

Personal **BLESSING**

A publication of
BLESSING HEALTH SYSTEM

OUR PATIENTS. THEIR STORIES.

FALL/WINTER 2021

Welcome to
the **FUTURE**
of outpatient
surgery

*Go inside Blessing's
new surgery center*

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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 Health System Vision Statement:

Blessing Health System will be exceptional

- in providing a safe, high-quality healthcare experience;
- in being the best place for providers to practice;
- in being a place where employees want to work and students want to learn; and
- in partnering with our communities.

For more information, contact:

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blessinghealth.org

Personal Blessing is sent to residents of the Blessing Health System service area using a purchased mailing list. If you no longer wish to receive *Personal Blessing*, please email your request, name and complete address to info@blessinghealth.org, or call (217) 223-8400, ext. 4191.

Discrimination is against the law. Blessing Health System complies with applicable Federal civil rights laws and does not discriminate on the basis of race, age, religion, sex, sexual orientation, gender identity, gender expression, disability, language, national origin, personal or cultural beliefs, values, preferences or payment sources.

For more information, or to view Blessing's Patient Rights & Responsibilities statement, go to blessinghealth.org.



Delivering high quality healthcare with convenience throughout the region

By Maureen Kahn, RN, MHA, MSN, president/chief executive officer, Blessing Health System and Blessing Hospital

For the third straight year, *U.S. News & World Report* has recognized Blessing Hospital as "High Performing" in its annual ranking of health care providers.



For its 2021-22 report, *U.S. News* evaluated more than 4,750 medical centers nationwide in 17 procedures and conditions. Blessing Hospital was recognized as a high-performing hospital in six procedures and conditions: chronic obstructive pulmonary disease, colon cancer surgery, heart attack, heart failure, kidney failure and stroke. The magazine defines a high-performing hospital as one that, according to outcomes data, delivers care that is significantly better than the national average.

Due to high-performing ratings in six categories, Blessing Hospital also earned a state ranking of number 26 out of the more than 200 hospitals in Illinois.

For more information, visit health.usnews.com/best-hospitals/rankings, and use #BestHospitals on Facebook and Twitter.

Recognition like this is wonderful, but the focus of every Blessing Hospital caregiver every day is on delivering the best health outcomes and exceeding the expectations of

patients and families. The national recognition says the Blessing team is doing exceptional work. Thank you for trusting us with your care.

Have you tried our new front door?

Hospitals say their "front door" is the emergency center because people are often admitted as inpatients due to a condition that brought them to the ER first.

Blessing Health System has installed a new front door. We call it the Blessing Resource Center.

The Blessing Resource Center provides a personalized concierge-like service targeted to help consumers navigate their health in one place or with one phone call.

The Blessing Resource Center provides information for Blessing Hospital, Blessing Physician Services, Hannibal Clinic and Illini Community Hospital. You can ask the Center's staff about services and cost of services, request medical records, establish yourself as a new patient, schedule appointments and obtain answers to general health service questions.

The Blessing Resource Center reflects our commitment to simplifying the health care experience. ■

The Blessing Resource Center

420 N. 34th Street, Quincy
Open Monday through Friday
9 a.m. to 6 p.m.
Phone (217) 277-5000

Located adjacent to the Blessing Express Clinic outside the Quincy Town Center.



The future of outpatient surgery is **HERE**



Outpatient surgery is a fast-growing area of medicine, and Blessing Health System has opened a new facility to bring the latest advances to the residents of the region.

The Blessing Surgery Center is directly across the street from Blessing Hospital. It houses four operating rooms and three rooms for gastrointestinal procedures.

The state-of-the-art facility will benefit patients in a number of ways, including helping to retain the talented surgeons already on the Blessing medical staff and attracting new surgeons to Blessing who will bring new medical specialties and new procedures to you and your loved ones. ■

For more information on the Blessing Surgery Center, go to blessinghealth.org/surgerycenter



Shed no tears for this survivor

Bobbie Bright was born at Blessing Hospital. She eventually moved to Keokuk, Iowa, and built a life as a hairstylist for herself and her daughter.

Sixty-seven years later, Bobbie is back at Blessing, a patient of the Blessing Cancer Center receiving treatment for breast cancer.

“I am going to get through this,” she said.

Bobbie has always received mammograms as she should. But the last time was different. The mammogram she received at Blessing Health Keokuk showed a suspicious area in her left breast. So, Bobbie had a breast biopsy at Blessing Breast Center. One of her sisters went with her to hear the biopsy results.

“I looked at her and said, ‘Whatever it is, I have to deal with it. I do not want anyone to cry, because that will make me cry,’” Bobbie said. “So, I get in there, and they tell me I have cancer. I never did cry, and no one else around me cried.”

That attitude is not uncommon for Bobbie. She prides herself on being a happy-go-lucky, upbeat person.

“Some of my clients will say, ‘You are going to get through this. You’re very positive. You’re a strong woman.’ When they say that to me, I just get happier and happier,” Bobbie exclaimed.

Her treatment required a mastectomy, performed by Blessing Health System surgeon **Dr. Emmanuel Bessay**, and chemotherapy under the direction of Blessing

Cancer Center oncologist **Dr. Kellie Flippin**.

Jessica Nuebel, BSN, RN, is also a member of Bobbie’s care team. Jessica is the Blessing Breast Center navigator.

“Breast cancer patients can choose to work with me. I am a consistent contact person for them,” Jessica said. “They meet many care providers during treatment – doctors, nurses, social workers, dietitians, to name a few. As a patient, sitting in those appointments, receiving all that information and walking away, sometimes it’s all swirling, and it’s hard to comprehend what was said.”

“I take notes, writing it down in words that make sense to them. I give them a copy. They take it home. When they are ready to revisit it, but may not remember what was said, it is written down, and then they can always reach out to me if they need to,” she said.

“I love her,” Bobbie said about Jessica. “She keeps me calm

because she told me the story about her breast cancer.”

Jessica joined the ranks of breast cancer survivors in 2017.

“Having been through it and having real-life experience adds a lot of value,” Jessica concluded. “I think it’s comforting to patients to know that I have been through it. I am relatable.”

As for Bobbie, this hair stylist knows she will eventually lose her hair as her treatment continues, but she is at peace with that.

“I am happy. God has given me a second chance. The cancer was caught in stage 1,” Bobbie concluded. ■



Bobbie Bright (left) shares a moment with her Blessing Breast Center navigator Jessica Nuebel, BSN, RN.

1 in 8

women in the U.S.
will develop breast
cancer over the
course of her lifetime

ABOUT SCREENING MAMMOGRAMS

Every woman should speak with her primary care provider about mammograms, based on her family health history and personal risk factors. In general, women ages 45 to 54 should have a screening mammogram yearly.



SCREENING MAMMOGRAMS ARE AVAILABLE AT THE FOLLOWING BLESSING LOCATIONS

Blessing Breast Center

Inside Blessing Health Center
927 Broadway, Quincy
(217) 223-8400, ext. 4300

Blessing Health Keokuk (319) 526-8700

Illini Community Hospital
Pittsfield, IL
(217) 285-2113, ext. 3100

Hannibal Clinic
Hannibal, MO
(573) 231-3252

Blessing Cancer Center retains its national accreditation



Residents of the region find nationally recognized care at the Blessing Cancer Center.

Again this year, the Commission on Cancer (CoC), a quality program of the American College of Surgeons, accredited the center after an on-site survey. To earn voluntary CoC accreditation, a cancer program must meet 34 CoC quality care standards, be evaluated every three years through a survey process and maintain levels of excellence in the delivery of comprehensive patient-centered care. Blessing has held CoC accreditation since 1966.

"The CoC accreditation recognizes Blessing Cancer Center's multidisciplinary approach to treating cancer as a complex group of diseases that requires consultation among surgeons, medical and radiation oncologists, diagnostic radiologists, pathologists and other cancer specialists," said board-certified radiation oncologist, **Rob Johnson, MD**, medical director of the Blessing Cancer Center. "This multidisciplinary partnership results in improved patient care."

The CoC Accreditation Program provides the framework for the Blessing Cancer Center to continuously improve its quality of patient care through various cancer-related programs that focus on the full spectrum of cancer care including prevention, early diagnosis, cancer staging, optimal treatment, rehabilitation, lifelong follow-up for recurrent disease and end-of-life care.

The Blessing Cancer Center's Radiation Oncology department also holds accreditation from the American College of Radiation Oncology (ACRO), making it one of only six in the three-state region of Illinois, Missouri and Iowa to hold the accreditation. ACRO ensures the highest quality care in radiation therapy.

The department undergoes the reaccreditation process every three years and has held accreditation continuously since 2001. ■

For more information on the care provided by the Blessing Cancer Center, go to blessinghealth.org/cancer

Wife's decision helps man beat the odds

Craig Redmon did his best to live a healthy life, even though he believed his fate was predetermined. His father and brother died of heart-related conditions.

"I knew someday I would have a heart issue," Craig said. "But I was supposed to be 74 years old not 62. So, I was trying to do all the right stuff."

That's exactly what Craig was doing on a recent Sunday morning, the 62-year-old and his son were exercising at a gym in their hometown of Canton, Missouri.

"I got off the Stairmaster and didn't feel very good," Craig said. "I did not know exactly what it was. It continued to get worse, and I finally told my son to take me home."

On the way home, Craig and Andrew decided to detour and drive to the hospital instead. Craig wanted to go to Blessing Hospital because of the quality heart care his father had received there.

When Andrew called his mother to tell her the plan, she changed it. Mrs. Redmon told her son to take Craig to the ambulance garage in Canton instead, so he could be taken to the hospital by first responders.

That decision saved Craig's life.

While in the ambulance and on the highway headed to Blessing Hospital, the importance of Mrs. Redmon's decision became clear.

"All of a sudden, I had a tremendous pain that started in my feet and ran all the way up to my head, and then I died, basically," Craig said. "They had to shock me and bring me back."

"Those guys are phenomenal. I can't say enough good things about our ambulance crew in Canton," he declared.

Upon arrival at Blessing, heart surgeon **John H. Arnold, MD**, took over. Tests revealed four blocked arteries. A quadruple bypass was done the next day.

Craig called the care he received from his Blessing Heart & Vascular team phenomenal. In addition to Dr. Arnold's skill and bedside manner, Craig remembers his cardiovascular intensive care unit nurses by name.

"Great care," he said. "I was scared to death. COVID was happening, so I could not have visitors. But the nurses were there when I needed them. They made the whole experience as good as they possibly could."

That road led Craig to the Blessing Hospital Cardiac Rehabilitation program where he participates in monitored exercise and receives heart health information.

"I'm getting stronger," Craig says of his participation in the program. "It's comforting. They put a heart monitor on you so you know you are safe."

"To get your life back is an amazing and gratifying event," he concluded. ■



Craig Redmon feels like a champion after recovering from a near-fatal heart attack.

Blessing Hospital retains national Chest Pain Center accreditation



The care Craig Redmon and every Blessing Heart & Vascular patient receives is delivered by a team of caregivers with a long track record of excellence.

Recently, the American College of Cardiology (ACC) again recognized Blessing Hospital for its demonstrated expertise and commitment in treating patients with chest pain. The hospital was awarded Chest Pain Center Accreditation with Primary PCI, based on an on-site evaluation of the staff's ability to evaluate, diagnose and treat patients who may be experiencing a heart attack. Blessing Hospital has continuously held this national accreditation since 2005.

PCI stands for percutaneous coronary intervention and is also known as coronary angioplasty. It is a non-surgical procedure that opens narrowed or blocked coronary arteries with a balloon to relieve symptoms of heart disease or reduce heart damage during or after a heart attack.

Hospitals that hold ACC Chest Pain Center with Primary PCI Accreditation have proven exceptional competency in treating patients with heart attack symptoms, and have primary PCI available 24/7 every day of the year. They have streamlined their systems from admission to evaluation, to diagnosis and treatment, all the way through to appropriate post-discharge care and recommendations and assistance in lifestyle changes. In addition, they have formal agreements with other facilities that regularly refer heart attack patients to their facility for primary PCI. ■

For more information on the care provided by the Blessing Heart & Vascular Center, go to blessinghealth.org/heart

Some research, the right doctor and a kernel of hope pays off

Popcorn. Just the word can make a mouth water.

For years that's all Ed Biesk had to look forward to.

"One of the things I absolutely could not eat was popcorn," the 85-year-old from Nauvoo, Illinois said. "It caused me to cough and carry on."

It wasn't just popcorn. Anything Ed put in his mouth, including medication, had a good chance of "coming back on him" at any time with no warning.

"I'd have to chew it up and swallow it again, like a cow would do," he described.

Ed suffered from Zenker's diverticulum, a

the name of **Mark Mount, MD**, and made another decision—to make an appointment with Dr. Mount. The two decisions changed Ed's life.

"He said to me, 'Oh, we can fix that,'" Ed recalled. "I had never heard a doctor say that to me before."

During an outpatient procedure that did not require an incision, Dr. Mount placed two tiny staples in Ed's faulty muscle to separate it into two, allowing all food to pass through to the stomach.

"There was absolutely no pain," Ed said of his procedure. "I have had no more problems."



Ed Biesk enjoys popcorn once again after treatment by Dr. Mark Mount >>



condition that occurs when the muscle that divides the throat from the esophagus fails to relax during swallowing, stopping some food from reaching the stomach. The body creates a pouch above the malfunctioning muscle to store the food that cannot get through. Eventually the undigested food in the pouch is regurgitated. Zenker's diverticulum most often affects people age 70 and older.

Ed suffered for more than 10 years, being told by two doctors during that time that it was untreatable.

One day recently, Ed had enough.

"Finally I decided I was tired of living with it," he exclaimed.

Ed researched to see if ear, nose and throat specialists might be able to help. He came upon

No more food comes back into my mouth. I called the right man."

"Zenker's is uncommon," Dr. Mount stated.

"I see one to two cases a year. There are probably many people out there who have it, don't get evaluated and live with it."

"Now I can even eat popcorn again. So I am very pleased," Ed said with a smile.

"That's why you go into medicine, for moments like these. It's really satisfying," Dr. Mount concluded. ■

For more information on Blessing's ear, nose and throat care, visit blessinghealth.org/ent



Sixth grader Emily Bowman is a big fan of music and of **Bryan Pimlott, MD**, board-certified orthopedic surgeon.

“We have the same taste—Bon Jovi, Van Halen, KISS and other old-time rock ‘n’ roll music,” she said.

“She’s a very old soul,” her mom, Amy, said with a laugh.

Dr. Pimlott was the orthopedic surgeon on call in the Blessing Hospital Emergency Center on January 12 when Emily arrived because of a gymnastics accident.

“My arm just collapsed, and it looked like I had two elbows in that arm,” Emily recalled.

Both bones in her right forearm broke.

To keep her mind off her injury, Emily’s parents, Amy and Daryn, encouraged her to sing in the car on the way to the emergency center. Emily sang “Red Solo Cup” by Toby Keith. The song plays a role later in Emily’s care.

After X-rays were taken, the emergency center nurse told Emily and Amy that Dr. Pimlott was on his way.

“He is a really neat guy,” the nurse said. “Ask him how he puts his shoes on every morning. We’re not supposed to let that secret out.”

In addition to finding out that secret, and his love for old time rock ‘n’ roll, Emily learned that Dr. Pimlott participated in Season 9 of the television show,

“American Ninja Warrior.”

Each member of the Bowman family found something special in Dr. Pimlott.

“You could tell from the moment that he walked into the room he had a genuine, caring personality,” Amy said. “Exceptional. Straight to the point. Very personable guy,” Daryn added.

Emily needed surgery. At her request, as she drifted off to sleep, “Red Solo Cup” played in the operating room. As an added benefit for their young patient, the surgical team, including Dr. Pimlott, sang along.

Dr. Pimlott was able to align the broken bones in Emily’s arm to heal naturally, sparing her from having a titanium rod in her arm.

Emily recommends Dr. Pimlott.

“He’s really nice with kids and I suggest him,” Emily said confidently. “If you ever break a bone, and you are near Quincy, and it’s a Tuesday, go to the ER and he’ll take care of you.”

You don’t have to be a kid or wait for a Tuesday. Dr. Pimlott treats people of any age on any day of the week. But, if you want to know how he puts on his shoes, you’ll have to ask him. We’re not

supposed to let out that secret. ■

For more information on the care of the orthopedics and sports medicine team, go to blessinghealth.org/ortho

IF YOU EVER BREAK A BONE ON A TUESDAY

Emily Bowman
celebrates her
recovery with a
special award for
Dr. Pimlott



WELCOME BLESSING'S

UROLOGY



BRADLEY HOLLAND, MD, earned his medical degree from and completed a urology residency and general surgery internship at Southern Illinois University School of Medicine, Springfield, IL.



DAVID LIEBER, MD, is certified by the American Board of Urology. He earned his medical degree from and completed a urology residency and general surgery internship at Southern Illinois University School of Medicine, Springfield, IL. Dr. Lieber then completed a fellowship in endourology at Washington University School of Medicine, St. Louis, MO.



GREGORY MCLENNAN, MD, is certified by the American Board of Urology. He is a graduate of the St. Louis University School of Medicine. Dr. McLennan completed a residency and internship with the department of surgery at William Beaumont Hospital, Royal Oak, MI.



WILLIAM SEVERINO, MD, is certified by the American Board of Urology. Dr. Severino earned his medical degree from the University of Illinois College of Medicine at Chicago. He completed an internship in general surgery and a residency in urology at Southern Illinois University School of Medicine, Springfield, IL.

MEDICAL ONCOLOGY



KELLIE FLIPPIN, MD, has joined the Blessing Cancer Center medical staff. Dr. Flippin is certified by the American Board of Internal Medicine in medical oncology, hematology and internal medicine.

A graduate of the University of Rochester School of Medicine and Dentistry, Rochester, NY, Dr. Flippin completed a medical oncology and hematology fellowship at Duke University, Durham, NC, and an internal medicine residency and internship at Strong Memorial Hospital, Rochester, NY.



DANIEL KOH, MD, has joined the Blessing Cancer Center medical staff.

Dr. Koh is certified by the American Board of Internal Medicine in hematology, medical oncology and geriatric medicine. He completed a fellowship in the specialties at Boston University Medical Center, Boston, MA and internship and residency at Guthrie/Robert Packer Hospital, Sayre, PA, affiliated with SUNY Upstate Medical University, Syracuse, NY.

Dr. Koh earned his medical degree from Catholic University of Chile, School of Medicine, Santiago. He also holds a master of public health degree from Harvard University, School of Public Health, Boston, MA.

FAMILY MEDICINE



TERESA GATTON, DO, sees family practice and walk-in clinic patients at Hannibal Clinic.

Certified by the American Board of Family Medicine, Dr. Gatton completed residency at Park Lane Medical Center, Kansas City, MO, after earning her medical degree from the University of Health Sciences-College of Osteopathic Medicine, Kansas City, MO.



CHRISTOPHER LOBO, MD, has joined the Hannibal Clinic family medicine department.

Certified by the American Board of Family Medicine, Dr. Lobo completed residency at Summa Health System, Barberton, OH, after earning his medical degree at Ross University School of Medicine, Portsmouth, Dominica.



DOROTHY SWINGLE, MD, practices family medicine at Hannibal Clinic's Bowling Green office.

Certified by the American Board of Family Medicine, Dr. Swingle completed residency and her internship at Cesar Chavez Family Medicine at San Joaquin General Hospital, UC Davis Network of Residencies. During her residency, Dr. Swingle trained in rural medicine delivery and was chief resident. Raised in a farming community in upstate New York, she earned her medical degree from the University of California, San Francisco.

NEW DOCTORS

The following physicians
have joined Blessing
Health System

EMERGENCY MEDICINE



MATTHEW BREWER, MD, and **JACOB FENSTER, DO**, have joined the Blessing Hospital Emergency Center team. Dr. Brewer earned his medical degree from the Southern Illinois University School of Medicine. Dr. Fenster earned his medical degree from the Alabama College of Osteopathic Medicine.



OTHER SPECIALTIES



MICHAEL HART, DO, cardiothoracic surgeon, sees patients in Quincy. Dr. Hart completed a heart failure/transplant fellowship at Baylor University Medical Center, Dallas, TX. He completed a cardiothoracic surgery residency at Rush University, Chicago, IL. Dr. Hart earned his medical degree and completed a general surgery residency at Philadelphia College of Osteopathic Medicine, Philadelphia, PA.



MUHAMMAD SAMI IQBAL, MD, practices pain management at Hannibal Clinic. Board certified in pain medicine by the American Board of Anesthesiology, Dr. Iqbal completed a fellowship at Northwestern University and an anesthesia residency at Cook County Hospital, both in Chicago, after earning his medical degree in India.



IMTIAZ ISMAIL, MD, interventional cardiology, has joined the Hannibal Clinic medical staff. Board certified by the American Board of Internal Medicine, Dr. Ismail completed fellowships at the University of Louisville in Kentucky and Mount Sinai Hospital in Chicago. He completed residency at Rosalind Franklin University of Medicine and Science, North Chicago, IL, after earning his medical degree in India. Prior to joining Hannibal Clinic, Dr. Ismail was clinical research coordinator at the University of Louisville division of cardiovascular disease.



MARK MANDELBAUM, MD, practices neurology at Hannibal Clinic. Certified by the American Board of Psychiatry and Neurology, Dr. Mandelbaum earned his medical degree from and completed his internship at the University of Oklahoma, Oklahoma City. He completed residency at the University of Iowa, Iowa City.



NAMRATHA RAMAVARAM, DO, Physical Medicine & Rehabilitation, sees patients in Quincy. After earning her medical degree from Touro College of Osteopathic Medicine, Harlem, NY, Dr. Ramavaram completed a physical medicine and rehabilitation residency at the University of Arkansas for Medical Sciences in Little Rock, AR.



MATTHEW WINTERTON, MD, has joined the orthopedics and sports medicine team in Quincy. He specializes in hand and upper extremity orthopedic surgery and completed a fellowship in hand/upper extremity and microvascular surgery at Rush University Medical Center, Chicago, IL. Dr. Winterton earned his medical degree from the University of Pennsylvania, Philadelphia. He completed an internship at Stanford University Hospitals and Clinics, Stanford, CA, and a residency at the Hospital of the University of Pennsylvania, Philadelphia.



CONGRATULATIONS



MARK WAVRUNEK, DPM, foot and ankle surgeon, has met the requirements and earned certification from the American Board of Foot and Ankle Surgeons.

Dr. Wavrunek was the first surgeon to perform an ankle replacement at Blessing Hospital. He sees patients in Quincy at the Blessing Health Center, 4800 Maine, at Illini Hospital, Pittsfield, IL; the Hamilton Warsaw Clinic in Hancock

County, IL and McDonough District Hospital in Macomb, IL.

A graduate of the Dr. William M. Scholl College of Podiatric Medicine in North Chicago, IL, Dr. Wavrunek completed the American Health Network foot and ankle reconstructive surgery fellowship in Indianapolis, IN, and residency in podiatric medicine with the Indianapolis-based Community Health Network.



LACY NICHOLS, BSN, RN, Blessing Beginnings, the birth center of Blessing Hospital, has earned the status of Neonatal Touch and Massage Certified (NTMC) nurse. She is one of 1,400 professionals worldwide who provide care to newborns to hold this certification.



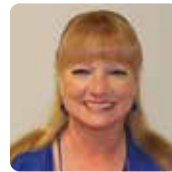
LAURA WIETHOLDER, MSN, RN, community outreach coordinator, earned her master of science in nursing degree from Blessing-Rieman College of Nursing & Health Sciences. She also holds a bachelor of science in nursing degree from Blessing-Rieman.



CRYSTAL NEFF, MHA, RT, (R) (CT) (MR) (ARRT), clinical instructor, Radiologic Technology, has earned advanced certification in magnetic resonance imaging (MRI) from the American Registry of Radiologic Technologists.



SHAYLIN DUGAL, RN, Blessing Cancer Center, has earned her associate degree in nursing from John Wood Community College/Blessing-Rieman College of Nursing & Health Sciences, and her license to practice as a registered nurse by passing the National Council Licensure Examination-R.N. Shaylin was a licensed practical nurse when she joined Blessing Hospital in 2017.



KATHY BOLL, CPHT, Be Well at Work Employer Clinic, Blessing Health System, has earned advanced certified status (CPhT-Adv) from the Pharmacy Technician Certification Board.



JULIE DUKE, MJ, MA, RHIA, administrative director of revenue cycle, Blessing Health System, graduated from the University of Loyola Chicago with a master of jurisprudence in health law.



AMANDA PADEN, RRT, has earned certification as an Adult Critical Care Specialist from the National Board for Respiratory Care (RRT-ACCS).



BLESSING STAFF!

The following nurses have had research published during 2021



HOLLY WOODRUFF, MSN, RN, maternal-child educator, had her research titled “Impact of Crystal Healing on Maternal Grief Following Perinatal or Newborn Loss,” published in *The Nursing Voice*, the newsletter of the American Nurses Association—Illinois.



EYDIE TIPTON, MSN, RN, CCRN-K, CNML, nurse researcher, Nursing Administration, and **KELLEA HENDRIAN, RN, BSN, CCM**, certified case manager, Nursing Administration, had their research, “Decreasing Hospital Falls with Injury Utilizing Shared Governance and Multidisciplinary Empowerment,” published in the online publication, *Nursing Management*.



JENNA KOSTER, MSN, RN, Cardiac Rehabilitation, had her research paper, “Identifying Self-Care Practices in Heart Failure Patients,” published in *The Nursing Voice*.



Teresa Adams House

Open Doors ♥ Open Hearts

Help Bring a New Level of Hospitality to Those in Need

The fund drive to build The Teresa Adams House - a bigger, more modern and customer-friendly version of the popular Quincy Hospitality House - is nearing its goal, but needs your help for construction to begin.

Since 1998, the Quincy Hospitality House has offered discounted accommodations for patients and their families seeking healthcare in the Quincy area from any provider. More than 14,000 guests from across the United States and internationally have stayed at the Quincy Hospitality House, which is staffed seven days a week by volunteers.

As demand for Quincy-based healthcare services grows it is obvious that the house – a 70-year-old building – has fulfilled its useful life. Sometimes, those in need of a room cannot stay due to lack of capacity or lack of accommodations for guests with physical limitations.

The Teresa Adams House will be ADA compliant, consisting of eight bedrooms with private baths, gathering and conference spaces, laundry facilities and a snack area. It will be located across the street from Blessing Hospital and next door to the SIU Center for Family Medicine – Quincy, the heart of the region’s medical hub.

WAYS TO HELP



Mail a tax deductible donation to the Blessing Foundation
4939 Oak Street | PO Box 7005 | Quincy, IL 62305
“Teresa Adams House” in memo line



Give online at blessinghealth.org/giving

B **BLESSING**
Foundation

217.223.8400, ext. 4800 | blessingfoundation@blessinghealth.org



Recognizing extraordinary care

Since the last issue of *Personal Blessing*, the following Blessing Hospital registered nurses joined the ranks of international DAISY Award winners for delivery of extraordinary care, based on nominations submitted by patients and their loved ones.



LAUREN TALLMAN SMITH, obstetrics, was nominated by a patient.
"Becoming a new parent is scary. She made the process one we would want to experience again."



APRIL GRATTAN, Blessing Hospice, was nominated by a patient's family member.
"I can't thank her enough for being a special person to my grandma in her final months of life."



DAKOTA WAND, Intensive Care Unit, was nominated by a patient's family member.
"She is truly an angel and one of the most compassionate nurses I have encountered."



BETH JONES, One-Day Surgery, was nominated by the wife of a man to whom she provided care.
"This beautiful nurse arranged for us to stay at the Quincy Hospitality House. Then, after her shift on her way home, she brought us dinner. She was our angel."



STACEY JARRETT, Centralized Staffing, was nominated by a patient.
"I am a 26-year-old who has never been hospitalized and was scared to death to be there alone. Stacey immediately made me feel comfortable and instantly at ease because of her compassion and kindness."



JENNIFER MASKER, Women & Children unit, was nominated by a patient.
"I felt at complete peace talking to her, and she was extremely personable, which is helpful when you don't have a loved one that can stay with you over the evening hours."



KELLI TERWELP, Emergency Center, was nominated by the daughter of a patient.
"She is a great example of the kind of nurse you want representing Blessing Hospital."



KENDRA MEANY, manager, Nursing Professional Development, received the **2021 DAISY Transformational Leadership Award** for her role in the cross-training of more than 300 Blessing staff to provide care and services during the hospital's COVID response.

When weight loss seems impossible, Blessing offers specialized help

The Blessing Bariatric Institute has earned the status of nationally accredited metabolic and bariatric surgical center from the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®), a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). The accreditation includes an obesity medicine designation and covers the surgical and medical weight loss options offered by the Institute.

The accreditation standards of the ACS and the ASMBS assist patients with obesity in identifying centers that provide optimal patient care. The Centers for Disease Control and Prevention estimates about 93 million adults in the United States are affected by obesity and that number continues to increase. Obesity increases the risk of serious illness and death because it contributes to other diseases including type II diabetes, high blood pressure, heart disease and cancer. Medical studies have shown metabolic and bariatric surgery to be effective in the reduction of the health conditions related to obesity.

To earn accreditation, the Blessing Bariatric Institute met national criteria for staffing, training, facility infrastructure and patient care pathways, ensuring its ability to provide safe, high quality care to patients with obesity. The accreditation process included an extensive site visit by an experienced bariatric surgeon who reviewed the institute's structure, processes, and clinical outcomes data.

Fernando Bonanni, Jr., MD, MBA, FACS, FASMBS, board-certified surgeon and medical director, Blessing Bariatric Institute, says the survey mentioned several processes within the Institute that are best practice nationally, including multiple bariatric surgeons on staff, a social worker on the

team, the Institute's processes to prevent patient readmission to the hospital, and providing patient access to the Blessing Wellness Center for exercise.

"Bariatric surgery is an important specialty that changes and saves lives," Dr. Bonanni stated. "I and other members of the team spend many months with patients deciding on the right surgery and preparing them for surgery. Then, we spend a lifetime after surgery guiding patients as they work to maintain healthy lives."



In addition to three surgeons, the Blessing Bariatric team includes internal medicine physicians, nurse practitioners, registered nurses, licensed practical nurses, medical office assistants, a nutritionist, social worker and physical therapist. The team's goal is to reduce the load on the patient's metabolism to decrease the risk for excess weight related diseases and increase quality of life. Care includes education, medicine, choosing one of three different procedures based on the patient and their specific needs, and access to a support group.

As an accredited provider, the Blessing Bariatric Institute will participate in a national data registry to generate reports on the quality of its surgical outcomes and identify opportunities for quality improvement. ■

For more information on the Blessing Bariatric Institute's obesity care options, go to blessinghealth.org/bariatric

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