

Summer 2009

LiveWell

With Iowa Health – Des Moines

Blank Children's Hospital

Caring for Your Little Ones

**Rapid Response
Emergency
Services**

Advanced Diagnostic

Imaging
Close to Home



IOWA HEALTH
DES MOINES

Methodist • Lutheran • Blank

Thomas Bonus is back in the pool after receiving expert pediatric trauma care and rehabilitation at Blank Children's Hospital.



A Word From Our President and CEO

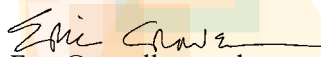
Summer is in the air and that brings opportunities of outdoor activities for the whole family, including swimming, biking and other sports. Summer can be a great time of year, but it also can be a dangerous time if you don't practice simple safety. This issue of *LiveWell* focuses on the services we offer at Iowa Methodist Medical Center, Iowa Lutheran Hospital and Blank Children's Hospital when you need us most. From our Level I Trauma Center to our new Life Flight helicopter and our partnership with Iowa EMS Alliance, we are ready to serve children and adults with emergency care.

But, even more important, we want to help you prevent injuries to you and your family members with some simple reminders, including:

- Always supervise children in and around water.
- Always wear a helmet when you have wheels under your feet—from bicycles to rollerblades to skateboards.
- Always wear U.S. Coast Guard-approved personal floatation devices when boating or swimming in rivers or lakes.
- Don't leave your picnic foods out in the sun for too long, in order to prevent food poisoning.
- Never dive in water less than nine feet deep.
- Remember to include sunscreen for your trip to the beach or when you are watching ballgames outdoors.

Most of all, we want you and your family to have a great summer. Be safe, and *LiveWell* this summer season.

Sincerely,


Eric Crowell, president and CEO

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Caring for You



Staying in touch with loved ones receiving treatment at John Stoddard Cancer Center or Blank Children's Hospital is easier than ever thanks to CarePagessm—individualized Web sites created specifically for patients' and families' use.

CarePages are free Web pages that can be designed by patients or families at home or while in the hospital that allow the patient to communicate with friends and family. CarePages can be used to share news, post pictures and receive messages.

Patients can be assured of their privacy via a secure username, password and a feature to block unwanted visitors. As a benefit to the hospitals and the patient, CarePages decrease the number of telephone calls received. CarePages also can be updated after patients are discharged to continue to provide support. Go to www.carepages.com/blankchildrens or www.carepages.com/stoddardcancer to visit CarePages at Blank Children's Hospital or John Stoddard Cancer Center.



To make a donation to help support CarePages at Blank Children's Hospital or John Stoddard Cancer Center, contact Dave Edgar at (515) 241-6838.

Midwife Services



Midwife Sea Fey meets with a patient.

Making sound decisions is key to good healthcare, and Midwife Services at Iowa Health – Des Moines wants you to take an active role in making the right decisions for you and your family.

The modern midwife is a health professional who respects a wide range of women's needs. Focusing on the natural processes of pregnancy, labor and birth, a midwife combines traditional skills and modern medical techniques to safeguard normal childbirth. Iowa Health midwives maintain associations with physicians and other healthcare providers to ensure mother and child have the best knowledge and technology available.



Iowa Health midwives provide care to women of all ages and stages. For more information about Midwife Services at Iowa Health, visit www.iowahealth.org/maternity or call (515) 309-6011.

We're Going Green


View our *2008 Report to Our Community* online at www.iowahealth.org/annualreport or call (515) 241-6302 to request a copy.

May Is National Stroke Awareness Month

High blood pressure, also known as hypertension, is the most common, reversible risk factor for cardiovascular disease and the leading cause of stroke. About 72 million people age 20 and older in the United States have high blood pressure.

“Hypertension is associated with many health problems, including heart disease, stroke, kidney disease and diabetes,” says Lori Knights, RN, BSN, cardiac screening nurse at Iowa Health – Des Moines. “Know your blood pressure numbers, and have it checked at least annually. If your blood pressure is elevated, work with your physician to keep it under control.”

To prevent hypertension—and ultimately stroke—people should have their blood pressure checked routinely and live a healthy lifestyle, including exercising regularly, maintaining a healthy weight and eating a diet high in fresh fruits and vegetables and low in saturated fat and sodium.

 **For more information on cardiovascular services and tips on maintaining a healthy heart, visit www.iowahealth.org/cardio.**



Iowa Health – Des Moines' HeartReach Mobile Lab will be screening individuals throughout greater Des Moines during May, helping prevent heart disease and stroke before they become a problem. To learn when the HeartReach Mobile Lab will be in your community or to schedule an appointment, call (866) 935-5432 or visit www.iowahealth.org/heartreach.

Furthering Our Vision With Methodist West Hospital

Iowa Health – Des Moines is committed to offering comprehensive services close to home. With the introduction of Methodist West, our new, state-of-the-art 95-bed hospital scheduled to open in late 2009, residents of the western suburbs will benefit from easy access to full-service hospital care, including:

- Cardiac Catheterization Lab
- General medical care
- Imaging services including CT scan, X-ray, ultrasound and MRI
- Intensive Care Unit
- Obstetrics
- Surgical services
- 24/7 Emergency Department

Methodist West will provide all private rooms with accommodations for family.

“We are very proud of our new west hospital. A lot of work is going into this building to ensure it is as patient- and family-centered as possible,” says Sid Ramsey, vice

president of Business Development and Marketing. “Methodist West enables us to continue our vision of providing high-quality healthcare services across our entire community from Iowa Lutheran on the East side to Iowa Methodist and Blank Children’s downtown to our new full-service, community hospital in West Des Moines.”

 **For more information regarding the progress on Methodist West Hospital, visit www.iowahealth.org/west.**

**Opening Late 2009
Methodist West
Hospital**

Located at 1660 60th
Street, West Des Moines



We're at Our Best When Your Children Need Us Most



Thomas continues to gain strength during physical therapy sessions at Blank Children's Hospital.

No parent likes to think about the possibility of his or her child suffering a traumatic injury, but if the unthinkable does occur, you can turn to Blank Children's Hospital for expert pediatric trauma care and rehabilitation.

Thomas Bonus and his family know how quickly traumas can occur, and they also know the value of receiving lifesaving care in a professional, comforting environment.

On July 1, 2008, nine-year-old Thomas mounted the starting block at swim practice at the Des Moines Golf and Country Club pool in West Des Moines. When his relay teammate touched the edge of the pool beneath him, Thomas, a West Des Moines Elementary student, dove too deep into the pool and hit his head on the bottom.

"I don't know what went wrong," says Thomas. "I've been swimming relays for a few years."

Coaches brought Thomas—still conscious and able to communicate—to the surface and kept him stabilized using a backboard until an emergency medical services (EMS) team arrived.

"Thomas was breathing fine, but he couldn't move his limbs for several minutes," says Cyndi Bonus, Thomas' mother. "It was very frightening, but we were fortunate to be surrounded by kind, helpful people."

Rapid Response

Thomas was taken by ambulance to Blank Children's Hospital, where physicians and nurses in the Emergency Department (ED) follow a strict protocol whenever they receive word that a pediatric trauma patient is on the way.

"Our team begins mobilizing when we receive a call from EMS," says James Swegle, MD, trauma medical director for Iowa Methodist and Blank Children's Hospital. "We have a list of criteria for severely



Thomas, with his mom Cyndi, wore his halo for nine weeks after his accident.

injured patients that warrant a trauma activation. If a patient meets certain criteria, such as a neurological injury or dangerously low blood pressure, we gather various resources and physicians from other hospital departments and go to the ED to be on hand when the patient arrives.”

A trauma team may include trauma surgeons, a pediatric emergency medicine physician, pediatric nurses, ED technicians, X-ray technicians, a respiratory therapist, surgery residents and a child life specialist, who is specially-trained in comforting injured and ill children.

After several tests, including computed tomography (CT) scans and magnetic resonance imaging (MRI) scans, physicians determined that Thomas had fractured the fifth and sixth vertebrae in his neck. Thomas was admitted to the Pediatric Intensive Care Unit (PICU) at Blank Children’s, where he was placed in a halo vest—a piece of equipment that keeps the head and neck immobile.

“We were all very scared and nervous when the halo was attached,” Cyndi says. “The Child Life staff at Blank Children’s was helpful in keeping Thomas calm and informed.”

Road to Recovery

The placement of Thomas’ halo marked the beginning of an intensive rehabilitation period, as specially-trained pediatric physical and occupational therapists worked with him to regain strength and balance, particularly since the halo vest added considerable weight to his upper body.

“We learned that we use our heads for balance to walk upright,” says Ken Bonus, Thomas’ father. “Thomas was unable to move his head due to the halo, so he had to learn to adjust his upper body from the waist to balance.”

Therapists continued to work with Thomas on relearning how to perform simple actions of daily life, such as eating or scratching his nose, until he was discharged on August 6, 2008.

“My son’s level of care at Blank Children’s was incredible,” Cyndi says. “From the moment Thomas arrived until the day he went home, he and our entire family were treated professionally and compassionately.”

Returning to the Water

Thomas wore his halo for nine weeks and a neck brace for an

additional two months, and he continues to perform rehabilitation exercises at Blank Children’s and at home.

Though he must avoid contact sports for now, Thomas is back in school, and most exciting for him, back in the pool. He began practicing with his team in October, and though he’s swimming only the backstroke at the moment, he proudly boasts, “I can do flip turns!”



For more information on services provided at Blank Children’s, visit www.blankchildrens.org.

Keep Your Young Swimmers Safe

For many children, there’s no better way to pass a hot summer afternoon than at a pool or lake. To make sure an unintentional injury doesn’t ruin all the fun and to ensure your kids stay safe during their aquatic adventures, parents should be aware of these basic water safety tips.

- Do keep your eyes on your children at all times, even if a lifeguard is present. Lifeguards are present to deter rowdy and unsafe behavior and are trained to react in the event of an emergency situation—not to supervise all of the swimmers at the pool or beach.
- Don’t assume your child is immune to danger in the water because she successfully completed swimming lessons. In a stressful situation, panic can overwhelm a child.
- Do purchase **ONLY** U.S. Coast Guard-approved personal floatation devices (PFDs) for your kids. Arm floaties and pool noodles are not considered safety devices and are not substitutes for PFDs.
- Don’t allow your children to dive in water less than nine feet deep. If your family is at an open body of water, don’t allow your kids to dive in if they can’t see the bottom.

“Parents can empower themselves by being prepared,” says Brandi Thompson, BS, community outreach educator at Blank Children’s Hospital. “One thing moms and dads can do for themselves is become trained in infant and child cardiopulmonary resuscitation (CPR), because knowing this lifesaving skill can dramatically change the outcome of many emergency situations.”

Rapid Response

When an emergency strikes, you need immediate access to the best care. At Iowa Health – Des Moines, we provide timely transport and offer top-notch trauma services for patients of every age.



There are two components essential to delivering quality care during an emergency situation—fast transport by a specialized crew and a hospital capable of delivering trauma expertise. When you or a loved one is faced with an emergency, rest assured that you're in good hands at Iowa Methodist, Iowa Lutheran and Blank Children's Hospital.

"Our Life Flight crew are some of the best and brightest around, and we are always looking for ways to improve our patient services," says Evelyn Jackson, RN, program manager of Life Flight at Iowa Health. "We tackle every project with enthusiasm and are truly concerned for the well-being of those we serve."

Integrated Emergency Service

The emergency services at Iowa Health are distributed among three hospitals: Iowa Methodist (central Iowa's only Level I Trauma Center), Iowa Lutheran and Blank Children's Hospital, which is the state's only emergency department staffed by pediatric emergency physicians 24/7.

On the ground, these facilities are serviced by the newly unified Iowa EMS Alliance. The Alliance was formed between Iowa Health and the City of West Des Moines EMS, central Iowa's only accredited ground ambulance provider through the Commission on Accreditation of

Ambulance Services. An exciting addition coming to this team in late summer is a new pediatric ambulance, specially designed to provide care and transportation for the youngest of patients.

In the air, patients are flown to Iowa Methodist and Blank Children's Hospital by central Iowa's first air ambulance program, Life Flight. Since 1979, the Life Flight program has been providing quick transport to those in the Des Moines metro and patients from the rural surrounding region. To commemorate the 30th anniversary of this program, Life Flight will be unveiling a new helicopter in fall 2009. The new model will be an EC-145 twin engine, outfitted with the most advanced aeronautical and lifesaving technology.

"Emergency staff at Iowa Health are motivated to provide the best care possible through our integrated emergency services," says Susan Allen, RN, nurse manager of Blank Children's Emergency Department. "We are privileged to serve those in our communities when they need us most."

 Visit www.iowahealth.org/trauma for more information about our trauma services.

30 Years of Life Flight

The Life Flight program at Iowa Health – Des Moines has helped save lives for three decades. Here are some notable Life Flight moments from the past 30 years.

1979—Iowa Methodist Medical Center introduces Life Flight on July 12. It is one of only 15 hospital-based air ambulance services in the United States.

1993—To celebrate 15 years of service, Life Flight moves into a newly built critical care tower, complete with a rooftop helipad.

1996—American Eurocopters gives Life Flight the Air Medical Safety Award for 10,000 consecutive accident-free missions.



2002—Life Flight gets a new helicopter.

2009—Iowa Health celebrates Life Flight's 30th anniversary and the acquisition of a new state-of-the-art helicopter.

Picture Perfect Diagnostic Imaging

Diagnostic imaging is an important step in determining a course of treatment for many illnesses. Thanks to newly installed radiology equipment, Iowa Health – Des Moines is offering patients in central Iowa access to advanced care, close to home.

Iowa Health's radiology services offer a wide range of diagnostic scans and feature some of the most advanced technology available. From computed tomography (CT) and magnetic resonance imaging (MRI) scans to interventional radiology, diagnostic imaging services at Iowa Health are committed to maintaining the high level of quality associated with the system.

"Our radiology services are intended to offer excellent care for each patient," says Tom Mulrooney, executive director of Radiology Services at Iowa Methodist Medical Center and Iowa Lutheran Hospital. "As such, we must continually work to ensure that our staff have access to the technology they need to perform at their best."

A Cut Above the Rest

One notable addition to Iowa Health's radiology equipment is a new 64-slice CT scanner at Iowa Lutheran. The scanner reduces the amount of radiation exposure a patient undergoes during a CT scan by up to 50 percent and improves the quality of images.

Diagnostically, the scanner improves image resolution by 33 percent, allowing doctors to see clearer images and make more accurate diagnoses. Given this enhanced image quality, this scanner will increase the number of scans

“Technology leads to better care. We constantly strive to give our physicians the equipment they need to make accurate diagnoses and provide high-quality treatment to those who matter most—our patients.”

—Tom Mulrooney, executive director of Radiology Services at Iowa Methodist and Iowa Lutheran



doctors can perform and ultimately lead to quicker, more definite diagnoses.

"The addition of the 64-slice scanner greatly enhances the testing that can be done at our facility," says Yvonne Grant, radiology manager at Iowa Lutheran. "Faster turnaround times and higher resolution of images can ultimately save lives."

The 64-slice CT scanner along with new machines such as the 3.0T MRI machine recently installed at Iowa Methodist are just two examples of Iowa Health's commitment to technological improvement.

A Continuum of Care

At Iowa Health, excellence in radiology leads to excellence in other fields of medical care. As the diagnostic abilities of the facility improve, it is reflected throughout each department.

"Radiology services are simply one step in the continuum of care offered at Iowa Methodist and Iowa Lutheran, and our commitment to offering new technology is simply a way of strengthening other departments," says Mulrooney. "By putting these advanced diagnostic devices in the hands of our skilled physicians, our care improves across the board."



For more information about diagnostic imaging services at Iowa Health, visit www.iowahealth.org/radiology.

Iowa Health Radiology

Iowa Lutheran Hospital

Located on Level A
700 East University Avenue
Des Moines, IA 50316
(515) 263-5205

Iowa Methodist Medical Center

Located on Level C
1200 Pleasant Street
Des Moines, IA 50309
(515) 241-6111



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. To be removed from our mailing list, please call (515) 241-6302.

Evenings... Weekends... Holidays...

Can't wait for an appointment?

At Iowa Health Physicians and Clinics, we understand that illnesses and injuries don't always occur during regular business hours. For this reason, we offer convenient Urgent Care clinics to our patients. When you need healthcare and your regular healthcare provider isn't available, please visit:

Ankeny Clinic

1105 N Ankeny Blvd.
Ankeny

515-964-4600

MONDAY – FRIDAY
8 a.m. – 8 p.m.
SATURDAY & SUNDAY
9 a.m. – 3 p.m.

Ankeny Express Care

410 N Ankeny Blvd.
Ankeny

(Located in Hy-Vee)

515-964-1601

MONDAY – FRIDAY
10 a.m. – 2 p.m.
2:30 p.m. – 7 p.m.
SATURDAY
10 a.m. – 2 p.m.
2:30 p.m. – 6 p.m.

Highland Park Family Physicians

1530 East Euclid
Des Moines

515-262-0404

MONDAY – SATURDAY
8 a.m. – 8 p.m.

Lakeview

Family Medicine

6000 University Ave.
West Des Moines

515-241-2600

MONDAY – FRIDAY
8 a.m. – 8 p.m.
SATURDAY & SUNDAY
9 a.m. – 3 p.m.

Merle Hay

Family Medicine

4631 Merle Hay Rd.
Des Moines

515-278-0949

MONDAY – FRIDAY
8 a.m. – 8 p.m.
SATURDAY & SUNDAY
9 a.m. – 3 p.m.

Southglenn

Family Practice

7481 Highway 65/69
Des Moines

515-953-1500

MONDAY – FRIDAY
8 a.m. – 8 p.m.
SATURDAY & SUNDAY
9 a.m. – 3 p.m.

Urbandale

Family Physicians

2901 86th St.
Urbandale

515-276-3406

MONDAY – FRIDAY
9 a.m. – 9 p.m.
SATURDAY
8 a.m. – 8 p.m.
SUNDAY
9 a.m. – 8 p.m.

West Des Moines Express Care

555 S 51st St.
(Mills Pkwy & I-35)

(Located in Hy-Vee)

515-225-2235

MONDAY – FRIDAY
10 a.m. – 2 p.m.
2:30 p.m. – 7 p.m.
SATURDAY
10 a.m. – 2 p.m.
2:30 p.m. – 6 p.m.

