



WASHINGTON  
COUNTY HOSPITAL  
AND CLINICS

# VITAL *signs*

Quarterly Newsletter to WCHC Friends

Spring 2010

## Washington County Hospital and Clinics introduces **Pulmonary Rehabilitation**

**W** WCHC is very excited to announce the addition of a new service for those inflicted with severe Pulmonary disease. Pulmonary Rehabilitation will be offered in the Rehab Services Department at Washington County Hospital and Clinics. Physical Therapists and Respiratory Therapists will work together to follow a strict program after the patient's pulmonologist determines they would be a good candidate. This is considered "Phase 2" of this type of rehabilitation.

Other hospital staff will be involved such as the Dietitian and Social Worker serving as consultants. The program will include strength training of the legs and arms, aerobic and endurance training, and breathing re-education.

By adjusting the intensity of exercise and providing supplemental oxygen, patients with severe pulmonary disease can gradually learn to manage their disease process better, and be more active and mobile.

Pulmonary rehabilitation also includes education for longer term rehabilitation and maintenance strategies, smoking cessation and pulmonary hygiene. With an intensive program such as this, patients are seen three times per week for about 8 weeks, for an hour each visit. At the end of the program, patients will be offered the option of a maintenance program of exercise in our gym. This maintenance program is a "Phase 3" type of program where they are monitored as needed. The positive outcomes of such



**Mabel Claypool, one of the first Pulmonary Rehab patients, with staff.**

a program as this include improvement in shortness of breath, exercise tolerance, quality of life and activities of daily living, and decrease in hospitalizations.

For this program, patients must be referred by their physician, including a necessary consult with a pulmonologist. To schedule an appointment or for any questions, please contact the **Physical Therapy Department** at WCHC at 319-863-3962.



**WCHC's 2009 Annual Report to the Communities We Serve is now online at [www.wchc.org](http://www.wchc.org) , under News ~ Check it out for an overview of WCHC activities and services last year!**

# People *page*

*“Washington County Hospital and Clinics Physical Therapy Department has helped me walk again. I owe them so much.”*

**L**indsay Parizek makes a huge impression on everyone she meets. You’ll first notice her bubbly personality then soon appreciate her funny comments, optimism and determination. You can’t help but walk away after visiting with Lindsay with a smile on your face. Lindsay hopes if others hear her story they will not take so many things for granted, and also be encouraged to know that if they work hard, miracles can happen!

Three years ago, Lindsay was a passenger in a car accident that ejected her from the vehicle. After being stabilized at Washington County Hospital and Clinics, she was transferred to the University of Iowa Hospital and Clinics where she spent the next 72 days. Lindsay suffered multiple injuries including a broken neck, collar bone and wrist, and injuries to the brain. Several surgeries later, Lindsay underwent initial intense therapy for two months at St. Lukes in Cedar

Rapids. Lindsay and her family then chose Washington County Hospital and Clinic’s Rehabilitation Department to continue her therapy.

Lindsay remembers her first day of therapy at WCHC. “I arrived in my wheelchair and barely able to walk. Once I got into the gym area I was able to use my walker,” said Lindsay. In addition to Physical Therapy, the Occupational Therapist treated her for upper extremity coordination and the Speech Therapist helped her with her swallowing due to the damage done by the tracheotomy. Liz Miksch, WCHC’s Rehabilitation Director recalls, “it was hard for her to walk and she usually had to walk between two people. She walked with a “scissoring” gait pattern, which meant her feet would cross over each other. Lindsay’s actual muscle strength improved earlier than her coordination, so the focus of her therapy now has been on her impaired ability to coordinate her movements during walking.”

WCHC Therapists have utilized a large variety of activities and exercises to focus on improving her coordination. Many of these activities were performed in the therapy pool until Lindsay was able to do them on land.

Lindsay’s progression throughout the last three years has been amazing. She has a personal quote, “there is no motivation like progress.” She is now able to walk short distances inside the gym area without assistance. Lindsay is beginning to live life like before. She has become quite creative with certain tasks and finds ways to still continue her therapy outside of the PT department. Every time she shops, eats out, or plays fetch with her dog, Videll, she makes sure that it is therapeutic. “Videll brings the ball back, but will drop it 15 to 20 feet in front of me so I have to walk and get it,” said Lindsay. “She really makes me work.” While doing laundry she uses a little red wagon to help her transport her clothes from the laundry room to the living room. To help with her motor skills, she makes fleece blankets and jewelry. She recently purchased her own elliptical machine, which is further helping her to stabilize her gait. Just like the saying, “If there’s a will, there’s a way.” Lindsay will usually always find a way.

Lindsay has worked very hard to get where she is today. “The WCHC Physical Therapy Department has done so much for me. I owe them all a lot. Thinking of how disabled I was almost three years ago to what I am capable of doing now is just amazing,” said Lindsay. “The entire staff is wonderful, very compassionate, and slowly helping me find my way back to who I was before the accident.”



PICTURED LEFT: Lindsay at therapy with her walker two years ago.

PICTURED RIGHT: Lindsay and Andy Bishop, Physical Therapist, now standing without her walker and on the bosu ball

## PT Highlights:

### Rehab Services

Physical Therapy Services offered include, but are not limited to the following:

- Aquatic Therapy
- Pulmonary Rehabilitation
- Neurological Rehabilitation
- Back care inservices
- Instruction on posture and body mechanics
- Modalities to relieve pain, inflammation, swelling, and to retrain muscles to include: Ultrasound, electrical stimulation, Iontophoresis, traction, biofeedback, TENS
- Manual therapy, including joint and soft tissue mobilization
- Behavioral management of incontinence
- Wound care--including wound vacuum, debridement, and appropriate dressings
- Gait training with various assistive devices
- Ergonomic analysis for computer and other job settings
- Lymphedema management
- Treatment of mothers in pre-natal and post-natal stages, with pain
- Rehabilitation after surgery
- Community exercise classes with circuit training, Pilates, and other methods
- Vestibular rehabilitation for treatment of dizziness and balance problems

### Occupational Therapy

- Hand therapy, including treatment of pain, dysfunction, and rehabilitation after surgery
- Custom hand splints
- Activities of daily living training
- Cognitive Rehabilitation
- Adaptive Equipment Training
- Job Site evaluations

### Speech Therapy

- Speech-Articulation/Intelligibility
- Language
  - Difficulty with understanding or expression
  - Aphasia following stroke
  - Evaluation for AAC (Augmentative and Alternative Communication)
- Swallowing
- Cognitive Communication Disorders
- Speech and Language planning, memory, problem solving
- Voice training to improve voice strength and projection

**It's your time!**  
**Take time out of your busy schedule for...you!**



Celebrate Women's Health Week with Washington County Hospital and Clinics & Washington County Public Health on May 10th from 12 pm -1 pm in the WCHC's Robert Nicola Conference Room. Learn about simple ways you can stay healthy and live longer while enjoying a complete lunch with fellow women. Women's Health Week is a weeklong observance from May 9th-May 15th and focuses on empowering women to make their health a top priority and take simple steps for a longer, healthier, happier life. The cost of the lunch is \$5.00. To register for the event, contact Chrystal Woller at Washington County Public Health 653-7758 or [cwoller@washph.com](mailto:cwoller@washph.com). Space is limited, so sign up today!

## First Annual Seniorfest

*Great Success!*

WCHC's first community-wide health fair for seniors and those caring for seniors was held at WCHC on October 17th. The fair featured 38 vendor booths from local businesses and organizations. The booths all provided educational and resourceful information for seniors. It was a one-stop-shop for everyone who visited. The 150-200 guests enjoyed several music groups, speakers, refreshments and prizes. The hospital featured 7 of the 38 booths at the event. Vendors were very happy with the turnout and look forward to participating next year. We look forward to planning next year's event. If you would like to be added to our mailing list for next year, please contact Carrie Garman, WCHC Marketing at 863-3921 or [cgarman@wchc.org](mailto:cgarman@wchc.org).



Angie Atkins and Denni Brown from the WCHC Radiology Department

## WCHC Emergency Room, Ambulatory Surgery and Inpatient Departments reached **90%** or above Percentile Ranking in Patient Satisfaction scores!

Washington County Hospital and Clinics is very pleased to announce that the Emergency Room, Ambulatory Surgery and the Inpatient areas have all received a ranking of 90% or above on their most recent quarter's Press Ganey patient satisfaction scores!

### Emergency Room

- 97%, which means our score is higher than 97% of the other 1,688 hospital's scores nationwide using Press Ganey for their surveying

### Ambulatory Surgery

- 94%, which means our score is higher than 94% of the other 1,228 hospital's scores nationwide using Press Ganey for their surveying

### Inpatient

- 90%, which means our score is higher than 90% of the other 1,776 hospital's scores nationwide using Press Ganey for their surveying

WCHC's patients are randomly chosen to receive surveys after receiving care at WCHC. The surveys ask questions regarding many facets of their care including admissions, nurses, doctors, tests, family and friends, and personal information.

WCHC is committed to continuous improvement of all facets of the care their patients receive. Achieving scores such as these requires dedication of the WCHC staff and physicians working together to provide excellence in healthcare.

## WCHC Announces the Addition of a New Computed Tomography (CT) System

Washington County Hospital and Clinics has incorporated one of the most advanced diagnostic tools for helping physicians reach confident diagnoses to provide the best patient care. The new LightSpeed® 32 slice scanner from GE Healthcare delivers high quality images of the human body with lowered radiation dose.

Some patients can present special challenges when undergoing CT testing. Now, even those who thought CT was inaccessible can be easily imaged and diagnosed.

The addition of the GE 32 slice LightSpeed scanner complements and extends the range of quality diagnostic services that Washington County Hospital and Clinics offers. It provides vastly improved image quality and imaging speed, and enhances the overall diagnostic confidence we have in all of our studies.

CT exams are used when people are ill or injured, or when a physician suspects a medical problem that is not easily detectable



from a conventional physical examination. The GE LightSpeed Select non-invasively assists physicians in the diagnosis of a variety of anatomical areas. For more information about CT services at Washington County Hospital and Clinics visit our website at [wchc.org](http://wchc.org) or call 319-863-3964.

## Washington County Hospital and Clinics welcomes Gene Lariviere, MD, General Surgeon to Washington



Don Patterson of Washington County Hospital and Clinics has announced that Gene Lariviere, MD, has joined the hospital's medical staff. Dr. Lariviere is a General Surgeon.

Dr. Lariviere received his MD from the University of Texas Southwestern Medical Center in Dallas. He did a general surgery residency at the University of Kansas, School of Medicine. Dr. Lariviere served as a General Surgeon at Mercy Hospital from 1994 until 2009. He currently is employed by Virginia Gay Hospital in Vinton, Iowa.

Dr. Lariviere consults surgical patients each Monday at the Surgical Healthcare of Washington Office. He specializes in laparoscopic gallbladder removal, hernia repair, appendectomies, bowel surgery, breast biopsies and other general surgery.

We are happy to welcome Dr. Lariviere to the WCHC family.

To make an appointment, call Surgical Healthcare of Washington at 319-653-5304.

# Foundation *wch*

## Employee Giving Appeal

Each year, WCHC Staff members sign up to donate money to the WCH Foundation. Their funds are allocated either to specific departments or to the Foundation's General Fund. Often they have money deducted from their paychecks each week to support worthy projects at Washington County Hospital and Clinics. WCHF thanks these staff members for not only serving our community's healthcare needs, but for giving of their financial resources to support the Foundations programs.

Cathy Ross	Carla McCandless
Michelle Shelman	Ken Hershberger
Rosie Kruse	Kay Witthoff
Don Patterson	Tracy Ousey
Lorraine Hardt	Clarice Graham
Bonnie Kester	Donna Wampfler
Becky Enfield	Jennifer Durst
Shelli Cleverley	Michelle Green
Kippen Richards	Barb Cutkomp
Louise Schmitz	Angie Atkins
Becky Kremer	Denni Brown
Barbara Morrison	Kay Carey
Carrie Garman	Tanya Stalder
Sharon Hagist	Janice Wenger
Dena Rarick	Donna Hooley
Mike Noel	Jody Tanner
Kathleen Brinning	Kathi Keller
Pam Green	Pat Huber
Liz Miksch	Bunny Peiffer

## Foundation Projects

Fiscal Year ending June 30, 2009

Digital Mammography.....	\$ 88,000
Physical Therapy Equipment.....	10,000
hawk-I premiums .....	1130
Emergency Prescription Fund .....	85
McCreeedy Home Activities .....	1,587
Other Employee Designated Purchases .....	647
<b>Total .....</b>	<b>\$101,449</b>

*Please consider the Washington County Hospital Foundation in your will or estate plans!*

## 2009 Holiday Appeal

Each year the Washington County Hospital Foundation (WCHF) holds its Annual Holiday Appeal. The funds donated to this appeal will help fund the future purchase of in-house MRI for the Imaging/Radiology Department at Washington County Hospital and Clinics. Having this equipment here will help physicians to establish diagnoses on a more timelier basis and in emergency situations. Over the next two years, WCHF has committed \$130,000 of the \$1.2 million needed for this project. Thank you to those listed below for helping us to take the first steps in raising funds to meet this commitment. Donations are still being accepted and can be mailed to: WCH Foundation, c/o Kathleen Brinning, 400 E Polk, Washington, IA 52353.

Anderson-Erickson Dairy	Karolyn Leary
Russell Bannister -	Esther Leichty
in memory of Wilma Bannister	Bob and Midge Linge
Joe and Janet Bauer	Phil and Chris Long
Bean's Pharmacy	Larry Longbine
Betty Beenblossom	Scott and Katie Lujan
Dale and Ramona Byerly	J. Dean and Letha McCulley
Ferne Carr	Linda McNeil
Mary Ruth Case	Jim and Lynda Miksch
Tim and Pam Coffey	Don and Carol Miller
Dwight and Edna Colliver	Melva Mineart
Jim and Jane Cuddeback	John and Karen Moenck
Mark Fedler / Custom Impressions	Kevin and Shari Morey
Maxine Davisson - in memory of	Jim and Lori Mostek
Rodney Davisson	Joy Neff - in memory of Richard Neff
Merlyn and Mary Ellen Detweiler	Larry Nolte
Kent and Mary Dixon	Matt and Julie Pihoda
Gene and Judy Driscoll	Jim and Jan Rosien
John and Corinne Duvall	Justin Schlichting
Federation Bank	Barbara J. Shearer -
Laura Fisher	in memory of Paul V. Shearer
Judy Fulton -	Joseph and Penny Sieren
in memory of R. Brad Fulton	Rose Ellen Stelton
Audrey Goldsmith	Dorothy Stinocher
Earl and Tanya Greiner	Dale and Joann Torpey
Lois Greiner -	Dale and Judy Venzke
in memory of Jerry Greiner	Steve and Kathy Vetter
Lathol Guy -	Phyllis Vincent
in memory of Joyce Guy	Julie Vogel -
Don and Betty Hansen	in memory of Alvin Vittetoe
Jim and Ann Harris	Sandra Weller
Robert Helscher	Darwin and Dorothy Widmer
Jared and Rachel Klein	Carol Wilson
Don and Marjorie Kline	Don or Margaret Wonderlich
Krotz-Dieleman Dental Office	William Wulf
Keith and Sam Lazar	

WCHC apologizes in advance for any omissions.



## WCH Foundation

400 East Polk  
Washington, IA 52353

WCHC Board of Trustees

Laura Fisher

Leonard Kull

Edward Weeks

Cheryl Kurtz

Jim Harris

Jim Mostek

Marty Beenblossom

Don Patterson, CEO

*Vital Signs is published for friends of  
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*



**Breena Luers** joined the hospital's staff as a full time Physical Therapist in the Rehab Services. She received her training at Des Moines University

with a Doctorate of Physical Therapy after doing several clinicals at the University of Iowa in Pediatrics and St. Lukes Outpatient Rehab in Cedar Rapids. Breena and her husband, Justin, live in Keota.

## WCHF's Care for Our Kids Golf Event Friday, June 4th Riverside Casino and Golf Resort

The Washington County Hospital Foundation will hold its Seventh Annual Care For Our Kids Golf Event on Friday, June 4th at the Riverside Casino and Golf Resort. The event will continue to pair local teams with pros from around the state. Last year the event raised over \$21,000 to support the WCH Foundation and healthcare for kids. Proceeds raised from that event helped to pay premiums for over twenty children enrolling in the hawk-I insurance program, and to help fund a new Infant Security System for the Family Birthing Center. Proceeds have also helped to fund a new bilicheck machine, maternal and fetal heart monitors, ultrasound equipment, other OB equipment and educational tools for kids in the hospital.

With the help of a grant from the Washington County Riverboat Foundation, the WCHF and the planning committee hope to fund all of the items in the Family Birthing Center's Capital Budget – including a Bilisoft Phototherapy System, a Wireless Fetal Monitor, a LDRP Bed, and a Handheld Ultrasound Machine.

Committee members are currently soliciting local businesses and hospital vendors to sponsor the event. If you are interested in participating in the event, please contact Kathleen Brinning at x3920. Thank you!

## Kidzfest 2010

Friday, May 28 from 4:30 p.m. to 8:30 p.m. in Washington

Washington County Hospital and Clinics is happy to announce that Kidzfest will be held Friday, May 28th from 4:30 p.m. to 8:30 p.m. in Central Park in Washington.

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

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 or e-mail at cgarman@wchc.org.