

Culbertson CONNECTION

Your Health. Your Hospital.

CONVENIENT CARE

*Infusion Center Set to Open,
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Infusion Center Set To Open This Spring

Culbertson Memorial Hospital is proud to provide cancer patients a more convenient way to receive the treatments they need close to home with the opening of the Infusion Center this spring. Featuring the same familiar faces in a friendly, caring atmosphere, the Infusion Center will provide a dedicated space to care for cancer patients.

“The new Infusion Center will give us more space to do infusion treatments,” said Stevie Gray, RN, Oncology/Hematology Supervisor at Culbertson Memorial Hospital. “It’s connected to the hospital but has its own private entrance, so patients will not have to be in direct contact with other departments or patients in the hospital. Hours for treatments will be expanding for convenience based on the patient’s schedules.”

The Infusion Center will include four semi-private and two private infusion bays while also isolating infusion patients from others and redirecting unwanted traffic from immunocompromised patients.

It will also expand treatment options for patients while adding more convenience for those who would otherwise need to travel out of town for their treatment.

“Patients are able to have most of their imaging done here in town along with their lab work while also being able to see the doctor and receive any type of treatment they need,” Gray said. “Patients from the surrounding areas will also be able to use the Infusion Center, cutting down on their travel to receive care.”

Additionally, the ability to receive care from the same team start to finish ensures patients will receive prompt treatment from a team that knows their condition and their healthcare needs.

“Being cared for by familiar, friendly faces throughout their course of treatment ensures continuity of care and transitioning back to the care of other providers,” said

Michelle Epps, Chief Nursing Officer & Chief Operating Officer at Culbertson Memorial Hospital.

The hospital currently offers follow-up appointments and chemotherapy treatments on Thursdays and the second and fourth Tuesdays of the month. In addition, new patients can establish care from the beginning of their cancer journey.

“We offer a wide range of the latest treatments in not only chemotherapy but immunotherapy as well, with supportive care during their course of treatment,” said Epps. “Additionally, our team works with patients and their support system to connect them with resources available outside the hospital for a holistic approach to care such as meal delivery, financial support, pharmaceutical assistance, and more.” 💙



Construction on the West Wing at Culbertson Memorial Hospital is progressing on schedule, according to hospital officials.



The new Infusion Center at Culbertson Memorial Hospital is set to open in March and will provide more convenient and holistic treatment for cancer patients.

Construction Proceeding On Schedule

Construction on the West Wing of Culbertson Memorial Hospital is proceeding on time and without any major setbacks, according to hospital officials. Erik Price, Facilities Maintenance Director at Culbertson Memorial Hospital, said the construction team has been able to avoid supply issues that have affected construction projects around the country.

“I think the construction team and I have done a great job staying ahead of any supply chain issues that have been a problem since the start of the COVID-19 era,” Price said. “We have done our best to try to limit the impact this has had on the schedule.”

Phase 1A of construction is scheduled to complete in February. Price said this phase will include a “complete renovation of the interior space,” which he said will allow for easier access for healthcare workers, staff, and patients as well as a more free-flowing floorplan.

“A large, one-room, cardiopulmonary rehabilitation area allows for plenty of space for that service line with room for more equipment in the future if needed,” Price said.

“All walls have been erected — sprinkler installation, medical gas outlets, power, and nurse call systems are all things that will be wrapping up shortly in the next few weeks.”

Phase 1A of construction will also include the addition of a brand-new Infusion Center. While the opening date for the Infusion Center is just around the corner, Price said some finishing touches are still needed and should be completed by spring, including renovations to the Infusion Center main entrance, heating and cooling, flooring, and glasswork.

“A new drive-up canopy has been erected on the south side of the building. This is where patients may be dropped off to enter our Infusion Center,” Price said. “A new rooftop unit was recently hoisted and set in place on the roof. Startup and calibration of the unit is coming soon, which will allow for heating and cooling in the newly renovated space with real-time monitoring and full control over these areas from the maintenance team here at the hospital. Specialty contractors will be performing final touches — flooring, casework, storefront glass, and final paint — and things will start to come together quickly. We are excited for a go live date in March.” 🍀

Welcome Our New Staff!

Gregg Snyder Named Culbertson Memorial Hospital CEO

Culbertson Memorial Hospital has named Gregg Snyder as the hospital's Chief Executive Officer. Snyder, who has served as interim CEO since John Kessler resigned in August, has previously served on the Culbertson Memorial Hospital Board of Directors since February 2016, serving as chair since March 2018.

"Culbertson Memorial Hospital is in a very strong position. We have a highly trained staff that is extremely dedicated to our organization and this community," Snyder said. "We are financially sound and expanding our service offerings with the renovation of our West Wing facility. Once completed, we will have a state-of-the-art Infusion Center and a significant expansion of capacity for our outpatient clinics."

Having operated family-owned nursing homes and numerous other businesses, Snyder brings a wealth of business experience to Culbertson Memorial Hospital — as well as a personal history of the hospital as his mother, Dianne, worked as a nurse anesthetist at Culbertson for 48 years. Snyder also looks forward to implementing a fully integrated, electronic health record system. However, Snyder said he is mindful of the challenges facing Rushville and surrounding communities, particularly regarding the ongoing COVID-19 pandemic.



"My immediate goal is to help get our organization and community through the COVID-19 pandemic. It has been a long journey and all of us are tired — resilient, but tired," Snyder said. "We are amid the biggest surge of positivity we have seen since the beginning of the pandemic. Our staff and all healthcare workers are to be commended."

A lifelong Rushville resident, Snyder received a bachelor's degree in Business Administration from Methodist University in Fayetteville, NC. Snyder lives with his longtime girlfriend, Monica, and daughter, Ryan, with a son due in mid-February. ♡

Michelle Epps Named Chief Nursing Officer & Chief Operating Officer

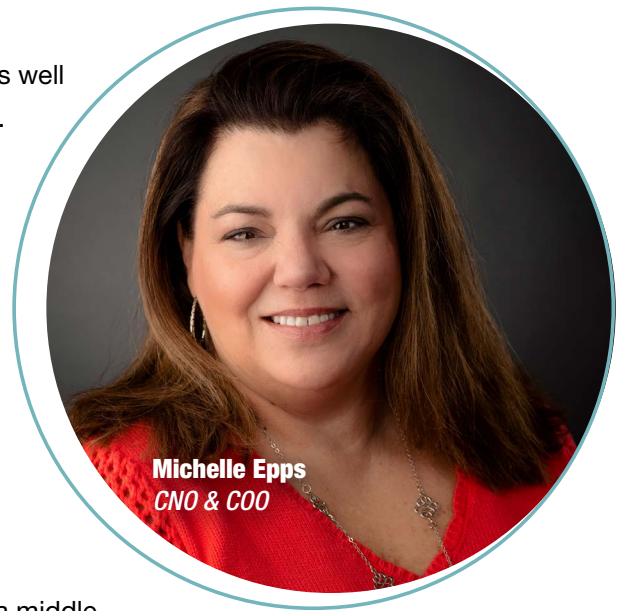
Sarah D. Culbertson Memorial Hospital has named Michelle Epps Chief Nursing Officer and Chief Operating Officer. Epps, a nurse with more than 30 years of experience, brings decades of knowledge having worked in hospital operations and nursing leadership for both large, academic hospital systems and small, community-based hospitals.

"Although I have worked in many different levels of hospitals, working with Critical Access and community hospitals is by far the most rewarding," Epps said. "Keeping people in their community and providing needed healthcare services and quality, compassionate care is the ultimate goal when you are providing leadership in an organization as vital to the community as Culbertson Memorial Hospital."

Epps said she emphasizes patient care as a central focus of nursing, as well as caring for all others with whom nurses work — themselves included.

“I have worked diligently in my career to develop a commitment to the practice and advancement of nursing, understanding that at the core of the profession is the focus on care — care of the patient, care of families, and care of fellow team members,” Epps said. “I hope to bring this passion to Culbertson Memorial Hospital through the development of ongoing clinical education programs, strategic initiatives that continue to grow the services needed by the community, and an ongoing focus on the delivery of safe, high-quality nursing care.”

A resident of Nantucket, Massachusetts, Epps has master’s degrees in Nursing and Healthcare Administration. She has two children: Megan, a middle-school teacher in West Palm Beach, Florida, and a mother of Epps’ two grandchildren; and Sean, a project manager in Memphis, Tennessee. ♡



Foundation Annual Appeal To Raise Funds For C-Arm

Every winter from December to February, the Culbertson Memorial Hospital Foundation Annual Appeal has raised funds for equipment and updates for the health and safety of the communities the hospital serves. In 2022, the purchase of a new C-arm has been selected for the annual fundraiser.

“The C-arm is an imaging device that uses X-ray technology and has a C shape, making it able to be used flexibly in many different areas within a clinic,” said Culbertson Memorial Hospital CNO & COO Michelle Epps. “The C shape of the machine comes in handy as it allows the system to move any way needed to capture images of the patient. The use of a C-arm results in greater efficiency and fewer complications during invasive procedures.”

Unlike traditional X-rays, Epps said, a C-arm can convert X-rays into images that display on the C-arm monitor. This allows providers to “monitor anatomical details in real time and make adjustments during a surgery or procedure as needed,” Epps said.

“A service line we are excited to start soon is pain management. Using a C-arm has become the

norm for many pain management procedures such as epidural steroid injections, joint injection, and nerve blocks, to name only a few,” Epps said. “Having this new piece of equipment available for our community will greatly increase our ability to provide expanded services.”

If you would like to make a donation to this year’s Annual Appeal, you can make your gift online at www.cmhospital.com/givenow or by mailing at check to the CMH Foundation at 238 S. Congress St., Rushville, IL 62681. ♡



Is Surgery Right For Me?

When something isn't functioning how it should, human nature is to find the quickest way to remedy that problem. The same goes for our bodies — often when dealing with medical conditions, we look for fast, easy, and convenient solutions so we can get back to our normal lives as quickly as possible.

But the truth is life doesn't always work like that. Sometimes the chronic issues we deal with require a more intensive solution than just a bandage and a dose of ibuprofen. After all possible fixes have been exhausted and you're still dealing with the same issues, the time may be right to talk to your healthcare provider about surgery.

What Types of Surgery Does Culbertson Provide?

Culbertson Memorial Hospital provides a wide range of surgeries, which are usually conducted as a form of laparoscopic surgery. This type of surgery is minimally invasive and performed by making one or two small incisions in the abdominal cavity, through which an instrument called a laparoscope is inserted to allow the surgeon to view the structures within the abdomen and pelvis. This method can be used for numerous types of surgery, cholecystectomies (gall bladder removals), and hernia repairs. Laparoscopic surgeries generally result in shorter hospital stays with smaller abdominal scars — if any at all — and usually decrease the risk of post-op complications such as infections.

When Should I Get Surgery?

As previously mentioned, surgery should be considered once all other options have been exhausted. This includes medications, therapies, and lifestyle changes. If these don't fix your condition or ease your pain, it may be time to talk to your healthcare provider about surgery.

The biggest question you should ask yourself before receiving surgery is, "Will this improve my quality of life?"

If your provider believes surgery could improve your everyday life, then surgery should be an option. If not, you may need to explore other options.

What Can I Expect Before, During, and After My Surgery?

Before your surgery, you will meet with an anesthetist to discuss types of anesthesia that will be used. You'll also meet with an operating room nurse to discuss OR procedures and some pre-op procedures will be performed by nurses and technicians. You may be given medicine to make you drowsy. Before your surgery, make sure the nursing staff knows who your family is and where they will be.




During surgery, family members can wait in your room or in a designated waiting area. After the surgery, you'll be taken to a recovery room where a nurse will monitor your vital signs to ensure you're stable. While in recovery, you may receive intravenous fluids or oxygen. Hospital personnel will let your family know when they can see you. Before you are discharged, you may be given instructions or a prescription for medication to minimize the risk of post-op complications or infections.

After you are discharged, a surgical nurse will call to check how you are feeling. Should any questions arise before the nurse calls, be sure to write them down so you don't forget.

Talk to Your Provider.

While surgery can be inconvenient, it can result in a better quality of life than you had before. After you've exhausted all other treatments, talk to your healthcare provider and see if surgery can make a difference in your life.

To find out if surgery is right for you, contact your healthcare provider or call Culbertson Memorial Hospital at (217) 322-4321. 

Meet Our Surgeons!

The Culbertson Memorial Hospital Surgical Department is comprised of numerous skilled, experienced providers who are devoted to providing a comforting environment for their patients. Meet the surgeons at Culbertson Outpatient Specialty Clinic and learn how you can schedule an appointment.



**Dr. John Bozdech, MD,
FACP, FACG**

Gastroenterology | 217-322-5281
Esophagogastroduodenoscopy,
colonoscopy



Dr. Matthew Knudson, MD

Urology | 217-322-5281
Vasectomy, circumcision, prostate
biopsy, dorsal slit, cystoscopy



Dr. Todd Petty, MD, FACS

General Surgery | 217-322-5281
Laparoscopic cholecystectomy, hernia
repairs, foreign body removal (depending
on the location and depth), cysts, lesions



Dr. Harsha Polavarapu, MD

General Surgery | 217-322-5281
And Colorectal Surgery
Laparoscopic cholecystectomy,
hernia repair, hemorrhoids,
cysts and lesions, port removal,
esophagogastroduodenoscopy,
colonoscopy



Dr. Drake White, MD

Orthopedics | 217-322-5281
Carpal tunnel, cubital tunnel, trigger
finger, ganglion cyst

A Kick Start For Your Immune System

Now available to the public for a little more than a year, the COVID-19 vaccines have proven to be remarkably effective against serious illness and infection brought on by the coronavirus. However, due to ongoing mutations and new strains of the virus arising, public health experts now recommend receiving a vaccine booster to increase protection.

“Boosters are proving to be vital to maintain protection, even for those who are vaccinated. The vaccination and a booster can reduce risk of serious outcome such as hospitalization or death by 93%,” said Dr. Janelle Smith, DO, Medical Director at Culbertson Memorial Hospital. “The omicron variant, which is now the most prevalent variant circulating in the United States, is less responsive to the two-dose vaccinations if they have been given more than five months in the past, but the third dose restores a significant amount of protection by bolstering the immune response.”

According to Dr. Smith, studies have shown immunity wanes roughly five months after receiving the Pfizer-BioNTech vaccine and six months after receiving the Moderna vaccine. The Johnson & Johnson/Janssen vaccine, meanwhile, has shown a much weaker immune response with a booster needed after just two months.

By re-introducing the antigen — the part of a virus or bacteria recognized by the body as foreign to the immune system — Dr. Smith said the boosters increase the amount of circulating antibodies, consequently improving immune response.

“Think of it like training for a marathon. You start by training hard, going for daily runs, and meeting your goals. If you take a month off training, it may take a bit of a kick start to get back in the same shape you were in before taking the time off,” Dr. Smith said. “The booster shot is the kick start you need.” The boosters carry the same side effects and risks as the initial vaccine doses, Dr. Smith said, adding severe allergic reactions are rare as are cases of myocarditis. In fact, Dr. Smith said, cases of the latter are “several fold higher” from severe COVID-19 infection than from the vaccine. In other words, the benefits of receiving the vaccine far outweigh the risks.

Culbertson patients who wish to schedule a COVID-19 vaccine booster may call their local health departments to schedule a time and date. Dr. Smith said the vaccine boosters are also available at local pharmacies and in some cases — such as CVS, Walgreens, or Walmart — may be scheduled online.

For more information about COVID-19 vaccines and updates, visit cmhospital.com/news-and-events/covid-19-updates. 

COVID-19 Statistics in 2022

As the omicron variant spreads around the country, many communities are reporting drastic increases in the number of COVID-19 cases. Here's an updated look at COVID-19 statistics in Schuyler, McDonough, Brown, Fulton, Cass, and Adams counties as well as the state of Illinois.

	SCHUYLER CO.	MCDONOUGH CO.	BROWN CO.	FULTON CO.	CASS CO.	ADAMS CO.	ILLINOIS
NEW CASES (Dec. 22 to Jan. 4)	102	408	46	701	242	1,213	277,060
TOTAL CASES (all time)	1,352	4,903	1,236	6,956	3,233	16,784	2,267,641
DEATHS (all time)	26	84	19	101	40	201	31,312
PEOPLE VACCINATED WITH ONE DOSE (% of population)*	4,365 (63.2%)	18,866 (62.98%)	4,340 (66.2%)	26,207 (75.21%)	9,390 (76.59%)	39,747 (60.51%)	11,622,017 (91.22% of population)
PEOPLE FULLY VACCINATED (% of population)*	3,193 (46.23%)	13,621 (45.47%)	3,220 (49.12%)	18,525 (53.17%)	6,874 (56.07%)	32,150 (48.94%)	7,735,279 (60.71% of population)

*As of Jan. 3, 2022

Sources: The New York Times, Reno Gazette Journal

Planning Ahead

What You Need to Know About Advance Directives

If something were to happen to you, would your family know the next steps to take? Too often, patients come into the hospital without clear instructions for family members either during hospitalization or after they've passed away, leaving many questions and sometimes conflicts over what exactly your wishes would be.

The truth is a debilitating illness can happen at any age, so putting an advance care directive in writing now is crucial. Advance care directives can include a living will and power of attorney, providing clear answers for your family in case you're too ill to express your wishes yourself.

A living will may be used when a patient is incapacitated and cannot give consent or refusal for medical care. Often, a living will provide general instructions — though specific instructions may be more useful — for the course of treatment for healthcare professionals to follow. This can include resuscitate or do-not-resuscitate orders, use of a ventilator, or use of artificial nutrition or hydration (i.e., feeding tubes). These instructions must be put into writing.

Power of attorney works similarly. Instead of putting your care directions in writing, someone you know and trust is

legally assigned as a healthcare proxy — in other words, someone who has the authority to consent to or refuse treatment on your behalf. The proxy must be assigned in writing before making any decisions on your behalf. In healthcare, the power of attorney is the preferred advance care directive as a document cannot anticipate complicated medical decisions.

Steps To Creating Advance Care Directives

- 1. Choose a proxy.** If you're assigning power of attorney, the first step should be to choose a healthcare proxy. This should be someone you know, trust, and is willing to make difficult decisions on your behalf. Always ask someone before assigning them as your proxy. Be sure to go over different medical scenarios and what your wishes are. You may even consult your healthcare provider to gain a better understanding of what decisions may have to be made.
- 2. Fill out the paperwork.** Your wishes must be put into writing before they are considered legally binding. A lawyer may assist you, but this is not necessary. In Illinois, forms for creating a living will and assigning a healthcare proxy are available at dph.illinois.gov. The state of Illinois requires two people to witness the signing of your living will and recommends someone who is not your healthcare proxy to witness the signing of your power of attorney.
- 3. Make copies.** After you've completed the forms and signed, keep a copy in a safe place in your home and provide copies of your advance care directives to your



Planning Ahead

(continued)

healthcare proxy (if applicable), your family, and your primary care provider. If you go to the hospital, provide a copy to hospital staff for your records. Keep a record of who has copies of your advance directives.

4. Revise. Plans can change. Your wishes now may not be the same wishes you have years from now. After a new

diagnosis, a change in marital status, or every 10 years, re-read your living will or discuss any changes to your wishes with your healthcare proxy. Put these changes in writing, then make new copies. Discuss changes with your primary care provider and make sure your new advance directives replace the old ones in your file. ♡

Memorial DONATIONS

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The Estate of Sam Davis

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In Memory of Betty Curl

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In Memory of Rick Taylor

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2021-2022 Annual Campaign

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 In memory of Harold Smith and
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 In memory of Betty Curl
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 In memory of our parents
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 In memory of Gene Wise
 Mr. and Mrs. Jeff Workman
 Worthington Funeral Home
 In memory of Carl and Gloria Roegge
 Mr. Ted Baer and Mariolyn Wheeler
 Mrs. Sheila Yates

Introduction To Wound Care

By Dr. Eli Goodman, MD
Internal Medicine



In recent decades, Wound Care has become a specialty of its own, based on numerous factors including:

- *Multidisciplinary research*
- *Formal clinical studies*
- *Expert opinions and experiences of dedicated professionals, including physicians, nurses, and investigators*
- *Private industries that develop and produce wound care products*
- *Scientific journals, books, multimedia presentations, and conferences*

All these factors generate high-quality, evidence-based recommendations and guidelines, but much is still unknown. A wound is any disruption of skin integrity that causes an open area that may be superficial or deep. An acute wound in a healthy person should naturally heal within two to three weeks.

After that time, it becomes a chronic wound that may or may not heal depending on multiple factors, including: overall health; swelling; arterial and venous insufficiency; diabetes; neuropathy; immobility; continuous or repetitive pressure, shear, friction, or excess moisture; poor nutritional status; smoking; skin diseases; underlying conditions like anemia, cancer, autoimmune diseases, and more; psychosocial and economic challenges;

and adherence to recommended measures.

These factors either cause wounds or prolong their resolution.

Wound care tries to reverse or limit the contributing factors through a better diet, voluntary weight loss, control of diabetes, mobilizing and off-loading, vascular interventions, quitting smoking, interventions for swelling, or medical equipment like specialized beds, chairs, cushions, and more.

A multidisciplinary approach is necessary but not always available to accomplish the above. Direct wound management techniques may include debridement, primary and secondary dressings, grafts, compression wraps and garments, negative pressure devices, hyperbaric oxygen treatment — about 15 HBOT indications for wound care — and systemic antibiotics when indicated (e.g., osteomyelitis and cellulitis).

90% of wound clinic patients have wounds involving their legs and feet. Even with the best wound care techniques, most patients require many weeks or months for their wounds to resolve, though some require years or even amputations. Most wound clinic patients have recurrent wounds — some wounds never heal and require lifelong palliative treatment.

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