

Insight

A publication of FHN

Volume 1, Issue 2

You Need a
**Primary Care
Provider!**

Close to Home
**FHN's New
eICU[®]**

New Year. New You.
Get Fit INFINITE



We're here. For you.

FHN



Happy New Year!

As we close the books on the first decade of the new millennium, it's fun to look back and see how far we've come in 10 short years.

In 2000, *Working Mother* magazine

named us one of the nation's 100 Best Companies for Working Mothers. We have received other honors and made quite a few significant additions in the past decade as well, from opening the Judy and Virgil Bocker Cardiovascular Center in 2004 to being named one of the nation's 100 Top Hospitals® by Thomson Healthcare and opening our Burchard Hills facility in 2009.

It is easy to celebrate those big things, and of course we are proud to win awards and bring the latest healthcare technology to our communities. But I think it is also important to take note of our more "ordinary" accomplishments – the day-to-day business of taking care of people and helping them work toward their best possible health.

That's why I'm very proud to announce that, for the 6th year in a row – literally every year since the inception of the award – FHN is honored to have one of our physicians named a Rural Physician of Excellence by the Illinois Rural Health Association (IRHA).

The award was created in 2005 to honor rural physicians who go above and beyond the call of duty to provide healthcare to Illinois' rural residents. Through the years the IRHA has recognized 75 physicians for their commitment to service, leadership in the community and dedication to wellness and prevention.

Rural Physician of Excellence 2010

David Reese, MD
Lanark



This year, IRHA honored David Reese, MD, who has cared for patients for 27 years at FHN Family Healthcare Center - Lanark and also has served as our Physician Executive Director. Other FHN physicians who have been named Rural Physicians of Excellence include:

- **Martin Cleary, MD**, from FHN Family Healthcare Center – Warren
- **Shokry Tawfik, MD**, from FHN Family Healthcare Center – Lena
- **Beth Kalnins, MD**, from FHN Family Healthcare Center – Pecatonica
- **Michael McFadden, MD**, from FHN Family Healthcare Center – Stockton
- **Daniel Woods, MD**, from FHN Family Healthcare Center – Savanna

With the exception of Dr. Kalnins, who now cares for patients at FHN Memorial Hospital in Freeport, all of our honorees are still seeing patients at their same locations. Many of them are now seeing a second, or even third, generation of patients – the grandchildren of some of their original patients.

We are extremely proud to be the home of so many dedicated, talented healthcare providers – from physicians and nurses to patient service representatives, Sodexo foodservice and environmental services staff and many more.

From all of us, have a happy, healthy new year!*

**If you're looking for a way to start the new year off on your healthiest foot possible, check out our Get Fit INFINITE online fitness program!*

Previous FHN Winners – Rural Physician of Excellence



Martin Cleary, MD
Warren



Shokry Tawfik, MD
Lena



Beth Kalnins, MD
Pecatonica



Michael McFadden, MD
Stockton



Daniel Woods, MD
Savanna



Simulated medical situation.

FHN's New eICU®:

Keeping Critical Care Patients **Close to Home**

Some state-of-the-art changes in the Intensive Care Unit at FHN Memorial Hospital in Freeport are making it easier for families to stay involved in their loved ones' care.

This summer, the FHN ICU debuted its eICU®, which links the Freeport unit with a UW Health e-Care of Wisconsin team of intensivist physicians and critical care nurses.

FHN is the only rural hospital in northern Illinois and southern Wisconsin – and among just 10 percent of hospitals nationwide – to have a program like eICU, which provides a unique additional level of care to ICU patients.

“Having eICU enables us to keep patients here who might have once needed to be sent to Madison or Chicago to be cared for by specialists in critical care medicine,” said Kathryn Martinez, nursing director for FHN's ICU and Telemetry units. “With this new level of care, patients can remain at FHN, close to home and family, which is much less stressful and easier for both the patients and their loved ones.”

How it works

Small microphones and cameras in each ICU patient room provide a constant link to the e-Care team in Madison, which includes some of the nation's most respected intensivists

(physician specialists in critical care medicine). Vital information for each ICU patient – such as heart rate, blood pressure, medications and test results – is monitored in the FHN ICU and shared in real time with the e-Care team in Madison.

“Our dedicated, experienced team of intensive care nurses and physicians at FHN provide excellent round-the-clock care for our ICU patients,” said Nancy Cutler, vice president of nursing and chief nurse officer of FHN. “The eICU supports our commitment to providing the highest quality of care and service.”

If a patient's condition changes rapidly or unexpectedly and requires a medical response, the FHN physicians and nurses at the patient's bedside can touch a button and activate a two-way visual and audio link for consultation with the e-Care specialists.

The cameras and microphones can capture the smallest details for the e-Care specialists, from slight changes in the patient's skin color to computer monitor readings across the room. The patient and his or her caregivers can also see and hear the critical care nurse or physician on the other end of the link, making teamwork easier. The e-Care team members also are identified by name and credential onscreen. FHN is the only hospital to

offer two-way visual communication between the ICU bedside team and e-Care.



You Need a **Primary Care Provider!**

Some things that might seem “old-fashioned” are actually the best way to get things done. For example, it could be considered old-fashioned to grow vegetables in a garden, but the produce you’ll get is nutritious, delicious and costs very little.

To some, it might also seem kind of old-fashioned to have a family doctor. But these general healthcare providers are an important part of your and your family’s healthcare team. You and your family doctor (we call them primary care providers, these days) work together as a team to achieve and maintain your best possible health. Here’s how that works.

When you first establish yourself as a patient with your primary care provider, you’ll talk about your own medical history and the medical history of your family. The topics you’ll cover range from your own past surgeries or illnesses to your parents’ and siblings’ health.

Your provider isn’t just making small talk when he or she asks questions about your family’s health; many diseases, including high blood pressure, diabetes and some types of cancer, tend to “run in the family.” If your father had diabetes, for example, your provider may want to keep a close eye on your blood sugar levels.

Armed with knowledge about your personal health history and the health history of your immediate family, your

provider will work with you to get and keep you healthy. This may involve talking about your diet and exercise habits, prescribing medications to control a chronic health problem, or just a regular checkup if you’re already in good health.

Choosing a primary care provider

There is nothing more important than your health and the health of your family. When you choose a primary care provider, you want someone who is knowledgeable, approachable and easy to talk to. You want a provider whose office is conveniently located, and who can refer you to a specialist if you should need specialized care.

FHN’s primary care providers care for patients at 13 locations across north-west Illinois and southwest Wisconsin, from Pecatonica to Savanna, and from Forreton to Monroe, Wis.

Our primary care providers include 25 physicians and nurse practitioners specializing in Family Practice who can care for every member of your family, from infants to seniors. Nurse practitioners complete a bachelor’s degree in nursing, followed by graduate training and certification. They can diagnose and treat illnesses and injuries, order tests and prescribe medicine.

Five FHN Internal Medicine physicians specialize in caring for adults



Parimal Parekh, MD, FHN Family Healthcare Center – Burchard Hills



Michelle Wurster APN/CNP



Need Same-Day Care, But It's Not an Emergency?

FHN FastCare, located inside Shopko in Freeport, offers convenient no-appointment care for minor injuries and illnesses, from minor burns and rashes to allergies, sinus infections, sore throats and bladder infections.

An FHN FastCare visit is \$52 payable at the time of the visit (some insurance plans may cover part of the cost) and patients must be at least 18 months old. You don't have to be an FHN patient to use FHN FastCare, but if you do have an FHN provider, results and records from your visit will be shared with your provider.

FHN FastCare is open every day, including weekends and holidays, and patients are seen on a first-come, first-served basis. Because the emphasis is on "fast," any FHN FastCare prescription taken to the ShopKo pharmacy will be received as a priority to be filled, so you can get home and feel better as quickly as possible.

FHN FastCare hours are:

Monday – Friday	8:30 a.m. – 8:30 p.m.
Saturday	8:30 a.m. – 5 p.m.
Sunday	10 a.m. – 5 p.m.
Holidays	10 a.m. – 2 p.m.

For more information

on FHN FastCare, visit www.fhn.org.

only, and five Pediatric physicians specialize in caring for children from infancy through adolescence.

Appointments with your primary care provider

Many adults see their primary care provider only for regular checkups and if they get injured or sick. If you have a chronic health issue, like high blood pressure, you'll probably see your provider more often.

If you have small children, you're likely to be quite familiar with your child's primary care provider. Well-child visits are more than a checkup; they're a chance for parents to ask questions about their child's health and development.

FHN's pediatricians and family healthcare providers also are available to help you and your child through the bumps and bruises, and coughs and colds of childhood. Your child's healthcare provider will talk to you about what to do if you have after-hours concerns or questions.

Finding the right primary care provider

You can find information on all of FHN's primary care providers online at www.fhn.org. If you'd like help finding the right provider for you, or are ready to make an appointment, call FHN's physician referral service toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 975.

FHN FastCare Welcomes New Provider



Physician Assistant Joseph Blahut, PA-C, has joined FHN and is seeing patients at FHN FastCare inside Shopko, 555 West South Street in Freeport.

Physician Assistants (PAs) work in every area of medicine, from primary care medicine to surgery and orthopaedics. They are trained to conduct physical exams, treat illnesses and injuries, develop and carry out treatment plans, provide preventive healthcare, order and interpret tests and write prescriptions. PAs are licensed to practice with a physician's supervision.

Joseph holds a graduate degree in Physician Assistant Studies from Malcolm X College in Chicago and has cared for patients at John Stroger County Hospital in Chicago, the Elgin Clinic in Elgin and for the United States Army.

No appointment is necessary to receive treatment at FHN FastCare.



Join **Get Fit INFINITE** for Support, Fun All Year Long



For more than 10 years, FHN's Get Fit! program has helped hundreds of people get the new year off to a great, healthy start. In 2011, we've updated the program to help participants get and stay healthy *any* time of year!

Get Fit INFINITE gives you a chance to earn points for eating healthy, getting exercise and learning about health throughout the year, as well as appropriate health screenings for your age and gender. You get the best of our traditional annual Get Fit program elements in an updated, online health and fitness program that you can start any time and stay with as long as you like. We've kept the great benefits, like free trial memberships to area fitness centers to help you find the right place for your workout, health screens to help you measure your progress and, of course, prizes. No more yo-yo dieting or exercise!



Participants also receive e-newsletters and reminders and invitations for activities and events especially designed with Get Fit members in mind. And, as always, this is the only local health and fitness program that includes both baseline and ongoing screenings for important health indicators including weight, blood pressure and cholesterol as well as other optional tests.

"Because we've extended the time people can be part of the program, we've added multiple levels of prizes," says program coordinator Autumn Musser. "Participants can earn anything from a pedometer to exercise equipment, gift certificates to the Park District and sporting goods stores, free memberships to health clubs and even an iPod."



Participants must commit to a minimum of 13 weeks. The cost is \$3 per week, with free weeks available for 26, 39 and 52 weeks of participation. **Get Fit INFINITE** is an individual program, but many of the activities can be done in teams for those who enjoy group participation.

As with the original Get Fit program, points will still be awarded for regular exercise, drinking water and eating five servings of fruits and vegetables a day. With **Get Fit INFINITE**, you can also earn points for attending educational sessions, having health screens and wellness checks done, attending check-ins and even getting a flu shot and giving blood!



If you'd like more information on Get Fit INFINITE, visit www.fhn.org or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 976.



FHN Hospice: **‘Profoundly Grateful’** to be There in the Eleventh Hour

FHN Hospice has been helping people in northwest Illinois live their final days in dignity and as much comfort as possible for 17 years. The organization, which opened its doors in 1993 with a staff of just five people – only one of whom worked full-time – now has 22 staff members and more than 40 trained volunteers.

Our dedicated group of volunteers has made it possible for FHN Hospice to offer round-the-clock care for patients in their final days or hours. This service, which is available to all FHN Hospice patients, is called Eleventh Hour.

Sometimes, our patients have outlived their loved ones, or friends and family live far away and cannot be here for a long vigil. Other times, the people closest to a patient cannot be with him or her all the time and simply need someone to be with the patient when they cannot.

Eleventh Hour volunteers can provide round-the-clock companionship when a person is close to death. They are available for as little or as much time

as patients or family members wish to have them. The work of Eleventh Hour volunteers complements the services that FHN Hospice provides for all our patients. FHN Hospice provides pain management, emotional, spiritual and social support for the patient and his or her family.

Death is a process, one that FHN Hospice staff and volunteers have gone through special training to be able to deal with and fully understand. For example, people who are near death may be conscious and aware but not able to speak. In cases like this, the simple comfort of having someone nearby can help calm the person and help him or her through the last moments of life.

Some of our Eleventh Hour volunteers have already been able to help people in their final hours. One volunteer recalled time she spent with a patient: “The patient was lying very still with her eyes closed, and I did not know if she was aware of me. However, I began singing every hymn that I could

remember, because her family had said she loved them. When I would pause for a break or glass of water, I could see her grimace. Then, when I began to sing again, the grimace went away. I sang softly to her for nearly three hours as she lay dying.”

Another volunteer says, “I felt profoundly grateful to be able to hold (the patient’s) hand and to be with him at that time.”

Each person on the FHN Hospice team is proud to be able to help our patients make the most of the time they have left. We are proud and humbled to offer comfort and reassurance, hold the hand of a patient or a loved one in need and to be there for our patients as they leave this life.

If you’d like more information about FHN Hospice, visit www.fhn.org or call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 977.



A Special Memory to Keep

FHN Hospice support doesn’t end when a patient dies. In fact, hospice staff and volunteers consider helping their patients’ loved ones through their grief a very important part of their mission.

One of the ways we help people honor and remember their departed loved one is through Bereavement Bears, a special service provided by FHN Hospice volunteers.

After a patient dies, his or her loved ones can bring in a favorite article of clothing to be made into a special memento – a hand-made, stuffed bear to help keep their loved one’s memory close.

FHN Hospice creates and provides Bereavement Bears free of charge.

FHN Nurse **Peggy Folgate** Wins National Award

Peggy Folgate, RN, a nurse at the FHN Community Healthcare Center, got a big surprise one afternoon in October when her family and coworkers were there as she was named the top national winner of the Cherokee Inspired Comfort Award for her work in making prescription

medication available to her uninsured patients.

She was nominated for the honor by Elizabeth (Libby) Myers, APN/CNP, who detailed in her nomination how Peggy developed a program to organize and match free medications with people who needed them. "She has truly gone above and beyond ... and patients have commented that they probably would have gone without medication for chronic conditions without this service and the ease in which she has made medications possible."

The FHN Community Healthcare Center serves uninsured and underinsured

residents of Stephenson County from its location at the Stephenson County Health Department building on Linden Avenue in Freeport. As a nurse there, Peggy

cares for people with chronic diseases who sometimes have to make a choice between medication for their condition and food or other basic necessities of life. Most pharmaceutical companies provide medications at no cost to the uninsured, but many of the people who needed that help weren't aware it was available.

Peggy created a database of available medications and the patients who could benefit – a list currently numbering more than 250 people. This database helped her patients get the medications they needed to manage their chronic health conditions. She also created a brochure to explain the program to patients.

Peggy is one of just four recipients nationwide to receive the 2010 Cherokee Inspired Comfort Award. Her prizes include an expense-paid trip to the medical conference of her choice in the continental U.S., a wardrobe of scrubs and shoes from Cherokee and an annual membership to her clinical association.



Pictured: FHN Physician Practice Director Cathy Stouffer; Libby Myers, APN/CNP; Peggy Folgate, RN, holding her daughter, Katie; and FHN VP Nursing/Chief Nursing Officer Nancy Cutler.

From Fun ... to Functional in Freezing Weather

Being in the hospital is no fun. The FHN Foundation hopes to make it a little better, however, with the gift of a Wii Fun Center™ to FHN Memorial Hospital.

"When a child is hospitalized, we will be able to bring the Fun Center right to his or her bedside," says FHN Memorial Hospital Women's Service Line Director Christine Francini, BSN. "Having a Wii and DVD player can make the hours go by faster, and help alleviate the stress of being in the hospital. It makes it feel a little bit more like home."

The Fun Center, expected to be delivered to the hospital early this year, is a mobile entertainment unit consisting of a Sharp AQUOS™ LCD television, DVD player and Nintendo Wii™ gaming system.

The gaming system is an excellent example of the variety of ways the FHN Foundation serves FHN and the communities in which we live.

"Most of the time, the Foundation works behind the scenes to purchase necessary equipment that may not be readily visible to the public, but is

very important," says FHN Foundation Executive Director Terrence Egan.

In late 2010, however, the FHN Foundation got to have – and spread – a little more easily recognizable fun with some of its gifts, including the hospital's new mobile gaming system and an electric cart.

These fun-sounding gifts actually serve very important purposes. The cart is a replacement for an older cart used to transport lab work and files from the FHN Leonard C. Ferguson Cancer Center to FHN Memorial Hospital.

"It's a nice little drive in the summer, but winter brings snow, ice and salt, and we really rely on the vehicle to safely transport documents and test materials," says FHN Director of Volunteer Resources Kay Brooks. "The old cart we have has served us for many years, but it wouldn't last through another northwest Illinois winter."

The FHN Foundation and its generous

donors were active in many other ways in 2010, too – from working with the family of an FHN Hospice patient to create the Bonita L. Shilling Endowment to the kickoff of a major campaign to fund improvements to the Cancer Center.

2010 also marks the first time online donations to the FHN Foundation have been possible – visit www.fhn.org for more information on donating and the good things FHN Foundation is helping make happen in northwest Illinois. For more information about FHN Foundation, call us at 1-877-6000-FHN (1-877-600-0346), ext. 978.



Wear Pink Day



Grow • Live • Faith • Survive • Fight



Heal • Care • Believe • Cure • Love



Courage • Hope



Pulmonologist, Urologist Join FHN

FHN welcomed two new physicians to northwest Illinois this fall – pulmonologist George Tzelepis, MD and urologist David DiDomenico, MD, DO, FACS.



George Tzelepis, MD

As a pulmonologist, Dr. Tzelepis cares for people who have diseases or disorders of the lungs and respiratory system. He is board-certified in internal medicine and in pulmonary medicine. He also has training in critical care medicine, which enables him to care for patients who may require mechanical help to breathe.

Dr. Tzelepis earned his medical degree from the University of Thessaloniki Medical School in Thessaloniki, Greece. He served an internship at the University of Connecticut/New Britain General Hospital in New Britain, Conn., and went on to complete a fellowship in pulmonary diseases and critical care medicine at Brown University, Memorial Hospital of Rhode Island and Roger Williams Hospitals in Providence, RI.

Dr. Tzelepis sees patients at FHN Specialty Care – Harlem Avenue in Freeport. To make an appointment with Dr. Tzelepis, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 979.

David DiDomenico, MD, DO, FACS

Board-certified urologist David DiDomenico holds a medical degree from Ross University School of Medicine in Dominica, West Indies and a doctor of osteopathic medicine degree from the University of Osteopathic Medicine and Health Sciences in Des Moines, Iowa. He completed his residency at the University of Illinois at Chicago. He is a Fellow of the American College of Surgeons.

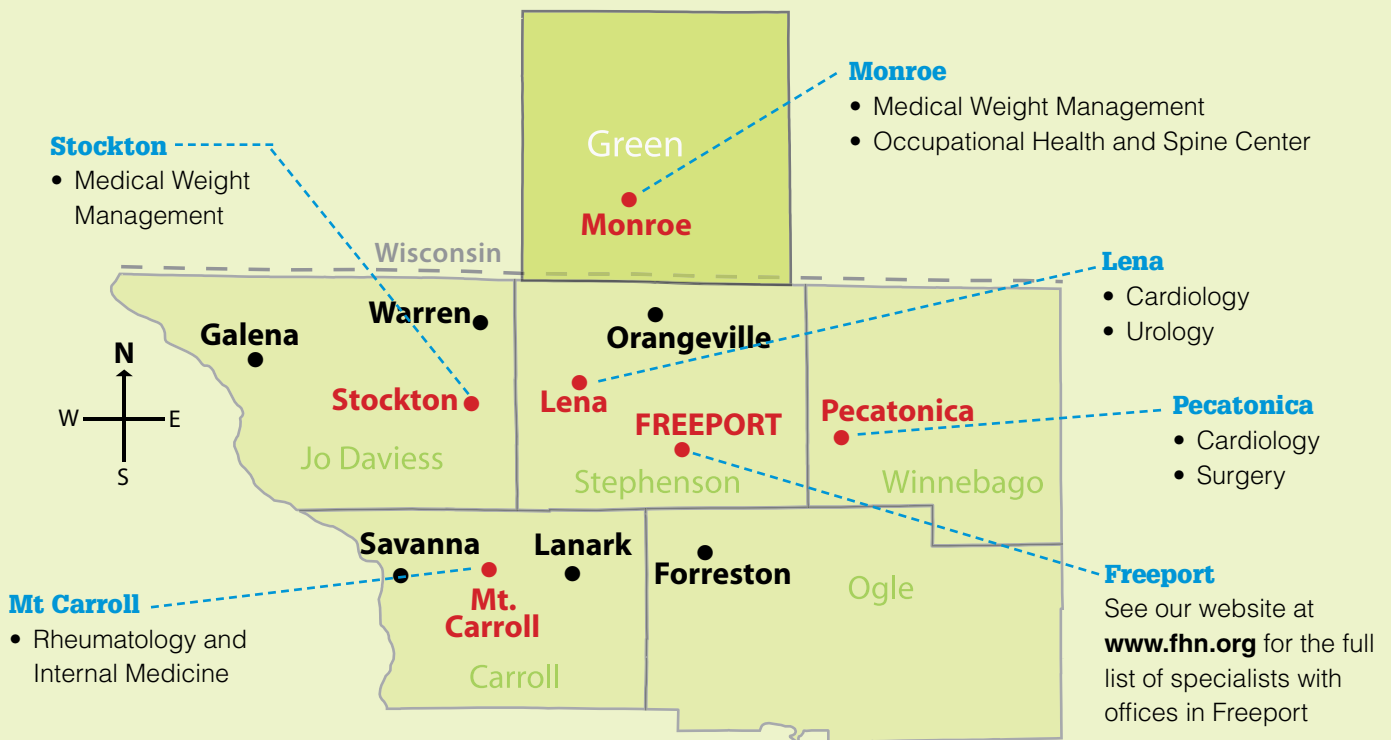
Dr. DiDomenico cares for people experiencing problems with their urinary tracts or kidneys and men dealing with reproductive health issues. He sees patients at FHN Specialty Care – Stephenson Street in Freeport. To make an appointment with Dr. DiDomenico, call toll-free 1-877-6000-FHN (1-877-600-0346) ext. 980.



MD?
DO?
Huh?

You're probably familiar with the credential **MD** – it stands for **Medical Doctor**, and means your doctor has completed four years of medical school, earned his or her degree in medicine, and is a licensed physician.

But your doctor might have the credential **DO** instead – it stands for **Doctor of Osteopathic** medicine. A DO is a licensed physician who completed medical school and went on to study the body's musculoskeletal system.



FHN Specialists Bring Care Closer to Home

FHN primary healthcare providers see patients close to home all over northwest Illinois and southwest Wisconsin. Having a “family doctor” close by is important.

Sometimes, though, your health issues require the attention of a specialist. Those health issues don’t just happen to people living in communities with hospitals, so FHN is proud to offer the services of some of our specialists at locations across our service area.

Cardiology patients, for example, can choose to see one of FHN’s cardiologists (Prasad Kilaru, MD; Madhu Malladi, MD; and Bhadrash Patel, MD) in Freeport – or in Pecatonica. This fall, Dr. Malladi and Dr. Patel also began seeing patients in Lena.

Surgical patients living close to Pecatonica may also choose to make an appointment with surgeon Anthony Zappia, MD, at FHN Family Healthcare Center – Pecatonica. Dr. Zappia also offers **cosmetic services** such as Botox and Juvederm injections in his Pecatonica office.

Patients of **urologist** David Cheng, MD, may choose to see him in Freeport or at FHN Family Healthcare Center – Lena. And patients of **rheumatologist and internal medicine** specialist Rovinder Singh Saini, MD, can choose either his Freeport office in the Burchard Hills building or the FHN Family Healthcare Center – Mount Carroll.

Medical Weight Management patients can see LuAnn Jordan, APN/CNP, at FHN Family Healthcare Center –

Stockton – Highway 20. Tracy DySard, APN/CNP, offers Medical Weight Management in her Freeport – Burchard Hills office and at the FHN Healthcare Center – Monroe, Wis.

The FHN Healthcare Center – Monroe also offers **Occupational Health and Spine Center services** from Diana McNulty, MD and Jeffrey Hass, DC, Cert. MDT. Drs. McNulty and Hass work together to provide a full spectrum of patient-centered occupational healthcare.

Talk to your provider today if you’d like to take advantage of FHN’s widespread team of specialists. If you need a primary healthcare provider, call FHN’s Physician Referral line toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 975.



2010 FHN Festival of Trees



..... We're here. For you.



Supporting our Communities



Insight

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