

# Insight

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## The Art and Science of Nursing at FHN

Be the Match and Save a Life



*We're here, for you.*

**FHN**

## Welcome to the Spring 2013 Issue of INSIGHT!



I hope that spring will have indeed finally arrived by the time you read this – like everyone else, I'm ready for some sunshine and warmer temperatures. My bike has missed me over the winter!

In this issue, we profile a number of our nurses and all they do for FHN and our patients. There are many ways nurses serve, including leading and participating in research we undertake. FHN is a strong believer in evidence-based practices and we're proud to have had our efforts recognized at both local and national levels. We focus on finding and refining the best processes and procedures in order to deliver the best

possible patient outcomes, and are relentless in our never-ending pursuit of continually improving the quality of the care we provide.

You'll also read an example of a nurse who personifies the spirit of generosity we encourage and celebrate throughout FHN and an example of community generosity from our friends at UNION Savings BANK, as well as other news of what's happening throughout FHN so far in 2013.

We'll be out and about at parades, fairs, and festivals throughout the summer so perhaps I'll see you at a barbecue or band concert. I hope that you and your family enjoy the end of winter as much as I will!

**Thank you for choosing FHN, and happy Spring!**

## Mentoring – It Makes a Difference!



**Think back; do you remember the person who took the time to listen or encourage you to do your best?** Having support and motivation from someone you looked up to didn't just make you feel special, it helped make you the person you are today.

You can become a mentor to a child in our community and help shape him or her into a person with goals, values and respect. Being a mentor may sound like a daunting task to some people, but it really just involves being a friend and reliable resource for a child. Expose him to new activities, help her work through difficult situations at home or school, and always be there for him.

Big Brothers Big Sisters (BBBS) of Northwest Illinois, a pro-

gram of FHN Family Counseling Center, knows just how important these one-to-one relationships are. Working with local youth (known as "Littles") and adult volunteers (known as "Bigs"), the BBBS staff has seen firsthand how a child can improve his or her grades, behavioral problems, and future by being involved in a mentoring match.

There are two main types of matches with Big Brothers Big Sisters – site-based (at school) or community-based.

**Site-based matches** provide individualized time and attention on a consistent basis at the child's school. Matches meet regularly, one-to-one, during the school year for one hour a week. During the summer, they may exchange letters, e-mails, or phone calls.

**Community-based mentoring** allows Bigs and Littles six to eight hours a month of individualized time and attention outside of school, in the community. Together, they can explore new interests and expand a Little's experience base beyond his or her family and neighborhood.

Mentees are not the only ones to benefit from these matches. Mentors feel as though they reap many benefits from the relationship, too. "Bigs" get the satisfaction of helping a child grow into a productive citizen, it makes them feel young again, and they get to develop new friendships.

If you are interested in being a Big to a child in your community, please contact Big Brothers and Big Sisters of Northwest Illinois at 815-599-7344.

# Be the Match<sup>®</sup>

## Sign Up to Save a Life

Clouds and chilly temperatures didn't dampen the mood at the Red Shoe Run for Donor Awareness held April 13 in Rockford. FHN telemetry nurse Laurie Burnworth, who led the FHN team in the 5k run/walk event, was happy for the chance to raise funds and awareness for such an important subject.

"I am a bone marrow donor, and I am honored to have been part of saving a life," Laurie says. "It is so easy to sign up to become a donor, and it was painless to donate, so I'm excited to spread the word about Be the Match."

The Be the Match<sup>®</sup> marrow registry matches donors with people who need a bone marrow cell transplant to help their body win the fight against leukemia, lymphoma, genetic disorders, sickle cell disease, immune deficiencies or a host of other life-threatening diseases.

A patient must have a matched donor to receive the life-saving marrow cell transplant, and just 30 percent of patients find a match in their family. That means about 70 percent of these patients – about 10,000 people – look to the Be the Match registry for help. Only half of these patients find a match and receive the transplant they need to survive.

"I was matched with a patient, and the actual donation process was similar to donating platelets," Laurie says. She donated peripheral blood stem cells (PBSC), which is how most donations are handled. (The patient's physician chooses the donation method that's best for the patient.)

"When I donated, they took my blood through a needle in one arm and ran it through a machine that separates out the cells that form blood. The rest of the blood went back in through my other arm, and my blood-forming cells were back to

FHN telemetry nurse Laurie Burnworth, left, donated her bone marrow to transplant recipient Dick France, right. She signed up to donate through the Be the Match bone marrow registry, and got the chance to meet Dick and his wife, Pat, recently in Florida. Dick and Pat live in the Canton, Ohio area and camp for the first three months of the year on Pine Island, Florida. Laurie flew to Pine Island in March to meet the Franceses.



normal levels after about a month. It was no more painful than a regular blood donation."

Most donations are made through the same PBSC process that Laurie experienced. Some patients, however, need marrow donations. According to the Be the Match website:

Marrow donation is a surgical outpatient procedure that takes place at a hospital. You will receive anesthesia and feel no pain during the donation. Doctors use a needle to withdraw liquid marrow from the back of your pelvic bone. The marrow replaces itself completely within 4 to 6 weeks.

"Either way you donate, there is little pain, and you are saving someone's life," Laurie says.

You can join the Be the Match marrow registry at any Rock River Valley Blood Center drive or site – including Freeport – or go to [www.rrvbc.org](http://www.rrvbc.org) and click the "Marrow Program" tab to join online.



**I am a bone marrow donor, and I am honored to have been part of saving a life.**

Laurie Burnworth  
FHN telemetry nurse

# What is the picture in your mind's eye when you think of a nurse?



**All of the above descriptions provide a good snapshot of a nurse, but it's impossible to sum up nursing in the responsibilities or talents of one person. There are as many definitions of "nursing" as there are men and women doing the job.**

**The best way to define nursing, then, might be by its goal: [Excellent patient care](#).**

**"That really is the common denominator for all of us,"  
says Clinical Nurse Specialist Jessica Schneiderman.**

**As a nurse at FHN, she has had a part in FHN Nursing's move  
to shared decision-making and in developing FHN Nursing's new mission:  
[Blending art and science to provide a holistic care experience through a patient's lifespan.](#)**

## Art and Science

Nursing is more than caring for people. History's most famous nurse, Florence Nightingale, studied statistics and used her science to help explain how sanitary conditions helped keep patients healthy. Her work saved soldiers' lives and became the foundation of modern nursing.

Florence Nightingale's work also serves as the foundation of FHN's approach to nursing care. Evidence-based practice (EBP) guides nurses to make decisions based on proven research and best practices.

"Evidence-based practice guides our staff to provide consistent, high quality patient outcomes," says Nancy Cutler, FHN Vice President of Patient Services and Chief Nursing Officer. "We are implementing great ideas from the people who provide direct patient care. With the support and coordination of our EBP Council, these ideas are being implemented organization-wide and earning us recognition from regional and national nursing organizations."

## Cheryl Rife, RN, MSN

*“I use my nursing knowledge every day, and I have an impact on how we care for our patients every day.”*



Cheryl Rife has a great way of describing her job as FHN Director of Clinical Quality and Professional Development.

**“I am a ‘sense-maker,’”** she laughs. “I help caregivers and leaders make sense of the regulatory stuff that comes our way, and understand how these changes or new rules can help us give the best possible care; keeping patients as safe and as healthy as possible.” Cheryl didn’t expect to end up in what seems like a largely non-clinical nursing role. “Did I think I would end up here? No. But am I passionate about where I am? Yes!”

From the beginning of her career, Cheryl has enjoyed working directly with patients. “I had a job at a nursing home when I was in high school; I started in the dietary department and then became a nurse’s aide,” she says. “The nurses there were such good role models that I knew then that I wanted to be a nurse.”

Cheryl earned a diploma in nursing from the Rockford Memorial School of Nursing and went on to work as a nurse in a variety of settings, including the Monroe Clinic and in the surgical ICU at Methodist Medical Center in Peoria.

“ICU was very exciting, and I learned a lot,” she says. “But then we had kids and moved back to this area, and there were openings here in office practices. I love the office nursing role, developing relationships with patients and their families, and helping people to manage their conditions. I worked in a variety of office specialties, including floating to various offices, eventually spending 15 years in office practice with Dr. Tawfik in Lena, and loved it.”

When her kids started getting ready for college, though, she liked the idea of continuing her own education. FHN offered her tuition assistance and some flexibility to take classes, so Cheryl enrolled in a BSN completion program to earn her bachelor’s degree in nursing at Clarke University in Dubuque.

When a position in FHN’s Education Services department opened up, it seemed like a great fit – “it was very focused on nursing education, and was a chance not only for me to learn

more but to help other nurses in their educational journeys,” she says. She took the job, and enrolled in a master’s in nursing program at Clarke.

Life had another complication in store – while she was working and pursuing her master’s degree, Cheryl was diagnosed with breast cancer.

“FHN supported me through the whole experience – from my diagnosis through successful treatment here at the Cancer Center, and working toward my master’s. I didn’t lose any ground,” she says.

When a position in FHN’s Quality Department came open, Cheryl “covered” the position while maintaining a nursing role. “I found, though, that I really like the challenges in the quality environment,” she says.

“Quality is about high standards, patient safety and best practices. That’s why our rating by Consumer Reports as one of the top three hospitals in Illinois for patient safety is especially gratifying as an indicator of the quality of care we give. The recognition was based on results like lowering our infection rate up to 75 percent below the national average, and reducing readmissions (to the hospital) for patients with heart failure, pneumonia or heart attack.”

“So, I feel like I use my nursing knowledge every day, and I have an impact on how we care for our patients every day. I ‘connect the dots’ for our caregivers; I translate those regulations and rules and goals into ‘what are we going to do today as we care for our patients?’”

## George Lester, BSN, CNOR, RNFA

*“FHN gave me the opportunity to try a few different areas so that I could find the right challenge in my career.”*



**A passion for surgery** Like many people in healthcare, George Lester has known since childhood that he wanted to serve people. But, it was the life-altering experience of helping to care for a grandmother suffering through gastric cancer that turned him to healthcare.

Unsure of the right role for him in healthcare, after high school George began taking classes in physical therapy at Northern Illinois University but discovered that discipline didn’t offer the type of patient care he wanted. He knew he’d found the right

role when he switched his major to nursing. “When I got into the core nursing classes and processes in the nursing program, I knew it was the right career for me,” he says.

**Finding his passion** In the summer of 2003, George took a perioperative class at Rockford Memorial Hospital. (Perioperative nurses work with the surgical team and care for patients directly before, during and after surgery.) That introduction to the world of surgery sparked a passion. “That class opened the door (to perioperative care). It’s constantly changing, and very demanding day-to-day. I was addicted.”

A friend who worked in the operating room (OR) at FHN Memorial Hospital learned of his newfound passion and recommended him to FHN.

Although he wasn’t yet a registered nurse, George so impressed the Director of Surgery that they made a place for him as a part-time nursing aide in the operating room for three to four hours a night while he finished his degree. FHN also provided financial assistance as he went on to earn a bachelor’s of science degree in Nursing (BSN), and certifications as a Certified Nurse in the Operating Room (CNOR) and Registered Nurse First Assist (RNFA). “FHN took a chance on me and I’ll always be grateful.”

During his time at FHN, George tried different nursing jobs outside of the OR, including the Intensive Care Unit (ICU), telemetry department and assisting with surgical procedures performed in the FHN orthopaedic offices. Those opportunities made him realize that he wanted more experience in acute care, so he dropped to part-time at FHN and took a full-time job in the ICU stepdown unit of a hospital in Rockford.

“I liked it a lot,” he says. “But the entire time I was there, I was still working in the OR at FHN and I really missed the organization and the people I worked with. It felt more like family at FHN. No matter where you are in your career, FHN has a very family-focused environment. They support your personal family and your coworker ‘family.’ That’s what brought me back. I realized that I needed to be at FHN. So, I came back full-time and I’ve been here ever since.”

In 2011, Lester began working in FHN’s Nursing Staff Office, handling duties such as day-to-day nurse staffing, admissions and the interactions between hospital departments. That taste of leadership gave him the push he needed to apply for and become Director of Surgical Services at FHN in 2012.

“Working in the NSO helped me realize that I liked the leadership aspect of patient care. I like giving others the tools they need to uphold our expectations of excellent care. As the Director of Surgical Services, I work alongside people who have helped me grow through my career. Now I can give back the support they deserve from a leader.”

What does he appreciate most about FHN? “They took a chance on me from ‘day one.’ The educational assistance

helped me get a bachelor’s degree and they’re helping me get a master’s degree now.”

He also appreciates the freedom he has had to find the right job for him. “FHN also gave me the opportunity to try a few different areas so that I could find the right challenge in my career. Another organization could have thought I bounced around too much. But FHN said, ‘Let him stretch his wings and [we’ll] wait for him to take flight.’ And I did. I can’t say enough about not just the organization, but the people. We really have a true gem in this corner of the state.”



**Angelica  
Edwards,  
RN, BSN**

*“Something in me drives me to care for people, no matter what they’re dealing with. I want to help.”*



**“I have a strong passion to care for people.”**

Ask Angelica Edwards why she became a nurse, and she’ll admit that while it sounds clichéd, she believes it is her calling and purpose in life. Angelica has come to realize, in her eight years as a nurse, that she has a deep well of compassion. “Something in me drives me to care for people, no matter what they’re dealing with. I want to help.”

While in nursing school, Angelica helped care for her terminally ill grandmother so that she could remain at home as long as possible. That experience led her to consider a career in hospice care, where chronically ill patients, who may be terminal, may remain at home and receive care from nurses who travel to the patient’s bedside.

Needing experience before she could become a hospice nurse, Angelica’s first job out of nursing school in 2005 was in the Skilled Nursing Unit (SNU) at FHN Memorial Hospital. It was challenging, requiring a range of extended care from post-surgical, like recovering from knee surgery, to caring for acutely and chronically ill patients, and at times, caring for terminally ill patients. That experience helped develop her special ability to care for the terminally ill.

“I got very close to my patients and their families,” says Angelica. “A CNA told me that he wished we could heal every patient. I said, ‘I understand we can’t heal everyone. For those

*The Art and Science of Nursing continues on page 7.*

we can't heal, I'd like to make them as comfortable as they can be, and focus on the quality of their last few days, weeks or months here on earth."

When the Skilled Nursing Unit closed in 2011, Angelica saw an opportunity to try hospice care. She worked for a local hospice organization, traveling around the region to see patients. It was demanding work, but she loved it. "I got close to patients and family, and was able to help them through a very difficult time."

Unfortunately, long hours and having to be available at any hour of the night or weekend to go to a patient's bedside took a toll on her family life. Even now, Angelica gets teary talking about her difficult decision to leave hospice to be home more for her two little boys, aged 2 and 5. "I miss it, but I had to change for my kids. They're not going to be small forever. It was just too much for them, me being gone so much."

Needing a less grueling schedule and a job closer to home, Angelica left hospice nursing last year and feels lucky to be back at FHN and working in the Internal Medicine department at FHN Family Healthcare Center – Burchard Hills. Now,

her care involves working on behalf of the patient, ordering prescriptions and talking to patients on the phone, and then working with the provider to get answers quickly. She also serves as a liaison between Internal Medicine and other departments, ensuring that patients have a smooth transition if they're referred to another provider for specialized care.

Angelica appreciates the opportunities that FHN offers to try different areas of nursing and discover different personal strengths. Looking back on her time in the Skilled Nursing Unit, Angelica realized the depth of her compassion and a special ability to care for critically ill people, even when they made it difficult. "I tried to look past that behavior and understand why they didn't feel well. I made it my personal goal to make them smile by the end of my shift."

Whether Angelica is caring for patients with a common cold or a terminal illness, she brings the same depth of compassion and commitment. "Something in me drives me to care for our patients, no matter what they're dealing with. I try to give them my very best."

*The Art and Science of Nursing continues on page 8*



## What is EBP?

EBP is "evidence-based practice," a way of providing nursing care that bases decisions on proven research and best practices. It elevates the level of nursing care by challenging current practices: *Is this the best way? Could we do it better? Is there research or evidence that supports a better, more efficient way?*

At FHN, nursing practice decisions are made objectively, based upon fact and research by nursing teams at FHN and driven by their Nursing Research & Evidence-Based Practice Council.

Since its inception in 2010, the EBP/Research Council has completed three evidence-based research projects that have been publicly recognized in the nursing industry and presented nationally and regionally at research symposiums. Four more projects are in progress. Although initially launched as part of a nursing Shared Governance initiative, FHN VP Patient Services/CNO Nancy Cutler shares, "It's expanding beyond nursing and medicine into other disciplines, including physical therapy, respiratory therapy, and pharmacy to name a few."

"Having a formal interdisciplinary EBP/Research Shared Governance Council is an innovative concept," Nancy says. "But, we model patient care around a healthcare team: the physician, nurses, rehab, respiratory, and pharmacy all working together to care for a patient. So it makes sense for us to expand this to other disciplines in the care team. When we work collaboratively, we have the greatest impact on patient outcomes."

### **Completed FHN evidence-based practice projects include:**

- A study about nurse attire and patient perception by Tammy Cummins, MSN, RN, Madalynne Hernandez, MSN, RN and Jessica Schneiderman, MSN, APN, ACNS-BC, CCRN;
- A collaborative report on the success of FHN's eICU and multidisciplinary rounds by Kathryn Martinez, BSN, RN; Cheryl Sheppard, RN, CCRN; Jessica Schneiderman, MSN, APN, ACNS-BC, CCRN; and Wendy Damm, MSN, APRN, Pediatric NP, UW Health;
- Adopting a screening tool called STOPBANG to reduce post-op complications due to obstructive sleep apnea by Carla Myers, BSN, RN; and Jessica Schneiderman, MSN, APN, ACNS-BC, CCRN.

**Read more about STOPBANG at [FHN.org/STOPBANG](http://FHN.org/STOPBANG).**

**Margie Kochsmier,  
MSN, RN, CMSRN**

*“Being able to work while I earned my degrees was so important. Now, my way of giving back and paying it forward is to teach nursing students.”*



**FHN Infection Preventionist** Margie Kochsmier has been a nurse for more than 20 years, but she’s still excited about what she does. “I have the chance to learn something new every day,” she says.

Margie “caught the nursing bug” a few years into a different career entirely – “I had been working in quality control in a factory for 12 years, and had gone as far as I could go there,” she says. When her father underwent open heart surgery in Rockford, she was impressed by the nurses who cared for him.

“I knew that was what I wanted to do. I was fascinated by the healthcare environment, and I wanted to learn how to help people, and be there for my family, friends and community.” She registered for nursing classes at Highland Community College in Freeport the next semester.

“After I graduated from Highland, I worked for 10 years as a staff nurse in the telemetry unit at FHN Memorial Hospital,” Margie says. On her days off, she worked for a nursing agency, traveling to other area hospitals to work as a staff nurse. “I gained great clinical experience from those days, but it also made me realize and appreciate just how much our ‘small-town hospital’ has to offer.”

Margie’s enthusiasm for nursing and learning proved to be infectious, and when her daughter decided to go to nursing school, she decided to further her own education, as well. She earned her bachelor’s and master’s degrees at the University of Phoenix while working as a case manager.

“I received scholarships and tuition assistance from FHN, which helped, because I was putting my daughter through nursing school at the same time,” Margie says. “Being able to work while I earned my degrees was so important.”

“Now, my way of giving back and paying it forward is to teach nursing students,” Margie says. She has served as a nursing instructor at Highland and has also worked with a group of nursing students from Northern Illinois University in a clinical

setting at FHN Memorial Hospital. “Bringing them to FHN for clinical time is a way for me to showcase the opportunities FHN has to offer.”

Margie’s day-to-day work includes a little bit of everything: She gets daily reports of every hospitalized patient who registers a temperature of 101° F or over, and investigates each case to identify and minimize any chance for infection. She also is in charge of making sure staff at all FHN locations understand and comply with current best practices and regulations regarding infection control. She is the person who works with the Illinois Department of Public Health and local health departments to monitor, investigate, and control outbreaks of illnesses such as influenza in the community.

“Our infection rate at FHN Memorial Hospital is significantly lower, in all four categories measured, than the national benchmarks. For example, the national average for the category ‘blood stream’ is 1 to 5 infections per 1,000 patients and we had zero. The national average for ‘catheters’ is 3 to 7 infections per 1,000 and we had zero,” she says. “A lot of work goes with that, and I’m very proud to be part of the team that has accomplished it.”

While she works to educate FHN staff, patients, and the community, Margie is continuing her own education, as well. She is pursuing her Certification in Infection Control (CIC) to keep herself – and FHN – on the leading edge of infection prevention.

**Jessica  
Schneiderman,  
MS, APN, CCRN,  
ACNS-BC**

*“I’m proud to say that I’m a clinical nurse specialist at FHN and have led initiatives and activities that have further improved our patient care.”*



**The best of all worlds** “I always knew that I wanted to be a nurse,” says Jessica Schneiderman, who comes from a family of nurses. “In school I enjoyed science and loved working with people, so nursing was a natural career path for me.”

Jessica also wanted to be a leader, and in addition to caring for patients, do something that would effect change on a larger scale. With that in mind, she got schooling out of the way early, becoming a registered nurse (RN), then earning a bachelor of science in nursing (BSN) degree from Illinois Wesleyan University before getting a job.



Jessica's first job was as a bedside nurse in the intensive care unit (ICU) of a Milwaukee hospital. When her husband was transferred to Green Bay, she stayed in the field of intensive care, becoming a neuro-trauma nurse in a Green Bay hospital ICU. "I liked the fast pace and level of critical thinking needed for that level of care, and the teamwork needed to care for a critically ill person," says Jessica. "And it was very rewarding to help a patient and his/her family through a difficult time."

In 2002, when they moved closer to family and friends in this area, she joined FHN as a bedside nurse in the ICU. That's when her dream to become a leader and effect big changes began to take shape.

"In Wisconsin I was exposed to a Clinical Nurse Specialist (CNS) role. A CNS leads improvements in patient care and the role combines some of the things I love most about nursing: bedside care while at the same time mentoring and teaching nurses. I saw an opportunity for that role at FHN and was encouraged by my mother and my FHN nurse manager to pursue it. FHN supported me all the way – through a master's degree that required more schooling. Actually, they allowed me to develop that role – my current role – at FHN. In return, I think I've been able to demonstrate its success."

Jessica's work as a clinical nurse specialist combines three key areas: Patient care, nurse coworkers, and FHN care systems. For example, she helps nurses and other colleagues move from the early stages of developing a new patient care protocol to training and teaching that protocol through ensuring that everyone knows it well.

She also leads a group of nurses and care team members who research and implement new ways of caring for patients that are based on proven evidence and best practices, known as "evidence-based practices" or EBP (see sidebar). FHN's successfully completed EBP projects have been publicly recognized in the nursing industry and presented at national nursing conferences. Jessica loves the challenge. "Through our work and evidence-based decisions, we prove how FHN continues to improve patient care. What we are doing can and does make a big difference in patient outcomes, which is the most important reason for any project we undertake."

"As a clinical nurse specialist at FHN, I have the best of all worlds," she concludes. "I've always loved bedside care. I've always wanted to be a leader among peers but able to mentor and coach others. I get to have input into new initiatives. Every day I have the opportunity to work with a great team to help develop systems and processes at FHN that ultimately provide great patient care."

For Jessica Schneiderman and FHN, that's effecting change in a big way.

## Considering a Career in Healthcare?

# FHN May Have a Scholarship for You

If you're getting ready to enter college to prepare for a career in healthcare, check out [www.fhn.org/scholarships](http://www.fhn.org/scholarships). FHN is proud to offer a number of scholarships for students in our service area who are pursuing careers in healthcare.

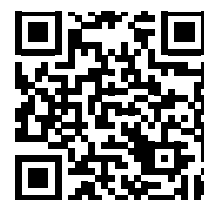
Three different scholarships will be offered this year, each with different application criteria and financial amounts:

- **Healthcare Career Scholarship Program** for up to two \$1,000 scholarships
- **Pauline Noller Nursing Scholarship** for a Lena-Winslow graduate pursuing a nursing degree
- **Volunteer Resource Scholarship Program** for an active member of the FHN Student Volunteer Program with a minimum of 40 career hours

The application deadline for all applicants is Friday, Sept. 13. You can find more information about and application forms for all of the scholarships online!



Volunteer Rosemary Connell frequently fills FHN Memorial Hospital's east lobby with gentle tunes from the baby grand piano in the Atrium. You may hear her on weekends throughout the summer. To listen, visit [www.fhn.org/piano](http://www.fhn.org/piano).



# FHN Family Dental Care

## Complete Care to Keep Your Family Smiling

**T**here's a lot to smile about lately at FHN Family Dental Care in Freeport. The dentists there – Donald Doak, DDS; John Thompson, DDS; and Maria Boy, DDS – are working hard to help their patients achieve and maintain the healthiest smiles they can.

"These days, people are more aware of how their dental health can affect their overall health," says Cathy Stouffer, FHN Family Dental Care practice director. "Our dentists are in a great position to help their patients not only keep their teeth healthy and strong, but to improve their sleep, their appearance – even their outlook on life!"

Good health starts with clean teeth and gums. FHN's team of dental hygienists are skilled at educating patients of all ages the best ways to keep their teeth and gums clean and healthy.

"Dental health care will vary with each stage of life," says Hygienist LeAnne Christians. "Children need to learn to brush and floss around their baby teeth at an early age to help establish good oral hygiene habits as they become adults." Our team of dental professionals work together with the patients to help educate them on proper techniques to achieve optimum oral health.

The dentists at FHN Family Dental Care are trained to evaluate their patients total oral health as it relates to their systemic health and not just check for cavities during their dental exam. Studies have suggested a link between dental

disease and heart disease, so we'll alert you to any signs of periodontal problems – inflammation, receding gums, or loose teeth – and may recommend you follow up with a specialist or your primary healthcare provider.



Maria Boy, DDS



Donald Doak, DDS



John Thompson, DDS

Our dentists and oral care providers are always mindful of their patients' sensitivity and comfort. "We do our best to provide a positive experience for everyone, whether it's filling a cavity, a whitening session or more involved restorative work," Dr. Thompson says.

"Technology has given us many tools to help our patients obtain a beautiful, confident smile at any age," says Dr. Boy. A wide range of services are available at FHN Family Dental Care, located at 1768 S. Rosenstiel Drive in Freeport. All three dentists on staff have completed many hours of continuing education and are trained in services including implant dentistry, whitening,

veneers, orthodontics and Invisalign® "We encourage seeing children as early as possible, as our dedicated dental team offers a comfortable, friendly environment so visits with our youngest patients are both pleasant and inviting."

"We offer complete dental care, from routine cleanings and restorative work to implants, braces and snoring/sleep apnea treatment. The broad scope of our services not only improves one's health, but allows patients to achieve the smile they've always wanted, all at one location," Dr. Doak says. "Our patients like the convenience of seeing their family dentist for everything they need, and it allows us to monitor their dental needs throughout the course of their treatment."

If you'd like more information about the services available or the providers at FHN Family Dental Care, call us at 815-235-2600 or toll-free 1-877-6000-FHN (1-877-600-0346) ext. 965.

### Dentist Maria Boy Joins FHN

Board-certified dentist Maria Boy, DDS, has joined the FHN Family Dental Care team.

Dr. Boy holds a doctor of dental surgery degree from New York University School of Dentistry. She completed an oral surgery internship at Woodhull Medical and Mental Health Center and a general practice residency at Lutheran Medical

Center, both in Brooklyn, NY. She joins FHN from Heartland Dental Care in St. Charles, Ill.

Dr. Boy sees patients at FHN Family Dental Care, 1768 Rosenstiel Drive in Freeport. To make an appointment with Dr. Boy, call the office at 815-235-2600 or toll-free 1-877-6000-FHN (1-877-600-0346) ext. 965.

Looking for your 'dream' job?

## Consider a career at FHN.

"Working side by side with so many healthcare professionals to better serve our patients is very gratifying and humbling. I'm proud to be part of an organization that prides itself in maintaining those types of relationships with colleagues, customers and the community."

~Kayla Rodebaugh, Employer Relations Specialist

**Go to Careers at [www.fhn.org](http://www.fhn.org) for a list of career opportunities.**



### Surgeon Barry Barnes, MD, Joins FHN Board of Directors



FHN surgeon Barry Barnes, MD, FACS, has joined the FHN Board of Directors.

Dr. Barnes, who has also served as the chair of the FHN Department of Surgery, will continue to care for patients at FHN Specialty Care – Stephenson Street. He is a board-certified general surgeon.

Dr. Barnes earned his medical degree from Hahnemann University (now Drexel University) in Philadelphia and completed a residency at Good Samaritan Hospital in Cincinnati. Before coming to FHN in 2001, he was a trauma surgeon and the departmental chair of surgery at St. Mary's Health Center in the greater St. Louis area. He is a Fellow of the American College of Surgeons and a member of the American Society of Breast Surgeons and the Society for Surgery of the Alimentary Tract.



### UNION Savings BANK Celebrates 130 Years with Generous Gift to Cancer Center

UNION Savings BANK, one of the area's oldest financial institutions, is celebrating 130 years of service to northern Illinois this year with a major commitment to the health of the communities it serves.

UNION Savings BANK has donated \$50,000 to the FHN Leonard C. Ferguson Cancer Center.

"We are proud to be an independent bank with roots right here in Freeport," said UNION Savings BANK Chairman of the Board and CEO Thomas Huber. "We share a common goal with FHN and the Cancer Center: helping people grow and invest in their future. We consider this gift an investment in the future of the FHN Leonard C. Ferguson Cancer Center, and in the health of our communities."

The Cancer Center's recent expansion brought leading-edge Volumetric Modulated ARC Therapy, featuring an Image Guided Radiation Therapy radiation machine and four-dimensional CT scanning, to Freeport. The expansion also included the addition of a chemotherapy wing and healing garden to enhance the comfort of patients and their loved ones.

"We are very grateful to UNION Savings BANK for their gift to the community and to FHN," said FHN President and CEO Michael Perry, MD. "Their choice of a 'birthday gift' will make people's lives better for many years to come and help all of our communities fight cancer."

# Meet Our Doctors ... Tawfik & DanPullo

You're probably used to hearing about new healthcare providers at FHN, and we're proud to be bringing you new faces, specialties and capabilities.

We're also proud of the providers who are already a part of FHN. You may know them as your family's healthcare provider, a member of your church, your neighbor, or the parent of your child's classmate. In INSIGHT, we like to take the opportunity to re-introduce them to you, so say hello again to Dr. Shokry Tawfik and Dr. Courtney DanPullo!



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## Courtney DanPullo, MD

Board-eligible obstetrician and gynecologist Courtney DanPullo understands the concerns and joys of pregnancy, childbirth and parenting – she's a mom herself. She cares for patients at FHN Specialty Care – Harlem Avenue in Freeport.



"Women's healthcare runs the gamut from adolescent care to family planning, pre- and post-natal care, and managing menopause. I enjoy helping my patients make the best, most well-informed decisions through all the stages of their lives."

Dr. DanPullo earned her medical degree from Wayne State University and completed her residency at St. John Hospital and Medical Center, both in Detroit. She was honored with multiple teaching awards during her residency. As an undergrad majoring in microbiology at Michigan State University in East Lansing, Mich., she received a Johnson's Scholar Student Research grant for cancer research.

She is a member of the American Medical Association and of the American Congress of Obstetrics and Gynecology.

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## Shokry Tawfik, MD

Dr. Tawfik has been caring for patients of all ages in Lena for nearly 30 years. His office is equipped with capabilities for X-rays and flex sigmoidoscopy.

"My patients are more than an illness or a 'case,' they are mothers, fathers, sisters, brothers, and grandparents. It is an honor and a privilege to care for the health of more than one generation in a family."



After earning his medical degree from Cairo University in Egypt, Dr. Tawfik served his residency at the University of Illinois College of Medicine in Rockford. He was named a Rural Physician of Excellence and presented with the "Doc Hollywood" award by the Illinois Rural Health Association in 2006.

Dr. Tawfik is a Fellow of the American Academy of Family Physicians and a member of the Christian Medical and Dental Associates.

**TO MAKE AN APPOINTMENT** with Dr. DanPullo or Dr. Tawfik, call us toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 945.

## Insight

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