

To Your HEALTH



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A group of five healthcare professionals in blue and dark blue polo shirts are posing in a clinical setting. They are standing in front of a wall with the Boone County Hospital logo and the text 'Rehabilitation Services'. Two individuals are holding a blue resistance band. The scene is framed by a white border.

BOONE COUNTY
HOSPITAL

Rehabilitation Services

KEEPING IT LOCAL

Student athletes now have more options than ever to keep their quality care local

Keeping Sports Rehab Local

Boone County Hospital's (BCH) Rehabilitation Services has taken big steps in recent years to provide quality sports medicine access for the athletes in Boone County. After staffing changes this past spring and summer, exciting changes continue to be expected. Between Boone High School, Ogden High School and Des Moines Area Community College (DMACC), student-athletes now have more options than ever to keep their quality care local.

High School. Two years after she was hired, she added DMACC to the list. In the years that followed, the relationships between BCH and the schools began to strengthen, and the community continued to learn more about the sports medicine services offered through BCH. Eventually, DMACC needed full-time assistance with athletic training and rehab. As Busch planned to transition to that role in July 2022, Rehab Services needed to add another member to the team.

along with concussion care.

Pritchard is becoming very involved with the student-athletes at the Ogden schools. In Ogden, many student-athletes play multiple sports and have siblings who play sports as well. This has made it easy for Pritchard to get to know Ogden families and give student-athletes the appropriate care.

Pritchard truly values her relationships with her patients because she's been in the same position. "I try to relate as much as possible to the student-athletes I see," she said. "Growing up as an athlete myself helps me get into the mindset of an athlete and know their goals, needs and physical capabilities to fully return to their sport." She also bases their care on upcoming district and state events as well as pre-season and post-season expectations.

Stotts' goal for Pritchard is to get her more involved with DMACC athletes to be a liaison between Busch and BCH. Pritchard and Busch have already had some opportunities to work together since Busch transitioned to DMACC. Because of Pritchard's degree, Busch doesn't have to send patients to Ames or Des Moines for care if something is beyond her expertise. Pritchard is right here in Boone to quickly and appropriately attend to the needs of athletes.

With these exciting changes in Rehab Services, BCH is looking forward to keeping the community healthy, no matter what's thrown their way in the gymnasium or on the field.

For any of your sports medicine needs or any other rehab services, call (515) 432-7729.



"We wanted to cover more sports and more schools, to involve ourselves within the local communities."

— JAKE STOTTS

Nearly 15 years ago, Jake Stotts, co-director of Rehab Services, wanted to become more involved with the local schools. He began providing game-day sports medicine assistance at Boone High School football and volleyball games. Five years later, Stotts realized Rehab Services needed to add someone to the team to meet the increasing demand for sports rehab care on and off the field. "We wanted to cover more sports and more schools, to involve ourselves within the local communities," Stotts said. Samantha Busch was then hired.

With Busch, Rehab Services could be available for more sports in Boone year-round. On top of that, Busch began working with student-athletes at Ogden

Jordan Pritchard, DPT (Doctor of Physical Therapy), took on the new role of Sports Medicine Specialist in late spring 2022. She grew up in Boone and was excited to return. "Jordan likes being back in her hometown to be close to family and to serve the community," Stotts said. "She loves the small-town feel." Not only has Pritchard returned to the town she loves, but she's pursuing the career of her dreams. "I love getting to work with a wide range of patients, but my biggest passion is sports medicine," she said. In addition, Pritchard specializes in dry needling. Dry needling was originally developed for athletes to treat pain in muscles and connective tissues. It's something she's looking forward to offering to athletes who would benefit

BOONE COUNTY HOSPITAL FOUNDATION EVENTS

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While the morning of June 11th was rainy, the 13th Annual Trestle Hustle athletes had no complaints. Over 100 runners and bikers from all over Iowa, Illinois, and even Florida, participated in the 5K, 10K, or Duathlon (run, bike, run), mostly in person, but also virtual.

The overall winners this year were Evan Huseman (Duathlon - Male), Megan Burt (Duathlon - Female), Nathan Limas (5K - Male), Kelsy Cole (5K - Female), Troy Reynolds (10K - Male), Malarie Bender (10K - Female), and Team Kincaid (Duathlon Relay).

Finishers received a medal, hat, and goodie bag with giveaways, including trail mix donated by the BCH Auxiliary. Culligan donated water, and Keurig Dr. Pepper donated energy drinks.

Many thanks to our sponsor and volunteers on the route, including BCH Engineering Department, BCH Ambulance, Boone County Sheriff's Department, Madrid Police, and Boone County Conservation, who help make the event safe and successful. Any profits from this wellness event benefit the projects of the Boone County Hospital Foundation. See our website for more details (boonehospital.com/foundation/special-projects).

Save the Date for 2023 - Saturday, June 17



A New CEO will Take the Lead at BCH in 2023



The search for a new CEO for Boone County Hospital (BCH) is underway. WittKieffer, a national executive search firm that does healthcare executive searches all over the country, was hired this past spring to help with the selection of the new CEO. WittKieffer recently assisted with a CEO search at St. Anthony's Hospital in Carroll, Iowa.

WittKieffer's first step in the process was to develop a CEO profile based on feedback about BCH's culture, strengths and opportunities from the Board of Trustees, the Medical Staff, Administration and Hospital leadership. With the feedback, they were hoping to learn the strengths of our current CEO; the strengths, culture, and opportunities for BCH; the current view of the Hospital;

what we expect the new CEO to accomplish in the first 18 to 24 months; what the culture of the Hospital is and the type of professional that thrives here; and challenges the new CEO might face.

"The search for the next CEO of Boone County Hospital is going well," says Troy Thompson, BCH Board of Trustees Chairman. "It is a very deliberate process and WittKieffer has been doing a great job guiding us. We are hoping to be able to introduce the new CEO to the community by the end of the year."

WittKieffer developed candidate criteria and used that to start the search. The national search began in July. At the end of August, the Search Committee looked at all the candidates and then narrowed it down to six. The first round

of interviews were held in September and second and final interviews will be held in October. The goal is to have the new CEO in place and start by January 2023.

The new CEO will replace long-time CEO Joe Smith who has been the Hospital Administrator at BCH for 30 years. Through the years, Joe has been employed by Quorum (QHR), a contracted healthcare company that oversees hospitals. The contract with QHR runs out at the end of the January 2023; the new CEO will be employed by BCH. One of the first tasks of the new CEO and the Board will be to hire a new CFO. The current CFO, Joe Devin, is also a QHR employee and will retire in the spring.

"It's very rare to have a CEO at

one hospital for 30-years,” says Kim Schwartz, BCH Chief Operating Officer, and the Administrator on the Search Committee. “The average length of stay for a CEO is typically seven years.” That could be due to burnout, retirement, or a young CEO wanting to move up the chain of command.

Joe and his wife, Robin, moved to Boone in the 1993 with their three young children from Fort Madison, Iowa, where Joe was an assistant administrator for the Fort Madison Community Hospital. They later added three adopted children to their family.

Over the years, Joe’s successes have been evident. They include, but are not limited to:

- The 2000 addition of the east wing which includes the Emergency Room and Surgery
- Physicians’ recruitment success and maintaining a strong physician base
- Expanding the Obstetrics Department
- Purchasing the former McFarland Clinic which is now Boone County Family Medicine (BCFM) South

- The addition of the Walk-In Clinic in 2016
- The purchase of UnityPoint in 2016 which is now BCFM North
- The Hospital went from Joint Commission to a Critical Access Hospital in 2004 which helped us financially and, in our success
- The growth of the Specialty Clinic
- Employed ER physicians (previously, they were contracted)

- The addition of Podiatry in 2016
- F. William Beckwith Adult Day Services

The retirement will be bittersweet for Joe. He has been a staple in the growth of BCH, however, he has many personal adventures ahead to look forward to. He is excited to see what the future of BCH holds, but instead of playing a role in the healthcare of Boone County, he will have to look on from afar.



Troy Thompson, Kim Schwartz, and Joe Smith

Our Board



A great Board of Trustees is essential, even foundational, for any successful community hospital. BCH has a long history of outstanding Board leadership that

dates back many decades. These elected, volunteer, Board members have ultimate responsibility over a complex medical organization in an environment that is challenging at best.

Right now, the Board is working to fulfill one of its primary responsibilities, the selection (and ongoing evaluation) of the Hospital’s new CEO. While this is obviously a very important task, it is only one of a number of important roles the Board plays here. In addition to hir-

ing and evaluating the performance of the CEO, the Board (through the CEO) has responsibility for monitoring the Hospital’s financial performance and sustainability, for evaluating the competence and quality of the BCH Medical Staff, for strategic planning and setting a future vision for the Hospital, and for making sure the Hospital complies with all regulatory requirements. To accomplish all of this, the Board hires (and fires!) a professional CEO. While the Board oversees the activities of management at the Hospital, they rarely, if ever, get involved in day-to-day decision making.

“Over the entirety of my career, our Board members have changed, but they have always represented our community

very well and they have always supported and guided my work at BCH”, said BCH CEO Joe Smith. “They have understood that the role of a successful Board member is one of oversight and goal setting and not hands on management of the facility.”

The current Hospital Board is no exception. The Board is led by Board Chair Troy Thompson, Vice Chair Lisa Kobernusz, Treasurer Bob Getschman, Secretary Meredith Nerem, and members Emily McCarty, Brian Riemers, Cathy Wetzeler. BCH values and appreciates the efforts of our Board. Even as the facility goes through a change in CEO, the Board continues to provide stable, community based, leadership as it has for many, many years.

Advance Directive... It's never too early to start planning

The July Educating and Empowering U Program on Advanced Care Planning is available on Podcast at boonehospital.com/foundation/podcasts

When people hear the terms “advance care planning” or “advance directive,” some think it’s something they don’t need to worry about until later in life. Others think this type of planning would be nothing but a legal headache. Addison Enns, a social worker at Boone County Hospital (BCH), believes advance care planning is something everyone 18 and older should consider.

Advance care planning, also known as an advance directive, is when an individual takes the initiative to plan for future medical care so their wishes are made known if they cannot advocate for themselves due to their medical state. Enns emphasizes advance care planning can happen anywhere and should happen as soon as possible. “It’s never too early to start planning because we aren’t promised tomorrow,” she said.

Enns has been at BCH since April and is passionate about working with critical access hospitals. She was the guest speaker during the July Educating & Empowering U session, hosted by the BCH Foundation. She covered the top three recognized advance directive doc-

uments in the State of Iowa and described how they each help a patient ensure their health care wishes will be granted.

The Iowa Durable Power of Attorney for Health Care Decisions, more commonly known as a Medical Power of Attorney, is a document that a patient uses to designate one person to be a decision maker in the event the patient is unable to make his or her own decisions. This individual is often a spouse, sibling, child or another family member. The Declaration Relation to Use of Life-Sustaining Procedures, commonly known as a Living Will, is a document that a patient completes to decline any life-sustaining procedures or measures taken should they need them. Both documents must be witnessed by two separate people and notarized for them to be legally recognized. “There is also a combined document so you can do both on one paper,” Enns said.

Another popular document, the Iowa Physician Orders for Scope of Treatment (IPOST), is not legally binding but still

important. The patient fills out this document with his or her doctor to establish the patient’s wishes for treatment if the patient has no pulse and is not breathing, needs artificially administered nutrition and other interventive measures. Although the document is not notarized, it still must be signed by the patient and his or her physician.

Whether a patient fills out one of these documents or all three, Enns wants to ensure they have all they need to make the right choice. “As a social worker, it is my absolute [greatest] desire to make sure everybody who makes a decision about their health care is making an informed decision,” she said. “Have a detailed discussion with your primary care provider or other members of your health care team regarding any questions you might have about end-of-life decision-making.”

As the licensed social worker at BCH, Addison works primarily on an inpatient level for those who want to complete these forms while they’re already receiving care. However, she truly enjoys providing informal assistance on an outpatient basis. She helps individuals fill out these forms and answers a wide range of questions such as, “Who should I choose to be my Medical Power of Attorney?” or, “Where is the best place to keep my advance directive?” She encourages anyone who needs assistance with their advance directive to call her at (515) 433-8465.



Addison Enns, BCH Social Worker, works with a patient on her advance directive



Medical Staff



Anesthesia

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

Dermatology

Janeen Busch, ARNP.....432-2335

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

OB/GYN

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Kate Linkenmeyer, M.D.....432-4444
Rienera Sivesind, M.D.....432-4444

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ARNP.....212-2420
Damiun Bassandeh, CRNA...212-2420

Pathology

Trisha Andersen, D.O.
Christopher Johnson, M.D.
Jamie Weydert, M.D.

Podiatry

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

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Randy Anderson, M.D.
Nima Golchin, M.D.
Grant Goldsberry, M.D.
Dean Gute, M.D.
Kyle Freeman, M.D.
Alexander Harvin, M.D.
Douglas Lake, M.D.
David Larson, M.D.
Tyler McCurdy, D.O.
John McGarity, D.O.
Charles Olson, M.D.
David Sosnouski, M.D.

Walk-In Clinic

Abby Bennett, DNP
Katelyn Brown, PA-C
Stephanie Gorsuch, ARNP
Mindy Royster, ARNP
Brienne Wessels, ARNP

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John Erickson, D.P.M., AACFAS,
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Scott Thiel, M.D.....433-8740

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Allergy

Jay Brown, M.D., McFarland Clinic

Audiology

Lisa Gardner, MS, CCC-A, Mercy ENT

Cardiology

Rakshak Sarda, M.D., Iowa Heart Center

ENT

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

Gynecology

Emily Zoulek, D.O., FACOOG,
McFarland

Nephrology

Jacob Alexander, M.D., McFarland Clinic

Oncology

Joseph Merchant, M.D., McFarland Clinic

Ophthalmology

Gregory Christiansen, M.D.

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
Casey Howe, PA-C, Iowa Ortho

Physical Medicine and Rehab

Todd Troll, M.D., Iowa Clinic

Podiatry

Todd Miller, D.P.M.

Pulmonary Medicine

Amerlon Enrriquez, M.D.,
The Iowa Clinic
Katrina Guest, M.D., The Iowa Clinic
James Mallen, D.O., The Iowa Clinic

Vascular Surgery

Rori Mankins, M.D., Iowa Clinic

Discrimination is Against the Law

Boone County Hospital complies with applicable Federal civil rights laws and does not exclude people or treat them differently because of race, color, national origin, age, religion, sex, gender identity, sexual orientation, or disability.

BOONE COUNTY HOSPITAL FOUNDATION



OKTOBERFEST

FRIDAY, OCTOBER 21

HARVEST FESTIVAL

AUCTIONS • DINNER & DESSERT • BVB KEG TAPPING
DUELING FIDDLES • POLKA POLICE • GAMES • RAFFLE

COBBLESTONE INN & SUITES

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