

# Care Connection

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SUMMER 2014



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[www.stegenevievehospital.org](http://www.stegenevievehospital.org).

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# Safety before Siss-boom-bah

Fireworks displays can enliven summer days, but this unofficial national pastime can pose certain dangers. A nationwide average of 200 people a day go to the emergency room for fireworks-related injuries around Independence Day. Take the following precautions before your summer celebrations to avoid injury:

- **Extinguish properly.** Pour water on all fireworks after setting them off to make sure they don't pose threat of injury or fire.
- **Keep an eye on kids.** Adults should always supervise children around fireworks activities. Even sparklers burn at up to 3,000 degrees Fahrenheit.
- **Let it lie.** Don't try to relight or pick up fireworks that haven't fully ignited.
- **Maintain a safe stance.** Don't put any part of your body over fireworks when lighting the fuse. Back up to a safe distance immediately after lighting the fuse.
- **Prevent accidents with water.** Keep a bucket of water nearby in case of fire.

**For serious fireworks-related accidents, call 911 immediately. For minor injuries, visit our Bloomsdale Family Health Extended Hours facility. To find a primary care provider, call 573-883-7777.**

## Health from the Ground Up

With a wide variety of fruits and vegetables in season, summer is an ideal time to grow and eat your own fresh produce. Eating three cups of fruits and four cups of veggies each day keeps your digestive system healthy, lowers the risk of heart disease and stroke, protects against many types of cancer, and helps you achieve and maintain normal weight.

Why not try making your backyard a source of fresh produce this summer? To get your garden plot ready to grow, you'll need:

- 1 Space.** Plants such as beans and melons need plenty of room to spread, while others such as onions and tomatoes can be grown in smaller spaces. If you are short on space, try gardening in pots.
- 2 Soil.** Before planting seeds, loosen the soil by digging 12–18 inches deep. Add compost, mix, and keep moist. Save money by making your own compost.
- 3 Planting.** Generally, seeds should be planted two to three inches deep and four to five inches apart. Smaller seeds should be closer to the surface.
- 4 Maintenance.** Check your garden often, and keep it watered and free of weeds. Weeding is a great way to stay active while enjoying the outdoors.
- 5 Reap the benefits.** Fresh produce is ideal for any meal or snack. Incorporate kale or spinach into smoothies and use a variety of produce for high-fiber salads. If you have an overabundance, chop, dry, and freeze, or share your harvest.



Kim Browne, MSN, ANP-BC



**Need help managing your weight this summer? To schedule an appointment with the Transformations Weight Clinic at Ste. Genevieve County Memorial Hospital, call 573-883-4445.**



Julie Terry, RN, BSN

## Allies in Adult Fitness

The Adult Fitness Program at Ste. Genevieve County Memorial Hospital offers a welcoming environment for adults who wish to participate in a medically supervised exercise program. The program offers progressive, monitored exercise, which includes treadmills, stationary bicycles, arm crank and free weights, and cardiac monitoring systems.

During each exercise session, cardiac nurses, a respiratory therapist, and a nurse aide are available to offer assistance. Participants also receive individualized information relating to their fitness goals and have access to health education, including dietary consultation, stress management, risk factor and lifestyle modification, smoking cessation, information on medication, and other health-related topics.

Though most participants in the Adult Fitness Program have completed cardiac or pulmonary rehabilitation, many adults join because they are looking for healthy-exercise guidance or help dealing with medical conditions, such as diabetes or high blood pressure.

“Unlike other fitness programs, exercisers are never alone here,” says Julie Terry, RN, BSN, cardiac rehab nurse at Ste. Genevieve County Memorial Hospital. “In addition to working out with staff on hand, most patients form friendships and bond over a shared diagnosis or fitness goal, which offers an extra layer of support and makes exercise more enjoyable.”

**For more information about cardiac rehab services offered at Ste. Genevieve County Memorial Hospital, call 573-883-7743.**



# Give LOCAL, Gain LOCAL

When you give to the Ste. Genevieve County Memorial Hospital Friends Foundation, you're investing in the health of your friends, family, and neighbors.



Shawn Long

“As the nonprofit fundraising arm of the hospital, the Friends Foundation works with the community to enhance the quality and availability of care in Ste. Genevieve County,” says Shawn Long, director of the Friends Foundation. “All donations stay local and are used to secure the long-term stability of Ste. Genevieve County Memorial Hospital with equipment, training, and upgrades.”

Foundation donors have already helped fund renovations in the chapel and lobby, upgrades to the birthing suites in obstetrics, automated external defibrillators for each physician’s office, nursing education, equipment for rehabilitation, the purchase of a 64-slice computed tomography scanner, and many other important updates.

## Show Your Support

The Friends Foundation accepts tax-deductible donations year-round. Consider making an annual contribution online or setting up a charitable trust.

During three annual foundation fundraising events, the community comes together to support Ste. Genevieve County Memorial Hospital’s mission — the Ride to Survive community bike challenge in June that raises funds for cancer care, the June Golf Classic, and the Black Tie Gala in November. Visit [www.stegenevievehospital.org](http://www.stegenevievehospital.org) to register for these events.

The Friends Foundation is implementing a new program called The Grateful Patient. The program will allow patients and/or their family members to make a donation in honor of a staff member at Ste. Genevieve County Memorial Hospital who has exceeded the patient’s expectations delivering quality healthcare services.

**For more information about community giving and the Ste. Genevieve County Memorial Hospital Friends Foundation, visit [www.stegenevievehospital.org](http://www.stegenevievehospital.org) and select “Friends Foundation” under “Your Support.”**

## Sign Up for the New and Improved Patient Portal

Ste. Genevieve County Memorial Hospital’s new Patient Portal, a 24-hour interactive online tool, allows patients to take a more active role in their care with easy, secure access to health information and communication.



The Ste. Genevieve County Memorial Hospital Patient Portal, which went live in May, provides instant access to medical information, including laboratory and radiology results, medications, allergies, visit history, discharge/aftercare information, and more. Patients can also access billing statements and outstanding balances and pay electronically. Parents and other authorized individuals with patients’ consent will have the ability to access the records of their children and others for whom they manage care.

The Patient Portal allows patients to request appointments, add comments and contact preferences, and receive an e-mail confirmation once an appointment is scheduled. A central appointment page displays a list of scheduled and pending appointments.

### Keeping the Lines Open

Patients can use the Patient Portal to communicate with their provider by submitting questions through a secure messaging center and receiving a direct response. E-mail notifications alert portal users to any new activity such as posted test results, unread messages, or upcoming appointments.

“The Patient Portal gives patients and their families the opportunity to actively participate in their care, which contributes to better health,” says Tina Poston, Marketing Director at Ste. Genevieve County Memorial Hospital.

**Interested in enrolling in the Patient Portal? Contact your physician’s office, Ste. Genevieve County Memorial Hospital at 573-883-2751, or visit [www.stegenevievehospital.org](http://www.stegenevievehospital.org).**



# Hospitalists

## *An Introductory Course*



Ste. Genevieve County Memorial Hospital is pleased to introduce three hospitalists who **provide 'round-the-clock care for our hospitalized patients.** Here we answer your questions about this important service and specialty.

### *What is a hospitalist?*

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“Simply put, these specialists care for patients who are in the hospital,” says Kim Murphy, MBA, director of Physician Clinics at Ste. Genevieve County Memorial Hospital. “They are internists or family medicine physicians. Hospitalists also coordinate services with primary care physicians for their hospitalized patients.”

### *Who are the hospitalists at Ste. Genevieve County Memorial Hospital?*

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Our new hospitalists are:

- Vincent Fortunado, MD, board certified in internal medicine
- Osler Guzon, MD, board certified in internal medicine and cardiology
- Solomon Noguera, MD, board certified in family medicine

“We have devoted our careers to caring for hospitalized patients,” says Dr. Noguera. “At least one of us is available all day, every day, to provide care equal to that of the primary care physician. Additionally, we coordinate with primary care physicians and specialists so patients receive convenient, reliable care when transitioning from the inpatient to an outpatient setting.”

### *How does hospitalist care differ from the quality care Ste. Genevieve County Memorial Hospital has been providing?*

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“In the past, primary care physicians would see patients at Ste. Genevieve County Memorial Hospital,” says Murphy. “Introducing hospitalists allows patients to receive specialist care. The average hospitalist sees many more hospitalized patients than the average primary care provider, and hospitalists have the experience to provide skilled treatment focused entirely on the care and needs of people in the hospital.”

## HOSPITALIST Fast Facts

- Hospitalists can be certified in broad areas such as internal medicine and family medicine, and some hospitalists specialize in areas such as pediatrics, obstetrics and gynecology, and cardiology.
- There are approximately 30,000 hospitalists in the United States.
- The term “hospitalist” was coined in the New England Journal of Medicine in 1996.
- Hospitalist care is one of the fastest growing specialties in medicine today.



Vincent Fortunado, MD



Osler Guzon, MD



Solomon Noguera, MD

Tom Keim, chief executive officer of Ste. Genevieve County Memorial Hospital, adds, “Those who have been in Ste. Genevieve County for many years may remember when primary care physicians were called to the Emergency Department because we did not have dedicated emergency physicians. The transition to hospitalist care is a similar idea—the hospitalist, like the emergency physician, offers specific treatment while decreasing time and responsibility on primary care physicians.”

### *Why did Ste. Genevieve County Memorial Hospital add hospitalists?*

“The addition of hospitalists helps us take our quality of care to the next level,” Mr. Keim says. “Research and experience have shown that hospitalists allow for more coordinated care over multiple areas.”

Rather than bouncing back and forth between outpatient and inpatient care, primary care providers can focus on seeing patients in the community for sudden illness, as well as preventive care during extended clinic hours.

“With the expansion of medical coverage under the Affordable Care Act, increased availability of primary care providers is vital,” Mr. Keim says. “The addition of these hospitalists allows us to meet this community need, providing an optimal coordination of care.”

Thanks to a combination of dedicated staff members and new technology, primary care physicians can also stay up to date about their hospitalized patients’ conditions.

“Since we’ve switched to electronic medical records [EMR], hospitalists and primary care providers have instant communication,” Mr. Keim says. “Hospitalists can know a patient’s medical history right away, and community physicians can stay updated about any procedures or decisions made in the hospital. While EMR does not take the place of face-to-face conversation, it serves as another communication tool and helps ensure all care decisions are documented.”

### *Does this mean my primary care physician will no longer be in charge of my care while I’m in the hospital? I want my physician to be in control of my health at all times.*

“Hospitalists work closely with primary care providers to ensure patients receive the best care from physicians they trust,” Dr. Noguera says. “A hospitalist ensures treatment is consistent with what patients receive outside of a hospital.”

**For more information about hospitalist care at Ste. Genevieve County Memorial Hospital, call Kim Murphy at 573-883-2782.**



## Your Hospital CHECKLIST

A hospital stay may be a planned event or in response to an unexpected illness. No matter the circumstances surrounding your admission, try to bring:

- **A medicine list.** Prepare a list of all your medications, including dosage. If possible, bring the actual medications with you, including any nonprescription drugs (such as vitamins or eye drops).
- **Emergency contacts.** Have a list of important contacts in case of an emergency, including full name, phone number, and email address.
- **Paperwork.** Your identification, insurance card, and any required legal documents should be readily available from you or a family member.
- **Change of clothes.** A full set of clothes and pajamas should be packed.
- **Toiletries.** A toothbrush and toothpaste can help you stay clean and feel better. While you may not be able to shower immediately following a procedure or during treatment, having your own shampoo for an eventual shower can make a big difference. Patients receive complimentary toiletries during their stay if needed.
- **Glasses.** Whether for reading or in place of contacts, always have a spare pair handy.
- **Entertainment.** Magazines, e-readers, a deck of cards, or a portable DVD player can provide entertainment while you recover. Free WiFi is available for patients and their families.
- **Small amounts of cash.** Keep about \$10 handy in case you or a family member need to visit the vending machines or magazine rack.



# THE JOY OF Taking a BREATH

If a respiratory issue has you struggling to breathe normally, the pulmonologists at Ste. Genevieve County Memorial Hospital can help.

While a primary care physician can successfully treat many breathing problems, some are more challenging. For severe or chronic respiratory conditions, you should consider seeing a pulmonologist.

“Pulmonologists specialize in breathing problems that are complex or difficult to treat,” says Michael J. Barkoviak, MD, board-certified pulmonologist at Ste. Genevieve County Memorial Hospital. “A pulmonologist can relieve acute breathing problems and keep them from coming back, or minimize a chronic respiratory condition’s impact on your life.”

## Which Conditions Do Pulmonologists Treat?

Pulmonologists are specially trained in the diagnosis and treatment of a wide range of respiratory conditions, including:

- ARDS (Acute Respiratory Distress Syndrome)
- Asthma
- Bronchitis
- Chronic cough
- Chronic obstructive pulmonary disease (COPD)
- Complicated chest infections
- Cystic fibrosis
- Emphysema
- Lung cancer
- Pneumonia
- Pulmonary embolism
- Pulmonary hypertension
- Sarcoidosis
- Tuberculosis

## The Pulmonology Process

After a thorough physical exam, your pulmonologist may perform a pulmonary function test (also called spirometry), which measures airflow into and out of your lungs and the amount of oxygen passing from the lungs to your bloodstream. A pulmonologist may also prescribe respiratory medications, breathing equipment, or oxygen therapy. As treatment progresses, your pulmonologist may repeat lung function or other tests to determine how well the therapy is working.

**Our pulmonologists, Gary Goldstein, MD, and Michael J. Barkoviak, MD, see patients at Pointe Basse Family Health Care in Ste. Genevieve. Call 573-883-2782 to make an appointment.**

## Healthy Summer Recipe: GREEN APPLE & MACADAMIA QUINOA

Serve this grain-based salad as a delicious side, or add grilled chicken for a complete meal.

### Ingredients

- 1 cup uncooked quinoa
- ¼ cup macadamia nuts
- 1 clove of garlic, minced
- 1 green onion, thinly sliced
- 1 cup green apple, diced
- 1 cup green pepper, diced
- ½ cup celery, diced
- 1 teaspoon crushed red pepper flakes
- Juice of 1 lemon
- 1 teaspoon honey
- 1 tablespoon extra-virgin olive oil
- Sea salt to taste
- 2 grilled chicken breasts (optional)

### Directions

Prepare quinoa according to directions on the package. Brown macadamia nuts in a small skillet for four minutes. Remove, then roughly chop with a knife. Once quinoa has cooked, toss with nuts. In a separate bowl, combine lemon juice, honey, and olive oil, and whisk. Drizzle the dressing on top, and add salt to taste. Chop and add chicken breasts, if desired.

### Nutritional Information for Salad

Servings: 4	Potassium: 388mg
Calories: 267	Total Carbohydrates: 34.3g
Total fat: 12.4g	Dietary Fiber: 5g
Cholesterol: 0mg	Sugar: 5.6g
Sodium: 16mg	Protein: 6.8g





# Calendar

## Welcome to the Neighborhood!

New residents to Ste. Genevieve and Ste. Genevieve County, we have a welcome gift for you. Call 573-883-7777 for more information.

### June

#### June 3—Prostate Cancer Support Group Meeting

7 p.m., Hospital education/conference room

#### June 11 & 25—Parkinson's Support Group Meetings

10 a.m., Hospital education/conference room

#### June 14—Breastfeeding Class

9 a.m.–noon, Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

#### June 21—Ride to Survive

Sponsored by the Friends Foundation.

#### June 26—American Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room

#### June 27—Friends Foundation Charity Golf Classic

Ste. Genevieve Golf Course. Call 573-883-7725 for more information.

### July

#### July 1—Prostate Cancer Support Group Meeting

7 p.m., Hospital education/conference room

#### July 9 & 23—Parkinson's Support Group Meetings

10 a.m., Hospital education/conference room

#### July 12—Childbirth Education Class

9 a.m.–3 p.m., Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

#### July 26—Natural Birthing Class

9 a.m.–noon, Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

### August

#### August 5—Prostate Cancer Support Group Meeting

7 p.m., Hospital education/conference room

#### August 9—Breastfeeding Class

9 a.m.–noon, Bloomsdale Medical Centre, Women's Wellness Services. Call 573-883-5715 to register.

#### August 13 & 27—Parkinson's Support Group Meetings

10 a.m., Hospital education/conference room

#### August 28—American Red Cross Blood Drive

Noon–5 p.m., Hospital education/conference room

## The Doctor's In... Longer

At Apple Kids Pediatrics, we understand that kids get bumps, bruises, cough, and

fever anytime, so we're expanding hours. See the pediatric team of Bhargav Kanani, MD, FAAP, Shiipa Desai, MD, FAAP, and Gail Craft, RN, CS, FNP, now from 8:30 a.m.–5 p.m. on weekdays and until 6 p.m. on Wednesdays. Call 573-883-4455 to make an appointment.

**Quality pediatric care: miles ahead, not miles away.**



**Speaker's Bureau: 573-883-7777**

**LOOKING FOR A PHYSICIAN?**  
Call our physician referral line at 573-883-7777.

## ReSource Medical Directory

*Health care that's miles ahead, not miles away!*

### Adult Primary Care

Sharon Grass, RN, CS, FNP  
573-883-7474

Dale Kraenzle, RN, CS, ANP  
573-883-7424

Mary Ann McCullough, MSN, ANP-BC  
573-883-2782

JoAnn Uding, APRN-BC  
573-883-2782/573-483-3131

### Breast and General Surgery

Theresa Cavins, MD, FACS  
573-483-2525

### Cardiology

Matthew Bosner, MD, FACC, FACP  
573-883-2782

### Counseling

Vickie Bruckerhoff, BSW, MSW, LCSW, BCD  
573-883-2782

### Endocrinology

Nawras Makhisa, MD  
573-883-7772

### Family Practice

Donald Balacuit, DO  
573-483-9492

Jonathon Bird, MD  
573-483-9492

Dan Frissell, MD  
573-883-2782

Mary Susan Campbell, MSN, FNP-BC  
573-483-9492

Shawn Lenn Geile, APRN, FNP-BC  
573-483-9492

Christine Herrington, RN, MSN, FNP-BC  
573-483-9492

### General Surgery

Joseph Sharlow, MD, FACS  
573-883-5717

David M. Steele, MD  
573-547-8390

### Internal Medicine

Briccio Cadiz III, MD  
573-883-2782/573-483-3131

Susan O'Donnell, MD  
573-883-7424

Niranjana Raju, MD  
573-883-7474

### Nephrology

Graeme Mindel, MD  
573-883-7772

Jay Seltzer, MD  
573-883-7772

### Obstetrics/Gynecology

Tony Lam, MD, FACOG  
573-883-5715

Mary Creelius, RN, MSN, WHNP  
573-883-5715

Kelly Donze, MSN, CNM, WHNP  
573-883-5715

### Occupational Medicine

Luann Miller, RN, MSN, CS, FNP, COHN-S  
573-883-7759

### Oncology

Alan P. Lyss, MD  
573-883-7735

Atif Shafqat, MD, FACP  
573-883-7735

### Orthopedics

Scott VanNess, DO  
573-883-7772

Craig Ruble, MD  
573-883-7772

Holly Huelskamp, RN, FNP-BC  
573-883-7772

### Pain Management

Michael Fan, MD, PhD  
573-883-4420

### Pediatrics

Shiipa Desai, MD  
573-883-4455

Bhargav Kanani, MD  
573-883-4455

Gail Craft, RN, CS, FNP  
573-883-4455

### Podiatry

Christopher R. Sloan, DPM, FACFAS  
573-883-7772

### Pulmonary Medicine

Gary Goldstein, MD, FCCP, D, ABSM  
573-883-2782

Michael J. Barkoviak, MD  
573-883-2782

### Rheumatology

Chad Ronholm, MD  
573-883-2782

### Speech Pathology

Elizabeth Kuykendall, MS, CCC-SLP  
573-883-4490

### Urology

Kevin Enger, MD  
573-883-4450

Kimberly Browne, MSN, ANP-BC  
573-883-4450

## Specialized Care, Close to Home

In addition to our fine medical staff, our specialty clinic brings the expertise and resources of metro St. Louis to Ste. Genevieve. The hospital has brought specialists to the community since 1994 and currently has 15 visiting professionals who see patients in Ste. Genevieve on a regular basis. Our wide range of specialty services includes:

- Allergy
- Audiology
- Cardiology
- Dermatology
- Ear, Nose, and Throat
- Nephrology
- Pain Management
- Podiatry
- Pulmonology
- Urology
- Vascular Surgery

Call 573-883-5151 for more information about services available through Ste. Genevieve County Memorial Hospital's Specialty Clinic, including:

TRANSFORMATIONS MEDICAL WEIGHT CLINIC

Jonathon Bird, MD  
573-883-4445

Kimberly Browne, MSN, ANP-BC  
573-883-4445

### Online Resources

Visit [www.stegenievehospital.org](http://www.stegenievehospital.org) today to access health information, hospital news, programs, and job listings. Our site is informative and—best of all—easy to use!





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.

## Preparing *Moms-to-Be*

Ste. Genevieve County Memorial Hospital is having great success with the Centering Pregnancy program designed to help new moms stay healthy for the big day and beyond.

There's much to consider when you're expecting, and making the right choices for you and your baby during your pregnancy might be easier said than done. The Centering Pregnancy approach focuses on three important components: a health assessment, educating patients, and offering support.



Kelly A. Donze, CNM, WHNP-BC

“Expectant mothers should take advantage of this care because it is truly patient-centered,” says Kelly A. Donze, CNM, WHNP-BC, certified nurse midwife and women’s health nurse practitioner at Ste. Genevieve County Memorial Hospital. “While certain guidelines are given, participants are grouped by due date, allowing them to support one another throughout their journey to motherhood. We have had some groups enjoy spending time together so much they continue to meet after their care experience is completed.”

The Ste. Genevieve County Memorial Hospital site is certified—one of only seven in the state of Missouri and the only site in southeast Missouri.

### One New Mother’s Story

Courtney Arnold learned about Centering Pregnancy from another patient in her doctor’s office but was hesitant to join.

“The thought of meeting with strangers and talking about such a private topic didn’t appeal to me, but my husband and I decided we’d go to the first night of the program with an open mind,” says Mrs. Arnold. “All the women in the group were nice. After that first meeting, I was intrigued, ready for more, and felt more prepared for the arrival of my baby.”



As her pregnancy progressed, Mrs. Arnold was able to discuss timely topics with the group, such as body changes, nutrition, and what to pack before going into labor. The Arnolds recently welcomed a healthy daughter, Layla AnnMarie, into the world, and Mrs. Arnold will always remember her Centering Pregnancy experience.

“Being a part of this group was one of the most enjoyable parts of my pregnancy,” she says. “I feel truly blessed to have experienced it, and my husband and I are better parents because of it.”

The program is sponsored in part by the March of Dimes.

**For more information about the Centering Pregnancy program, call 573-883-5715.**