

CULBERTSON CONNECTION

Your Health. Your Hospital



Our Innovative Services May Surprise You!

Like a big-city hospital packaged within a smaller one, Culbertson Memorial Hospital offers many services and innovations usually associated with larger teaching hospitals in urban areas. Having a hospital with so many services means patients don't have to travel to receive the care they need.

(Continued on page 2) >>>>

Plus, the hospital regularly launches new programs and initiatives to improve the care and increase patient convenience. Following are just a few of the innovative programs offered.

Antimicrobial Stewardship Program

Culbertson Memorial Hospital recently launched an Antimicrobial Stewardship Program as part of the nationwide push to combat antibiotic resistance. Culbertson Pharmacist Sarah Brockhouse oversees the program and says it seeks to educate everyone about the risks of creating drug-resistant bacteria by overusing antibiotics.

“It’s important for patients to realize antibiotics don’t kill every germ,” Brockhouse explained. “When bacteria survive a round of antibiotics, they may produce new generations of bacteria that are too strong to be killed by current antibiotics, which leaves everyone more vulnerable to illnesses caused by these stronger, more resistant pathogens. We are seeing more and more infections caused by bacteria that are resistant to many of the antibiotics we currently have. This is very scary because soon we may have infections that will not respond to any antibiotic. There are very few new antibiotics under development right now, so we need to do all we can to ensure the ones we do have will continue to work when we need them.”

The hospital has already educated staff about proper antibiotic use and is now educating patients directly. Antibiotics don’t work on viruses; those illnesses will run their course in 10-14 days. Prescribing an antibiotic for a virus provides no benefit to patients, only putting them at risk of side effects and contributing to the creation of drug-resistant organisms.

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– Sarah Brockhouse, PharmD

As part of the new program, physicians review the plan of care 48 hours after an inpatient starts an antibiotic to assess whether it is working or if treatment should be changed.

Brockhouse emphasized, “If your healthcare provider prescribes an antibiotic, it’s important for you to take it exactly as prescribed. It is common for patients to stop taking their antibiotic as soon as they feel better, but this can cause the infection to come back stronger, making it more difficult to treat.”

Top-Notch Surgical Team, State-of-the-Art Anesthesia

Culbertson Memorial Hospital offers many surgical procedures by a team of surgeons practicing in a variety of specialties. “The Culbertson Memorial Hospital surgical team is very skilled and dedicated to their work,” Cheryl Howard, RN, Surgical Services Supervisor, said. “We are proud of the care and services we are able to provide to our community.”

The Surgery Department also has a new anesthesia machine, the Aespire 7900 with a new B40 monitor, manufactured by GE Healthcare, Datex-Ohmeda Division. This machine delivers a controlled amount of oxygen and anesthesia gases to the patient undergoing surgery. It also monitors the patient and has other features to help protect the patient’s safety during surgery.

Some of the procedures available include:

- Carpal tunnel release
- Colonoscopy
- Cystoscopy (looking into the bladder with a scope)
- EGD (esophagogastroduodenoscopy – dilation of the esophagus)
- Excision of lesions
- Ganglion cyst removal
- Hemorrhoid banding
- Hemorrhoidectomy
- Hernia repair – both open and laparoscopic
- Laparoscopic cholecystectomy (gallbladder removal)
- Urethral dilatation



The hospital's surgeons include:

- Dr. Michael Ouwenga, a urologist from Quincy Medical Group, available the first and third Tuesdays of every month
- Dr. John Bozdech, a gastroenterologist from Quincy Medical Group, available on Fridays
- Dr. Harsha Polavarapu, a colorectal and general surgeon from Blessing Physicians & Surgeons, available the first and third Wednesdays of every month
- Dr. Jianjun Ma, an orthopedic surgeon from the Springfield Clinic, available on the fourth Wednesday of every month
- On Thursdays, three general surgeons from the Springfield Clinic of Jacksonville are available on a rotating schedule:



Dr. David Hallam



Dr. Michael Fenner



Dr. Abigail White

Therapy Services

Culbertson Memorial Hospital offers a variety of physical, occupational and speech therapies for all ages. A service you may not know about is video swallow studies, which are offered in collaboration with Speech Therapy and Radiology. Video fluoroscopy (videofluoroscopic swallow studies or VFSS) has been available the past 10 years. The purpose of a VFSS is to identify any swallowing deficits and where the problem occurs in the neck/throat. A VFSS helps to determine appropriate treatment, as well as necessary food and drink consistencies that keep the patient safe and decrease the risk of aspiration pneumonia.



This type of pneumonia often occurs as a result of undiagnosed swallowing difficulties. The VFSS allows the therapist and radiologist to view the path of food as it enters the stomach, making sure the food is not traveling into the lungs.

Another service offered by the Therapy staff is custom splinting. The Occupational Therapy staff works in conjunction with Dr. Jianjun Ma's orthopedic clinic days. Patients may need custom splinting due to injury, accident or other reasons. A prescription is required for all Therapy Services.




Diagnostic Services

Radiology allows healthcare providers to more accurately diagnose and treat diseases within the body through imaging, such as X-rays and ultrasound and CT, MRI and PET scans. In the past year, Culbertson Memorial Hospital has added several new ultrasound procedures, and all are performed by a board-certified ultrasound technologist.



These include:

- Allen's Testing for evaluation of palmer arch patency
- Pediatric echocardiograms and contrasted echocardiograms ("bubble study")
- TBIs (toe pressures)
- Ultrasound guided biopsies/aspirations of the breast and thyroid
- Ultrasound guided biopsy of the prostate (jointly with our urology clinic)
- Ultrasound of the scrotum
- Upper extremity ABIs (ankle-brachial index) with segmentals for stenosis or diagnosing thoracic outlet syndrome
- Upper extremity venous and arterial studies

For questions or information on any of these services or procedures, check cmhospital.com or call 217-322-4321. 





Sarah Brockhouse, PharmD

Culbertson Memorial Hospital Recognized for Anticoagulation Clinic

Anticoagulants (ex: Warfarin or Coumadin) can be a life-saver to patients with heart disease and certain other conditions. However, elevated levels of the medication can be dangerous. That's why doctors keep a close eye on the level of anticoagulants ("blood thinners") in their patients.

The key to helping keep patients' anticoagulant levels within the proper range is the convenient new Anticoagulation Clinic at Culbertson


Memorial Hospital.

The Illinois Health and Hospital Association is featuring Culbertson's Anticoagulation Clinic in the IHA Institute for Innovations in Care and Quality Best Practices Compendium. The piece will

also be featured on the American Hospital Association's Hospitals in Pursuit of Excellence website.

The Anticoagulation Clinic, which Culbertson established in December 2014, has helped make it easier for patients on anticoagulation medication to get more frequent checks, which helps them stay within their target range, said Sarah Brockhouse, a pharmacist at the hospital. "We have seen more patients staying within their target range more often since the clinic opened," Brockhouse said. "The more patients can stay within their target range, the less likely they are to have problems like bleeding or stroke."

People who are on anticoagulant medications need to be monitored. The frequency of blood draws depends on the patient, with an appointment every four weeks being common if the patient is under good control, but every one or two weeks if the patient has had a change in dosage.

"Our main goal is patient safety. Warfarin (one of the common anticoagulants) carries risks and can be affected by many different things (food, medications, other health issues), so the better we can control the blood levels, the safer our patients will be. Patients also like having a direct contact for all their Warfarin-related concerns," said Brockhouse. 

"The more patients can stay within their target range, the less likely they are to have problems like bleeding or stroke."

— Sarah Brockhouse, PharmD

Is It a Cold or the Flu?

Your throat is scratchy. You feel tired. You can't stop coughing. Do you have a case of the common cold, or could it be the flu?

Both the cold and the flu are respiratory illnesses. Though the cold and flu can feel very similar at first, colds tend to be minor and not a major disruption to your life. However, flu symptoms tend to be more severe, and the flu can become dangerous in some cases.

Common cold symptoms include:

- Cough
- Fatigue
- Headache
- Mild fever
- Muscle aches
- Runny or stuffy nose
- Sneezing
- Sore throat

Common flu symptoms include:

- Cough
- Fatigue
- Fever and/or chills
- Headache
- Muscle aches
- Sore throat

Because the two illnesses can seem so similar, if you're at high risk for flu complications and develop a fever accompanied by other flu symptoms, call your doctor. How do you know if you are high risk? The list includes the elderly, children, pregnant women, those with a weakened immune system because of cancer treatment or HIV/AIDS or any other condition, people with a chronic lung or heart condition, those with asthma, diabetes, anemia or kidney

disease, those who are morbidly obese, nursing home residents, or anyone who has chronic health problems or who has been advised by their physician that they are at risk of flu complications.

Keep Your Illness to Yourself

Colds are contagious the first few days, so if you are able to stay home and rest, you can help prevent transmitting your illness to others. Wash your hands frequently, and cover your mouth and nose when you sneeze. Nothing has been proven to "cure" the common cold, but treatment of symptoms with over-the-counter medications can help you feel less miserable. Do not give any aspirin-containing medication to a child with cold or flu symptoms, as it can cause a potentially fatal condition called Reye's syndrome. **Do not ask your doctor for an antibiotic; antibiotics treat only bacterial infections, not viral infections like colds and flus.** For a cold, rest, drink lots of fluids and essentially wait for the cold to run its course, which could take two weeks.

If it's the flu, however, three FDA-approved antiviral treatments can help: Tamiflu, Relenza and Rapivab. These drugs can help prevent certain flu complications, including pneumonia. However, you need to start them within the first 48 hours of getting sick for them to work most effectively. That reinforces how important it is

to contact your doctor immediately if you are at risk of flu complications. Two of the drugs, Tamiflu and Relenza, can be taken by children, so call your child's doctor right away if you suspect your child has the flu.

Prevention

For the common cold, there's little to do except to try to keep yourself healthy, avoid sick people and wash your hands often. For the flu, medical authorities recommend an annual flu shot. The Centers for Disease Control and Prevention has lots of information about this year's vaccine at cdc.gov.

- Only injectable flu shots (not nasal mist) are recommended this year.
- Those with egg allergies who experience only hives can get the vaccine as usual, but those with severe egg reactions should only receive a vaccine in a medical facility where a severe reaction can be managed.
- Several vaccines are available. Some protect against three flu viruses and some protect against four. A high-dose shot is available for older people. Some vaccines are injected into muscle, but one can be given into the skin. **+**



Errors in Children's Dosages a Serious Matter

When your child is ill and requires medication, make sure the dose you give is as accurate as possible. Too little medication may not help your child get well, and too much could be dangerous. A new study in the October issue of *Pediatrics* warns that many parents routinely make dosage errors – and some were off to an alarming degree.

Adult medications often come in tablets or capsules, making accurate dosages easier. But children's medications are usually given as liquids, and errors are common. One reason can be due to poor packaging; for example, directions that call for milliliters and a dosing cup that measures in teaspoons. Still, even with ideal instructions and a well-marked syringe, errors were common in the study, which tried to find the combination of labels and dosing tools that worked best. In the study, caregivers were given nine sets of labels and tools (syringes and cups) and asked to measure a liquid similar to common children's medications.

More than 84 percent of the parents made more than one dosing error of at least 20 percent. In fact, more than 20 percent of the study participants made at least one error that was at least two times the requested dose.

The study concluded that milliliter-only dosing using syringes is the safest and most accurate method of measuring liquid medication, but that "counseling and general education about the importance and proper use of standard dosing tools remain important." Further, families should always be provided with a standard dosing tool.

The takeaway? If your child is prescribed a liquid medication, talk to your healthcare provider if you need clarification about how to properly measure the medication. If you're using an over-the-counter medication, talk to your pharmacist if you have questions about the right dosage. 🩺

Pediatric Spotlight

Culbertson's Staff Plays Role in Lifesaving Transplant

Courtney Elliott's work badge identifies her as a Certified Pediatric Nurse Practitioner – Primary Care. But according to one grateful little boy's family, she is really a guardian angel.

Courtney, who works at Elmer Hugh Taylor Clinic in Beardstown, helped Levi's family obtain a liver transplant for the baby in February. Levi's mother, Dulce, spoke about the boy's medical journey.

The baby's family took Levi to the Taylor Clinic, where he was diagnosed with a liver problem and referred to a specialist. Levi suffered a lot of complications, and his condition deteriorated to the point doctors warned his mother that she should be strong because he might not make his first birthday. But then Levi's "guardian angel" got more involved. According to Levi's mother, Courtney was full of care and enthusiasm to get baby Levi the care he needed.

He had already been hospitalized in a larger facility multiple times, but each time he was sent home Courtney would call

The little boy whose mother was told he might not live to his first birthday is now a healthy 17-month-old toddler.

them and ask for an explanation. As a former nurse at Cardinal Glennon Children's Hospital in St. Louis, Courtney had a lot of experience in dealing with severely ill children. Levi's mother

believes Courtney's experience there helped her navigate the system and get Levi the care he needed to save his life.

With Levi's liver not functioning properly, Courtney knew the boy's best chance was for a liver transplant. She began pushing to get him moved up the list for the transplant, and a little





“Every time Levi walks through our doors, his smile brightens everyone’s day.

He is a precious child and joy to take care of. He is the perfect example of why I became a pediatric nurse practitioner,” Courtney said. “We have developed a great pediatric team here at Taylor Clinic and I know my nurses, Missy Meyer and Tammy Deming, also care deeply for Levi and all of our other patients.”

While nurses Missy Meyer and Holly Stolp have each stepped up in critical situations to assist in the care of Levi, all the clinic employees help in any way they can to serve their patients. And Levi’s mother continues to call Courtney her son’s guardian angel because she is there whenever he is in need. +



more than six months ago he finally received a liver transplant at St. Louis Children’s Hospital. While he was there, Courtney visited Levi and helped Dulce in various ways. Levi’s mother said the most important help Courtney provided was emotional support. She added that Courtney does what she does because she has a “huge heart” and her main interest in her profession is not the paycheck but the health of the children under her care.

Dulce was also able to speak to the mother who donated her daughter’s liver. The donor’s mother even asked to pay for Levi’s college education because she wants to assure Levi has a good future. But Dulce said she has done enough by giving Levi life. The little boy whose mother was told he might not live to his first birthday is now a healthy 17-month-old toddler.

Today, Levi comes to Taylor Clinic for routine lab work, and you can see a sense of pride on the staff members’ faces every time they see Levi entering the clinic doors. Levi dances for the staff and often throws them kisses.



Dulce and Levi, Courtney Elliott

Memorial Donations

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2016 Dr. Russell Dohner Memorial Golf Outing

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When Do You Need to See a Doctor for a Prescription Refill?

Many wonder why a physician requires an office visit when they need their prescription renewed – especially if they have been taking the drug for a while with no problems – but there are times when an office visit is required for the patient’s safety.

While patients often prefer having their physicians renew prescriptions without question or an office visit, that may not result in the best care. Typically, if you haven’t been seen for a while – or if the doctor is new to you and hasn’t examined you before – an office visit will be necessary. This is to assure your safety – many things can be discovered during an office visit that might not be obvious to you.

- Your doctor may need to check whether this specific drug still makes sense for you, or if the dosage should be changed.
- New symptoms might arise that indicate further diagnostics, resulting in a different drug that would fit you better.
- You may have side effects without realizing their connection to your current prescription.
- A new drug, not on the market at the time the previous drug was prescribed, might now be a better choice.
- You may have developed new medical issues that require a change of medication.
- Your condition may have improved, and you may be able to decrease the dosage or discontinue the drug altogether.
- You may have begun taking an additional medication prescribed by another doctor, and that may affect whether the existing drug is still right for you.

So while an automatic prescription renewal may be more convenient, remember that your physician recommends an office visit to assure you are taking the medications that are best for you. Of course if you have any concerns about your prescriptions, it’s always best to give your healthcare provider a call. 



Selecting the Best Health Insurance for You

There are many factors that go into choosing the right health insurance for you and your family. Cost is always a factor, and you need to decide what level of deductible you're comfortable with. But you also want to make sure your doctor and your hospital can accept the plan you choose.

The new enrollment period for Get Covered Illinois, the Health Insurance Marketplace that is part of the Affordable Care Act, started Nov. 1 and ends Jan. 31, so now is the perfect time to review your insurance needs and decide what plan you will sign up for next.

If you're looking on the Marketplace, you will find two plans that are accepted by Sarah D. Culbertson Memorial Hospital and our Family Practice Clinics: Humana and Health Alliance. We do not accept the Blue Cross Blue Shield Preferred Choice Insurance Plan.

If you get your insurance **from your employer** and have a choice of plans, Culbertson and our Family Practice Clinics are in-network providers for a number of insurance plans including Blue Cross. Carefully research your options and preferred providers. Any questions should be directed to your insurance agent.

If you have any questions on whether your insurance plan is accepted by Culbertson, please contact our Business Office at 217-322-5278. **+**



CMH Foundation to Raise Funds for Lifesaving Defibrillators

It's nearly time for the Foundation's Annual Appeal. This year, the CMH Foundation plans to use the funds raised to purchase six new defibrillators (LIFEPAK® 20e, manufactured by Physio-Control). These defibrillators can be used in one mode by any healthcare provider or in an advanced mode by more experienced lifesaving personnel, thereby assuring the fastest-possible response to save lives. The cost of each unit will be \$12,000-\$15,000.

Donor Recognition

Culbertson Memorial Hospital recognizes all major contributors on the Donor Recognition Wall in the front lobby.

Levels of giving are:

- Benefactor - \$25,000 or above
- Sponsor - \$10,000-\$24,999
- Associate - \$5,000- \$9,999
- Supporter - \$2,000-\$4,999
- Patron - \$500-\$1,999

Visit our website to make a gift of any amount and make our new defibrillators a reality. Or send a check to the CMH Foundation, ATTN: Annual Appeal, 238 S. Congress, Rushville, IL 62681.



For questions, contact the Foundation Director, Tim Ward, at 217-248-7511.

In addition to tax-deductible donations, the CMH Foundation can accept a gift of securities, real estate or personal property, as well as planned gifts through a bequest, living trust or other means. **+**

Girls' Night Out... Dedicated to Education, Hope and FUN

Nearly 100 women gathered together on Tuesday, Oct. 18, at the Old Homestead Event Barn in Rushville.

Although a primary goal of any women's night out is to enjoy the conversation and time together, this event also had a greater purpose since it was centered on improving women's health and honoring women who had or are battling cancer.

Eat, Shop, Learn and Get Healthy

As part of the evening, the ladies took advantage of spa services, a vendor boutique and healthcare exhibits. A light dinner and speakers were also included, with talks on Cervical Cancer, Menopause and Heart Disease, as well as Stroke in Women. In addition, Moreland & Devitt Pharmacy and Home Healthcare administered free flu shots.

First Makeover Giveaway

Prior to the event, women had the opportunity to nominate female cancer patients or survivors who would be encouraged by a makeover. This year's winners were Denine Cox, Judy Greer and Luan Phillips. The women received certificates for manicures, pedicures, one-hour massages, facials and a Lula Roe outfit, along with hand cream, a pampering kit and eye cream, and a survivor hand-stamped necklace.

Hope Blooms

Once again, silent auction proceeds went to Hope Blooms, a local charity benefiting cancer patients of all ages and afflictions. This year's event raised \$700, so thank you to all our donors and participants! 