most people have one or maybe two doctors who provide their care. But when the need grows, so does the healthcare team.

Meet “Team Lenise,” the healthcare professionals and providers who came together to assist a woman in her battle against cancer.

One day, Lenise Taylor noticed a problem.

“I couldn’t swallow. My glands were swelling up,” she said.

The condition brought her to her primary care physician, Priyanka Costa, MD, resident, Southern Illinois University School of Medicine Center for Family Medicine in Quincy. Dr. Costa examined Lenise and referred her to Douglas Phan, MD, head & neck specialist, Blessing Physician Services. A CT scan showed four tumors around Lenise’s throat, officially known as “head & neck cancer.”

After surgery by Dr. Ryan Jackson at Barnes Hospital in St. Louis, Lenise was referred to Raymond Smith, MD, medical oncologist, Quincy Medical Group/Blessing Cancer Center, for follow-up treatment. Dr. Smith says head & neck cancer is not rare, but not as common as other cancers.

“We might see several hundred newly diagnosed

breast cancer patients a year and only 20 to 30 head & neck cancers in one form or another,” the doctor stated.

While the cause of head & neck cancers can be difficult to pinpoint, Dr. Smith says viruses are contributing to a growing number of cases outside of the population with the normal risk factors of chewing tobacco and alcohol use.

“The message here is if you have a lesion, even if you don’t chew tobacco or drink alcohol, it needs to be addressed,” he stated.

Lenise’s cancer involved her tonsils, palette and surrounding lymph nodes. Dr. Smith says even though Lenise’s lymph nodes were involved, head & neck cancer rarely spreads to other parts of the body.

Her post-surgical treatment required a combination of radiation therapy and chemotherapy.

“It’s not an easy treatment to undergo,” Dr. Smith said. “Doing them at the same time increases the therapeutic effect, but it is a little more toxic.”

Head & neck cancer treatment carries a unique risk of infection because treatment takes place near the mouth, which contains billions of bacteria. The teeth and mouth need to be as clean and strong as possible.

“Radiation affects the bone,” said Paul Obrock, DMD, Cornerstone Dental Health in Quincy. “If any invasive dental care is required after radiation treatment, the bone might not heal. This can be quite painful and ultimately disfiguring. During our analysis before radiation treatment, we have to look to the future to attempt to determine what dental treatments might be required. Everything that might be needed after the radiation, must be done before the radiation to avoid these consequences.”

To prepare for her treatment, Lenise needed some dental care, including root canal therapy for an abscess, an infection within a tooth that has spread to the bone of the face. The cost of the dental treatment was not in her budget and she needed to begin treatment as soon as possible.

Working with Blessing’s Care Coordination Department, Lenise found Dr. Obrock.

“He very graciously accepted her as a patient and got her in three days later so she could begin her cancer treatments as planned,” said Jessie Barnes, Referral Navigator, Care Coordination, Blessing Hospital.

Lenise’s dental care required five appointments. Those appointments were completed within nine days.

“It was an amazing turnaround,” Jessie observed. “We work with providers who are generous. But when a provider goes to this extreme, you don’t see this very often. It takes your breath away.”

“It is incumbent upon all of us to help our fellow citizens in need,” said Dr. Obrock. “This should be a local, personal responsibility, not a government program.”

Dr. Obrock provides care to those in need by accepting patients from Dental Lifeline Network, caring for people with disabilities; he treats children in need through Give Kids a Smile in Adams, Brown and Schyuler counties in Illinois, supports the missions of the International College of Dentists and Academy of Dentistry International, and partners with Blessing Hospital Care Coordination.

“They do the screening for us,” Dr. Obrock said of the Blessing Care Coordination team. “We know that those we provide care to are truly in need.”

“We are extremely proud of our professional history in providing for humanitarian needs, both locally and across the globe,” he concluded. “The Blessing Care Coordination program gives us one more tool to help on the local level.”

“They basically saved my teeth,” said Lenise about the Cornerstone Dental Health staff. “They did a good job and I really appreciate it. I would refer them to anyone.”

With her teeth and mouth as prepared as they could be for the demanding treatment ahead, Lenise underwent 14 weeks of radiation therapy and chemotherapy.

The last CT scan showed she was cancer-free. Score one for Team Lenise.

“I could have stayed in St. Louis,” said Lenise about receiving chemotherapy and radiation therapy. “But I said no because I wanted to be close to my Mom (who lives in Quincy) and I am comfortable at home and didn’t want to travel back and forth.”

“We have just as good a facility here (Blessing Cancer Center) as they do in St. Louis. Everyone is so helpful and concerned,” she concluded.

Visit [blessinghospital.org/cancer](https://www.blessinghospital.org/cancer) for more information on the services of the Blessing Cancer Center .





Blessing Orthopedic Services

She was thinking about **WINNING**

Breanna “Bre” Bordewick fell in love with the game of basketball at age 7. Between then and now, age 16, she has played many games. There are two Bre remembers vividly: A game in eighth grade during which she scored 28 points, and a recent game attended by Adam Derhake.

“He came up after the game and gave me a handshake and told me he was proud of me,” she recalled. “It made me really happy that he would come to watch me.”

Adam Derhake is an orthopedic surgeon with Quincy Medical Group and a member of the Blessing Hospital Medical Staff. He repaired Bre’s torn Anterior Cruciate Ligament (ACL) which allowed her to return to playing the game she loves.

“Bre was flying around the court,” described Dr. Derhake of what he witnessed from the stands at the game. “She wasn’t thinking about her knee. She was thinking about winning.”

The ACL is a ligament in the middle of the knee, giving it stability during the cutting and pivoting movements that are a part of participating in sports.

“When an athlete comes in with an ACL injury, it is usually a devastating diagnosis,” said the doctor, who was an athlete during his school years. “It requires a lot of effort and dedication to get back to your sport.”

Bre injured her ACL during a 3-on-3 tournament on March 28, 2015.

“I felt my knee kind of give, and it popped really loud,” she said. “I just remember lying on the ground screaming. I kind of knew what happened. I was screaming because I was so scared.”

Bre received unsolicited advice from friends and others, encouraging her to go out of town for repair of her ACL.

“My mom did a lot of research about Dr. Derhake and out-of-town sports surgeons,” she stated.

“I also have a friend who tore the ACL in each knee. She went to Dr. Derhake and had nothing but good things to say about him,” Bre continued.

“He understood me. He knew I wanted to get back as soon as possible. But he also had my best interest in mind and reminded me that coming back as soon as possible was really not the best thing. You have to listen to your body. He does his absolute best to make sure you can come back as soon as possible and as well as you can possibly be,” Bre concluded. “I was confident in the decision we made.”

Ninety percent of Dr. Derhake’s patients have sports-related injuries.

“Much like a basketball team, surgery requires a very specialized team of individuals in order to provide the best level of care,” Dr. Derhake said.



Bre Bordewick
and
Adam Derhake, MD

“We have developed that team and they do all of my surgeries with me at Blessing Hospital. An ACL patient can expect the same surgery with the same technology and the same level of expertise they would get at any large medical center.”

“Right before I went back to surgery, I remember tearing up a little bit because I was scared,” Bre said. “But I felt like they (the surgical team) understood what I was going through.”

So, as she heads into her junior year at Quincy High School as a member of the Lady Blue Devils, what does Bre have to say to those who encouraged her to seek care out-of-town? Nothing.

“They can all clearly see how well I am doing,” she stated.

“It always gives me such satisfaction to see an athlete be able to return to the sport they love,” said Dr. Derhake. “That’s when I know I succeeded. That’s what drives me.”

Visit blessinghospital.org/orthopedics for more information on the range of care available from Blessing Orthopedic Services.

“My mom did a lot of research about Dr. Derhake and out-of-town sports surgeons. I also have a friend who tore the ACL in each knee. She went to Dr. Derhake and had nothing but good things to say about him,” Bre continued.

“MUSIC IS MY TOOL”

When a patient chooses care from Blessing Hospice, they understand and accept that it is no longer possible to add days to their life. But they find that the combined skills of the staff adds life to their days.

Blessing Hospice recently found another way to do this – music therapy. Nationally board certified music therapists Meredith Strack and Denise Coovert contract with Blessing Hospice to add life to the days of terminally ill patients and their loved ones through song.

“For most people, there is music that marks different points in their lives,” said Meredith. “It’s significant to hear those songs again. We remember and are taken back to that time and place. It’s a special memory.”

She cites her relationship with a dementia patient whose favorite song is, “You Are My Sunshine.”

“I start singing that and she joins in. She may not know who I am, but she can sing every word of that song and tells me about her mother singing it when she was little and other memories she has,” Meredith said.

Denise had a similar experience with a 102 year old patient who wanted to hear a song her mother had sung. The problem was the song was written in the 1880s and there was no recording of it. The woman knew a few words, but that was the extent of the clues Denise would have.

“I did extensive research and found the music,” she said. “Hearing the song, she was able to talk about her mom and other memories from almost 100 years ago.”

Denise and the woman also sang the song together on to a CD that was given to the family after the woman died.

In addition to providing emotional and spiritual connections, music therapy contributes to successfully managing symptoms and increasing comfort.

“It helps with pain management,” Denise said. “Music can distract and relax a person.”

“Music therapy supplements and compliments the other services and therapies that Blessing Hospice provides,” she added.

“We have specific goals and objectives for every patient and document in the medical record the progress that is made toward the patient’s goals and objectives,” explained Meredith. “Music is my tool.”

Denise and Meredith’s love of music began in childhood.

“I was never good at or interested in sports,” Denise said. “I enjoyed music, healthcare and psychology. I did some research and found music therapy.”

Meredith said music was always a part of her life, as was her mother’s work as a home care physical therapist.

“My mom was doing physical therapy, but I could see it was so much more than that; how she cared for her patients and brightened their day,” said Meredith. “Her work contributed to my love of being with people in their homes and supporting them.”

“I then read an article in 7th grade about music therapy. At that point, my decision was made,” she stated with a smile.

Both women find their work with hospice patients and families particularly rewarding.

“It is a time when family comes together and they want to reminisce. It is a time to connect,” observed Meredith. “Families may have disagreements, but they can often agree on the patient’s love of music and the songs that meant the most to them throughout their life. It is a connection tool that I love to use. It’s really special.

“I’m not a nurse or doctor. They get to be a person, not a patient, when I am with them,” added Denise.

“I love music. I love music therapy. It’s an incredibly rewarding profession,” said Meredith.



Meredith Strack
Music Therapist

Blessing Hospice & Palliative Care is the region's most experienced provider of end-of-life healthcare, as it was among the first Medicare-certified hospices in Illinois. Today, residents of 10 west central Illinois counties have access to the care provided by Blessing Hospice.

Specially-trained staff provides patients the opportunity to remain in their own homes, or a home-like setting, and enjoy the highest quality of remaining life possible through optimum pain and symptom management. Supportive services are also provided including social, emotional and spiritual care to patients and families.

"The goal of hospice care is to resolve distressing symptoms, thereby promoting comfort and quality of life," said Jeri A. Conboy, PhD, MSHCE, LCSW, Director, Blessing Hospice & Palliative Care and Clinical Ethics.

"Not all distressing symptoms are physical in nature. Quality of life is improved by paying attention to all meaningful aspects of a person's life. Music therapy, along with massage therapy which we also offer, help round out our ability to provide the best care for the unique needs of each person who places their trust in Blessing Hospice," Dr. Conboy concluded.

To receive hospice services, an individual's physician believes that their patient has about six months or less to live and agrees with the concept that the care their patient will receive will emphasize comfort rather than cure.

The sooner a terminally ill patient, their physician and loved ones decide that the care of Blessing Hospice will best meet the patient and family's needs, the more benefit the patient and their loved one will experience from the services offered.

For more information call 1-877-672-7610 or visit blessinghospital.org/hospice.

B BLESSING Walk-In Clinic

11th & Broadway, Quincy

Open 7 days a week, including holidays.
6:00 am - 10:00 pm.

Serving patients 3 months of age and older for non-life threatening illness and injury.





Like Father,

Like Son.

Blessing Hospital is committed to providing “family centered healthcare.” Just ask the Wiegand family.

This story begins at midnight November 17, 2015, when Mark Wiegand woke up with stomach pain. He thought it might be flu-related. That thought changed at 3 am when he woke his wife to say the pain had moved down his right side and he was headed to the Blessing Hospital Emergency Center.

“I knew what it was,” said Mark, who is a chiropractor. “I just had to go to the hospital to have them confirm it.”

By 7:30 am, Mark was in surgery with Harry Wilkins, MD, Quincy Medical Group/Blessing Hospital Medical Staff, having his appendix removed. After surgery, Mark was taken to 6 South at Blessing for his recovery.

“I had the best experience there I could have ever expected,” beamed Mark. “The nurses were always checking on me.”

That was just the beginning of the relationship

between the 6 South staff and the Wiegand family.

Mark’s wife, Lisa, brought their three children, 12-year-old Lucas, 10-year-old Logan and nine-year-old Olivia to see Mark. Lisa noticed Lucas did not look well during the visit.

The next morning Lucas woke up not feeling good. He was running a low-grade fever and was nauseated. These symptoms continued for three days when Lucas started experiencing stomach pain. The pain continued for several days and intensified to extreme stabbing pain.

To Mark, his son’s symptoms appeared to be related to his appendix.

“I think maybe he heard you talking about your symptoms,” Lisa told Mark. “There is no way it could be his appendix, too.”

Blood tests and CT scans showed no problem with Lucas’ appendix. The only thing revealed by the scan was Lucas’ lymph nodes were swollen in his stomach.

Lucas was sent home and was recommended to take pain medication.

The next day, Mark and Lisa quickly realized that managing the pain was going to be harder than they thought. Lucas' symptoms increased with frequency and intensity, leaving him in excruciating pain. The pain medication was not working.

Lucas described the spasms of pain he would have throughout the day as, "...almost like you were getting stabbed and they were turning it around inside you."

By late afternoon, Lucas' condition had drastically deteriorated. Distraught by the intense pain wracking her son's body, Lisa took Lucas to the Blessing Emergency Center, where a nurse observed Lucas experiencing a pain spasm.

"That was huge for us," Lisa said. "They admitted him right away."

The Wiegand family was back on 6 South.

Lucas' primary care physician, Scott Kimber, MD, Tim Smith, DO, surgeon, and Donna Shields, nurse practitioner, all of Quincy Medical Group, were working to diagnose the source of Lucas' pain. The answer remained unclear.

With Lucas' pain unrelenting, Dr. Smith presented the Wiegand's with choices. Even though tests showed no problem with Lucas' appendix, the physical symptoms indicated a problem with the organ. The options: Remove the appendix hoping that would alleviate the pain or go to St. Louis for a second opinion.

"We don't take surgery lightly," said Mark.

"It was one of the biggest and most difficult decisions our family has had to make," said Lisa. "Whatever we decided, it was either going to be best decision we ever made or the worst."

Not wanting their son to suffer pain any longer and unwilling to have him make the trip to St. Louis in his weakened condition, the Wiegand's opted for immediate removal of Lucas' appendix. The surgery took place at 2:30 pm on November 24, one week after his father's procedure.

"The pain was gone instantly," Mark observed after his son's surgery.

Lucas' appendix was larger than normal and it was twisted, something that did not show up on the CT scan. Because of those factors, Dr. Smith believes Lucas' appendix was shutting down, causing the pain.

"The nurses were phenomenal," said Lisa of the 6 South staff. "They were right there with us in those critical moments when Lucas' pain was intolerable and when we had a big decision to make."

"They even said to me, 'What can we do for you? You need to get some rest,'" she continued. "They were doing everything possible to help me get through this, too."

In addition to the 6 South staff, the Wiegands expressed thanks to Joseph Tirado, MD, Blessing Emergency Center; Joe Meyer, MD, anesthesiologist; and to Drs. Kimber, Smith, Wilkins, nurse practitioner Shields, and all the nurses that helped with their care.

As for Lucas, Lisa said he remained strong through the ordeal, never complaining.

"I knew I would get better," he reflected.

And about his experience with the 6 South staff Lucas said, "It's one of the best experiences I ever had. All of the nurses were great! They really tried to help me feel better and manage the pain."

"The nurses were phenomenal. They were right there with us in those critical moments when Lucas' pain was intolerable and when we had a big decision to make."



The Wiegand Family, front row, left-right: Lucas, Logan and Olivia. Back row, left-right: Lisa and Mark.



A total of 26 beds on two different units are available to care for adults with a variety of behavioral challenges.

Marking a half-century of inpatient care

blessinghospital.org/behavioralcenter

The Blessing Behavioral Center is the only inpatient center in a 100-mile radius in Illinois, Missouri and Iowa.

Blessing Behavioral Center patients have an average length of stay of six days.

Two distinct adult inpatient programs and a child and adolescent program are available and located in Moorman Pavilion on Blessing Hospital's 11th Street Campus in Quincy, IL.



Adult Psychiatric Services is an 16-bed unit for adults providing crisis stabilization and treatment. The unit includes psychiatric intensive care beds.

Behavioral Medicine Services is a 10-bed unit for adults. Treatment is provided in a home-like environment. Inpatient treatment includes daily sessions with a psychiatrist and therapist, individualized treatment planning, group and individual therapy, family involvement, medication, and linkage to community services.

Child and Adolescent Services is an 15-bed secure unit for children ages 5-18, treating depression, attention deficit hyperactivity disorder, behavioral problems, and physical and emotional abuse.

Treatment is individualized to each patient and supervised by one of our Board-certified child and adolescent psychiatrists.

Parents are an active part of the child's treatment. Medications are not started or changed without the parent's/legal guardian's permission. Registered nurses manage patient treatment. Patients are seen by a child psychiatrist and counselor daily. Therapy groups and activity therapy are held daily. Family sessions are held weekly. Patients are assigned books and treatment videos. The hospital provides a secure indoor and outdoor recreation area and daily exercise program.

During the school year patients attend school, Monday-Friday, in a classroom-setting with a licensed instructor from the Quincy Public School District.



B *BLESSING* years

Behavioral Center

Admissions can be made 24 hours a day, seven days a week by calling Blessing Hospital at (217) 223-1200 and asking for the Behavioral Center Intake Department.

Why Blessing?

- 24-hour clinical on-call service
- Experienced psychiatrists and clinicians
- Comprehensive psychiatric services
- Accepts all forms of payment
- Involvement of family in treatment
- Call 217-224-4453 for outpatient behavioral care services

Child and Adolescent Services treats patients age 5-18.



The Blessing Behavioral Center Physician Team



Valentina Vrtikapa, MD
(adults)



Lee Johnson, MD
(adults)



Salvador Sanchez, MD
(adults)



Erin Humphrey, DO
(adults)



Bejoy John, MD
(adults)



Lanny Stiles, DO
(children)



Ronald St. Hill, MD
(children)



Schvon Cummings, MD
(children)

Taking patient care to a new level



Becky Short

Taking care of a patient's dog and bringing Christmas to a dying patient and her family are among the reasons four more Blessing Hospital nurses have been honored with international DAISY awards.

The international DAISY Award program provides a way for patients or their family members, visitors, doctors, hospital staff and volunteers to recognize the extraordinary care provided by nurses.

Becky Short, RN, 2 South, was nominated by a coworker, Sandra Roan. In her nomination, Roan cited several instances where she said Short went above and beyond the call of duty, including taking care of the dog of a patient who was being discharged to a nursing home.

"He had been unable to find anyone willing to care for his dog while he recuperated in the nursing home. The dog was going to be put down without anyone to

care for him. Becky volunteered to take the patient's dog home with her," Roan's nomination stated.

Amy Bates, BSN, RN, CCRN-CCMC (Critical Care Registered Nurse-Cardiac Medicine Certification), Cardiovascular Unit, was nominated by her coworkers for her dedication in mentoring new nurses on the unit and her outstanding patient care skills and compassion.



Amy Bates at right above

"Amy is a wonderful advocate for patients. She does not fear speaking up for those who either do not fully understand what is going on or cannot speak up for themselves," the nomination read.

Kristin McCord, RN-BC, Charge Nurse, 3 North, was nominated by her former patient, Dennis Browning, and his wife Esther for the care she delivered

Kristin McCord at left below



during Dennis' cancer treatment. Due to heart complications occurring during his chemotherapy treatment, Dennis had to receive his chemotherapy while hospitalized and in a way that had not been done at Blessing Hospital.

"If we were not able to make this work, the chemo treatments were going to have to be stopped" Esther Browning wrote in the nomination. "Blessing and Kristin's devotion to patients is amazing. Kristin came in on her days off in order to make the collaborative treatment effort possible. It brought us a lot of much needed comfort to have her be a part of our care. I so hope she will be able to continue to be a part of our journey to health. She has come to mean a lot to us."

Lora Stephens, RN, 3 North medical oncology unit, was nominated by a coworker, Daniella Altomare, CNA, for the work she



Lora Stephens at left above

did to organize a family Christmas party in December 2015, in the room of a patient who had been diagnosed with terminal cancer with the prognosis she would pass before Christmas Day.

“It was beautiful and, with everything in place, the room really sparkled with Christmas cheer. The patient perked up and really got to enjoy her last Christmas with her family, not even feeling as if she was in the hospital at the moment. In those moments the true meaning of Christmas had come to life, all because one nurse took the time out of her busy schedule to make a difference,” Altomare wrote.

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

DAISY award winners receive a certificate, pin, and a hand-carved stone sculpture entitled, “A Healer’s Touch” sculpted in Africa specifically for 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 on the internet at blessinghospital.org/daisy.

Do Worthwhile Work Now

jobs.blessinghealthsystem.org



jobs.blessinghealthsystem.org provides an updated, on-line 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.



Welcome, Doctors



Matthew Cormier, DO, has joined Blessing Physician Services.

Dr. Cormier provides primary care for adults and children and

is seeing patients at the Blessing Physician Services Palmyra Clinic, Palmyra, MO.

Dr. Cormier comes to Blessing Physician Services from Kahoka, MO, where he has practiced primary care since completion of his residency program in 2000.

He earned his medical degree from the Kirksville College of Osteopathic Medicine, Kirksville, MO. After receiving his Doctor of Osteopathic Medicine degree, he went on to complete an internship and residency through the Fort Wayne Medical Education Program, Fort Wayne, IN.



Austin DeRosa, MD, has joined Blessing Physician Services.

Dr. DeRosa specializes in the medical and surgical treatment of problems that

may arise along the urinary tract. His background is in urologic oncology, stone disease and general urology.

Dr. DeRosa graduated from Tulane University School of Medicine, New Orleans, LA. He

completed one year of general surgery training and a urology residency at Emory University Hospital, Atlanta, GA. He also completed a fellowship in minimally invasive oncology which focused on robotic and endoscopic approaches to urologic cancers and reconstruction.

Sumul Gandhi, MD, has joined Quincy Medical Group's Dermatology Department.



Dr. Gandhi earned his medical degree from University of Illinois College of Medicine. He completed a residency at John H. Stroger Hospital of Cook County, Chicago, IL, and is board certified by American Academy of Dermatology.



Anna Levin, MD, has joined the Quincy Medical Group's Department of Dermatology.

Dr. Levin earned her medical degree from University of Missouri-Kansas City School of Medicine. She completed a residency at Mayo Clinic College of Medicine, Scottsdale, Arizona.



Cristhine Pastorini, MD, has joined the Quincy Medical Group Department of Gastroenterology.

Dr. Pastorini earned her medical degree from Univerisade Federal da Bahia in Salvador, BA, Brazil.

She completed a residency in Internal Medicine at the University of Miami/ Jackson Memorial Hospital, Miami, FL, and is board certified by the American Board of Internal Medicine and the American Board for Gastroenterology and Hepatology.



Vitor Pastorini, MD, has joined the Quincy Medical Group Department of Oncology. Dr. Pastorini earned his medical degree from

Univerisade Federal da Bahia in Salvador, BA, Brazil.

He completed a residency at in Internal Medicine at the University of Miami/ Jackson Memorial Hospital, Miami, FL and is board certified by the American Board of Internal Medicine and the American Board of Hematology and Oncology.



Asad Rafiq, MD, has joined Blessing Physician Services. As a gastroenterologist, Dr. Rafiq specializes in the diagnosis

and treatment of diseases of the digestive system and has special interest in inflammatory bowel diseases, chronic hepatitis and colon cancer screening.

Dr. Rafiq earned his medical degree at Deccan College of Medical Sciences in India.

Following medical school he completed residency in Internal Medicine and fellowship in Gastroenterology and Hepatology at John H. Stroger Hospital of Cook County, Chicago, IL.

Prior to joining Blessing Physician Services, Dr. Rafiq practiced gastroenterology in the Chicago area.

Daniel Schneider, MD, has joined the Quincy Medical Group Department of Urology.



Dr. Schneider earned his medical degree from University of North Carolina – North Carolina School of Medicine. He completed a residency at the Mayo Clinic in Scottsdale, Arizona.



Jeffery Wells, DO, has joined the Quincy Medical Group Family Practice Department.

Dr. Wells earned a Doctor of Osteopathic Medicine Degree from the Kirksville College of Osteopathic Medicine. He completed his residency at the Medical Center of Independence.

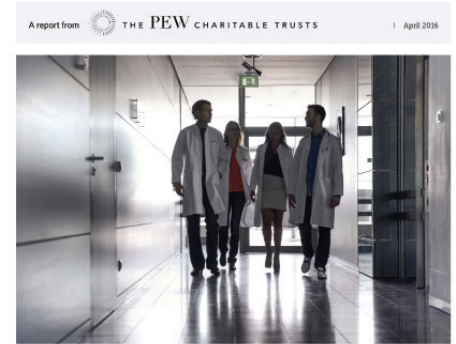
Blessing nationally recognized for work in antibiotic resistance

Blessing Hospital and its Clinical Pharmacy team was featured nationally recently for its work to reduce antibiotic resistance.

The Pew Charitable Trusts released a report the last week of April 2016 entitled, *A Path to Better Antibiotic Stewardship in Inpatient Settings: 10 case studies map how to improve antibiotic use in acute and long-term care facilities*. The work of Blessing Hospital Pharmacy and its Antimicrobial Stewardship-certified Clinical Pharmacists, led by Andrea Chbeir, Pharm.D., B.C.P.S., clinical pharmacist supervisor, was among the 10 case studies. Other case studies featured work being done at the University of California, Davis Medical Center and the University of Alabama at Birmingham Hospital.

The Centers for Disease Control and Prevention (CDC) estimates that up to 50 percent of all antibiotics prescribed in the U.S. are unnecessary or inappropriate, with many of them prescribed in inpatient settings. All antibiotic use contributes to the growth of antibiotic-resistant bacteria, and more than two million people are infected with antibiotic-resistant organisms each year in the United States, resulting in more than 23,000 deaths.

The Pew Charitable Trusts is an independent non-profit, non-governmental organization founded in 1948. Its stated mission is to serve the public interest by, “improving public policy, informing the public, and stimulating civic life.” The Trusts’ public policy areas include the environment, state policy, economic policy and health and human services.



A Path to Better Antibiotic Stewardship in Inpatient Settings

10 case studies map how to improve antibiotic use in acute and long-term care facilities



Structure and resources

BH is a 342-licensed-bed hospital and the largest medical center within a 100-mile radius. It is a Level II trauma and stroke center with a 16-bed intensive care unit, a transitional care facility, and an inpatient rehabilitation unit. Patients are mostly local or are transferred from nearby critical access hospitals.

News**makers**

Proudly recognizing the accomplishments of these staff members

Certification in a healthcare specialty is a voluntary process that provides patients and their families with confirmation that the provider caring for them has demonstrated experience, knowledge and skills in their area of specialty.



Gray

The following Cardiovascular Center nurses have earned certification as Critical Care Registered Nurse (CCRN) certification from the American Association of Critical Care Nurses: **Luke Ellerman, RN; Kelsey Gray, RN, Charge Nurse; and Morgan Smyser, RN.**



Smyser

Requirements for certification include 1,750 hours of bedside care to critically ill patients in the two years prior to taking and passing the certification examination.



Credentialed Center.

Certification requires a minimum of 2,000 hours of medical-surgical patient care nursing, more than 30 hours of continuing education and passage of a written examination.

Nikki Clatt, RN-BC, 6 South Pediatrics unit, has earned board certification in Pediatric nursing from the American Nurses



Chaka Jordan has joined Blessing Health System as Vice President of Marketing and Strategic Planning. She has 17 years of healthcare

marketing and strategy experience.

Jordan came to Quincy from UNC Healthcare, a not-for-profit medical system owned by the State of North Carolina and based in Chapel Hill, NC.



Chuck Johnson, Administrative Coordinator, Behavioral Health Services, has been appointed by the Director of the Illinois

Department of Public Health (IDPH) to represent the Illinois Hospital Association on the IDPH Suicide Prevention Alliance.

The Suicide Prevention Alliance develops the Illinois Suicide Prevention Strategic Plan; incorporates recommendations into a statewide suicide public awareness media campaign; provides an annual Suicide Prevention Report to the Governor and General Assembly; promotes suicide education initiatives and reviews suicide prevention related legislation.



Kristin McCord, RN, 3 North, has earned certification in Medical-Surgical Nursing from the American Nurses Credentialing Center.

Requirements for certification include completing 2,000 hours of clinical practice in the specialty and 30 hours of continuing education within the past three years, and passage of a written examination.

John McDowell, LCSW, and **Tiffany Huston, RN, BSN,** have been promoted to leadership positions within the Blessing Behavioral Center.



McDowell accepted the position of Administrative Director of Psychiatric and Social Services. He is responsible for oversight and management of the three inpatient psychiatric units that make up the Blessing Behavioral Center and social services provided throughout the hospital.



Huston has accepted the position of Director of Psychiatric Nursing.



Chris Meyer has joined Blessing Health System as Vice President of Payer Risk Strategy.

He is responsible for setting the vision, developing the strategy and building the infrastructure to enhance Blessing Health System's management of Population Health.



Kimberly Pitcher, supervisor, Health Information Management, has earned Registered Health Information Administrator

(RHIA) status from the American Health Information Management Association.

Requirements for certification include completing baccalaureate level academic requirements of a Health Information Management program accredited by the Commission on Accreditation for Health Informatics and Information Management Education, and passing the RHIA certification examination.



Kerby Roberts, registered respiratory therapist (RRT), has earned Neonatal/Pediatric Specialty (NPS)

certification from the National Board for Respiratory Care.

Accreditation requirements include being a graduate of an accredited respiratory education program, holding registration as a respiratory therapist, and passage of the NPS examination.



Drew Schmidt, RN, Emergency Center, has earned the status of Certified Emergency Nurse (CEN) by passing the examination

of the Board of Certification for Emergency Nursing. He is also a member of the Emergency Nurses Association



Donna Schutte, RN, BSN, One Day Surgery, has earned recertification as a Certified Ambulatory Perianesthesia Nurse (CAPA)

from the American Board of Perianesthesia Nursing Certification.

Recertification requires a minimum of 1,200 hours per year of perianesthesia nursing practice as a registered nurse for a three-year period and 90 hours of continuing education.



Ann York, RN-BC, 2 South medical-surgical unit, has earned certification in Medical Surgical nursing from the American Nurses

Credentialing Center.

Certification requires a minimum of 1,000 hours of medical-surgical patient care nursing, more than 30 hours of continuing education and passage of a written examination.

Blessing-Rieman College of Nursing & Health Sciences faculty members **Kim Gray, MSN, RN**, and **Josey Harris, MSN, RN**, were selected by their peers for the 2016 DAISY Foundation Faculty Awards.



Gray, Clinical Preceptor, received the experienced faculty member Daisy Award. She was nominated for introducing students to

opportunities to provide care outside the walls of the hospital.



Harris, Instructor, received the Novice faculty member Daisy Award. She was nominated for her work in developing

realistic and exciting high fidelity simulation experiences for the students.

DAISY is an acronym for Diseases Attacking the Immune System. The DAISY Foundation sponsors programs that recognize the important role of nurses in healthcare.

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: 6400 Pediatrics, Blessed Beginnings, Blessing Hospice & Palliative Care, Blessing Hospice of Greene County, Blessing Hospice of Hancock County, Blessing Hospital, Blessing Nurses Alumni Association Scholarship Fund, Blessing-Rieman College of Nursing & Health Sciences General Endowment, Breast Services, Cancer Center & Radiation Services, Diabetes Services, Intensive Care Unit, Patient Care Addition Fund, Pharmacy Education, Quincy Hospitality House, and The Blessing Foundation – Unrestricted.

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*designates deceased



Never miss a
heart beat.

There are at least

2.2 million

Americans with atrial fibrillation

Known as Afib, this irregular heart beat affects about 1 in 25 people aged 60 and older, and 1 in 10 people aged 80 and older.

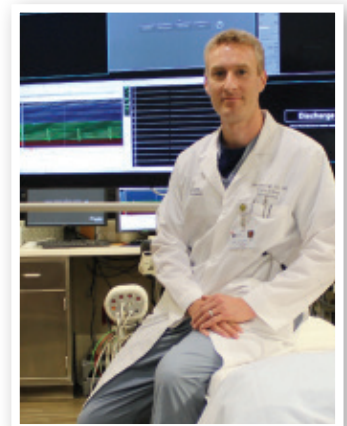
15 to 20% of all strokes, about 75,000 per year, are attributable to Afib.

The presence of Afib is associated with a **50 to 90% increase in risk of death.**

John Hammock, M.D., Electrophysiologist, encourages anyone experiencing the following symptoms of Afib to talk with their healthcare provider as soon as possible:

- Pounding or fluttering in the chest
- Shortness of breath
- Weakness
- Chest pain
- Fatigue
- Dizziness or fainting

When medication doesn't work, we can now treat this dangerous condition from inside the heart at Blessing Hospital in the Electrophysiology (EP) Lab.



B **BLESSING**
Heart & Vascular Center

Improving Your Life

R E S I D E N T

B l e s s i n g H e a l t h S y s t e m . o r g

Quite an operation!

The focus of the work to expand surgical services is moving from the outside to the inside. Blessing Hospital is building two new operating rooms: One will be a hybrid operating room (seen below) equipped with advanced medical imaging devices to allow for more minimally-invasive surgeries, which are less traumatic for the patient. The other will be a multipurpose operating room, the size of which will better accommodate the equipment needed to treat trauma cases and the growing number of orthopedic surgeries.

The project is expected to be completed in early 2017.



 Improving Your Life