



WASHINGTON
COUNTY HOSPITAL
AND CLINICS

VITAL *signs*

Quarterly Newsletter to WCHC Friends

Spring 2008

Grand Opening May 9, 2008 2:00pm-5:00pm Wells Park

Washington County Hospital and Clinics is pleased to announce the completion of Washington's \$22 million replacement hospital. The hospital broke ground May 9th, 2006 and the Grand Opening will take place exactly two years later on Friday, May 9th at 2 pm. The project provides over 60,000 square feet of new space and 28,000 of renovated space with views of newly landscaped grounds. WCHC is pleased to bring these modern healthcare facilities to our communities.

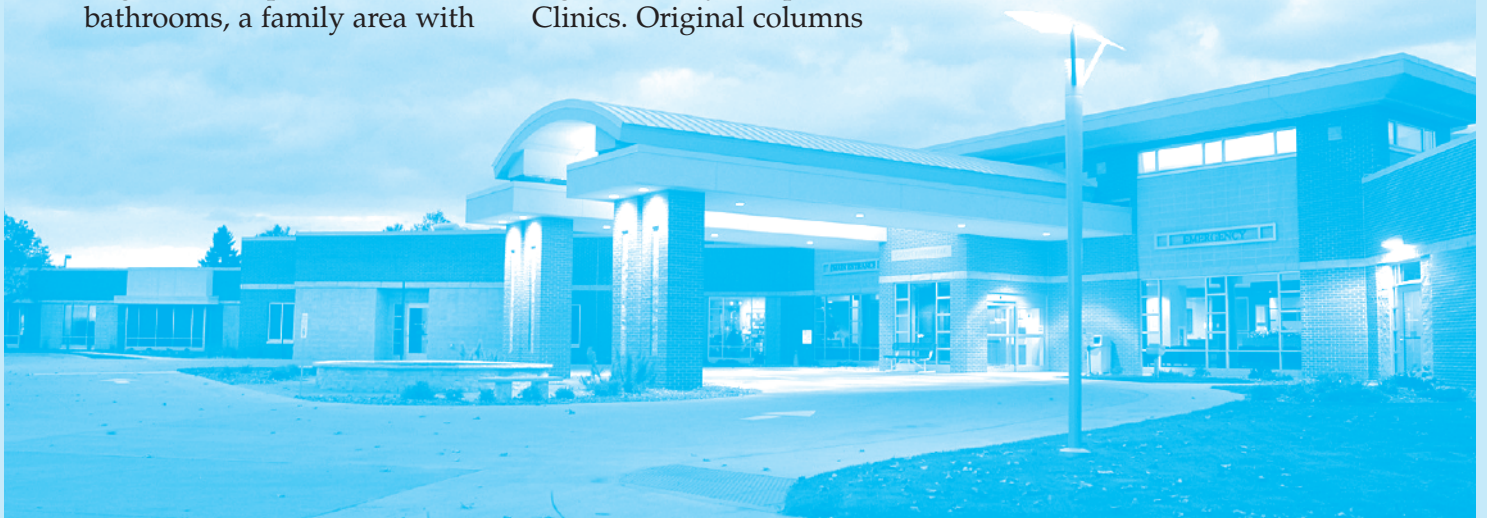
The new hospital has all private inpatient rooms with large, handicap accessible bathrooms, a family area with

sleeper sofa and large windows. The Family Birthing Center offers spacious birthing suites with the latest technology. They feature a fold down Murphy bed and lots of room for family and visitors. With the recent completion of Phase II, the Physical Therapy Department has added an Aquatic Therapy Pool as yet another way to help heal those affected by many diseases and ailments. Also, McCreedy Home has added a new Dining Room and support space to enhance the quality of living for their residents.

Many features have been added to bring beauty and honor the history of Washington County Hospital and Clinics. Original columns

from the 1912 hospital building are incorporated into the front lobby and a beautiful display case is filled with many photos and memorabilia from the rich history of healthcare in Washington County. Warm colors, carpeted floors and work from local artists create a warm and beautiful environment. A new outdoor fountain, walkways and landscaped areas offer that same beautiful environment outdoors.

The public is invited to attend the ceremony beginning at 2:00 pm with refreshments and tours of the new and renovated facilities directly following until 5:00 pm.



Many Benefits of Physical Therapy

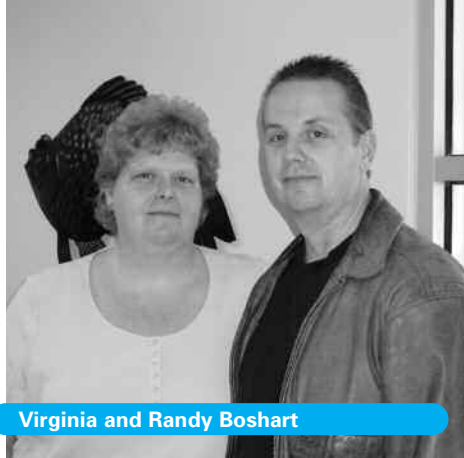
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Virginia Boshart of Washington has been receiving therapy at Washington County Hospital and Clinics for many years.

She is very enthusiastic not only about the outcomes she has had from Physical Therapy, but also from many other services she and her husband, Randy, have received at WCHC. She says, "all of the staff are caring and professional, they offer cutting edge treatments that have made a huge difference in our lives."

Mrs. Boshart has arthritis and has tried numerous treatments, but has had the best outcomes with Physical Therapy. She works directly with Liz Miksch, PT director at WCHC, but also has had great success working with all members of the PT staff. In addition, she has had success with Physical Therapy as a treatment for vertigo, or dizziness.

After an automobile accident last December left her with neck and shoulder pain, Physical Therapy has aided her recovery. Her husband, Randy, also was injured in the accident, and has been receiving therapy from



Virginia and Randy Boshart

Andy Bishop, who recently joined WCHC's Therapy Department, with very good results. According to Virginia, Randy would not normally seek this kind of treatment but has enjoyed working with Andy.

As a result of her accident, Virginia has been able to utilize one of WCHC's newest services, Aquatic Therapy. According to Virginia, "after just a few visits to the pool, I feel much better, and feel better for longer periods of time.



I feel very lucky to live in Washington where there are these treatment options available close to home."

Virginia and Randy thank their local physicians, Dr. Frier and Dr. Plattenberger, for helping them to receive the treatments they need. Virginia also has had a hysterectomy from Women's Healthcare of Washington with Dr. Marthers, OBGYN and was very happy with the results.

Aquatic Therapy added at WCHC



With Phase II of WCHC's construction project nearing 100% completion, Aquatic Therapy has been added to serve the needs of many in the area. This type of therapy is an effective treatment for many musculoskeletal, neurological, cardiopulmonary and immunological disorders. Buoyancy, hydrostatic pressure and viscosity properties of water naturally provide a therapeutic environment for physical rehabilitation. Aquatic Therapy can address pain, reduced range of motion, reduced strength, reduced functional mobility, limited weight bearing and balance. At times, this type of therapy can also be started earlier than land based rehabilitation and can accelerate the healing process and recovery time.

The water is kept at 92-94 degrees which makes it very soothing and comfortable to the patients. The pool has various depths and a water current system that is fully adjustable for a variety of exercises to treat many common conditions such as arthritis, sprains and strains, post surgical diagnoses, status-post fractures, fibromyalgia, sports related injuries and balance disorders. The Aquatic Therapy area is completely handicap accessible with locker rooms and showers in the same area.

For more information please call WCHC's Therapy Services Department at 863-3962.



Stroke - Every minute counts!

Stroke is the third leading cause of death in the United States, and every minute counts to improve a stroke victim's outcome. A stroke occurs when a vessel or artery to the brain is blocked or clogged by a blood clot or some other particle. Washington County Hospital and Clinics has launched a campaign to increase the community's awareness of the symptoms of a stroke. Prompt action and early treatment will prevent further damage to the brain. There are very effective treatments available at Washington County Hospital and Clinics to effectively treat strokes and saves lives.

The WCHC Emergency Room has the drug Tissue Plasimongen Activator or TPA available. This drug is used on patients that have a stroke due to blood clots that block the blood flow to the brain. If this drug is given to this type of stroke patient within the first three hours after the start of symptoms, it can significantly reduce the effects of stroke and reduce permanent disability. It can only be given within the first three hours after the start of the stroke symptoms, so it is important to not wait if you think you are experiencing any stroke symptoms.

According to the National Stroke Association the warning signs are:

- **Sudden numbness or weakness in the face, arm or leg, especially on one side of the body**
- **Sudden confusion, trouble speaking, or understanding spoken words**
- **Sudden trouble seeing in one or both eyes**
- **Sudden trouble with walking, dizziness, loss of balance or coordination**
- **Sudden severe headache with no known cause**

If you or someone you know is experiencing these symptoms, call 911 immediately. "Increasing awareness and providing education for the community is essential in decreasing the risks of a stroke. We want to be a resource for our community and education on the signs of a stroke can make all the difference," says Eva Kuykendall, Chief Nursing Officer at Washington County Hospital and Clinics.

There are also ways to decrease your risks of a stroke which include:

- Know your blood pressure. If high, work with your doctor to lower it
- If you smoke, quit now to reduce your risks
- Include exercise in your daily routine
- Find out from your doctor if you have atrial fibrillation
- Drink alcohol in moderation
- Control your diabetes
- Enjoy a low sodium, low fat diet.

This effort is about getting the word out to respond to these symptoms quickly. It can make all the difference. If you are interested in having a program on strokes at any local club or organization, please contact WCHC's Marketing Department at 863-3920.

Surgical Healthcare of Washington



Surgical Healthcare of Washington is a full service clinic offering a variety of surgical procedures. Dr. Frank Sanfiel is a graduate of MeHarry Medical College and has been practicing General Surgery in Washington since 2006. Prior to coming here he practiced at Lake Cumberland Regional Hospital in Somerset, Kentucky.

Services provided:

Breast Biopsies
Colorectal Surgery
Hernia Repair
Endoscopy
Skin and Soft Tissue
(including Melanoma)

Minimally Invasive Procedures:

Gall Bladder surgery
Hernia Repair

For more information, or to make an appointment, please call 319-653-5304.



KIDZFEST 2008

Friday, June 6

4:30 pm to 8:30 pm – Wells Park
Washington County Hospital and Clinics

Due to downtown construction and enhancement projects this summer, Kidzfest 2008 will be held in Wells Park at Washington County Hospital and Clinics on Friday, June 6th from 4:30pm to 8:30pm.

As in the past, one of the highlights of Kidzfest are the vendor booths. Area businesses and organizations have the opportunity to offer information, demonstrations and hands-on activities relating to health, wellness and safety for kids.

In case of extreme or severe weather conditions, we will have

a rain date of Friday, June 13th from 4:30pm-8:30pm in the same location, Wells Park at the hospital.

Kidzfest is a day of entertainment, activities, food and fun! Whether you're a past contributor or a first time participant, Kidzfest is a great way to showcase your business, service or organization to area families. We know you'll want to join in on the fun! For questions or to inquire more information, please contact Carrie Garman at 319-863-3921.

Foundation *wch*



Washington County Hospital Foundation to host fifth annual Care for Our Kids Golf Event

WCHF will hold its fifth annual Care for Our Kids Golf Event on Thursday, May 15th at the Washington Golf and Country Club. The pro-am event features local teams paired with pros from around the state. Local businesses and individuals take part in the event which raises funds for healthcare for kids in Washington County. Proceeds raised from past events have funded premiums for local children enrolled in the hawk-i health insurance program, purchase an Obstetrical/Maternal Fetal Heart Monitor, Ultrasound equipment, Bilicheck machine, and educational materials for kids in the hospital. For more information on having a team at this event, please call the WCH Foundation Office at 319-863-3920.

Thank you to the Merle Custer Estate

Washington County Hospital and Clinics and the Washington County Hospital Foundation expresses sincere gratitude to the Merle Custer Estate. As the beneficiary of his estate, the WCH Foundation has received a substantial gift that will strengthen the hospital for many, many years. The funds received will be used as future needs arise at Washington County Hospital and Clinics. For more information on how you can make a difference at WCHC, please contact the Foundation office at 863-3920.

WCHC Staff members support the WCH Foundation

WCHC staff members have once again stepped up to personally support the WCH Foundation and its mission of *Making a Difference* at WCHC. Many staff members pledge a minimum of one hours pay per month to support programs and services offered at WCHC. Staff have pledged over \$17,000 for 2008. Many thanks go to:

Kay Witthoft
Carol Meyers
Angela Atkins
Denni Brown
Ron Barnes
Shelli Cleverley
Kay Carey
Melissa Curiel
Barb Cutkomp
Jennifer Durst
Becky Enfield
Bill Fried
Renee Faul
Clarice Graham
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Carrie Garman
Julie Greiner
Michelle Green
Pam Green

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Sharon Hagist
Cindy Johnson
Eva Kuykendall
Cori Kuntz
Rosie Kruse
Becky Kremer
Bonnie Kester
Kathi Keller
Dana Lebsack
Liz Miksch
Carla McCandless
Lisa McNulty
Deb Miller
Tracy Ousey
Don Patterson
Sue Pankey

Bunny Peiffer
Kippen Richards
Jodi Reed
Cathy Ross
Angie Schluetter
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Washington County Hospital and Clinics.

The information contained in Vital Signs is not intended for the purposes of diagnosing or prescribing. Vital Signs does not endorse specific treatments, programs or dietary guidelines but urges readers to consult private physicians.

News *briefs*

Washington County Hospital and Clinics welcomes Andy Bishop, Physical Therapist, to the staff



Don Patterson of Washington County Hospital and Clinics is very pleased to announce that Andy Bishop, Physical Therapist, has joined the hospital's staff. He will be a full time Physical Therapist in the Physical Therapy Department at Washington County Hospital and Clinics. He will be serving the needs of both inpatients and outpatients at WCHC.

He received his training at the University of Iowa with a Doctorate of Physical Therapy in December of 2007 after doing several clinicals in Ankeny, Cedar Rapids and Iowa City. He

received a Bachelors of Exercise and Sports Science from Iowa State University prior to his extended education.

Mr. Bishop is a native of the Center Point Urbana area. He and his wife Lisa currently reside in North Liberty and they both commute as she is the Elementary Art Teacher in Columbus Junction. They both enjoy athletics and he also enjoys playing the guitar and writing music. Welcome Andy!

WCHC has a new website!

The address remains the same at www.wchc.org but offers many new features and a new look. Information is available on upcoming events and classes taking place at WCHC. You can also find job openings and apply on line.

Viewing the newest baby additions remains a popular spot along with the ability to email hospital patients from anywhere. Physician information, services and health related websites are also readily available. Check it out at www.wchc.org.

Washington County Hospital and Clinics Direct Dial Phone Numbers

- Administration.....863-3900
- Business Office863-3916
- WCH Foundation.....863-3920
- WCHF Gift Shop.....863-3970
- Human Resources863-3909
- Laboratory863-3954
- Marketing.....863-3921
- McCreedy Home.....863-3958
- Medical Records.....863-3951
- Nurses Station.....863-3942
- Family Birthing Center.....863-3943
- Radiology863-3964
- Physical Therapy863-3962
- Surgery863-3949
- Keota Community Clinic .641-636-2011
- Women's Healthcare653-BABY
- Surgical Healthcare653-5304
- WCH Medical Clinic653-6601

