

CULBERTSON CONNECTION

Your Health. Your Hospital



The Pharmacist – Your Best Advocate for Medication Safety

There's a vital person on your care team you may be overlooking. Your pharmacist is one of your best resources for managing medications, understanding potential drug interactions and streamlining medication regimens. Nearly 70% of Americans are on at least one prescription drug, with almost half taking at least two. While you may see multiple doctors and specialists for many conditions and receive different medications from each of them, your pharmacist remains the common thread, often the only person – other than you – who sees the complete healthcare picture.

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Sarah D.
CULBERTSON
Memorial Hospital

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Nearly half the people taking prescription medications for chronic diseases don't take them correctly, and pharmacists can help change that. They can help improve patient outcomes, quality and costs. In fact, pharmacists are so important to the process that legislators are considering a bill to recognize them as healthcare providers and allow them to be reimbursed by Medicare, which would increase access for patients and improve medication safety.

Highly dedicated and highly trained, pharmacists receive at least six years of training. Many continue into advanced training such as geriatrics, diabetes and oncology, with some even completing residencies. Today, pharmacists often hold doctorate degrees.

"We are here to improve health and enhance safety," says Sarah Brockhouse, PharmD, a pharmacist at Culbertson Memorial Hospital. "We can often catch a drug interaction before hospitalization or increased doctor visits are required."

Your pharmacist is at the front line of your defense, often the most accessible part of your healthcare team. "You can walk right in and see us," says Brockhouse. "We can play a more active role in your care."

Build a Relationship

"Build a good relationship with your pharmacist for continuity of care," Brockhouse encourages. "Tell them about changes in prescriptions or appointments with doctors. Specialists, for example, may focus only on their specialty and not take into account how it affects your diabetes. Pharmacists can see that, because they see the bigger picture."

Another tip: If you're getting part of your medications through a mail order pharmacy, be sure to tell your local pharmacist about those prescriptions too, so they have your complete medication list to manage. "We are the perfect partner for your doctor," she explains. "Physicians are trained to diagnose; we're trained on medication. We work very well together, and our educations complement each other very well."

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More than Medications

The Culbertson team of pharmacists offer additional services to enhance your healthcare management. In one-on-one Medication Therapy Management sessions, pharmacists review your medication list, looking for areas for improvement, such as a new drug that could replace a long-time choice. They may even catch safety concerns or recommend a medication swap to help alleviate side effects.


In addition, pharmacists may conduct one-one-one Diabetes Self-Management sessions, where you can receive additional support toward helping achieve health goals and diabetes control. Insurance companies, with Medicare Part D plans leading the way,

are seeing great benefit from such therapy management sessions. Some are starting to cover those extra services. All are available by appointment.

Brockhouse, who has special training and certification in Anti-Coagulation Therapy Management, leads an Anti-Coagulation Clinic at Culbertson

Memorial Hospital. There, she helps patients manage the anti-coagulation drug Warfarin (brand names include Coumadin and Jantoven), adjusting dosage as needed and discussing potential concerns, dietary issues, side effects and medication interactions.

For Brockhouse and the pharmacy team, it's all part of striving toward good outcomes and quality of care. "I love my job, and I'm passionate about what I do," she says. "We're watching out for patients and staying dedicated to their quality of life."

For more information on Medication Therapy Management, call 217-322-4321, ext. 5294. 



New Urology Provider at Culbertson

If you're suffering from kidney stones, prostate cancer or other urological conditions, relief is closer to home than ever. Culbertson Memorial Hospital Urology Clinic occurs on the first and third Tuesday of each month with Dr. Michael Ouwenga, a board-certified Urologist from Quincy Medical Group.

Dr. Ouwenga specializes in the diagnosis and treatment of disorders of the urinary tract in both men and women, as well as the male reproductive tract. He sees patients of all ages for urologic conditions including:

- Stone disease
- Incontinence
- Bladder cancer
- Prostate cancer
- Impotence
- Urinary tract infection
- And more

To schedule an appointment, call his Quincy Office at 217-222-6550, ext. 3421. 



Dr. Michael Ouwenga

Culbertson Memorial Hospital Welcomes Three New Family Practice Doctors

Three new board-eligible providers will join the staff of Culbertson Memorial Hospital starting this summer. The new primary care and internal medicine physicians will help expand healthcare services after the void left by Dr. Sembu Kanthilal and the late Dr. Russell Dohner. All three understand the needs of rural communities and are very committed to delivering high-quality patient-centered care. Each doctor has a desire to join a community where they can get to know patients and their families, in order to provide a full spectrum of care at all stages of life.



Dr. Janelle Blair is a fourth-year resident at Virginia Commonwealth University's Internal Medicine Residency Program in Richmond, Virginia. She earned her Doctor of Osteopathic degree in 2013 from the Edward Via Virginia College of Osteopathic Medicine in Blacksburg, Virginia. Dr. Blair will see patients 17 and above beginning in July at Rushville Family Practice.



Dr. Rudo Mashindi is a fourth-year resident at the University of Kentucky Family Medicine Residency Program in Lexington, Kentucky. She earned her Medical Degree in 2012 from the University of Sint Eustatius School of Medicine in the Netherlands Antilles. Dr. Mashindi will see patients beginning in August at the Elmer Hugh Taylor Clinic in Beardstown.



Dr. Jason Rakita is currently in his fourth year of Family Medicine residency at Mercy Medical Center in Mason City, Iowa. He completed his Doctor of Medicine in 2013 from the Medical College of Wisconsin in Milwaukee, Wisconsin. Dr. Rakita will see patients beginning in September at Rushville Family Practice.



Watch for more information on these three new providers coming soon! 

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You're Not Depressed – Or Are You?

Rosie Taylor wasn't depressed. Sure, maybe she didn't want to sew anymore, when once she'd had a business making doll clothes. Maybe she had candy for dinner – and lunch – more often than not. And if she had spells once in a while, don't most 86-year-olds have something? "It's just life," she thought. "You put up with it."

That is until her son convinced her to attend a free Depression Screening on the front lawn of Culbertson Memorial Hospital. There, the Senior Life Solutions team told

her she was suffering from anxiety and depression. They told her it wasn't unusual for someone her age who had been through a major life change recently, leaving her home and giving up her business to move closer to her son in Rushville.

"I found out there are many kinds of anxiety that people don't think are anxiety," says Taylor. "I thought I was having more mini strokes, but I found out it was anxiety. I had to move so fast, it felt like my whole world had turned around."

So many people like her suffer in silence, says Sara Barrientos, LCSW, part of Taylor's treatment team. "You fall into negative self-talk; we teach you to pay attention to yourself and know whether that talk is building you up or breaking you down."

The teaching comes through regular group sessions (individual ones are available too), informal chats where people come together to share their experiences and concerns. Almost from the first session, Taylor says she felt better. "I saw improvement every time; I always walked out feeling better."

After four months of regular sessions, Taylor graduated from the program. "I go to coffee every morning, and they said they were worried about me when I first moved back. Well, worry no more!"

For more information on Senior Life Solutions, call 217-322-4321 or visit www.cmhospital.com. 

*L to R: Cathy Rigg, LCSW;
Veronica Williams, RN;
Rosie Taylor and Sara Barrientos, LCSW.*



April is Occupational Therapy Month!

Culbertson Memorial Hospital offers Occupational Therapists who evaluate and treat patients of all ages with physical, sensory and cognitive dysfunctions which affect their ability to function in their daily lives. Whether it's a coordination problem; an injury to the elbow, hand or wrist; a chronic condition that affects everyday independence; special care due to strokes; or a developmental milestone – the Occupational Therapists at Culbertson can help.

Learn more at www.cmhospital.com or call 217-322-5286. 



New Portal Offers Clinic Patients Easy Access to Health Info

Culbertson Memorial Hospital recently launched an online Patient Portal, giving patients at our family practice clinics private, 24/7 access to their health information. "This is a secure and convenient place to manage your health records," says Courtney Caldwell, a member of the Portal Implementation Team.

Available information includes:


- Diagnosis lists
- Allergies
- Immunizations
- Lab, imaging and procedure results
- Referrals
- Medication lists

Patients can easily request and track appointments, as well as reschedule or cancel when necessary. Updates to personal information, like your address, phone number, insurance information and emergency contacts, can be made on the Portal as well.



Our staff is ready to help you log in.

Access the Portal through phones and tablets by downloading the Healow app. The Portal is currently available for patients who are 18 and older at the Elmer Hugh Taylor Clinic, Rushville Family Practice and Community Medical Clinic.

To open your account and download the app, visit the hospital website, www.cmhospital.com. For more information, contact the Registration Department at 217-322-4321. 

Hit the Links For Health



Dr. Russell Dohner 12th Annual Golf Tournament June 3, 2016, 12:00 p.m.

Proceeds will help update technology in the Laboratory at Culbertson Memorial Hospital!

Scripps Park Golf Course

To sponsor or register for a team, call 217-322-5269.