

LiveWell

Fall 2011

With Iowa Health – Des Moines

The DAISY Award:
Honoring
Extraordinary Nurses

Expanding to
Meet Your Needs

Mark Block's
Miraculous
Rehabilitation
Story



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A Word From Our President and CEO

At Iowa Health – Des Moines, every patient is more than just a number. We believe it is important to provide

individualized treatment to each patient, offering care for the whole person—body, mind and spirit.

As part of our commitment to patients, Iowa Health is adding to our service offerings through the expansion and opening of new Iowa Health Physicians and Clinics locations. For more information, turn to page 7.

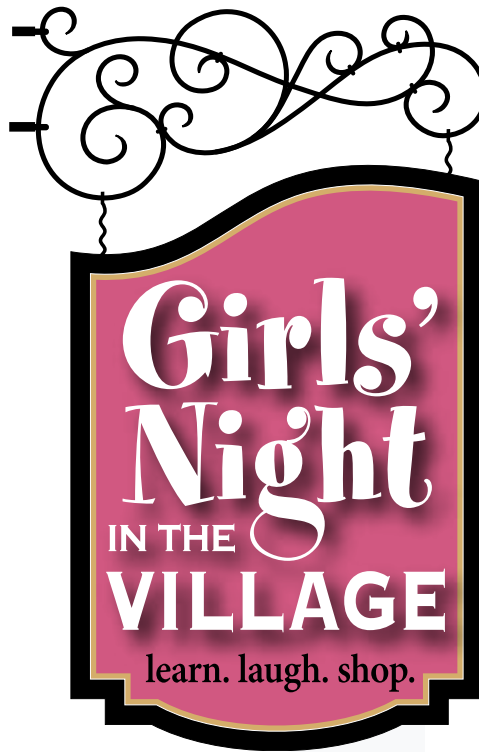
On pages 4 and 5 of this issue of *LiveWell*, you can read the amazing story of Mark Block, an Ankeny resident who survived near-fatal accidents not once—but twice—with the help of Younker Rehabilitation. In this article, you can learn details about Mark’s story, as well as the variety of rehabilitation services offered through Iowa Health.

In this issue, you can also learn about our upcoming Girls’ Night in the Village (at right), the prestigious DAISY Award and how to nominate your healthcare providers (page 3) and the ongoing *BODY WORLDS Vital* exhibit (page 6).

We hope you enjoy this issue of *LiveWell*! Remember, with four hospitals and more than 200 primary care physicians in 50 Iowa Health Physicians and Clinics offices, we’re here if you need us.

Sincerely,

Eric Crowell, president & CEO



This One’s for the Girls

Celebrate health while spending a free night on the town at the annual Girls’ Night in the Village event on Thursday, September 22, at 5:30 p.m.

Join Iowa Health – Des Moines and John Stoddard Cancer Center for a night of shopping and socializing. The event will kick off at the State Historical Building and continue in the East Village Shopping District. Girls’ Night in the Village will feature:

- cancer awareness education
- cocktails and appetizers
- new treatments and technology
- presentations by a keynote speaker, medical professionals and cancer survivors

Last year, more than 500 women attended the fun-filled event, and event sponsors expect the same response this year. The first 500 women to register will receive a commemorative shopping bag, and more than \$500 worth of gifts will be given away during the night. Several shops in the East Village will also be participating, offering special discounts and refreshments for attendees.

“This event focuses on creating a fun night for ladies in our community,” says Angie Chia, coordinator of Special Events and Community Relations at Iowa Health. “Girls’ Night in the Village celebrates preventive health measures and survivorship while providing a fun—and healthy—excuse to hit the town.”



For more information about Girls’ Night in the Village, visit girlsnightinthevillage.com.

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Want advice on how you can *LiveWell*? Tune in to KCCI NewsChannel 8’s “First News at Five” on Thursdays to get the scoop from physicians with Iowa Health – Des Moines. If you miss a report, watch it online at KCCI.com.

Can You Spot a DAISY Nurse?

Nurses are special people dedicated to delivering exceptional care to their patients. Those who go above and beyond the call of duty can be nominated for the DAISY Award.

The DAISY Award is given to an extraordinary nurse who embodies the CORE values of Iowa Health – Des Moines—Compassion, Openness, Respect and Excellence—and has proven he or she stands out and shines. This nurse exhibits excellence through clinical expertise, outstanding service and compassionate care and is recognized in the nursing community as a true role model.

How Do I Nominate an Outstanding Nurse?



**Cheryl Halterman, RN,
DAISY Award recipient**

Anyone who has experienced or witnessed the exceptional care and expertise displayed by an Iowa Health nurse can nominate him or her. Patients, physicians, families, visitors, hospital employees and volunteers can fill out an online nomination form or turn in a submission form to the nominee's nursing manager or supervisor. All Iowa Health nursing units have nomination forms



available. One nurse each month will be recognized.

The Barnes family established the DAISY Foundation in 2000 in memory of J. Patrick Barnes who, at the age of 33, died from complications of idiopathic thrombocytopenic purpura (a condition that causes abnormally low platelet counts). Touched by the incredible care and compassion nurses showed during Patrick's poor health, the Barnes family made it their mission to recognize exceptional nurses around the country.



Do you want to nominate a deserving nurse? Visit iowahealth.org/daisyaward to fill out an online nomination form.

Taking (Nationally Certified) Flight



The entire full-time Life Flight team at Iowa Health – Des Moines recently earned national certification in their discipline. Nurses on the team successfully completed the examination for national certification in light registered nursing, administered by the Board of

Certification for Emergency Nursing.

Certification as a flight registered nurse (CFRN) is a nationally recognized credential that represents the team's commitment to excellence in flight nursing. Completing the volunteer certification process is a symbol of Iowa Health's flight nurses' dedication to their profession and patients.

The full-time Life Flight paramedics are also nationally certified. They are all flight paramedic-certified (FP-C) by the Board for Critical Care Transport Certification. In addition, Michael Zweigart, Life Flight supervisor, has completed the

first year of a two-year program to become a certified medical transport executive.

"I am very proud of the dedication and commitment of our team," says Jim Miara, director of Emergency Transport Services at Iowa Health. "Flight nurses and paramedics incorporate a defined body of knowledge and require extensive knowledge and highly specialized skills."

Members of the Life Flight Team

* Certified Flight Registered Nurses

Kathy Dehnert	Karen Jones
Brian Dotts	Michael Zweigart
Katy Hill	

* Certified Emergency Nurses

Tina Baysinger (Dudley)	Scott Perkins
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* Certified Flight Paramedics

Lynnette Estrem	Ben Schloss
Rick Kallemeier	

Another

When Mark Block, a 46-year-old husband and father from Ankeny, drove himself to the hospital two years ago after hitting his head, he didn't know he had sustained a serious spinal cord injury. He also didn't know how incredible his recovery would be.

Mark was loading boxes into his car when he tripped and hit his head. The impact caused debilitating neurological damage. Mark's physician referred him to Younker Rehabilitation at Iowa Methodist Medical Center, where he would undergo physical therapy for the second time in his life—in the same room he experienced his first miraculous recovery 24 years before.

A Familiar Story

In 1986, Mark was involved in a near-fatal car accident. Paramedics thought he was dead on the scene, but they managed to revive him, and Mark remained in a coma for weeks. Physicians told Mark's parents he would never be able to walk again. Six months later, Mark walked out of Younker Rehabilitation. Two years after that, having once been able to move only his big toe, Mark completed the 1988 Drake Relays Marathon.

The Second Miracle

Mark never thought he would visit Younker Rehabilitation again. In 2009, Mark was enjoying his second chance at life with his wife, Karla, and two children, Abby and Danny, when it was almost taken



Mark Block and Kimbra Korte, NCS, physical therapist at Younker Rehab, work with the Balance Master® during a therapy session.

The Power of Positive Thinking



Mark Block recovered from two separate spinal cord injuries with the help of Younker Rehabilitation's expert therapists. But when facing the daily challenges of the rehab process, Mark needed to bring his own positive attitude to the table to accomplish the seemingly impossible. Mark's spirit of determination was contagious among other rehab patients, and he believes he wouldn't have recovered nearly as well without it.

"Doctors speak in probabilities, but what is 'possible' is up to you," says Mark. "You have to celebrate victories, no matter how small they are. If you have a bad day, you have to tell yourself tomorrow will be better. That's the kind of thinking I had going into this, and that attitude did wonders for my recovery."

er Second Chance

away from him again. The spinal cord injury he sustained while packing boxes partially paralyzed the left side of his body and impaired his balance and muscle movement. He also developed a condition known as autonomic dysreflexia, which affected his blood pressure, breathing and other normal functions.

“My balance and autonomic system were so impaired, I couldn’t even walk short distances,” says Mark. “As a sales rep, I used to drive hundreds of miles every week for my job. After my injury, I couldn’t drive at all.”

Mark began rehabilitation in August 2010. Under the direction of Kimbra Korte, NCS, physical therapist at Younker Rehabilitation, Mark worked extensively with a Balance Master® to improve his balance and neurological function. During their one-hour sessions three times a week, Korte assisted Mark in strengthening and mobility exercises, and Mark slowly regained his ability to walk normal distances. Mark also worked with Matty Shepard, occupational therapist at Younker Rehabilitation, to improve the function of his left arm through stretching, strengthening and neuromuscular training.

“Mark’s injury had changed his ability to perform the normal roles of a parent, spouse and employee,” says Shepard. “But he came to therapy each day determined to work hard and improve his function.”

“By the time he was discharged, he was able to walk without a cane and now utilizes a WalkAide® (an electrical stimulation device) instead

of a leg brace. Most importantly, he can walk and drive normal distances now.

Korte, who was an intern at Younker Rehabilitation during Mark’s first rehab experience in 1986, knew Mark had the right spirit going into rehab the second time.

“Mark had such remarkable outcomes following his first injury that he wanted no less this time around,” says Korte. “Since he had been through this scenario before with his first spinal cord injury, he knew what was expected of him and how hard he would have to work.”

Starting a New Chapter

Since Mark’s rehabilitation, he has continued doing exercises at home to further his recovery. As with many patients with spinal cord injuries, Mark’s healing is ongoing, and he still struggles to manage the complications of his dysreflexia. But thanks to Mark’s determination and the guidance of the therapists at Younker Rehabilitation, Mark has already fulfilled a number of personal goals.

In July, Mark and several other physically and visually impaired athletes with Adaptive Sports Iowa competed in RAGBRAI®, a 474-mile, weeklong bicycle trek across Iowa. His involvement with Adaptive Sports Iowa, as well as support from the National Spinal Cord Injury Association and the Brain Injury Association of America, were made possible through connections with Iowa Health.

“Life goes on after an injury,” says Mark. “No one wants to be in

the situation I was in, much less twice. But the groups I’ve become involved with and the people I’ve met through my rehabilitation at Younker Rehabilitation—I wouldn’t take any of it back.”



To learn more about Younker Rehabilitation at Iowa Health – Des Moines, visit iowahealth.org, click on the “Services” tab and select “Rehabilitation!”



A Place for Healing

Younker Rehabilitation at Iowa Health – Des Moines has served patients in central Iowa since 1959. As a local rehab center, Younker Rehabilitation offers:

- around-the-clock nursing care for inpatient cases
- comprehensive physical and occupational therapy for severe stroke, brain and spinal cord injury patients
- connections to local support groups and national research associations
- more than 70 therapists, nurses and staff, many of whom have specialty certifications and advanced degrees
- treatment accredited by the Commission on Accreditation of Rehabilitation Facilities

Exhibiting the World of the Human Form



You use your body to run, walk and play. But have you ever considered your body as its own world? Iowa Health is proud to sponsor the premiere of *BODY WORLDS Vital* at the Science Center of Iowa.

The Science Center of Iowa is hosting a limited engagement of *BODY WORLDS Vital*, an anatomical exhibit that allows viewers to examine and learn from real bodies and organs. Every human body in the exhibit has been donated to the Institute for Plastination's Body Donor Program and preserved

through plastination, a process that allows bodies to retain lifelike poses.

Educating One Person at a Time

BODY WORLDS exhibits have been popular worldwide since their inception in 1995. The main goal of *BODY WORLDS Vital* is to educate viewers about how important personal health is. Through plastinated bodies and organs, individuals can see how a healthy body works in comparison to a human form dealing with health problems, such as obesity.

"Iowa Health is committed to improving the health of our communities. We invested in *BODY WORLDS Vital* to give Iowans a rare glimpse into how the human body works," says Eric Crowell, president and CEO of Iowa Health. "We hope this world-class exhibition educates and inspires residents of central Iowa to take better care of their family's health."



For more information about *BODY WORLDS Vital*, visit sciowa.org/bodyworldsvital or call (515) 274-6868.

On Film

In addition to presenting *BODY WORLDS Vital*, Iowa Health – Des Moines and Grand View University are presenting *The Human Body*, a 45-minute documentary focusing on the functions of the body.

Utilizing state-of-the-art computer graphics and real images, the film takes viewers under their skin to see how the body works.

"We are proud to present *The Human Body* at the Science Center of Iowa's Blank IMAX Dome Theater," says Eric Crowell, president and CEO of Iowa Health. "Our mission of healing, caring and teaching is fully demonstrated in this presentation as viewers are taken on an incredible journey through the human body."

New Clinics, Same Comprehensive Care

At Iowa Health – Des Moines, we provide our patients with medical specialists dedicated to enhancing patient care. The new Prairie Trail Clinic aims to meet Ankeny’s growing healthcare needs, while maintaining a continuum of care.

The official ribbon cutting ceremony and open house of the 14,000-square-foot primary care and internal medicine physician clinic on Southwest State Street were held June 18. The community was invited to take a tour of the facility, meet the staff and enjoy summer treats and activities.

“We’re excited to offer family, internal and occupational medicine physician practices at Prairie Trail,” says Connie Duling, director of Operations at Iowa Health. “Our goal is to treat the growing Ankeny population, while also providing neighboring communities quality healthcare.”

For more information about our new clinic in Ankeny, visit iowahealth.org/Ankeny.

Upcoming Changes

Iowa Health Physicians and Clinics are continually adding more services throughout the Greater Des Moines area. Here are some of the changes that are upcoming, and some that have already come to fruition.

- Parks Area Family Physicians (Formerly Highland Park Family Physicians) relocated to a new building located on East 14th Street on August 1.
- Walnut Creek Pediatrics moved to the former Quality Ford site on 8th St. in West Des Moines in March.
- The pediatric physicians of Waukee Clinic will be moving to a site next door to the current Waukee Clinic on Hickman Rd. this fall and will be named Waukee Pediatrics.
- Pleasant Hill Family Physicians joined Iowa Health Physicians and Clinics on June 1. Construction is beginning on a new clinic location in Copper Creek, with an open date in November.
- Grimes Family Physicians is scheduled to open their new clinic location in November.
- Indianola Family Medicine will soon begin construction on a new clinic located on East Hillcrest Avenue. The tentative open date will be late 2011 or early 2012.



To learn more about Iowa Health clinic locations and office hours, visit iowahealth.org and click “Find a Clinic.”



Exam room at Prairie Trail Clinic



Prairie Trail Clinic staff in Ankeny celebrate the grand opening in June.



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Recognized for Better Orthopaedic Care



Getting you back to your life quickly is a priority of the orthopaedic teams at Iowa Methodist Medical Center and Methodist West Hospital. Board-certified surgeons, along with our specially trained nurses and staff are recognized leaders in orthopaedic care. They perform more total joint replacements than any other hospital in the state. This level of expertise leads to more successful outcomes with less time in the hospital. It has also led to being recognized as a Blue Distinction Center for Knee and Hip Replacement Surgery by Wellmark.



Iowa Health – Des Moines is proud to offer great orthopaedic care at all of our facilities. For more information, call 515-343-1365 or visit iowahealth.org/ortho.

iowahealth.org/ortho



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