

To Your HEALTH



ALSO IN THIS ISSUE:

- **New Ambulance**
- **Harvest Festival**
- **Festival of Trees**
- **Breakfast with Santa**
- **New Medical Staff**

A close-up photograph of a pregnant woman's belly, which is the central focus. The woman is wearing a red, ribbed turtleneck sweater. Several pairs of hands, belonging to different people, are gently cradling and supporting her belly from the sides and bottom. The hands are positioned in a way that they appear to be holding the belly together. The lighting is soft and warm, creating a sense of care and protection.

New option
for delivering mothers
See page 2

Boone County Hospital Offers New Option for Delivering Mothers



There are some very specific criteria in the guidelines to assist the physicians in deciding who is going to be a safe candidate for VBAC. For example, the doctors need to know how many previous cesareans the patient has had and the reason for those cesarean sections. “We want to ensure we are providing a safe option for our patients and careful evaluation of all risk factors is essential in knowing for whom VBAC will be a safe option,” said Dena Sytsma, Director of the BCH Family Birth Center.

Pictured: Dr. Rienera Sivesind and Becca Conner

The Boone County Hospital (BCH) Family Birth Center staff and physicians are excited to offer a new option for delivering mothers.

Previously when a patient had a cesarean section, they had the choice of a repeat cesarean section in Boone or to be transferred to another facility for the option of a trial of labor after cesarean (TOLAC), also commonly known as vaginal birth after cesarean (VBAC). BCH and their obstetric (OB) physicians now offer VBAC in Boone.

There has been a lot of news coverage nationally about safe delivery of care for mother’s in the United States. One of the contributing factors to some of those significant complications can be tied to the high cesarean section rate in the United States. For every cesarean section a woman has, her risk of complications increases. BCH physicians and staff have been working hard to prevent those unnecessary cesarean sections with one-on-one care and actively managing interventions in labor. The current primary (first) cesarean section rate at BCH is well below the national average and offering VBAC as an option is another way to reduce additional cesarean sections for patients.

Dr. Tracey McIntire, Gabrielson Clinic for Women, and Dr. Rienera Sivesind, Boone County Family Medicine North, will discuss the option of VBAC with their patients in the prenatal period to allow patients to make an informed decision about the delivery option that is best for each situation. Patients will be carefully evaluated to determine if VBAC is a safe option for delivery. Once it is determined VBAC is an option, the risks and benefits will be shared with the patient and she can choose which delivery path is best for her.

Becca Conner, RN/mother, has worked at BCH since 2014. When she had her first child, she worked full-time at BCH; she is now pregnant with child number two and is PRN (works as needed at BCH). In addition, she works part-time at another central Iowa hospital that is closer to her home and is an hour away from Boone. Even though there is quite a distance between her home and BCH, Becca is choosing to have her baby at BCH. Her deciding factor was finding out VBAC was going to be offered; she was excited to know she could have her baby at BCH. Dr. Sivesind is her doctor. “I really enjoy her,” Becca says. “She’s

a breath of fresh air and very open minded.” She says, “The care that is provided in the Family Birth Center and the nurses that are there, make it worth the drive!”

The decision to move forward with VBAC at BCH has been a hospital-wide endeavor. In addition to the Family Birth Center staff and physicians, the Surgical Services Department and anesthesia providers have been actively involved in creating a plan to ensure a safe delivery in the event the patient attempting VBAC would have complications and need another cesarean. The Hospital Board of Directors and Administration are also excited to see another care option for our community members.

Boone County Hospital’s mission is to improve and enhance the well-being of those we serve. The staff in the FBC hope by adding VBAC as an option they can have an impact on a specialized group of patients that will benefit from the option.

If you would like to know more about delivering at BCH, contact the Family Birth Center at (515) 433-8400. You may also make an appointment with either of BCH’s delivering physicians by calling the offices of Dr. Rienera Sivesind at (515) 432-4444 or Dr. Tracey McIntire at (515) 433-8700.

BCH is Proud to Showcase New Ambulance



Pictured, left to right:
Jeff Inman, Mark Addy, Dave Postma

Boone County Hospital (BCH) has a new ambulance. It's a 2019 Ford E-450 Super Duty with a gas engine instead of diesel. The new ambulance is two inches taller than the older BCH ambulances which allows for better head room for staff. Included in it is two oxygen tanks (the others only have one) which better facilitates transfers requiring BiPAP or ventilator support. Due to

a new air-suspension system, it provides a much smoother ride for patients. And additionally, it has four-point restraints for the staff in the back versus the old lap/shoulder belts, increasing staff safety. The BCH logo will be added to each side of the ambulance in the coming weeks.

Thank you to the BCH Foundation for their efforts in funding the ambulance as well as other funding sources. The Foundation funded nearly \$170,000

of the \$230,000 ambulance. The primary source of funding was the Good Trust at \$100,000 and the remainder came from private gifts at the 2018 Harvest Festival and proceeds from the Endowment Fund. The Foundation is proud and honored to have been a part of this project. The new ambulance was showcased at the October 11th BCH Foundation's Harvest Festival.



A Night at the Oscars



The 11th Annual Harvest Festival hosted by the Boone County Hospital Foundation (BCHF) on October 11th was a golden event indeed! Guests looked fabulous walking the red carpet and admiring the BCHF sponsor and donor stars on the walk of fame. The new ambulance from last year's Fund-A-Need was parked outside for guests to see their donated dollars at work. This year's Fund-A-Need was a new Radiology suite, and once again the Foundation attendees came together to donate over \$28,000 towards the project. The event had silent and live auctions and for the second year, a wild card auction, which included many generous donations including Iowa football tickets and a custom suit. The Winner's Choice raffle was won by Gabe and Steph Bowers (they get to choose from four vacations). Of course, it wouldn't be the Oscars without awards. Blomgren Seed received the award for Best Supporting Sponsor; VisionBank received the award for Best Gold Sponsor; Scot and Wendy Kinne, Bob and Mary Flynn, Troy and Ruth Thompson, and the Leonard A. Good Trust each received awards for the Best Leader in Giving. Net profits from the event are still being computed, but it was a tremendous success! Thank you to the Foundation Committee and Board members, to the Boone County Hospital Engineering Department, and to all of the donors, attendees and vendors. If you'd like to see more photos from the Harvest Festival, visit www.facebook.com/bchfoundation.

Photos, top to bottom:
Dale Burman and Jean Mallicoat,
Leonard A. Good Trust; Dr. Devi Dunker,
Genev Calek, Myra Anderson; Sean
and Katie Blomgren, Blomgren Seed;
Bob and Mary Flynn; Jessi Crawford,
Kenzie Barkley, Jess Harrison,
OR nurses; Scot and Wendy Kinne



Trees and Treasures Holiday Festival 2019

November 16th, 9 a.m. to 3:30 p.m.

November 17th, 11 a.m. to 2 p.m.

Boone County Hospital Atrium

- Bid on your favorite tree, wreath, and/or holiday treasure at the silent auction
- Sample homemade treats, enjoy holiday music, and sign-up for door prizes
- Enjoy 20% off in Gifts Galore (excludes books, cards and food)

 **BOONE COUNTY
HOSPITAL**

Auxiliary

*All proceeds will benefit Boone County Hospital.
Bids accepted until November 17th at 2 p.m.*



Breakfast

with

SANTA

DECEMBER 14 • 8:00 - 10:30 AM

 **BOONE COUNTY HOSPITAL
FOUNDATION**

LIKE us on Facebook for more information

www.boonehospital.com

Programs & Services

▶ Blood Pressure Checks

Every Tuesday, 8 a.m. to 11:30 a.m., BCH Outpatient Infusion Center. No appointment is necessary.

▶ Boone Blood Drive

November 11, 1 to 6 p.m., Central Christian Church. If you are interested in donating blood, call (800) 287-4903. The Blood Drive is bi-monthly. Sponsored by the BCH Auxiliary.

▶ Boone County Caregiver Support Group

First Tuesday of every month, 6 p.m., Westhaven Chapel. The program topics vary each month. Register if you would like a RSVP respite volunteer to watch over your loved one. Call the RSVP Adult Caregiver Respite Program at 433-7836.

▶ Boone County Nutrition Programs

Boone County provides meals to individuals 60-plus throughout the county. For more information on the Home Delivered Meal and Congregate Meal Programs, call 432-1127.

▶ Breakfast with Santa

December 14, 8 to 10:30 a.m., BCH Atrium. Cost is \$10 per child; \$5 per adult. Price for child includes breakfast, professional photo with Santa and crafts; adult price includes breakfast. Financial assistance is available. For tickets, call 433-8487. The event is sponsored by the BCH Foundation.

▶ Car Seat Safety Checks

If you would like a car seat safety technician to install your child's safety seat correctly, call 433-8196.

▶ Childbirth Education

December 5 and 12, 6 to 9 p.m., BCH 4th Floor Board Room. Covered topics are childbirth preparation, infant care and breastfeeding. Snacks provided. Call 433-8400 to register.

▶ Diabetes Support Group

November 21, 4 p.m., BCH 4th Floor Conference Room. The program "Do You Hear What I Hear?" will be presented by Kathy Moen, RDN, LDN, CDE, BCH Diabetes Center. No pre-registration required.

▶ Educating and Empowering U

November 12, noon, BCH 4th Floor Conference Room. The program topic is "Alternative and Holistic Therapies: Acupuncture, Oils and Yoga Therapy". Guest speakers are Lindsey Goldammer, Meredith Nerem, Dana Dunn and Sara Klute Behn. Learn about acupuncture and the benefits. Also, learn about the health benefits of essential oils and plant based products to promote a less stressful life! What is Yoga Therapy? Learn about this holistic and alternative therapy. A complimentary lunch will be provided. To register, call 433-8470 or email sbehn@bchmail.org.

▶ F. William Beckwith Adult Day Services

Open Monday through Friday, 8 a.m. to 4:30 p.m. The program offers a home-like environment with fun activities, noon meals and individualized care for adults 55 years of age and older who do not need 24-hour care but cannot be left alone for long periods of time. Call 432-2275.

▶ Festival of Trees and Treasures

The Festival and Holiday Open House will be held November 16, 9 a.m. to 3:30 p.m. and November 17, 11 a.m. to 2 p.m., BCH Atrium. Enjoy homemade treats, holiday music, door prizes and 20% off in Gifts Galore (excludes books, cards and food). Bidding accepted until 2 p.m. on November 17. The event is sponsored by the BCH Auxiliary.

▶ Gifts Galore

Open Monday through Friday, 9 a.m. to 4 p.m., 433-8190. Gifts Galore will have extended hours on November 14, and December 19 from 4 to 7 p.m. Proceeds from the gift shop support Auxiliary scholarships, programs, and services of Boone County Hospital.

▶ Home Care Services

Provides a wide range of home care and health promotion programs to better the community's health. For more information, call 432-1127.

▶ Hospice Rooms

Family and Friends Patient Comfort Rooms are available for individuals diagnosed with a life-limiting illness.

▶ Lab Wellness Profiles

Offered seven days a week, 7 to 10:30 a.m., BCH Lab. A variety of blood tests are available. Cost is low; no insurance filed. For more information, call 433-8170.

▶ Outpatient Nutritional Services

A Boone County Hospital dietitian can provide you with a nutritional need's assessment, help you develop healthier eating habits, plan healthy menus and lose weight. Call 433-8624.

▶ Sibling Class

December 18, 6 p.m., BCH 4th Floor Conference Room. This sibling class for 2 to 10-year old's helps children prepare and accept the arrival of a newborn. To register, call the Family Birth Center, 433-8400.

▶ Valet Services

Monday through Friday, 8 a.m. to noon and 1 to 3 p.m.

Medical Staff



Anesthesia

Genev Calek, CRNA
Kayla Campbell, CRNA
Rebecca Clark, CRNA

Clinical Psychology

William Martin, Jr., Ph.D. 433-0343

Emergency

Tammy Chance, D.O.
Timothy Evert, D.O.
ED Medical Director
Katie Kuehner, D.O.
Jason Sheffler, D.O.

Family Practice

Joshua Anderson, D.O. 432-2335
Devi Dunker, D.O. 432-2335
Trishia Filipiak, M.D. 432-4444
Caleb Glawe, M.D. 275-2417
Rodney Logan, M.D. 432-4444
Brian Mehlhaus, M.D. 432-4444
Eric Peterson, M.D. 432-2335
Rienera Sivesind, M.D. 432-4444
Scott Thiel, M.D. 432-2335
Josh Chrisopulos, PA-C 795-4300
Mel Hilsabeck, ARNP 795-4300
Dawn Tingwald, ARNP 275-2417

General Surgery

Jeffrey Maire, D.O. 433-8500
Jay Seligman, D.O. 433-8500

OB/Gyn

Tracey McIntire, D.O. 433-8700
Rienera Sivesind, M.D. 432-4444

Pain Clinic

Christopher Hanson, CRNA, MS, ARNP
212-2420

Pathology

Christopher Johnson, M.D.
Trisha Schlick, D.O.
Jamie Wedert, M.D.

Podiatry

John Erickson, D.P.M., AACFAS
433-8500

Radiology

Randy Anderson, M.D.
Grant Goldsberry, M.D.
Dean Gute, M.D.
Douglas Lake, M.D.
David Larson, M.D.
John McGarity, D.O.
Charles Olson, M.D.
David Sosnouski, M.D.

Walk-In Clinic

Tammy Chance, D.O.
Josh Chrisopulos, PA-C
Lance Mueggenborg, ARNP
Mindy Royster, ARNP

Wound Clinic

Scott Thiel, M.D. 433-8740
Melinda Altman, ARNP 433-8740

BCH OUTREACH SERVICES

Ophthalmology

Nicolas Hamouche, M.D., 239-4460

BCH SPECIALTY CLINIC 433-8300

Allergy

Jay Brown, M.D., McFarland Clinic

APO

Rick Volk, CO, CL, American Prosthetics

Audiology

Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

Amar Nath, M.D., UnityPoint Cardiology
Rakshak Sarda, M.D., Iowa Heart Center

Dermatology

Scott Green, M.D., Radiant Complexions
Janeen Busch, ARNP, Radiant
Complexions

Ear, Nose, Throat

Cory Mineck, M.D., Mercy ENT
Matt Morgan, M.D., Mercy ENT

Hepatology

Blake Williams, ARNP, UnityPoint

Nephrology

Jacob Alexander, M.D., McFarland Clinic

Neurology

Michael Kitchell, M.D., McFarland Clinic

Oncology

Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

Louis Scallon, M.D., Wolfe Eye Clinic

Orthopedic Surgery

Steven Aviles, M.D., Iowa Ortho
Todd Harbach, M.D., Iowa Ortho
Timothy Kenney, M.D., Iowa Ortho
Craig Mahoney, M.D., Iowa Ortho
Benjamin Paulson, M.D., Iowa Ortho
Jared Carter, PA-C, Iowa Ortho
Kraig Holtorf, PA-C, Iowa Ortho
Casey Howe, PA-C, Iowa Ortho

Physical Medicine and Rehab

Todd Troll, M.D., Iowa Clinic

Podiatry

Todd Miller, D.P.M.

Pulmonary Medicine

Greg Hicklin, M.D., The Iowa Clinic
Katrina Guest, M.D., The Iowa Clinic

Vascular Surgery

Nicholas Southard, D.O., Iowa Clinic

New Providers

Boone County Hospital (BCH) and its clinics are pleased to announce the addition of several new providers.

Endocrinology



Diana Wright, M.D., Endocrinology, provides services the third Monday of each month at Boone County Family

Medicine South. She retired from the Iowa Diabetes and Endocrinology Center in Des Moines in March 2019. Dr. Wright received her Medical Degree from the University of Iowa, Iowa City. To schedule an appointment with her, call (515) 432-2335.

Family Medicine



Rodney Logan, M.D., Family Medicine, has joined the Boone County Hospital Medical Staff and is providing

medical care at Boone County Family Medicine North. Other providers at the Clinic are Dr. Filipiak, Dr. Mehlhaus and Dr. Sivesind. Dr. Logan received his Medical Degree from the University of Iowa Carver College of Medicine, Iowa City. To schedule an appointment with him, call (515) 432-4444.

Radiology



John McGarity, D.O., McFarland Clinic, is now providing Radiology services for Boone County Hospital. He is

among seven other McFarland radiologists who also provide radiology services for BCH. Dr. McGarity received his Doctorate Degree from Midwestern University, Chicago College of Osteopathic Medicine, Chicago.

For more information about the physicians and providers at Boone County Hospital, log on to www.boonehospital.com.

