

CULBERTSON CONNECTION

Your Health. Your Hospital.



Hospital welcomes new CEO

John Kessler took the reigns Sept. 4

There's a new CEO at the helm, and the staff of Sarah D. Culbertson Memorial Hospital is pleased to have found someone with strong experience running a rural, critical access hospital.

John Kessler has been named the new Chief Executive Officer.

"Mr. Kessler's extensive experience in critical access hospitals, especially in Illinois, made Mr. Kessler a very unique candidate for our position. He is very familiar with hospitals our size and all of the regulations we face," said Culbertson Memorial Hospital Board Chairman Gregg Snyder.

(Continued on page 2) >>>>


Kessler has served more than 18 years in management positions, first working at Mercy Hospital in Washington, Mo., and then being named Chief Operating Officer of Lincoln County Medical Center, now Mercy Hospital, of which he converted a 61-bed hospital into a critical access hospital. From there, Kessler went to Memorial Hospital in Belleville, serving as VP of General Services, and then as VP of Ancillary Services. Following a brief stint with Express Scripts, he accepted the CEO position at Salem Township Hospital.

“It is important in my role as CEO to make sure we are connecting our community with the services they need and that our staff is providing quality, consistent care to every patient.”
— John Kessler, CEO

Kessler brings years of experience in strategic planning, process improvement, physician relations and recruitment and staff development to Culbertson.

“I have always enjoyed small-town healthcare and the personal level of care each patient is able to receive. It is important in my role as CEO to make sure we are connecting our community with the services they need and that our staff is providing quality, consistent care to every patient,” Kessler said.

“I believe in focusing on accountability and results to ensure our employees are working toward the same goal. I look forward to working with the employees, medical staff and the board of directors at Culbertson to improve the delivery of care to our patients and the communities we serve.”

Kessler plans to spend the next six months understanding where Culbertson Memorial Hospital has been, reviewing the previous administrations strategic plans and deciding what the hospitals goals will be moving forward. He began his duties Sept. 4. 

Giving Students a Step Up

Culbertson and schools work together to introduce students to health care careers

Young people still deciding what career they want to pursue in the future might want to think about the healthcare sector, where jobs are projected to keep growing and to generally pay higher than the median annual wage.

That’s according to the Bureau of Labor Statistics (bls.gov/ooh/healthcare/ home). Since 2012, Culbertson has been offering a program to help introduce students to careers in healthcare. Nearly 250 Rushville-Industry high school students have come to Culbertson for the Business Partnership/Healthcare Discovery Program, which is designed to help them decide if a healthcare career fits into their future.

The Healthcare Discovery Program

The free Healthcare Discovery Program for Rushville Industry High School students is scheduled for School Improvement Days, on which the students are released from school at noon and come to Culbertson at 1 p.m. The program is open to sophomores, juniors and seniors, and the students get extra credit for participation. About 40 students per month attend, and all who have finished the program are welcome back for the Business Partnership opportunity. The Healthcare Discovery Program meets in the hospital’s classroom, located on the lower level of the hospital off of the cafeteria.

What’s covered?

Students learn about a variety of health care careers and hear from health care professionals who are experienced in their fields. They also will learn the educational requirements, salary ranges and the benefits and rewards of the career.

In addition to the educational session, students are able to participate in hands-on activities designed to familiarize them with a specific aspect of medicine. At the completion of the program, students are eligible to apply for Job Shadowing or Business Partnership opportunities.



This year, the program is already underway. In September, students were introduced to Culbertson Memorial Hospital & Imaging Services. After an overview of the careers available at Culbertson, and a discussion of the HIPAA requirements for participation in the Healthcare Discovery Program, students learned about the Imaging Department at Culbertson. Tests studied included CT scans, MRIs, mammograms, ultrasound and X-rays.

In October, students learned about Nursing & Surgical Services. Nursing is the profession or practice of providing care for the sick, however, there is much more to being a nurse than taking vitals or giving shots. Students learned the ins and outs of nursing, including how to take vitals, administer shots and even how to dissect and suture.

Upcoming programs

Here are the rest of the programs planned for the rest of the school year:

Friday, Nov. 16, 1 p.m., Therapy Services (Occupational, Physical and Speech)

The goal of Therapy Services is to help each patient achieve his or her full potential through treatment plans that are specific to each individual client. During this session, students

will learn the difference between occupation, physical and speech therapy and what methods are used to treat/help patients.

Friday, Jan. 25, 1 p.m., Laboratory Services

Laboratory Services offers a full range of clinical laboratory services. Our laboratory is equipped with the latest instruments and technologies to assist in the analysis of body fluids, cells and tissue. Studies show 70 percent of doctors' decisions are made based on results from lab tests. During this session, students will learn what a lab technician is and why Laboratory Services is important to patient care.

Friday, Feb. 15, 1 p.m., Rural Health Clinics/Pharmacy

Rural Health Clinics increase access to primary care services for patients in rural, underserved communities. Students will learn the differences between physicians, nurse practitioners and physician assistants and how Culbertson uses a team approach to care for patients.

The group will tour the hospital pharmacy and learn how a retail pharmacy is different from a hospital pharmacy. 



Students learned the ins and outs of nursing, including how to take vitals, administer shots and even how to dissect and suture.





Have You Had Your Colonoscopy?

Culbertson Memorial Hospital wants you to know a few things about colon cancer.

First, most colon cancers can be prevented with the help of a colonoscopy screening, and secondly, insurance covers 100 percent of the cost of colonoscopy screening. Third, the preparation for the test has become much easier in recent years. Still, lots of people continue to shy away from having this vital test performed.

“This is a largely preventable or curable cancer with early detection and removal of precancerous polyps. Unlike breast, lung or prostate cancer, we can prevent many colon cancers,” said Dr. John Bozdech of Quincy Medical Group.

“Multiple factors prevent people from scheduling their colonoscopy,” said Dr. Harsha Polavarupa of Blessing Physician Services. “Lack of awareness of the importance of the test and misconceptions about insurance” are two of the factors, he said.

“Colon cancer remains a major health issue and awareness of the need for colon cancer screening is increasing. Illinois is in the top quarter of states in colon

cancer rates but in the lowest quarter for screening rates,” said Dr. John Bozdech. “Awareness of this is growing, and I am seeing more primary care providers telling this to their patients.”

Colonoscopies are performed at Culbertson Memorial Hospital by both these physicians.

The American Cancer Society recently began recommending screening colonoscopies begin at age 45, but insurance may not cover the screening until age 50. “The U.S. Preventative Services Task Force and the U.S. Multi-Society Task Force recommend age 50, and 45 for African-Americans,” said Dr. Bozdech. “Insurance has been accepting the lower age guidelines in my experience. The evidence supporting this lower age cut-off is limited. Other factors, such as family history, can change my recommendations, so it is best to discuss this with your physician.”

The preparation needed for a colonoscopy is what makes some patients reluctant to

be screened. It’s necessary to stick to a liquid diet the day before the procedure and to drink a liquid “prep” that will help clear out the colon, meaning you’ll want to stay close to the bathroom the evening before your procedure. But most people describe the process as uneventful.

“Unlike breast, lung or prostate cancer, we can prevent many colon cancers.”

– Dr. John Bozdech

“Fear of what might be found is a common thing I hear, yet a cancer with symptoms is much less likely to be curable, so waiting until you have problems is a bad idea. By detecting and removing polyps, we can prevent most cancers and most of the cancers detected by screening colonoscopy are curable. Needing a colostomy is very rare. Some people worry about pain, but with our current sedation most people

have little or no memory of the test. The preparation is much easier than it used to be,” Dr. Bozdech said. “I also hear concerns about loss of privacy, When we do the test we briefly look at the anus and insert the tube. You are then covered up and we watch the monitor throughout the procedure. We are much more concerned about what’s inside than the outside,” Dr. Bozdech said.

There are alternate screenings available such as virtual colonoscopies or mail-order tests. “Even though they are not as gold standard as colonoscopy, any screening is better than no screening,” said Dr. Harsha. “Meet with your primary care physician or a specialist to have a discussion about any specific concerns or find out about alternatives for a colonoscopy,” he recommends.

Dr. Bozdech agrees. “Colonoscopy or yearly stool testing for blood are U.S. Multisociety Task Force on Colorectal Cancer- recommended first-line tests and either is good to pick up cancer. Colonoscopy has the added benefit of removing precancerous polyps and potentially preventing cancer. Cologard is a second-line test with a slightly higher pickup of cancer but many more falsely positive tests. Any of these is a lot better than no screening,” he said.

When your doctor examines your colon, he or she may find no polyps or may find and remove polyps. “The polyp detection rate is an important quality measure. Higher polyp detection means fewer missed cancers. Current guidelines set a threshold of 25 percent in men and 20 percent in women undergoing their first colonoscopy. My detection rate is 50 percent for men

and 35 percent for women,” said Dr. Bozdech.

If you are 45-50 or have a family history of colon cancer, and have not yet had a colonoscopy, make the call. Dr. Harsha Polavarupa sees patients at Culbertson the second and fourth Thursday. To schedule an appointment with Dr. Harsha, call the Registration Department at 217-322-5271.



Dr. Harsha Polavarupa of Blessing Physician Services



Dr. John Bozdech of Quincy Medical Group

Dr. John Bozdech sees patients at Culbertson every Friday. To schedule an appointment with Dr. Bozdech, call the Registration Department at 217-322-5271. 📍

Why Take Chances with Colorectal Cancer?



Colorectal cancer's rank among killer cancers in the United States



The likelihood of developing colon cancer during your lifetime



Number of new cases of colorectal cancer each year in the United States



American adults who aren't screened for colorectal cancer as recommended — almost 23 million total



Number of years recommended between colonoscopies for average - risk individuals



Reduction in cancer risk following colonoscopy and polypectomy

This year, more than 50,000 PEOPLE are expected to DIE of colorectal cancer. Screening could SAVE more than HALF of those lives.

Find out how the other half lives – ask your doctor about a colonoscopy.



American College of Gastroenterology
www.gi.org





Shhhhh!

Quiet Times Help Patients Recover

Probably everyone who has ever been hospitalized can relate: You're exhausted and feeling unwell, but just as you drift off to sleep, a nurse comes in to check your blood pressure, or housekeeping to clean your room.

Recognizing quiet rest is an important part of healing, Culbertson Memorial Hospital has instituted additional daily quiet hours. Every day, from 1-2:30 p.m., the lights are dimmed, patient doors are shut, and staff members are encouraged to avoid nonessential patient care to allow patients the opportunity to unwind, relax and rest.

"The stress of not only being sick enough to be hospitalized, but taken from the comforts of your home setting can not only slow the recovery, but create new barriers to the healing process. We endeavor to support the whole patient, which includes their emotional health as well as their physical," said Chief Nursing Officer Leah Wilson.

"This was a group effort by all departments, including nursing staff, therapy, housekeeping and ancillary staff. Our patients had very few uninterrupted, peaceful moments during their hospital

stay and we knew we had to do something to improve that. We all agreed this was something patients wanted and needed and it also gives our staff a chance to regroup, and catch up on other duties like documentation," said Medical/Surgery Supervisor Rhonda Briney, R.N.

"We have always had a policy to try and provide quiet time during the overnight hours from 9 p.m.-7 a.m., but felt it was important to add a specific time during the day as well. Our patients have been pleased with this change," said Wilson.



We endeavor to support the whole patient, which includes their emotional health as well as their physical.”

— Leah Wilson, Chief Nursing Officer

The new quiet hours don't prevent visiting during this time; the guidelines are flexible. "We are flexible and would never deprive a patient of their support system," Wilson said. "The patient and their support system

need only be open and honest in their communication with any member of the care team. The information can also be noted on the patient's white board in their room to ensure everyone has the most accurate and up-to-date wishes of the patient. We are putting limits on ourselves in being respectful of the patient's need for quiet and rest."

The new quiet hours began in August. "It has been well received by the patients and appreciated by the staff. It is still a work in progress but we are striving for success each day," Wilson said. 🏥



Leah Wilson, Chief Nursing Officer

You can help us obtain a new colonoscope

The CMH Foundation continues its legacy of providing the hospital with the latest in sophisticated technology. Each fall, the Foundation selects a new project to support and runs a three-month campaign from December through February.

This year's CMH Foundation Annual Appeal focuses on a diagnostic and surgical tool called a colonoscope. The goal is to raise \$35,000 to buy a new, updated colonoscope. About 200 colonoscopies are performed at Culbertson each year.

What is a colonoscope?


It's a type of lighted fiberoptic endoscope that is used to examine the colon, most

often during colonoscopies. People who are 45-50 or who have a family history of colon cancer should have this test, which searches for precancerous polyps. If your doctor finds any such growth during your exam, the polyps are removed on the spot. Thus, colonoscopies are a procedure that combines screening with treatment, if necessary. All health insurance plans cover the cost of colonoscopies 100 percent, by law.

Please consider making a gift of any amount to help purchase a colonoscope. Gifts can be made online, or you may send a check to: CMH Foundation,



*See page 4
for more information
about the importance
of colonoscopies!*

ATTN: Annual Appeal, 238 S. Congress, Rushville, IL 62681. 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. 

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

