

Culbertson CONNECTION

Your Health. Your Hospital.

EXPANDING MEDICAL EXPERTISE

Dr. Carlos Urdininea Kirkwood, MD
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A Message from Our CEO



Autumn has often been regarded as a season of change. As the mercury drops, we marvel at the change in nature while also eagerly awaiting the joy that comes with the holiday season. In that spirit of change and the anticipation for what comes next, I'd like to pause and reflect on some recent changes in our organization.

First, we're proud to welcome Dr. Carlos Urdininea Kirkwood, who will begin practicing at the Elmer Hugh Taylor Clinic on Jan. 5, 2023. In addition, Dr. Urdininea will establish a comprehensive care practice focusing on nephrology, hypertension, and diabetes management at the Culbertson Specialty Clinics in Rushville.

We're also proud to welcome Dr. Ada Kagumba and Dr. Shwetal Patel to the Specialty Clinics. Dr. Kagumba, who provides gynecology services, began seeing patients in October, while Dr. Patel, a podiatrist — or foot and ankle specialist — will begin seeing patients in December.

I am also proud to announce after the completion of Phase 1 of our renovation plan, the Specialty Clinics are now up and running in their newly renovated space. We are adding services thanks to the expanded capacity and patients have been very happy with the new facility. In the meantime, we are pausing to reassess our next steps in our renovation project. We have met twice with the consultants to discuss the current needs and future trends of critical access hospitals. Our goal is accelerating the renovation to make the biggest improvement for our patients.

Other personnel moves include Daren Bush joining Culbertson as the new Director of Revenue Cycle Management. Welcome to the team, Daren — we're all looking forward to working with you! Also, Brittney Taylor, APRN will leave Rushville Family Practice on

Dec. 16. We appreciate Brittney's many years of service to the community, and she will be missed by the entire Culbertson family.

Our health clinics will also be restructured throughout the season as Community Medical Clinic – Table Grove will merge with the Astoria Clinic. To ensure a smooth transition of care, the Table Grove Clinic will remain open until the end of November. Amber Rector, PA-C will transition to the Astoria Clinic and will begin her practice there Dec. 5.

Finally, our Human Resources department has recently implemented a new HR system from ADP. The utilization of ADP is the first part of our conversion to the Cerner electronic medical record system.

As always, we're excited to see what the future — and these changes — brings to Culbertson Memorial Hospital. One constant, however, is our dedication to our communities and providing the same quality care you deserve.

Sincerely,

Gregg Snyder

CEO, Culbertson Memorial Hospital

Establishing Trust & Confidence

Dr. Carlos Urdininea Kirkwood Joins the Taylor Clinic

Trust is a foundational element of any doctor-patient relationship. While helping a patient understand why a treatment was ordered can offer knowledge and peace of mind, it can also establish the assurance that the provider is always working in the patient's best interests. That's why Dr. Carlos Urdininea Kirkwood stresses the importance of explaining everything to his patients in terms that are easy for anyone to understand. As an internist at the Elmer Hugh Taylor Clinic in Beardstown, Dr. Urdininea listens to his patients and clearly explains what the patient can expect from his treatment plan.

"I spend the time explaining my plans, treatments, or approaches to their diseases in a way they will understand. I'm not a doctor who will just throw all medical terms to them and expect them to just say, 'Yes, doctor.' At the end of the visit, my goal is to have those patients understand the importance of my treatment or what to expect from those results. The relationship I'd like to have with those patients is a relationship of trust and confidence." — Dr. Carlos Urdininea Kirkwood

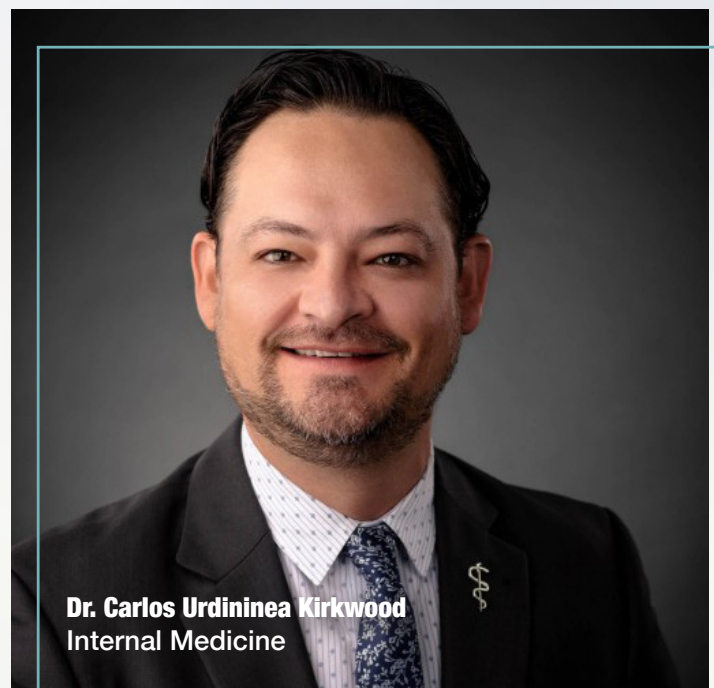
Dr. Urdininea earned his medical degree in 2006 from Universidad Nuestra Señora de La Paz in La Paz, Bolivia, before completing his specialty training in Internal Medicine at Advocate Illinois Masonic Medical Center in Chicago. He completed a fellowship in Nephrology at Loyola University Medical Center in Maywood, IL, and Edward Hines, Jr. VA Hospital in Hines, IL. Since then, Dr. Urdininea has worked as an internist at Mason District Hospital in Havana. Like Culbertson, Mason District Hospital is a Critical Access Hospital serving a small, rural area that depends on the hospital for many of its healthcare needs. For Dr. Urdininea, this means providing specialized care that may not otherwise be available — especially for common conditions like hypertension and diabetes — in addition to primary care.

"Rural health is quite unique in the sense that access to medical care is difficult, but with passion and care, those gaps in healthcare can be filled for the benefit of the community," he said. "Hypertension and diabetes

are everywhere. There are diseases that are highly preventable and highly treatable. Of course, patients with those diseases are very grateful to have the specialty services I can provide to them."

No two patients are the same — what works for one patient may not work for the next. Consequently, Dr. Urdininea said he takes time to listen to each patient rather than try a one-size-fits-all treatment. "My patients are my priority. I don't rush in, go in and out, say, 'Hi, take this pill, see you later,'" Dr. Urdininea said. "My approach is more of a doctor who cares, a doctor my patients can rely on. I'll do all I can do to help them feel better and stay healthy. 🍀"

Board certified by the American Board of Internal Medicine, Dr. Urdininea will see patients ages 18 and older at the Taylor Clinic beginning Jan. 5, 2023. To schedule an appointment, call (217) 323-2245.



Dr. Carlos Urdininea Kirkwood
Internal Medicine

Internal Medicine & Family Medicine

What's the Difference?

For some patients, choosing a primary care provider may ultimately come down to a choice between a doctor providing Internal Medicine or Family Medicine. At first glance, both internists and family doctors appear to provide the same healthcare services. So, how does a patient decide between the two? Make an educated decision on your healthcare. Learn the difference between Internal Medicine and Family Medicine to determine which provider is right for you.

What Is Internal Medicine?

Doctors who practice Internal Medicine, also known as internists, focus primarily on the care and treatment of adult patients. According to the American College of Physicians, Internal Medicine began in the 1800s, predating the existence of Pediatric Medicine, which began in the early 1900s. While internists may choose to also treat children, they must first undergo dual training for both Internal Medicine and Pediatric Medicine. The ACP reports internists must have experience in outpatient settings as well as at least one year of caring for hospitalized patients — including three months in an intensive or critical care unit.

The practice of Internal Medicine includes experience in general medicine as well as internal subspecialties, which can range from rehabilitation medicine to psychiatry. This training allows internists to develop expertise in numerous conditions. Consequently, internists can diagnose and treat a wide variety of diseases in adults, can diagnose and treat chronic illnesses and conditions, and can expertly treat complex situations in which an adult may be afflicted with more than one medical condition. In addition, internists are uniquely able to assist one another with medically complicated patients, while their experience in both inpatient and outpatient settings allows them to transition patients requiring hospitalization.

What Is Family Medicine?

Unlike internists, family medicine doctors — or family physicians — are more broadly trained to care for patients of all ages, from children to seniors. Family physicians typically train in outpatient settings, providing acute, chronic, and wellness care for a variety of patients, though family physicians also have some training in inpatient settings.

Family physicians can provide holistic, long-term care for their patients, some of whom they may have known their whole lives. This allows family physicians to create specialized, preventative plans for each patient. Because family physicians are broadly trained, they can more easily adapt to the specific healthcare needs of their community. This enables them to provide broad healthcare services in areas without easy access to medical specialists, with whom family physicians are trained to coordinate care. The ACP also reports family physicians can function as primary care providers for adults as part of a family unit.

Which Should You Choose?

Both internists and family physicians can serve as your primary care provider and can provide unique benefits for you and your loved ones. Ultimately, the choice is yours when deciding who your provider should be. Find a physician with whom you're comfortable and get the expert, compassionate healthcare you need.

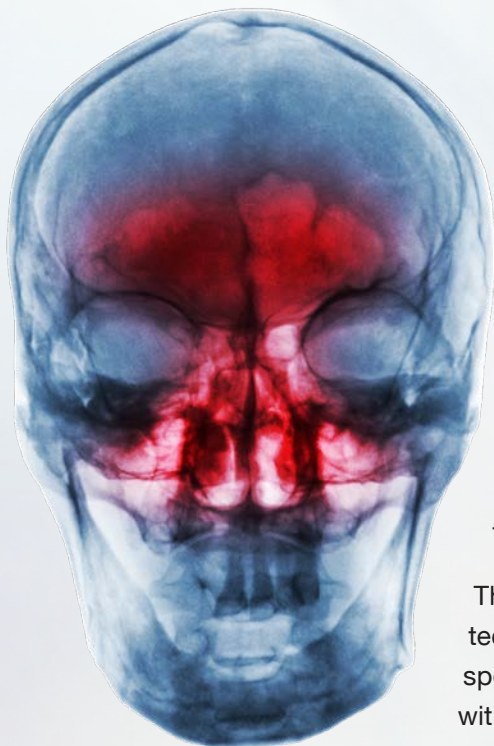
Our providers are ready to handle your family's healthcare needs. Learn more about the Culbertson Clinics and find a provider close to you at cmhospital.com.



Annual Appeal to Raise Funds for ENT Equipment

Every winter from December to February, the Culbertson Memorial Hospital Foundation's Annual Appeal has raised funds for equipment and updates for the health and safety of the communities we serve.

This year, the purchase of specialized ENT equipment has been selected for the annual fundraiser. An ENT specialty physician will join the Culbertson Memorial Hospital specialty providers in early spring 2023. Also known as otolaryngologists, ENT physicians specialize in the medical and surgical management of diseases and conditions affecting the ears, nose, and throat, as well as the neck and head.



ENTs are specially trained to diagnose and treat a wide range of diseases affecting patients from the neck up. These can include any of the following: allergies, sinus and nasal problems — including chronic sinusitis, nasal polyposis, chronic nasal obstruction, deviated septum, and headaches — snoring, sleep apnea, ear infections, hearing loss, ringing in the ears, balance issues, head and neck cancer, swallowing disorders, and voice disorders.

Our primary care providers and other specialists will be able to refer our patients to an ENT when further diagnosis, testing, monitoring, or surgery may be required or considered for a patient's condition. For example, a primary care provider may refer a patient to an ENT to evaluate the cause of frequent sinus infections.

The wide range of medical conditions able to be treated by an ENT requires technically advanced and often very costly equipment. Among those include a specialized microscope, a specialized exam/procedure chair, and special scopes with a camera that visualize the nose and throat area.

To donate to this year's fundraiser, visit cmhospital.com/foundation or call (217) 322-5269.

Meet Dr. Dixon!



Providing Resources for Success William Dixon, MD Works to Improve Rural Health as Culbertson CMO

As Chief Medical Officer at Culbertson Memorial Hospital, Dr. William Dixon lists one of his most important tasks as building up providers around the hospital, positioning himself as someone they can depend on. Providing more resources to them, he said, will ultimately lead to an improved quality of life in the community.

"This facility and community are blessed with a great team of people who are exceptionally skilled, amazingly dedicated, and incredibly caring," Dr. Dixon said. "One of my most important jobs is being here to help support their efforts at improving the health of our communities, whether that's helping as a resource, identifying ways to help them spend more of their time and talent with taking care of our friends and families, or being here to help troubleshoot challenges and difficulties as they come up."

Growing up in a Northeast Missouri town of about 600, Dr. Dixon is familiar with the healthcare challenges and difficulties rural areas face. In fact, the challenges facing Western Illinois are a common nationwide occurrence. "The medical and health-related challenges Rushville and most of Western Illinois face are similar to the challenges of small towns and rural places all across the country," Dr. Dixon said. "We continue to work hard on provider recruitment and retention — getting folks with medical training and licensure to come and help care for communities."

Dr. Dixon added those challenges have been exacerbated by the COVID-19 pandemic, in addition to changes in the workforce as older providers enter retirement. Ultimately, Dr. Dixon said he hopes to reach out to younger providers — particularly those from the area. "We will need to work hard at recruiting folks willing to give a rural lifestyle a try — or return to it!" he said. "I love encouraging people to consider a career in healthcare, and to work with folks who have ties to our area to come back and help care for our communities."

In addition to recruitment, Dr. Dixon said fostering an environment of learning and professional growth is one of the most important tasks for the entire organization. When the people are right, he said, everything works better.

"I'm passionate about helping people grow in their education and experience. I know the power of an organization in identifying talent and a sense of purpose in our teams, helping them feel empowered to make positive changes in our organization and communities, and helping them find the resources to do so." — Dr. William Dixon

"That's been my experience with growing teams — identify the right stakeholders, empower them to make positive changes, and support their efforts to move forward the mission and vision of the organization."

Establishing a partnership between Culbertson and the SIU School of Medicine has helped foster that professional growth in addition to providing valuable resources to community members across Western Illinois. As both entities work toward the same goal, establishing Culbertson as a choice hospital will go from vision to reality.

“Relationships such as this can be powerful tools to help provide the best care possible in the rural areas of the state. The missions of the SIU School of Medicine and Culbertson Memorial Hospital mesh together wonderfully,” Dr. Dixon said. “As medical director, I think every decision and intervention I’m suggesting, evaluating, leading, or assisting with needs to be seen through that lens: How does this provide or increase our community’s access to quality care? If we are doing a great job with carrying out our mission, the vision of Culbertson being the Choice Hospital will be successfully fulfilled.” 🌱

MORE ABOUT DR. DIXON

Education: University of Missouri Kansas City School of Medicine (Kansas City, MO)

Residency: Family Medicine, SIU School of Medicine (Quincy, IL)

Memberships: American Academy of Family Physicians, Society of Hospital Medicine, and the Association of Family Medicine Residency Directors

Certifications: Board Certified, Family Medicine

Positions: Chief Medical Officer, Culbertson Memorial Hospital; Associate Professor of Family and Community Medicine, SIU School of Medicine; Director of SIU Family Medicine Residency Program — Quincy

Meet Kerstin Stitt!

Culbertson Memorial Hospital is pleased to welcome Dr. Kerstin Stitt, DO to Rushville Family Practice! As a Doctor of Osteopathic Medicine, Dr. Stitt views each patient from a holistic point of view, examining how lifestyle and environmental factors may factor into a patient’s wellbeing.

Dr. Stitt earned her DO degree in 2019 from the Kirksville College of Osteopathic Medicine in Kirksville, MO. She received post-graduate training at the SIU Family Medicine Residency Program in Quincy from 2019-2022.

“I’m so excited to join a team of compassionate providers who put their patients’ needs above all else,” Dr. Stitt said. “Working toward the common goal of providing compassionate, quality care to a small, rural area helps create a sense of teamwork between providers as well as establish meaningful relationships

with patients. To know you’ve made an impact in such a small community where your patients are also friends, neighbors, and family is extremely gratifying.”

Board certified by the American Osteopathic Board of Family Physicians, Dr. Stitt is a member of the Illinois State Medical Society, the Illinois Academy of Family Physicians, the Illinois Association of Osteopathic Physicians and Surgeons, the American Academy of Family Physicians, and the American College of Osteopathic Family Physicians.

Dr. Stitt will begin seeing patients at Rushville Family Practice beginning Dec. 5. To schedule an appointment with Dr. Stitt, call 217-322-3345.



Dr. Kerstin Stitt
Osteopathic Medicine



Renovated to Serve You Outpatient Specialty Clinic Opening Wraps Up Phase 1 Construction

As Culbertson Memorial Hospital continues to grow, we're proud to provide high-quality healthcare to members of our community and to improve those services. The hospital recently completed Phase 1 of its multi-year renovation project, part of its \$15.4 million Master Facility Plan.

Phase 1, which began in July 2021, involved a complete renovation of the hospital's West Wing, including the addition of a brand-new Infusion Center — which opened in March — as well as the newly renovated Culbertson Specialty Clinics. Now completed, the overhauled Specialty Clinics opened Sept. 5, providing more specialized treatment areas than previously available.

“The space in the north half of the building includes a new Specialty Clinic area with five provider offices and 14 exam rooms for patients,” said Erik Price, Facilities Maintenance Director. “Three of these exam rooms are designed with negative pressure capabilities to isolate patients with COVID-19 or other respiratory illnesses from otherwise healthy patients in the same area.”

According to Price, the new space allows more freedom for providers in their day-to-day work while also providing more direct access for patients. With the new layout, patients seeking specialized care will now find it more easily.


“The layout of the building allows us to be very flexible with our outpatient specialties and which rooms they are operating from on any given day,” Price said. “Additionally, patients can now enter directly in the north or south half of the building to access the services they need instead of checking in at the front of the hospital and walking quite a distance to access their care.”

Michelle Epps, Culbertson Chief Operating and Nursing Officer, said the accessibility and flexible working space has already made an impact on the community as well as the services provided. Since the new Specialty Clinics area opened, Culbertson has added numerous medical specialties, including gynecology and infectious disease, and coming in 2023, an ear, nose, and throat clinic.

“Walking into the new Specialty Clinics, you can’t help but be taken in by the improved accessibility for our patients and providers,” Epps said. “Increased clinic space with separated work pods allows our providers to manage more patients in a seamless, patient-centric, collaborative clinical environment.”

That accessibility, Epps said, is emblematic of the hospital’s mission: to provide community access to quality care. Now through the first phase of a multi-year renovation plan, Culbertson officials are currently evaluating the next steps to create the greatest impact on patient care.

“At the forefront of our planning efforts for Phase 2 is making sure our efforts will have the greatest impact on our community. We want to continue our mission to provide community access to quality care. So, we plan to elicit input from all key stakeholders, including providers, staff, and community members and leaders in the coming months.” — Michelle Epps

To learn more about the Specialty Clinics or to schedule an appointment, call (217) 322-4321 ext. 5271. 





Expanding Our Services Gynecology & Podiatry Specialists Join Specialty Clinics

A newly renovated facility isn't the only change at the Culbertson Specialty Clinics — we're also welcoming new medical specialists to our team! We're proud to be joined by Dr. Ada Kagumba and Dr. Shwetal Patel from Quincy Medical Group!

Dr. Ada Kagumba is an obstetrician/gynecologist from Quincy Medical Group who began seeing patients for gynecology at Culbertson Memorial Hospital in September 2022. Dr. Kagumba completed her undergraduate degree in 1994, graduating magna cum laude with a Bachelor of Arts in Biology from Bryn Mawr College in Bryn Mawr, PA. She earned her medical degree in 1998 from Johns Hopkins University in Baltimore, MD, where she also completed an OB/GYN residency in 2002.

"It is very gratifying to provide these services because I want to help where I can and where there is a need," Dr. Kagumba said, adding she's always wanted to provide more accessible healthcare to rural communities. "That is a lifelong goal for me, something my parents also have done as they have lived in rural areas their entire lives. Often, our neighbors came to them asking for help — food, money, shelter, and many times, a drive to the local clinic." With a holistic approach to her practice, Dr. Kagumba said she takes time to know her patients first,

emphasizing transparency and understanding. At the end of each visit, she said, patients should leave feeling like their specific concerns were understood and thoroughly addressed.

"My practice philosophy is to listen first, dig deeper next, then approach the patient as a whole person and not just their OB/GYN issues to educate with honesty and fairness. I want patients to leave their appointments feeling their visit was taken seriously, and they were understood, educated, and treated fairly and patiently." —Dr. Ada Kagumba

Board certified and a member of the American College of Obstetrics/Gynecology and the American Medical Association, Dr. Kagumba's clinical interests include bone density tests, contraception, digital mammography, hormone replacement therapy, hysterectomy, incontinence, menopause, menstrual disorders, osteoporosis, sterilization, ultrasounds, and well women exams. In her free time, Dr. Kagumba enjoys travel, reading, and jazz.

Dr. Kagumba sees patients on the first Wednesday of the month. To schedule an appointment, call 217-322-5271.

Dr. Shwetal Patel is a podiatrist from Quincy Medical Group who will also see patients at the Culbertson Specialty Clinics. Dr. Patel received his DPM in 2001 from the Dr. William M. Scholl College of Podiatric Medicine at the Rosalind Franklin University School of Medicine in North Chicago. He then completed a primary podiatric medicine residency at St. Louis Veterans Hospital in 2002 and a podiatric surgical residency at the same hospital in 2003.

“My practice philosophy is to provide patients compassionate, quality care in an environment that will allow them to be a partner in their own healthcare,” Dr. Patel said. “My goal for every patient encounter is to have patients walk away from their appointment understanding their condition and the treatment options best suited for them.”

With more than 18 years of experience in rural settings, Dr. Patel understands the importance of providing accessible, specialized healthcare to small communities.

“It is extremely gratifying to provide specialty care to patients who may otherwise struggle to access it. It is rewarding to have provided rural health care to patients for 18 years. I help patients get the care they need in a facility that is familiar and convenient for them.” — Dr. Shwetal Patel

Board certified by the American Board of Lower Extremity Surgery, Dr. Patel’s clinical interests include primary podiatric medicine, diabetic foot care, fractures, osteoarthritis, foot pain, foot surgery, and preventative medicine. In his free time, he enjoys reading, computers, sports, music, movies, electronics, and social events.

Dr. Patel will see patients from 1-5 p.m. on the second Friday of each month beginning in December. To schedule an appointment with Dr. Patel, call 217-322-5271. ♡



Contributions

2021-2022 Annual Campaign

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