

Summer 2008

LiveWell

With Iowa Health – Des Moines



IOWA HEALTH

DES MOINES

Methodist • Lutheran • Blank

*The Best
for Baby...
and Mom*

Rehab

*Getting You Back
on Your Feet*

**Level I
Trauma Care**

Only Available at Iowa Methodist

◀ Mike Lubberden,
trauma patient survivor



A Word From Our President and CEO

In this issue of *LiveWell* magazine, we are proud to feature central Iowa's only Level I Trauma Center at Iowa Methodist Medical Center. This means our multi-specialty team is ready 24 hours a day, seven days a week to care for you and your loved ones when you need us most.

In addition, you can learn more about our Urgent Care and Rehabilitation Services. Our Urgent Care clinics are located across our community to provide valuable healthcare services when you have urgent—not emergent—conditions. Our Rehabilitation Services—from inpatient to outpatient and pediatric to adult—are not one-size-fits-all services. Instead, we work with you to develop a therapy plan that is specific to your healthcare needs and goals.

We hope you enjoy this information and that you continue to *LiveWell* with Iowa Health – Des Moines!

Sincerely,

Eric Crowell, President and CEO

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Cancer Treatment Distinction

Blue Cross and Blue Shield of Iowa has named the John Stoddard Cancer Center at Iowa Methodist Medical Center as a Blue Distinction Center for Complex and Rare CancersSM.

Complex and rare cancers comprise approximately 15 percent of new cancer cases each year, making it difficult for patients to locate or research facilities with oncologists or surgical teams that are experienced in treating these specific malignancies.

The Blue Distinction Centers for Complex and Rare Cancers designation is focused primarily on multidisciplinary treatment planning and complex, major surgical treatments. The John Stoddard Cancer Center was chosen for having expertise in these complex and rare cancers: bladder; esophageal; gastric; pancreatic; and rectal.

Among other selection criteria, the John Stoddard Cancer Center met the following thresholds necessary to be named as a Blue Distinction Center for Complex and Rare Cancers:

- having multidisciplinary team input, including sub-specialty trained teams for complex and rare cancers and demonstrated depth of expertise across cancer disciplines in medicine, surgery, radiation oncology, pathology and radiology;
- demonstrating ongoing quality management and improvement programs for cancer care; and
- demonstrating an ongoing commitment to using clinical data registries and providing access to appropriate clinical research for complex and rare cancers.



To learn more about the John Stoddard Cancer Center, visit www.johnstoddardcancer.org.

Nationally Recognized Joint and Spine Center

Iowa Methodist Medical Center has been awarded two, three-year designations as a Surgical Spine and Total Joint Replacement Specialty Center by UnitedHealth Premium[®].

These designations are awarded based on nationally recognized standards, which require facilities to meet rigorous guidelines of superior care. UnitedHealth Premium designations are intended to give patients easily accessible information about quality healthcare providers and instill confidence in choosing a provider.

“We strive to provide the very best healthcare experience to our patients from the moment they attend our preoperative classes through their surgery and rehabilitation,” says Brenda Long, executive director for Orthopaedics and Rehabilitation Services at Iowa Methodist. “The designation means our patients can depend on Iowa Methodist for conscientious, reliable total joint replacement and surgical spine care.”



For more information about Orthopaedics and Rehabilitation Services at Iowa Health, visit www.iowahealth.org or call (515) 241-4499.

Diabetes Education for Everyone

With the help of Iowa Health–Des Moines' new Diabetes Express program, a lifetime of good health is just a stop away—even after a diagnosis of diabetes.


Diabetes education is essential to helping people with diabetes manage their health to avoid long-term complications such as blindness, non-healing wounds and kidney problems. In an effort to make diabetes education

more easily accessible to residents of the Des Moines area, Iowa Health recently created Diabetes Express, a free education program designed as an introduction to Type 2 diabetes.

“There is a lot more to managing diabetes than just taking medication,” says Sue Freeman, RN, CDE, diabetes educator and coordinator of Diabetes Express. “Nutrition is paramount, and working with a dietitian is vital to successfully learning how to read labels and plan out meals and snacks. The

program is a great introduction to the importance of blood glucose control.”

Diabetes Express is held once every other month in various locations around the Des Moines metro. Taught by the certified diabetes educators on staff at Iowa Health, each session lasts two hours and is open to anyone interested in learning more about diabetes.

 **For more information or to register for Diabetes Express, call (515) 241-5074.**

The Best for Baby...and Mom

At Iowa Methodist Medical Center and Iowa Lutheran Hospital, we've got the facilities, staff and expertise in place that will help make your experience as memorable as possible. Having a baby is a special time in your life, and you want it to happen at a special place. Our staffs are dedicated to providing a family-centered model of care that ensures mom has everything she needs during labor and beyond.

“We have beautiful labor, delivery, recovery and postpartum suites (LDRP), lactation specialists and 24-hour physician coverage,” says Sue Gehlsen, RN, executive director of Women's Services for Iowa Health–Des Moines. “We're ready to meet all your medical and personal needs during this special time.”

Just For Her

Iowa Methodist and Iowa Lutheran also offer several levels of prenatal care:

- **Obstetricians/gynecologists**—physicians who specialize in women's health and can attend deliveries


and perform C-sections, while also providing back-up for the CNMs and family practice physicians when more advanced care is needed for their patients.

- **Family practice doctors**—physicians who can oversee the health of you and your entire family—including your baby—throughout your life.
- **Certified nurse midwives (CNM)**—advance-practice nurses who provide a more holistic approach to childbirth with as little medical intervention as possible. This service is only available at Iowa Methodist.

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“Iowa Lutheran Hospital is a special place to give birth. It's small and feels like home. The nurses are more like friends than medical staff. They are patient, knowledgeable and compassionate, and always made me feel like my birth was as important as if it were their own child.”

—Dana Riley, resident of Des Moines who has delivered three children at Iowa Lutheran

“Our nurses also offer one-on-one parenting instruction to help parents learn everything they need to know about caring for their new babies,” says Gehlsen. “We take time to ensure that every mother and baby receive the personalized attention they deserve.”

 **To learn more about having a baby at Iowa Lutheran or Iowa Methodist, call (515) 263-BABY or visit [www.iowahealth.org/maternity](http://www.iowahealth.org/maternity) for an online tour.**



James and Shelly Cory with baby Madeline

# Trauma Care

## That Makes a Difference



As he was leaving work to go home November 14, 2007, Pella resident Mike Lubberden, 49, put on his helmet, turned on his lights and drove his motorcycle cautiously. Mike was taking all the right precautions; however, his life changed in an instant as a motorist pulled out and struck him.

“Everyone on the staff at Iowa Methodist Medical Center—from the physicians to the anesthesiologist to the nurses—put me at ease. I felt that I was in safe hands with expert attention and excellent care.”

—Mike Lubberden, trauma patient

“I remember someone calling and telling me that Mike had been in an accident,” says Mike’s wife, Sheryl. “At first, I didn’t think it was that bad—I assumed someone just bumped into his bike. I went to the hospital thinking he would be able to come home that night. But that was not the case.”

The local ambulance transported Mike to the nearest hospital in Pella, but when physicians realized they weren’t equipped to treat Mike’s severe leg injury, he was flown by Life Flight’s helicopter to Iowa Methodist Medical Center within half an hour.

“Unfortunately, Mike’s injury was so severe that his lower leg needed to be amputated,” says James Swegle, MD, Trauma Services medical director for Iowa Methodist. “He underwent a successful surgery immediately in our Level I Trauma Center.”

### Working Toward Recovery

Even though Mike and Sheryl were saddened by the loss of his leg, they were grateful for Mike’s life and the outstanding care he received at Iowa Methodist.

“The team at Iowa Methodist is absolutely the best,” Mike says. “I don’t know how I could have managed without them. The physicians and

nurses really cared about me and treated me with compassion.”

After months of working hard to recover, Mike was ready to be fitted for his prosthetic leg in January. Sheryl credits Mike’s positive attitude, sense of humor and family support for his rehab success after the accident.

“Mike’s had a positive outlook from the beginning,” Sheryl says. “His strong will and faith have been a blessing for all of us.”

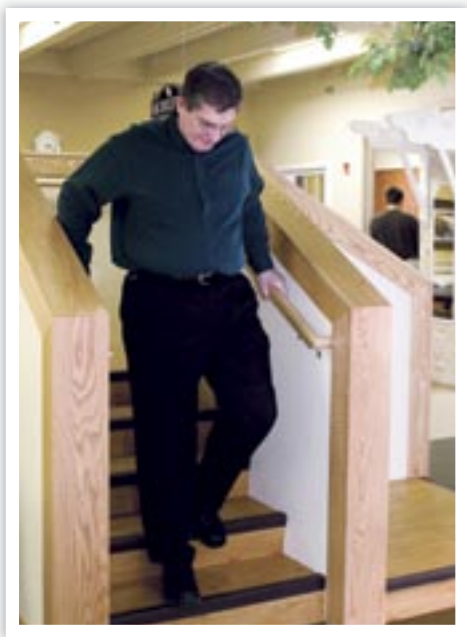
Although physical therapy and rehabilitation continue for Mike, he’s ready to get back to some of his old hobbies, including riding motorcycles and kayaking.

“I’m looking forward to learning how to use my prosthetic leg,” Mike says. “Between the wonderful people at Iowa Methodist, my loving wife, family, friends and all of the prayers, I know everything will work out.”

### Level I Trauma Care at Iowa Methodist and Blank Children’s

The Trauma Center at Iowa Methodist and Blank Children’s is equipped to handle the most severe injuries with speed, precision and compassion. As one of only two Level I Trauma Centers in the state, patients can rest assured they’re in very





capable hands when they arrive.

“We offer patients a multidisciplinary team approach 24 hours a day, seven days a week,” says Linda Clemen, RN, executive director of Life Flight and Trauma Services for Iowa Methodist. “The level of expertise involved in our care is incredible.”

What sets a Level I center apart from a Level II, III or IV center is in the attention to detail and timeliness. Adult patients arriving at Iowa Methodist’s Trauma Center—or younger patients arriving at the equally well-equipped Blank Children’s Hospital—can expect:

- trauma surgeons on-site
- a neurosurgeon available 24 hours a day
- the latest treatments and techniques

“As you move up the trauma center levels, you move into a higher echelon of capabilities,” says Dr. Swegle. “The staff at a Level I center includes the best trained people working with the best available equipment.”



For more information about Emergency and Trauma Services at Iowa Health, visit [www.iowahealth.org/traumaservices](http://www.iowahealth.org/traumaservices).

“Iowa Methodist Medical Center’s Trauma Research Department works to integrate research and patient care with the ultimate goal of improving efficiency, cutting costs and reducing patient hospital stays. Many of the advances in the area of trauma care in the past few decades would not have been possible without our Trauma Research Department.”

—James Swegle, MD, Trauma Services medical director for Iowa Methodist Medical Center

## Summer Sense and Sensibility

Nothing spoils summer fun faster than a medical emergency. While the emergency medical staffs at Blank Children’s Hospital, Iowa Methodist Medical Center and Iowa Lutheran Hospital can treat your emergencies, they’d much rather help prevent them.

Follow these tips to help keep common summertime woes at bay.

### Fireworks

Wear goggles to prevent eye trauma. Use earplugs as well, because fireworks can burst eardrums and cause sonic trauma. Leave the handling of fireworks to the experts.

### Food Poisoning

To prevent food-borne illness, wash your hands and cooking surfaces often, keep foods separate to avoid cross-contamination, cook all foods to proper temperatures and refrigerate foods promptly.

### Heat Stress

Heat-related illness ranges from mild heat cramps to heat stroke—a true medical emergency. To prevent heat stress, wear lightweight clothing, avoid alcohol and caffeine, stay in the shade as much as possible and drink

plenty of water—even if you don’t feel thirsty.

### Insect Bites and Bee Stings

If you plan to be in heavily wooded areas or other tick-infested places, wear clothing that covers up as much of your body as possible and an insect repellent that contains DEET. If someone in your group has a bee sting allergy, have a shot of epinephrine and an antihistamine readily available at all times.

### Sunburn

Always apply a sunscreen with a sun protection factor (SPF) of 15 or higher 30 minutes before going outdoors. Reapply it every two hours and after swimming. To sooth sunburned skin, take an anti-inflammatory medicine such as ibuprofen and apply a cold, wet washcloth to help relieve pain and promote faster healing.

# One Access Point for All Your Rehabilitation Needs

## Blank Pediatric Therapy Services—Just for Kids

Every parent wants the best care for his or her child, especially if the child suffers from an illness, developmental condition or injury. That's why Pediatric Therapy Services at Blank Children's Hospital offers a full range of inpatient and outpatient services for children. Specially trained team members evaluate each child and provide individualized services in a family-centered approach.

Services include:

- Audiology
- Occupational Therapy
- Physical Therapy
- Speech/Language Therapy

These services consist of home exercise programs, one-on-one hands-on therapeutic play and educational sessions relating to the child's individual needs. Our highly-regarded team of dedicated and experienced pediatric therapists offer exceptional care to children from birth to adolescence. We work closely with families, teachers and healthcare providers to ensure that each child achieves his or her maximum potential.

For more information about Blank Pediatric Therapy Services, call (515) 241-8550.



Whether you have a sports injury or have suffered a heart attack or stroke, Iowa Health—Des Moines provides rehabilitation care to get you back on your feet.

When you experience an injury or illness, your goal is to return to the normal activities of everyday life. The medical professionals of Iowa Health are passionate about their rehabilitation services and specialize in numerous options to help you do just that.

“We have many services, both inpatient and outpatient, to help people improve their function,” says Brenda Long, RN, executive director for Orthopaedics and Rehabilitation Services at Iowa Health. “We make it easy by offering access to all services through our Rehab Referral Office. Our goal is to help you and your family achieve the best outcomes possible and get you back to living life at its fullest.”

### How We Can Help

Iowa Health offers seven outpatient clinics throughout greater Des Moines. Services provided include physical and occupational therapy, speech therapy and audiology. Besides general therapy needs, our specialists can diagnose and provide care for many specialized conditions, including:

- orthopaedic diagnosis
- sports injuries
- work-related injuries



“Younkerville,” part of our inpatient rehabilitation unit, boasts many unique features to address rehabilitation in all areas of daily life.

- balance improvement and fall prevention
- stroke, brain injury and other neurological conditions
- hearing tests and hearing aid fittings
- incontinence therapy
- driving evaluations

If a more intense rehabilitation program is required, Iowa Health also offers inpatient rehab care where both nursing and therapy services are provided. Younker Rehabilitation's beautiful, award-winning facility and program, along with frequently requested Transitional Care—skilled nursing services—are options for your recovery.

For a rehabilitation plan that matches your needs with the skills of the rehabilitation professional, call the Rehab Referral Office. Our rehab care managers are committed to your recovery and strive to meet the needs of all our patients!



For more information about Rehabilitation Services at Iowa Health, call (515) 241-4499 or visit [www.iowahealth.org/ortho](http://www.iowahealth.org/ortho).

# Urgent Care You Can Depend On

When it's not an emergency but you still need prompt medical care, Iowa Health Physicians and Clinics Urgent Care is here for you.

"The six Urgent Care locations at Iowa Health are great assets to the community because they allow us to provide state-of-the-art medical services to those who have urgent, but not emergency situations," says Michael Foggia II, DO, an urgent care physician at Highland Park Family Physicians. "We treat patients on a first come, first serve basis and utilize all resources to keep wait times as short as possible."

## Meeting Your Needs

Iowa Health's six Urgent Care

locations are equipped for conditions such as ear infections, common injuries, lacerations and fractures—not to mention colds and flu viruses. Walk-ins are welcome at the following locations:

### Ankeny Clinic

1105 North Ankeny Blvd.  
Ankeny, IA 50021  
(515) 964-4600

### Highland Park Family Physicians

1530 East Euclid  
Des Moines, IA 50313  
(515) 262-0404

### Merle Hay Family Medicine

4631 Merle Hay Road  
Des Moines, IA 50322  
(515) 278-0949

### Southglen Family Medicine

7481 Highway 65/69  
Des Moines, IA 50320  
(515) 953-1500

### Lakeview Family Medicine

6000 University Ave, Ste 101  
West Des Moines, IA 50266  
(515) 241-2600

### Urbandale Family Physicians

2901 86th Street  
Urbandale, IA 50322  
(515) 276-3406



**For more information on Iowa Health's Physicians and Clinics, visit [www.iowahealth.org/clinics](http://www.iowahealth.org/clinics).**

# A Personal Touch to Cancer Treatment

The Cancer Care Coordinator Program at John Stoddard Cancer Center at Iowa Methodist Medical Center is proud to announce a recent addition to their continuum of care—a new breast cancer care coordinator.

"The role of the breast cancer care coordinator is to walk beside patients and help bring hope and encouragement to them while they are going through their treatment," says Edra Fouts, RN, breast cancer care coordinator at Stoddard. "The Cancer Care Coordinator Program began in January 2007 with the colon cancer care coordinator with the goal of encompassing other types of cancer. The program is funded by the John Stoddard Rally Against Cancer annual fundraiser."

## Here for You

Services provided by the colon and breast cancer care coordinator include the following:

- serving as a patient advocate
- providing education to the patient and family
- offering hope, encouragement and emotional support
- monitoring good symptom management
- following the patient throughout treatment
- raising public awareness about the importance of cancer screenings and prevention

"We offer assistance and problem solving so patients can stay focused on their main goal—completing treatment to ensure the best possible outcome," says Carol Frazell, RN, colon cancer care coordinator at



Carol Frazell, RN, colon cancer care coordinator, and Edra Fouts, RN, breast cancer coordinator at the John Stoddard Cancer Center

Stoddard. "We support patients throughout their cancer journey and want to make sure they know they are never alone."



**For more information about the services offered at the John Stoddard Cancer Center, visit [www.johnstoddardcancer.org](http://www.johnstoddardcancer.org) or call (515) 241-4141.**

# Pediatric Health Info at Your Fingertips

Searching for the latest news on pediatric health topics or practical parenting information, as well as fun games for your kids?

Look no further than the Blank Children's Hospital Web site

—[www.blankchildrens.org](http://www.blankchildrens.org).

“Once you've entered the Web site and click on 'Health Information,' you can choose from three categories—kids, teens and parents—that are customized to these specific age groups,” says Erin Wendt, public relations coordinator at Blank Children's Hospital. “The interactive site provides quizzes and games, as well as other topics ranging from fitness and food to drug and alcohol use.”

Parents can print out checklists and other resources for themselves as well as games and puzzles for their kids. In addition, teens can

access information on tips for better schoolwork or how to deal with some of the everyday problems and concerns they may be experiencing.

“We want to make health fun, but we also want to present the information in an educational, straightforward way,” says Wendt. “This Web site is a great tool for everyone, and we encourage parents and their children to use it together.”



**For health resources you and your children can use, visit [www.blankchildrens.org](http://www.blankchildrens.org) and click on “Health Information.”**



This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines. If you would like to be added to our mailing list, please contact us at (515) 241-6302 or visit [www.iowahealth.org](http://www.iowahealth.org). To be removed from our mailing list, please call (515) 241-6302.



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