

# CULBERTSON CONNECTION



Your Health. Your Hospital.

## Get to Know Your Physician

### Dr. Daniel Di Iorio, Rushville Family Practice

Dr. Di Iorio, family practitioner, recently joined the Culbertson team. We got to know him better through this interview and hope you will too!

#### What do you hope to bring to your patients in Rushville?

I hope to provide accessible, high-quality primary medical care based on my 11 years of practice experience.

#### You are a doctor of chiropractic as well as a medical doctor. How will this benefit your patients?

I have an unusually diverse educational background, that's for sure. My training in both disciplines has reinforced the idea that lifestyle interventions such as eating a healthy, balanced diet, improvement in our activity levels and avoiding/minimizing vices provide the best hope of preventing disease. I prefer to use as little medicine as possible, but at the same time, as much as necessary. For instance, if a patient cannot reduce his blood pressure through diet and exercise alone, I will strongly encourage medical management.

#### What are your medical interests?

As a family physician, I enjoy many different aspects of practice. My areas of greatest interest have to do with disease prevention, adolescent health, sports medicine/concussion care and dermatologic procedures.

#### What is your medical philosophy?

I take a holistic family medicine approach. Holistic refers to an all-encompassing view of the patient in the context of their lives. This includes the influences of relationships, family, work, etc. on their personal well-being. I also believe strongly in patient education and self-determination – I expect patients to be active participants in their care and engage in shared decision making.


#### What is your family life like?

I am the fourth of five boys. I was born in Chicago, but we moved into the suburbs by the time I was 5 years old. I have been coming to the Illinois River bottoms in Beardstown with my brothers and friends for almost 30 years. My wife and I have been married nearly 22 years now, and we have four children.

#### What are your hobbies or interests outside of medicine?

I very much enjoy the outdoors. I am already looking forward to another season of duck hunting with my family and friends.

#### What can patients expect when they meet you?

They can expect me to listen to their concerns and provide the best advice I can, consistent with their priorities, to address their health concerns. 



**Daniel Di Iorio, M.D., D.O.**

Dr. Di Iorio is accepting patients at Rushville Family Practice.

Make an appointment at 217-322-3345.



238 S. Congress, Rushville, IL 62681  
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# We're Expanding!

**Culbertson Memorial Hospital is pleased to announce many exciting changes!**

## Cardiopulmonary Rehabilitation Expansion

Our Cardiopulmonary Rehabilitation department received a \$250,000 donation from an anonymous source in August of 2012. Since then, we have been able to expand in exciting ways.

We began by updating our crash cart with a LIFEPAK® 15 monitor/defibrillator and two new pulse oximeters. An entirely new platform, the LIFEPAK 15 is powered by Lithium-ion battery technology, incorporates a new display screen for visibility in bright sun and includes improved data connectivity to easily and securely collect and send patient information.

In February 2013, we began renovating the department, located in the West Wing of the hospital. By eliminating the west wall, we were able to expand into the adjoining room previously occupied by Echo, Doppler and bone density services. With all the extra space, we were able to add two new recumbent elliptical machines.

**“These cross trainers are extremely popular with patients. With a wide range of resistance, patients of all fitness levels can experience an effective workout.”**

**— Vicki Reedy, Cardiopulmonary Rehabilitation Nurse Supervisor**



## Occupational Therapy Suite

In addition to the occupational therapy services we have been providing, we now have a new Occupational Therapy Suite. This space allows for functional, daily activities to be performed for therapeutic purposes to improve the patient's overall independence in a real-world setting.

Occupational therapy is offered to swing bed patients while they are at Culbertson to maximize their overall functional independence so that they can return home and be as independent as possible. The new suite allows patients to perform daily activities, such as cooking, laundry and more in the hospital to ensure success at home. With the new suite, we can better prepare patients for the challenges of everyday life at home and in the community.





## Beardstown Therapy Expansion

Down the road from Taylor Clinic, Beardstown Therapy has been steadily increasing in patient volume for months. More space was needed quickly, to adequately address the patient and therapist needs for the area.

With the expansion, the overall space in Beardstown Therapy went from an original 1,500 sq. ft. up to roughly 2,200 sq. ft. – that’s an increase of 700 sq. ft.! The expansion has allowed for additional private treatment areas, as well as a pediatric room and extra gym space.

This expansion really helps Taylor Clinic, with increasing opportunities for the Culbertson Therapy Department to meet the needs of their patients in a relaxed, private and comfortable area.

**Want to know more about our expansion? Contact Director of Marketing and Community Relations, Molly Sorrell, at 217-322-4321, ext. 269, or [msorrell@sdcmh.org](mailto:msorrell@sdcmh.org).** +

“This is so beneficial for our patients – they are really enjoying the openness of the space and increased privacy during therapy sessions.”

– Cathy Wilson, MS, PT,  
Director of Therapy Services

## Our Occupational Therapist is Published!

Our own Lori Thomas, MS, OTR/L, CLT-LANA, recently had an article published on Compression Therapy in collaboration with Nancy Chatham, RN, MSN, ANP-BC, CCNS, CWOCN, CWS, who is the provider for Passavant Area Hospital’s Advanced Wound Healing Satellite Clinic at Culbertson Memorial Hospital. Their article examines many compression systems for chronic venous insufficiency and is featured in the July/August issue of *Wound Care Advisor*. +

**Check it out!**

[www.woundcareadvisor.com](http://www.woundcareadvisor.com)

**Page 35 of the July/August issue!**

*Wound Care Advisor* is the official journal of the National Alliance of Wound Care and Ostomy.



# Culbertson C.A.R.E.'s

Our service excellence program recognizes outstanding employees.


Our employees are our most valuable resource and having an employee recognition program is just one way for administration and management to express appreciation. As of March 15th, we started recognizing our employees who exemplified our core values.



Employees eligible provide:

- CARE** that proves they are doing their best to meet patients' needs
- ATTITUDES** that demonstrate they are here to serve our community
- RESPECT** for patients and all those who enter our doors, and
- EXCEEDING** expectations for service.



Know an employee who made your experience a positive one? Simply complete a Culbertson C.A.R.E.'s postcard, located in the hospital, and drop it off in the box located in the main lobby or give it to any staff member. We appreciate our employees and your compliments! 

## Have You Seen the New Site?

[www.cmhospital.com](http://www.cmhospital.com)

We recently launched our newly redesigned website! We have updated news, a listing of our services and a useful community calendar, among other elements. Check it out! 

Also, have you liked our Facebook page yet?

[www.facebook.com/CulbertsonMemorial.Hospital](http://www.facebook.com/CulbertsonMemorial.Hospital)





# Parking Problems?

Take advantage of our Valet Parking Service.

Have you been driving in circles to find a spot at Culbertson Memorial Hospital? It's no secret that there are certain days when finding a parking spot at Culbertson can be difficult and frustrating. However, the fact that the hospital is landlocked hampers our ability to make additional parking spaces available.

That's why we have offered our own Valet Parking Service since 2009. On our busiest outpatient days, patients will be met by a trained valet, who will assist them into the hospital, then park and later retrieve their car, all at no expense to the patient.

The hospital's volunteer group, known as the Friends of CMH, provides volunteers to serve as valets. The parking service is just another way they fulfill a need and solve a problem.

**Valet parking is available every Wednesday and Thursday, all year long. +**



Bill Smart is a part of the Friends of CMH and helps park cars on Thursdays.



# Putting for the Foundation

2013 Dr. Russell Dohner Golf Outing



Birdies, eagles and bogeys were out and about June 7th at the Culbertson Memorial Hospital Foundation's ninth annual Dr. Russell Dohner Golf Outing! We had a great turnout at Scripps Park Golf Course. This year was the best outing the Foundation has hosted to date, raising over \$35,000 towards purchasing a medication re-packaging and bar coding system for the Pharmacy Department.

The Foundation is a crucial element in helping the doctors, nurses and staff provide exceptional care to our patients. Thank you to all who participated, plus all of our generous sponsors and donors. +



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## 9th Annual Dr. Russell Dohner Golf Outing

The CMH Foundation would like to express our sincere appreciation to the following businesses and individuals who have made a commitment to the 2013 Dr. Russell Dohner Golf Tournament. The success of this year's event is due to their generous support.

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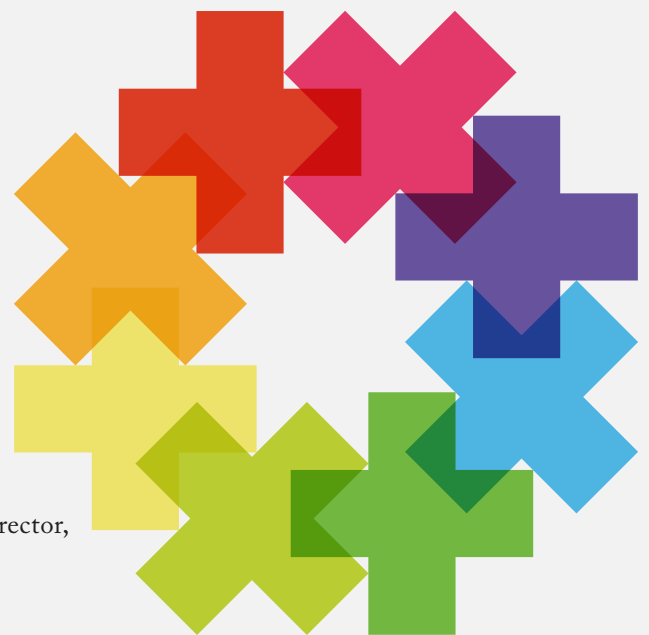
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**THANK  
 YOU**



# Up At Night?

A sleep disorder may be to blame.

Is Mr. Sandman ignoring you? Many people have trouble sleeping from time to time, but if the problem is lingering night after night, you may have a sleep disorder. Sleep disorders are conditions that affect how well and how much you sleep.

Struggling through the day with less sleep isn't the answer – insufficient sleep is a serious problem that can take a toll on nearly every aspect of your daily life. Research has linked sleep deprivation to car accidents, relationship issues, poor job performance, work-related injuries, memory lapses and mood disorders. Studies also suggest sleep disorders may contribute to health problems such as heart disease, obesity and diabetes.

Poor bedtime habits, such as coffee too late in the afternoon, eating heavy foods before bed or falling asleep with the TV on could be to blame. However, sometimes medical problems that disrupt your sleep cycle are the culprit.

## When to call the doctor

There are steps you can take to combat sleep disorders on your own, but some situations require medical attention. **Call your doctor if you snore loudly or gasp during sleep, if you think a medical condition is keeping you up at night, if you're tired all the time or if you fall asleep during daytime activities.** Your doctor can refer you to the Culbertson Sleep Lab for a sleep study to get you back to snoozing well. We offer the latest in sleep disorder technology!

Call our Sleep Lab at 217-322-4321.

Want to learn more about sleep studies?  
Visit [cmhospital.com/Services/Sleeplab](http://cmhospital.com/Services/Sleeplab). 

## Common Sleep Disorder Symptoms

- Snoring
- Gasping for air
- High blood pressure
- Excessive daytime sleepiness
- Irritability
- Trouble falling or staying asleep
- Restless, “creepy crawly” feeling in legs
- Any unusual activity that disturbs your sleep or your partner's sleep

