

CULBERTSON CONNECTION

Your Health. Your Hospital



Swing Back into Health

It happens often: A patient is on the road to recovery and no longer needs intensive hospital care, but is not ready to return home safely. Most patients don't like being far from their family and friends for needed professional rehabilitation. The best answer could be the **Swing Bed Program** at Culbertson Memorial Hospital.

What is a Swing Bed?

This Medicare program gets its name because it allows the same patient to “swing” from one level of care to another. Patients may start as an inpatient, receiving acute care, and as they recover, they can enter the Swing Bed Program. The patient may or may not stay in the same bed in the same room.

(Continued on page 2) >>>>



➤➤➤ (Swing Back into Health, continued)

Swing Bed patients still receive hospital meals and assistance, but the level of care is different. “Patients enter the Swing Bed Program when they don’t need the more intensive care involved in being a regular patient of the hospital, but are not yet ready to go home and take care of themselves on their own,” Culbertson’s Discharge Planner Pam Tavernier said. “They may need assistance with daily self-care, or they may need help learning to take care of certain medical needs. The goal is to work with the patient so that he or she will be ready to return home as soon as they are ready.”

As recovery progresses, the level of care continues to decrease. The patient’s physician directs how often nurses take vital signs, such as pulse, respiration, weight and blood pressure. Should the patient’s condition require acute care, he or she can “swing” back into this level. This flexibility allows each patient to have the right level of care as rehabilitation progresses.

Treatments


“Our Swing Bed Program offers a safe transition to home through skilled services that might include physical, speech and occupational therapy,” Tavernier said. Besides therapy, there are many other treatments people may get while a Swing Bed patient. The treatments and self-care lessons depend on the needs of each individual patient. In addition, this care is enhanced with weekly care meetings that include the whole team, including nursing, pharmacy, therapy and dietary staff members, plus the patient and family/caregiver. These meetings help ensure a smooth transition and preparation for the return home.

Common Diagnoses and Services

The Swing Bed Program serves patients with conditions such as hip or knee replacements, stroke, pneumonia, post-surgical procedures and extended IV therapy. Our Discharge Planning Department can also help with any emotional, financial or discharge-planning problems. If needed, we can help make plans for long-term or alternative care in the surrounding area.

Activities

Culbertson Memorial Hospital understands a long stay in the hospital – regardless of whether it’s designated as Acute Care or Swing Bed Care – can mean a lot of free time. As patients are able to get up and perform more tasks for themselves, they may wish to get involved with an activity. Our A an be ordered by the physician or requested by the patient directly. We provide many items, such as magazines, books, newspapers, stationery, puzzles and craft items. We also can provide personal care items such as nail care kits and nail polish.

The patient’s doctor and hospital staff can help determine if federal guidelines for Medicare coverage are met. Culbertson’s Swing Bed Program is also open to patients who have had treatment at another facility. Their hospital discharge planner can contact Discharge Planning at 217-322-4321, ext. 5295. 


Therapy Services... Caring for Patients of All Ages

The sight of a physical therapist helping a little boy struggling to climb a set of stairs reminds us that people of all ages may need therapy. “We treat patients here from 0 to 102,” Cathy Wilson, Culbertson’s Director of Therapy Services, said. “Pediatric speech and occupational therapy have increased over the past few years due to more awareness of the sensory disorders in children.”

Culbertson Memorial Hospital offers occupational (OT), physical (PT) and speech (ST) therapies that go beyond what children can get in school. In any given day, the department may provide treatment for a 3-year-old with a sensory disorder, an 18-year-old with a football injury and a 35-year-old with a work injury. “We see a little bit of everything,” Wilson said, listing amputees, stroke survivors and people who have had surgery on their shoulders, knees or back as common cases. With eight licensed therapists and four support staff, the Therapy Clinic sees about 30-50 people each day.

“When you work in a small community, you have to be prepared to see almost anything walk in the door,” Wilson said. “PT works on

gross motor skills – such as walking, climbing stairs and getting out of bed. OT works on fine motor activities, or the skills of living. For children, this means being able to play. For someone working, it means regaining skills to return to work safely. For others, it’s being able to bathe, dress and care for oneself.” She added that most post-operative clients come in for 12-15 visits over six-eight weeks, but children may continue ST for years.

To qualify for Therapy Services, a physician’s order and diagnosis is required. Insurance coverage varies, but many patients are covered by Medicare. Call 217-322-5286 to schedule an appointment Monday-Friday, 8 a.m.-5 p.m. 



Community ‘Truly Fortunate’ to Have Culbertson in Town

Karen Beghtol’s experience is a reminder: The vital role that small rural hospitals like Culbertson Memorial Hospital play in their communities and the importance of understanding the signs of a heart attack. In February, Beghtol was at home alone, recovering from pneumonia, when she decided




to call her daughter, Angie Prather. “I just didn’t feel well,” she said. “My arm was hurting. I called Angie and told her to check on me in a little bit.”

Prather, Culbertson’s Lab Manager, asked about her symptoms and learned her mother had a sharp pain in her arm and was sweating and short of breath. “It’s my right arm, so I know it’s not my heart,” Beghtol told her daughter. Since pain in the left arm is a typical heart attack symptom, she disregarded the pain in her right arm.

Prather asked if her jaw hurt – another common symptom of heart attack. Her mother said no, but she was getting a toothache. That was enough for Prather to decide her mom needed to go to the

Emergency Room. “She wasn’t in the ER 15 minutes before she coded,” Prather said. “They jumped into action and did what they were trained to do.” The staff got her mother intubated, called for Life Flight and sent her to Blessing Hospital in Quincy. Her mom stayed for a week and had her blockage treated with a stent there.

In a letter to *The Rushville Times* editor, Prather wrote: “There is no shadow of a doubt that if it weren’t for Culbertson Memorial Hospital and the outstanding care from the staff, my mom would not be here today. I hope not only our community but the surrounding communities realize how truly fortunate we are to have a hospital in our rural area.” 

When Possible, Reduce Children's Radiation Exposure

Culbertson Memorial Hospital is taking steps to reduce the amount of radiation our youngest patients are exposed to by reviewing protocols, providing education to technologists to achieve the safest imaging and being available to discuss radiation-free alternatives.

According to Christy Sims, Manager of Imaging Services, "Diagnostic imaging can offer real benefits by providing extra information to the physician, but the use of imaging has become more prevalent in recent years." She said the risks are real, especially for pediatric patients. Children have radiosensitive tissue, and radiation builds up over a lifetime, so reducing the amount of radiation a child is exposed to now can mean a lower total lifetime exposure. A high accumulation of radiation exposure can increase the risk of certain cancers later in life.

That's why pediatric radiologists warn parents to be aware of the risks of excessive radiation. Sims says it's important to know there may be alternative options with less or no radiation. For example, CT scans use the highest radiation, but radiation exposure with X-rays may be significantly lower than with a CT scan, and neither ultrasounds nor MRIs use any radiation.

Whenever radioactive imaging is being considered for a child, parents should make sure their healthcare providers are aware of the child's imaging history, especially if images were performed elsewhere and are not in the child's local health record. Whenever there is doubt, the child's physician can call Imaging Services for options and opinions.

There are times when a CT scan or X-ray is necessary, so it's best to avoid exposure at other times when another option may work just as well. Bottom line for parents? Heed the advice of professionals. If you have questions or concerns about diagnostic imaging, call Imaging Services at 217-322-4321, ext. 5279. 🏥



Stay Safe, Hydrated This Summer

If you're outdoors very long on a hot day, take these steps to prevent dehydration or heat stroke.

- 1 Drink plenty of liquids.** When it's hot, especially when doing strenuous work or play, it's important to stay hydrated. Water is usually best, but if you're sweating a lot, sports drinks with added electrolytes can be good. Juice, iced tea, sodas and other liquids will also work, but stay away from alcoholic beverages when facing heavy exertion with high temperatures and humidity.
- 2 Avoid the hottest part of the day.** When possible, plan heavy work or exercise early in the day, and seek shade or air conditioning during the hottest hours.
- 3 Cool down.** Heat exhaustion and heat stroke are real possibilities with too much exposure to high temperatures. If you must be outside during the hottest part of the day, take extra care to cool off and rehydrate.
- 4 Watch for these symptoms.** If you have a headache, confusion, elevated body temperature, nausea or a racing pulse, seek emergency help immediately. 🏥



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Golf Outing Raises Over \$34,000!



The Dr. Russell Dohner Memorial 12th Annual Golf Outing was held June 3 at noon... and it was a beautiful day at Scripps Park Golf Course! With 36 teams, Culbertson Memorial Hospital and participants in the golf outing were able to take advantage of the whole course while raising over \$34,000 to benefit the hospital. Money raised will be used to purchase a new BD BACTEC FX40 Blood Culture System for the Laboratory. Thank you to all who participated in this event and to all the sponsors who made it possible! 



General Surgery Outpatient Clinic Available Thursdays

In partnership with Springfield Clinic Jacksonville, Culbertson Memorial Hospital recently opened a General Surgery Outpatient Clinic in Rushville. Now, three surgeons offer surgical services that were previously unavailable in town, ensuring patients have more convenient access to high-quality surgical services. The clinic also means improved continuity of care, with easier access to surgeons before and/or after surgeries or hospitalizations, as well as enhanced communication with local primary care providers. The three board certified surgeons are excited about offering surgical services to fit our community's needs.



Michael N. Fenner, M.D.
Springfield Clinic

A graduate of Indiana University School of Medicine in Indianapolis, Dr. Fenner completed his residency in General Surgery at Southern Illinois University School of Medicine in Springfield, IL. He is board certified in General Surgery.



Daniel M. Hallam, M.D., PhD
Springfield Clinic

Dr. Hallam is a graduate of the University of Illinois College of Medicine in Chicago. He completed his Surgery residency, along with a fellowship in Surgical Critical Care, at University of Iowa Hospitals and Clinics Carver College of Medicine in Iowa City. Dr. Hallam is board certified in General Surgery and Surgical Critical Care.



Abigail White, MD
Springfield Clinic

A graduate of University of Kansas School of Medicine in Kansas City, Dr. White completed her General Surgery residency at University of Oklahoma Health Sciences Center in Oklahoma City.

The Outpatient Surgical Clinic offers general surgical services, including evaluation and treatment of breast disease; colon and rectal disease, along with cancer screening procedures (colonoscopies); gastrointestinal disorders like heartburn, reflux, esophageal dysmotility, EGD; abdominal surgery; acute care surgery; skin and soft tissue disorders; vascular access; upper endoscopies; gallbladder and hernia operations; as well as many other minor surgical procedures.

Surgical consultations and appointments are available in Outpatient Clinic II (West Wing). Surgical procedures will also be scheduled on Thursdays. Referrals are required. For an appointment, call 217-291-1041, opt 3. 