

CULBERTSON CONNECTION

Your Health. Your Hospital

NEW CAMERA PUTS FASTER NUCLEAR MEDICINE SCANS IN YOUR NEIGHBORHOOD

It sounds technical because it is. In fact, nuclear medicine might involve some of the most impressive technology out there... and Culbertson Memorial Hospital, along with partner McDonough District Hospital, is taking it to the next level with the installation of the new Siemens ECO Symbia E SPECT System. This state-of-the-art dual-detector scanning equipment will be installed in December and means patients will have access to the latest nuclear medicine technology available today, right here in Rushville. The new system's purchase was made possible by a memorial donation from the Oleathe and Maxine Kelly Estate.

(continued on page 2) >>>>



Sarah D.
CULBERTSON
Memorial Hospital

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(Faster Nuclear Medicine Scans, continued)


“By having the services provided locally, we’re saving people from having to go long distances to large hospitals,” says Dr. Jerome Anderson, Medical Director of Laboratory and Nuclear Medicine Services, “and this new camera system – one of the latest models available – cuts down on imaging time, which means patients spend less time on the table.”

The upgraded technology also gives the hospital the capability to expand its scanning repertoire – adding thyroid and parathyroid tests not typically available at rural hospitals. “A lot of critical access hospitals don’t have this technology, but we do,” says Dr. Anderson. “It’s a tremendous benefit for small towns and patients who prefer to get their medical services locally and conveniently.”

“The biggest impact is that we have the capacity to do the most common scans right here in Rushville, without the patient having to make a long trip,” says Jan Wayland, Section Head of Nuclear Medicine. “And we can do scans immediately – important so the patient doesn’t have to travel for heart scans, for example.”

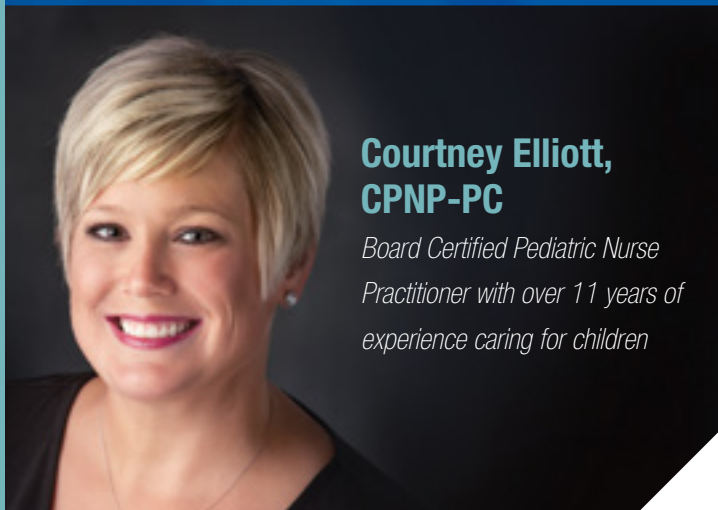
Nuclear Medicine uses radioactive substances to image the body and treat diseases, transforming what used to require exploratory surgery into non-invasive testing that’s often done in minutes. It’s useful for assessing:

- Tumors
- Aneurysms
- Irregular or inadequate blood flow to various tissues
- Blood cell disorders and inadequate functioning of organs
- The presence or spread of cancer
- Urinary tract obstruction
- Sites for biopsy
- Gallbladder function
- Bone and joint abnormalities

Some of the tests our Nuclear Medicine team offers include myocardial perfusion, hepatobiliary, bone, renal, lung, Meckel’s, parathyroid, thyroid and MUGA (multigated acquisition) heart scans. All Nuclear Medicine scans must be ordered by a physician. If you have questions about your Nuclear Medicine testing, call 217-322-4321, ext 271. 

Three new nurse practitioners have joined the team at Elmer Hugh Taylor Clinic, increasing the accessibility of care for our patients with even more availability, as well as extended hours that make it more convenient for busy families’ schedules.

Nurse practitioners are licensed nurses with a graduate level education and advanced practice training who can function as the primary care provider for all ages. Nurse practitioners are able to diagnose and treat



**Courtney Elliott,
CPNP-PC**

*Board Certified Pediatric Nurse
Practitioner with over 11 years of
experience caring for children*

What’s the most important thing for patients to know about how you practice and care for them?

I use a family centered approach to provide support and optimal health for children within the framework of their family, community and environmental settings. I understand while I may have the medical knowledge as to what is going on with my patient, no one knows the child better than their parents. If the parents and patient aren’t on board with the plan, it will not be carried out and the patient is not as likely to improve. Also, including everyone in the process is the best way to ensure the greatest patient outcome.

What special services or care can you offer patients?

As a Pediatric Nurse Provider, I have an education that is focused on offering well child care and the prevention and management of common pediatric acute illnesses and chronic conditions. I have always known I wanted to work with children. I knew I wanted to be in a profession where I could promote the healthy growth and development of all children and at the same time care for and treat the ill children, while also providing support for their families. I found that by being a Pediatric Nurse Practitioner, I get to be a healthcare provider and an educator at the same time. I have formed close bonds with many of my previous patients and their families, and I look forward to having that same experience here.



Providers Offer Expanded Hours

patients, including prescribing medications and even performing minor procedures. Having nurse practitioners as part of the Culbertson Memorial Hospital team not only enables us to expand our availability of care, it allows us to enhance the personal touch our patients value.

Each of our three new nurse practitioners offers a vital contribution to the care continuum at Culbertson Memorial Hospital, with a singular dedication to our patients' health, well-being and quality of life.

All three nurse practitioners are now seeing patients at Elmer Hugh Taylor Clinic. Call 217-323-2245 to schedule an appointment.

Office Hours:

Monday - Thursday: 7:00 a.m. - 7:00 p.m.

Friday: 8:00 a.m. - 5:00 p.m.

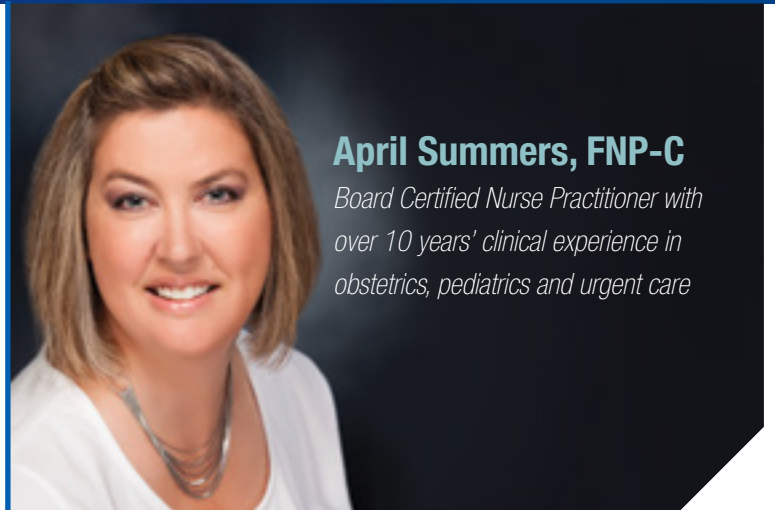
Address:

100 West 15th Street, Beardstown



Danielle Pray, FNP-C

Board Certified Family Nurse Practitioner with over 10 years' clinical experience in women's health and maternal fetal care



April Summers, FNP-C

Board Certified Nurse Practitioner with over 10 years' clinical experience in obstetrics, pediatrics and urgent care

What's the most important thing for patients to know about how you practice and care for them?

I am excited to holistically treat patients throughout their lifespan. I care about, and want to know, each patient's family and their family's dynamics so I can team with them to provide care in times of wellness and sickness, and even be there for them spiritually if I can. What I like most about practicing at Taylor Clinic is you have an entire team treating you – you're not just seeing a doctor or a nurse practitioner – but you have the ability to see all of us and get the benefit of all of that experience. As my patient, you can expect quality time with me at each visit and be assured I will offer essential education to help you get – and stay – well.


What special services or care can you offer patients?

I've been in women's healthcare for many years and I have specialized in treating pregnant women who are high risk. So whether the baby has an anomaly or the mom does, I am able to care for both of them. When patients come to me, I believe it is important for them to feel comfortable and believe I care about them. I want to know what's going on with my patients in all areas of their lives, so I am able to treat the whole patient both mentally and physically.

What's the most important thing for patients to know about how you practice and care for them?

I have over 10 years of nursing experience including urgent care, labor & delivery, pediatrics and home care. Over half of my nursing career was spent in pediatrics. A Family Nurse Practitioner allows you to have one primary care provider for all members of your household. This improves continuity of care and allows us to better know and understand you and your family. There is no need to change healthcare providers as your children grow or as elderly family members transition into long-term care. Nurse practitioners in Illinois work in collaboration with a supervising physician. This means that the patient receives the benefit of the care and expertise of both the nurse practitioner and a physician. Research has consistently shown that patient satisfaction is higher among patients treated by nurse practitioners.

What special services or care can you offer patients?

As a Family Nurse Practitioner, I am able to complete patients' yearly physical exams, including pap smears and breast exams. All necessary lab work, testing and medications can be ordered. Referrals to specialists can be made as needed. In addition, I will be performing minor procedures including mole or lesion removals, incision & drainage of abscesses and laceration repair. 


Warming Hearts – and Bellies – Through Winter and Beyond

For nearly 50 years, the Mobile Meals program at Culbertson Memorial Hospital has kept bellies full and hearts warm year-round in Rushville. And it just keeps getting better. First starting with set meals and serving only a few daily, the program now delivers hot lunches for 40 to 50 people a day, with a variety of choices that can accommodate special diets.

“We even offer weekend pickup for neighbors or friends who want to help,” says Certified Dietary Manager Melody Marvel, “and we serve every weekday, even if it’s a holiday.”

Menus go out the week before, so clients can choose what they like. A typical selection includes at least two meats, three to four vegetables, two salads, two desserts, juice, milk, bread and soup in the winter, with changes in the fall and spring. The program – which offers meals for \$5.50 – has become vital for Rushville residents, says Marvel. “We’re like the post office – we always deliver. We get there, no matter what. In fact, Mobile Meals and the postal service may be the only ones they see all day.”

Like every hospital service, Mobile Meals really cares for its people. “If there’s a problem, we contact the family or emergency services and get the help they need,” Marvel says. “We’ve served thousands since we started, and we’re happy to help them stay in their homes longer. It’s such a necessary service.”

To order Mobile Meals, call 217-322-5273. No contract is required, and the service can be added or stopped as often as needed. 



Get a New Lease on Life with Lifeline

The Lifeline service at Culbertson Memorial Hospital takes “phone a friend” to new levels and puts help at your fingertips 24 hours a day, 7 days a week, 365 days a year.


“It has nothing to do with getting older and everything to do with putting your mind at ease,” says Program Coordinator Joy Mendenhall. “It doesn’t matter your age. We even have a 9-year-old who can use it if he needs to get help for his Mom.”

Maybe you’re suffering from multiple sclerosis, but your spouse is still working and not at home with you. Or you’re a 101-year-old great aunt who still lives in her home. You may be recovering from surgery or simply a concerned relative.



Whoever you are, Lifeline is here for you. “It helps when you realize it’s not just for you – it’s also for your family and for your own peace of mind,” Mendenhall says. “They need to know you can get help even when they’re not there.”

Having help at hand is as simple as wearing a wireless pendant or wristband. The push of a button connects you to a highly trained Lifeline associate who accesses your profile and gets you the help you need fast. “So often I hear they don’t want to bother people,” says Mendenhall. “They don’t want to bother their families; they don’t want to bother Lifeline at two in the morning. But that’s why they’re there. Think of it as giving people a job, by paying them for a service.” You need them, and they need you.

The service is currently available in Schuyler, Fulton, Cass and Brown Counties but will go wherever it’s needed. Part of Lifeline’s beauty is its convenience – you can wear it anywhere, even out of the house, and it automatically reconnects when you’re back at home. Give yourself and your loved ones peace of mind today. No doctor’s order is required; simply call 217-322-5259, to learn about the various options and to set up your Lifeline today. 

Breathe Easier and Get Relief from Lung Disease Right Here

Suffering from chronic obstructive pulmonary disorder, or COPD, can feel like there's an elephant right on your chest. COPD – a collective term for progressive lung diseases including emphysema, chronic bronchitis, refractory (non-reversible) asthma and some forms of bronchiectasis – can also put a huge weight on families. Thankfully, relief is available right here in Rushville, at the Culbertson Memorial Hospital Pulmonary Clinic.

More than 24 million people in the U.S. suffer from COPD – and estimates say more than half of them don't know it. Don't let COPD take over your life – get screened before you lose lung function.

"If you start finding yourself susceptible to respiratory infections or you're having shortness of breath regularly, it may be time to consider the risk factors and symptoms to see if you are at risk," says Alpana Chandra, MD, Pulmonary Clinical Care & Sleep Specialist.

Should I get tested?

"People who have smoked for more than 10 years should always consider themselves at risk for COPD," says Dr. Chandra. A simple, non-invasive spirometry test will measure how well your lungs are working.

You may also have COPD and should get tested if you:

- Have a history of smoking
- Have long-term exposure to air pollutants (including pollution and second-hand smoke)
- Have frequent chronic coughing with or without sputum
- Experience a tightness in the chest
- Cannot keep up with people your own age
- Have a history of COPD in your family
- Have wheezing
- Have shortness of breath that has become worse over time


Heredity can play a role... even if you've never smoked or been exposed to irritants at work. Emphysema2 is connected to a common genetic risk factor, Alpha-1 Antitrypsin Deficiency (AATD). If you don't have enough Alpha-1 Antitrypsin protein in your bloodstream, white blood cells begin to harm the lungs, and your lungs begin to deteriorate.

Why should I get tested?

It's important to find the right treatment. "Not all shortness of breath is COPD, and not all shortness of breath in smokers is COPD," says Dr. Chandra. Untreated COPD symptoms often get worse faster than if they are treated with the right therapy or medication. You can't get lung function back once it's lost and there is no cure for COPD, but there is hope for a better life with early treatment and screening.

What can I do about COPD?

If you're diagnosed with COPD, your doctor will work with you to design a treatment plan around your unique condition. That may include oxygen therapy, medication, breathing techniques, pulmonary rehabilitation, exercise, tips for staying healthy and improving the air quality at home. Above all, quit smoking. "Specialty clinics go a long way in helping patients quit smoking," says Dr. Chandra. "A specialty clinic can educate you about the disease, as well as clarify the diagnosis and any misconceptions."

Breathe easier knowing you're not alone – a skilled pulmonary team is right here in Rushville. For more information on COPD treatment or to get screened, schedule an appointment with the Pulmonary Clinic by calling 217-322-4321, ext. 271. 



Memorial Donations

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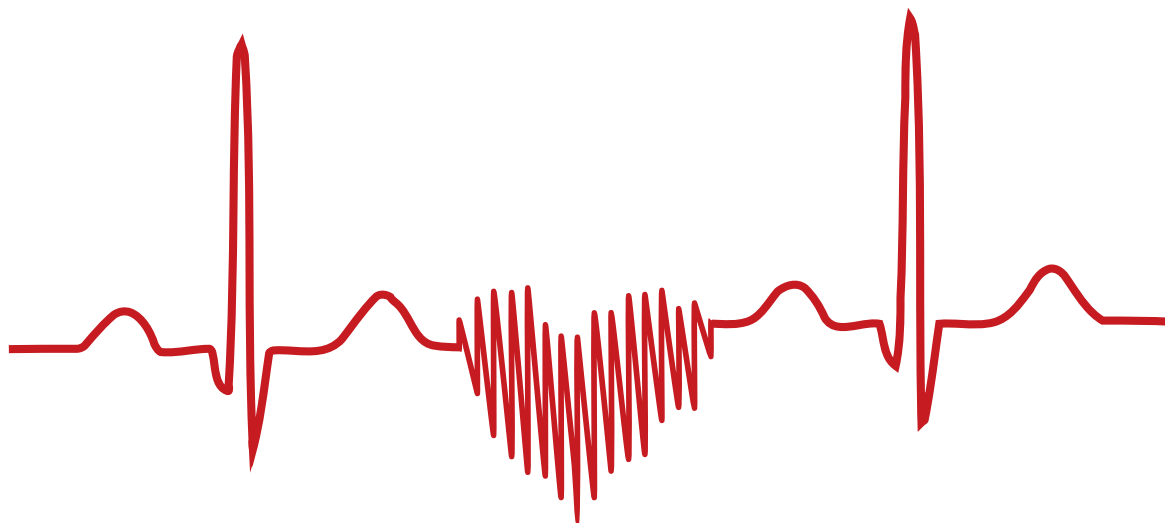
In Memory of Martin Woods

Mr. and Mrs. Stan Ward

In Memory of John Worthington

Mr. and Mrs. Bide Thomas





Help Us Take Your Care to Heart

At Culbertson Memorial Hospital, we put our heart into giving you the best care every day – and this year's annual appeal will help keep the beat going strong. Cardiac monitors allow our dedicated nurses and doctors to track the electrical activity of your heart. More than 15 years old, the current systems have served us well but now need to be updated.

A new cardiac monitoring system will enable us both to expand and upgrade our current system for the Medical-Surgical Department and expand the system to the Emergency Department. Our providers will have access to more precise data on heart function during procedures, and our Emergency Medicine team will have greater flexibility in their response.

The newest technology will also allow our Emergency Medicine team to monitor multiple patients from just one screen. So rather than going into each individual room, our nurses and doctors would be able to see every patient's heart rhythms on a centralized monitor, creating a more streamlined, efficient workflow and raising the bar on patient care. It's a seemingly small change that would have huge, lasting impacts.

Visit our website to make a gift to this year's annual campaign and make our new telemetry monitors a reality. Or send a check to the CMH Foundation, ATTN: Annual Appeal, 238 S. Congress, Rushville, IL 62681. For questions, contact the Foundation Director, Tim Ward, at 217-248-7511. 