

HealthWise

Fall 2015

> Welcome New Chief of Surgery

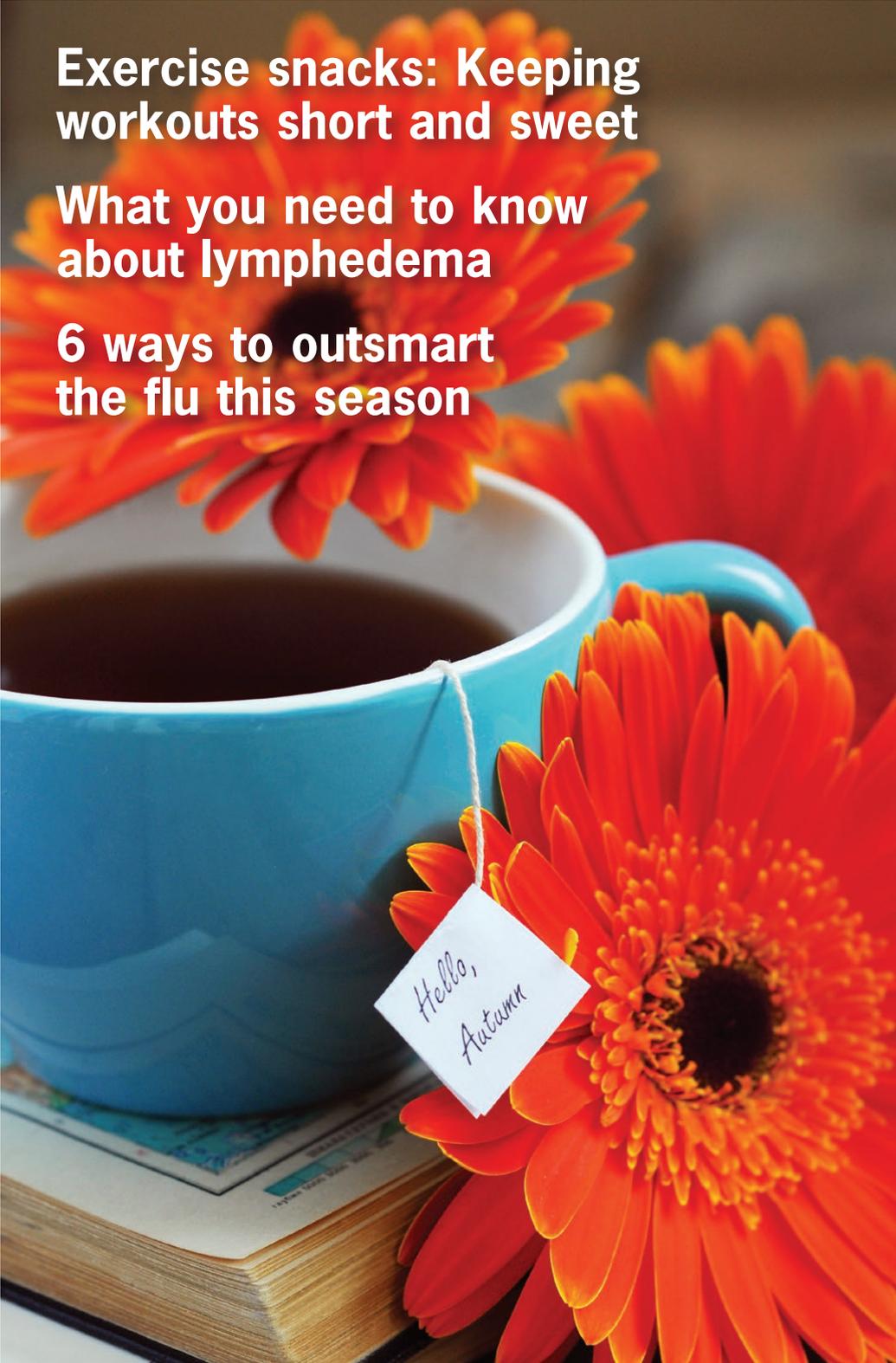
Wayne County Hospital and Clinic System (WCHCS) is pleased to announce Dr. Brandon L. Jenson, D.O., has joined the medical staff as the new Chief of Surgery. Dr. Jenson began his practice August 4th, providing time for Dr. Bill Stanley to prepare for his retirement later this year.

Originally from Idaho, Dr. Jenson received his Bachelor of Science Degree in Exercise Science from Utah State University, Logan, UT, in 2004. Dr. Jenson earned his medical degree from Kirksville College of Osteopathic Medicine, Kirksville, MO, in 2008. He completed his internship in 2009, followed by his four-year general surgery residency at Northeast Regional Medical Center, in Kirksville, MO, in 2013.

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Brandon L. Jenson, D.O.



Exercise snacks: Keeping workouts short and sweet

What you need to know about lymphedema

6 ways to outsmart the flu this season

Exercise snacks: Keeping workouts short and sweet



Many of us lead busy lives and finding time to stay fit may seem impossible. But, recent studies indicate that staying healthy may take far less time than we thought. While you may not get six-pack abs in 30 seconds a day, short bursts of exercise spaced throughout the day may put you on the fast track to better health.

INTERVAL-STYLE EXERCISE

Often when we think about exercise, our views are of traditional exercise such as taking a 30-minute walk. But, scientists are increasingly finding that using more condensed strenuous exercise sessions, sort of an “exercise snack,” multiple times in one day may be just as healthy as more traditional exercise. For instance, instead of taking a 30-minute walk, an exercise snack approach may have you alternate brisk and slow walking for 12 minutes, then repeat this twice more throughout the day.

These short exercises share the basic principles of interval training, which has become very popular in the fitness world. Any activity that rapidly increases your heart rate and leaves you panting can be used as an exercise snack, such as:

- Jumping rope intensely
- Doing jumping jacks
- Swimming vigorously
- Biking in bursts

Recent studies have examined how this sort of exercise can affect our health. One study in the *Journal of the American College of Cardiology* found that running for an average of as little as five minutes a day could significantly lower the risk of premature death. This study looked at those who ran any amount versus those who did no running. Those who ran for hours per week at a fast pace received health benefits, but so did people who ran an average of only five or ten minutes per day. Both groups had noticeably lower risk of premature death than those who did not run. The researchers believe that it's not running itself

that is the key, but instead individuals partaking in moderately intense exercise on a regular basis — even if only for a few minutes a day.

Another small study published in *Diabetologia* looked at these exercise snacks and how they compare to a traditional, continuous workout. It examined how exercise affected blood sugar levels throughout the day for people who had blood sugar problems. Findings showed that having multiple short exercises before each meal was more beneficial for blood sugar levels than a continuous workout once per day.



FIND YOUR PACE

No matter your approach, it is recommended that you get 75 minutes of vigorous exercise or 150 minutes of moderate exercise per week. If you're interested in trying out the exercise snack approach to fitness, talk with your doctor. He or she can help determine what exercises are appropriate for you.

What you need to know about lymphedema

How to treat this common condition

You likely don't think very much about your lymphatic system — until it's not working properly.

The lymphatic system works behind the scenes, moving lymph — a fluid that contains proteins and waste — through the body and returning it to the bloodstream. It also serves as an important player in the immune system, using small structures called lymph nodes that filter bacteria and viruses from lymph fluid and contain white blood cells to destroy the germs.

When this system breaks down, an accumulation of lymph fluid can occur. This is called lymphedema. It's not an uncommon occurrence, particularly in people who have had surgery or radiation for breast cancer. This is because during surgery and radiation, lymph nodes — which drain lymph fluid from the breast as well as other areas — may be removed or have radiation therapy directed at them, causing damage and interrupting the system's smooth flow. The result: fluid buildup that triggers swelling, or edema, in certain parts of the body, usually in the arm or hand. It may also affect the breast, underarm, chest, trunk or back.

Estimates vary widely as to how many women are affected by the condition following breast cancer surgery or radiation, though some experts believe it's probably about 20 percent to 30 percent.

TREATING AND MANAGING LYMPHEDEMA

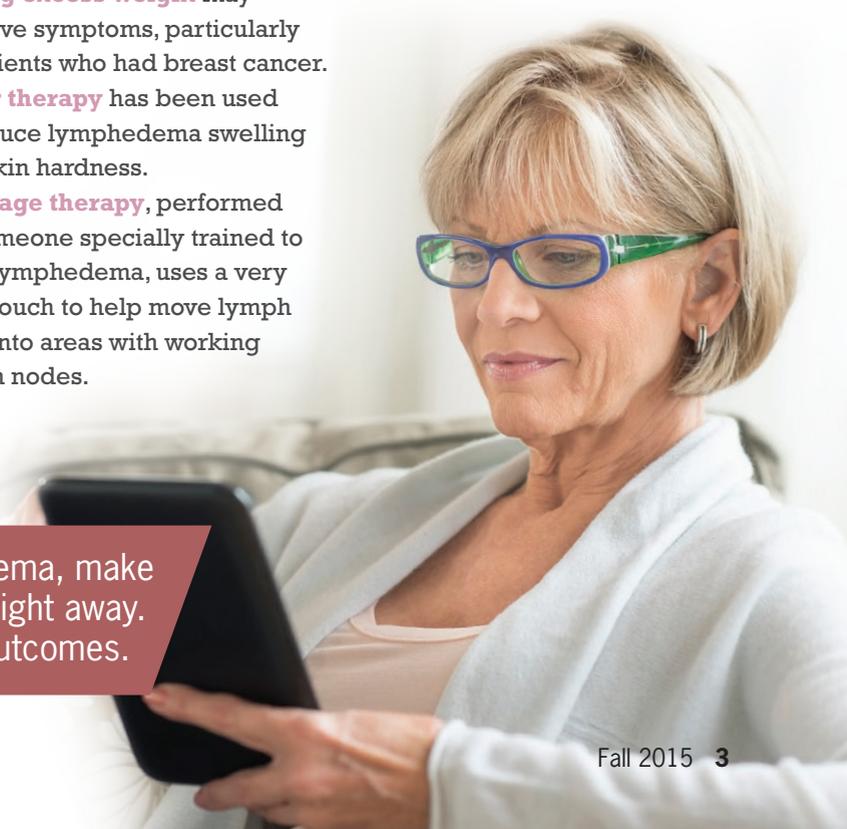
There are several ways to help treat and manage lymphedema:

- **Pressure garments** apply specific amounts of pressure on affected areas of the body to help move fluid along and prevent buildup.
- **Exercise** can also help move lymphatic fluid and decrease swelling. However, precautions need to be taken. Ask your health care provider about approved exercises and whether you need to wear a pressure garment while exercising.
- **Creams and lotions** can help keep the skin on the affected area moist and prevent it from cracking. Any small cracks that may form can be treated with an antibacterial ointment.
- **Losing excess weight** may improve symptoms, particularly in patients who had breast cancer.
- **Laser therapy** has been used to reduce lymphedema swelling and skin hardness.
- **Massage therapy**, performed by someone specially trained to treat lymphedema, uses a very light touch to help move lymph fluid into areas with working lymph nodes.

If you notice the symptoms of lymphedema, make sure to alert your health care provider right away. Early treatment can lead to improved outcomes.

You will also need to take steps to avoid infection. Keeping skin moist can prevent cracks, which are a gateway for bacteria. Signs of infection include: redness or red streaks, pain, swelling, skin that is hot to the touch and fever. Other preventive steps include avoiding blood pressure measurements and needle sticks on the arm that is on the same side of the body as the missing lymph nodes, and avoiding anything that can hinder fluid flow (such as sitting cross-legged or wearing tight clothing).

If you notice the symptoms of lymphedema, make sure to alert your health care provider right away. Early treatment can lead to improved outcomes.



HealthExtra

{ WELLNESS NEWS FROM THE WORLD OVER }

> CONCUSSION: TACKLING A TOUGH ISSUE

Bumps, tumbles and falls are a normal part of growing up. But when a blow is severe enough to move the brain within the skull, it can cause a concussion — a temporary loss of normal brain function. Young athletes are particularly susceptible to concussion, and they may take longer than adults to recover. The key to a quick and complete recuperation is prompt medical attention.

Diagnosing the condition early helps ensure that the brain has time to heal properly. A second head injury sustained before the brain has fully healed can be severe, sometimes causing swelling of the brain and long-term disability. What's more, having one concussion increases the odds of sustaining a second concussion, and repeated head injuries can cause serious problems, including headaches and chronic difficulty concentrating, remembering and even balancing.

WHAT TO WATCH FOR

Symptoms of a concussion often appear right away, but may also emerge only after a victim returns to normal

activities. You do not need to lose consciousness to have a concussion. Signs may include difficulty thinking or remembering, headache, blurry vision, dizziness, balance problems, nausea or vomiting, mood changes or sleep changes.

Play it safe if a young athlete experiences a blow to the head — he or she should stay out of play until a trained health care professional can assess his or her condition. The main course of treatment for a concussion is often physical and mental rest until symptoms subside.

Talk to your doctor if you have questions about concussion symptoms, treatment or prevention. A preseason baseline concussion test for young athletes involved in contact sports may help doctors diagnose a concussion. Discuss with your doctor whether this is a good option for you.



> PROTECT AGAINST MEDICAL IDENTITY THEFT

If you've ever been a victim of identity theft, you know how costly (and time consuming!) it can be to undo the damage to your credit report. But did you know that identity thieves may also try to steal your medical information?

You've probably taken steps to keep your financial information secure — monitoring financial accounts, safeguarding sensitive documents and checking your credit report. It's important to safeguard your medical information, too. Here are some tips to keep in mind:

Don't share your health plan ID number or Social Security number unless you know who you're dealing with. Thieves may ask you to "update" your personal information or direct you to bogus websites where you can sign up for "free" health services or products.

Review your medical and insurance statements. Doing so can help you watch for signs of medical identity theft, such as:

- A health insurance Explanation of Benefits statement that doesn't match up with the actual care you received
- A medical bill for services you didn't receive
- An unexpected notice from your health plan saying you reached the benefit limit

Keep paper and electronic health insurance records in a safe place. Shred/destroy documents with sensitive information before you throw them out.

For more information, visit the Federal Trade Commission website at www.consumer.ftc.gov.

> HOW TO PLAN FOR RETIREMENT HEALTH CARE COSTS

The biggest line item in retirees' budgets isn't always housing or even travel — often, it's health care, with expenses like medication, medical supplies and in-home care. What's more, health care expenses are often difficult to predict: Retirees are living longer than ever before, but don't know if those additional years will mean continued good health or prolonged illness, as the diseases older people face are usually chronic conditions.

Older adults and their families can take steps to be proactive about health care costs:



Plan ahead. According to *www.caring.com*, 7 in 10 caregivers haven't talked with their families about how to cover health care costs. Before a family member retires or becomes ill, ask about his or her plans for long-term care insurance and unexpected health care costs.



Get paperwork in place. Families should work together to make sure loved ones' wishes for their care are outlined in living wills and other advance directives. Older adults should also consider designating a medical power of attorney to make decisions about their care in the event they're unable to make decisions for themselves.



Evaluate housing options. Those considering senior housing or assisted living facilities should visit at least four options, check online reviews and ask staff how long they've worked in a facility to help identify those with high turnover.



Spend money strategically. Using a loved one's assets before your own may enable them to qualify for assistance programs once their money runs out. Medicaid, for example, may help cover the costs of home health care.



> AUTUMN SALAD

Crisp apples, nuts and seeds give this salad a nutritious crunch.
Number of servings: 6

INGREDIENTS

- 1 Granny Smith apple, rinsed and sliced thinly (with skin)
- 2 tablespoons lemon juice
- 1 bag mixed lettuce greens (or your favorite lettuce, about 5 cups), rinsed
- ½ cup dried cranberries
- ¼ cup walnuts, chopped
- ¼ cup unsalted sunflower seeds
- ⅓ cup low-fat raspberry vinaigrette dressing

DIRECTIONS

- 1 Sprinkle lemon juice on the apple slices.
- 2 Mix the apple, lettuce, cranberries, walnuts and sunflower seeds in a bowl.
- 3 Toss with raspberry vinaigrette dressing to lightly cover the salad, and serve.

Per serving: 138 calories, 7 g total fat, 1 g saturated fat, 0 mg cholesterol, 41 mg sodium, 3 g fiber, 3 g protein, 19 g carbohydrates, 230 mg potassium. *Recipe courtesy of the National Heart, Lung, and Blood Institute.*

During his time there, he served as Chief General Surgery Resident, Chief Resident, Course Director of Surgery, Associate Professor, General Surgery Resident Trainer and Attending General Surgeon. He is a Board-Certified General Surgeon by the American College of Osteopathic Surgeons since 2014.

Dr. Jenson has received many awards/honors including graduating Magna Cum Laude from Utah State University; Northeast Regional Medical Center, Kirksville, MO, Intern of the Year 2009; recipient of the Wetzel Scholarship from the Missouri Association of Osteopathic Physicians and Surgeons 2011-2012; and Master Teacher Award, Northeast Regional Center, Kirksville, MO, 2013.

Dr. Jenson is experienced in performing advanced laparoscopic procedures including lap band, lap nissen/parasophageal anti-reflux and foregut surgery, laparoscopic hernia repairs, colon, spleen surgery and da Vinci® Robotic Surgery. He will perform general surgical procedures at WCHCS including C-sections.

"We are fortunate to have Dr. Jenson joining our team and are extremely grateful to Dr. Stanley for the years of exceptional service he has provided," commented Daren Relph, CEO.

Dr. Jenson is a member of the American College of Osteopathic Surgeons, the Missouri Association of Osteopathic Physicians and Surgeons and the American Osteopathic Association.

Dr. Jenson makes his home in Corydon. He is an avid outdoorsman, and enjoys hunting and snowboarding.

> For more information

For more information please contact our Specialty Clinic at **641-872-5259**.



Lowering the thermostat in your bedroom, can aid in a better night's sleep.



Eating plenty of fruits is essential for any healthy diet.



Yoga has helped some women manage side effects of life's "big change."

Managing menopause

Hormone therapy isn't your only option

So here's the bad news if you're going through menopause: Recent research has found that women experience menopause symptoms, on average, for at least seven years. That's a long time to live with the discomfort of hot flashes, night sweats, sleep problems and mood swings. The researchers, who published their study in *JAMA Internal Medicine*, also discovered that the younger you are when the symptoms start, the longer they tend to last.

Menopausal hormone therapy has long been a popular choice to combat such side effects. But it's not an option for all women, particularly those who have had breast cancer. The therapy's link to this type of cancer and other health problems may leave you uncomfortable and searching for other options.

So now for some good news: There are ways to cope with menopause symptoms that don't involve hormone therapy.

LIFESTYLE CHANGES GO A LONG WAY

Believe it or not, simple lifestyle measures can help take the edge off menopause symptoms:

- Dress in layers to make it easy to cool off during hot flashes.
- Avoid trigger foods. You may find caffeine, alcohol or spicy foods

aggravate your menopause symptoms or disrupt your sleep.

- Keep your favorite beverages chilled and waiting in the fridge for quick sipping; lower the thermostat for your bedroom, which can aid you in getting a good night's sleep.
- Relieve vaginal dryness with over-the-counter, water-based lubricants and moisturizers. Avoid those with glycerin, which, for some women, can be irritating to delicate tissue.
- Exercise to help keep heart disease at bay, build stronger bones and promote better sleep. Just don't do it right before bedtime, which can keep you from getting shut-eye.
- Practice your Kegel exercises, which focus on those muscles used to hold and release urine, to help with any incontinence issues.
- Get plenty of fruits, whole grains and vegetables — the backbone of any healthy diet. Because it can sometimes be harder to get all the necessary nutrients from food as you age, you may wish to ask your health care provider about whether you need supplements.
- Quit smoking, because it not only raises your risk of a host of health problems, but it can also increase the incidence of hot flashes and trigger earlier menopause.

THE ALTERNATIVE ROUTE

Staying in tune with the mind and body has helped some women manage side effects of life's "big change." Techniques that have worked for some include:

- Acupuncture
- Yoga
- Deep breathing exercises
- Meditation

Some women may turn to herbal remedies to find relief — for example, black cohosh. Unfortunately, research has not found this to be an effective treatment.

DRUG THERAPY

Low doses of certain antidepressants, such as Effexor (venlafaxine) and Paxil (paroxetine), have been shown to be modestly effective in treating one of the most dreaded symptoms of menopause: hot flashes. However, as with any drug, side effects are possible, including dizziness and fatigue, so careful weighing of benefits versus risks is needed.

If you find your menopause symptoms unmanageable, don't suffer in silence. Speak with your health care provider to come up with a game plan to get you through the menopause years — hopefully without breaking a (nighttime) sweat!

6 ways to outsmart the flu this season



Stuck in bed with a fever, runny nose, headache and body aches — not the ideal way to spend the weekend. But each year millions of people come down with the flu, an illness that can last from a few days to two weeks.

On average, more than 200,000 people in the United States are hospitalized with the flu each year, and at times it can even lead to death. Flu severity is unpredictable and varies each season with the ever-changing flu virus.

PREVENTING THE FLU

The single best way to prevent the flu is to get vaccinated every year, as soon as the flu vaccine is available in your area. Flu vaccines are made to fight against the flu viruses that are expected to be most prevalent during the upcoming flu season. Flu season can start as early as October and generally peaks around January or February, but can continue into May.



BESIDES GETTING THE FLU VACCINE, THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) RECOMMENDS SIX WAYS YOU CAN PREVENT GERM SPREAD:



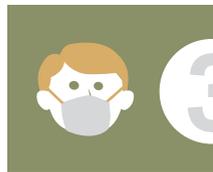
1

Avoid close contact. Keeping your distance from friends and family who are sick can keep you from getting sick, as well.



2

Stay home when you're sick. If you do get sick, staying home is your best bet. Not only will proper rest help you get better, but it also cuts down the number of people who come in contact with the virus. Adults are generally contagious one day before symptoms appear and five to seven days after becoming sick.



3

Cover your mouth and nose. When coughing or sneezing, you can cut down on germ spread by covering your mouth and nose with a tissue or even your sleeve.



4

Clean your hands. Cleaning your hands often is key to preventing the flu. Wash your hands with soap and water or use an alcohol-based hand sanitizer to kill germs.



5

Avoid touching your eyes, nose or mouth. This is one of the most common ways flu is spread. Practice other good health habits. Keeping physically active, getting plenty of sleep, managing stress, eating well and drinking plenty of fluids are just a few ways that you can stay healthy this flu season.



6

Another way to help avoid the flu is with the CDC's free FluView app at www.cdc.gov/flu/apps/fluview-mobile-app.html. Through this app, you can see how severe flu outbreaks are in your area during the flu season.

HealthWise is a community educational service provided by

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> WCH Nursing Makeover

It's a busy morning at the Wayne County Hospital (WCH) nursing unit with a generous mix of Medical/Surgical, ICU, Obstetric and Mother/Baby patients. The ER continues to be busy. The nursing staff, which implemented a Team Lead staffing model in December 2014, is stretched to its limits until physician rounds cue morning discharges. Enter Daren Relph, PM-CCP, CEO.

The Team Lead staffing model now takes effect; Daren is on Clinical Lead call this week, part of the Team Lead staffing structure. As demand surges on the nursing floor and staff resources are stretched, the Clinical Lead on-call is activated. Daren was called at 0515. His role this morning is to respond to the Team Lead's Andon Pull. He arrives knowing his job is to find available resources and to provide extra support for the nursing staff to keep patient care running seamlessly. He may also take a few vital signs and whatever else is assigned by his team.

For WCH the end of FY 2014 demanded new ideas to help control costs and maximize existing resources. The goal was to create a staffing matrix for the Nursing Unit that utilized all licensed/certified personnel (RN, LPN, PM, etc.). The matrix accounted for individuals who worked in other departments who could, during a surge in census, be reprioritized from non-critical duties to assist with patient care. We developed a deeper bench without adding new FTEs. Four of those bench positions are held by members of the Leadership Team.

The final Team Lead Model included Leadership Team members Dawn Christian, RN, Director of Quality/Process Excellence; Sheila Mattly, RN, CNO; Daren Relph, PM-CCP, CEO; and Mike Thomas, PM-CCP. They joined the ranks of the Department Director Clinical



(L-R) Sheila Mattly, RN, CNO; Mike Thomas, PM-CCP, Associate Administrator; Dawn Christian, RN, Director of Quality, PEx; and Daren Relph, PM-CCP, CEO

Leads in Med/Surg, OB and Ambulance, Jeralee McCarty, BSN, RN; Jill Henkle, RN; and Josh Hysell, PM, respectively. The rest of the Team Lead model was structured to focus on servant leadership and enhance patient experience.

This was not pie-in-the-sky; it came from proven practice, and we were fortunate to receive direction from Mercy North Iowa who successfully utilize this Team Lead Model.

It has not been an easy transition, but we know it is the right one. We have an amazing staff at WCH. Correction, we have an *amazing family* at WCH. This model, at times, has pushed us past limits we thought we could not endure. We have asked things of our staff members that you would only ask of a family member. And, they have continued to perform and continued to believe in us and continued to love and believe in the patients we serve and care for in our community.

“Revolutionary ideas do not change institutions. People change them by taking the risks to serve and lead, and by the sustained painstaking care that institution building requires.”

– Robert K. Greenleaf