UNIQUE USE OF HEART-LUNG MACHINE SAVES HEART ATTACK VICTIM

David Shufelt is lucky to be alive. On Aug. 9 he was helping a friend fix his roof in Clive when suddenly he got very overheated and started experiencing chest pain. His friend rushed him to Mercy West Urgent care, where he collapsed walking through the door. The doctor quickly evaluated him and said Shufelt was experiencing a heart attack and called for an ambulance to take him downtown to Mercy Medical Center.

Upon arrival to the Emergency department, Shufelt was in full cardiac arrest. The medical team shocked his heart several times and performed CPR for at least 40 minutes. The staff told Shufelt’s fiancée, Anita, to not get her hopes up as it didn’t look good.

Since the resuscitative efforts weren’t working, Emergency physician Dr. Andrew Terry started advocating for the use of potentially lifesaving technology known as ECMO (extracorporeal membrane oxygenation) because of Shufelt’s relatively young age of 53 and no other options. Dr. Terry was also familiar with other hospitals that had successfully used ECMO in similar situations.

“I felt ECMO could be a life-saving treatment for Mr. Shufelt, to buy time for the cause of his cardiac arrest to be fixed while maintaining blood flow to his brain and vital organs,” said Dr. Terry.

ECMO involves the use of a sophisticated pump that takes over the functions of the heart and lungs, essentially breathing for the patient by pumping oxygenated blood to vital organs so the lungs can rest. This helps reduce stress on the heart. The device is traditionally used to support adults in cardiac failure waiting for a heart transplant and to help protect the delicate respiratory systems of infants born prematurely.

Iowa Heart Center Interventional cardiologist Atul Chawla and Advanced Heart Failure cardiologist Frances Johnson were contacted for their assessment. Dr. Chawla agreed to take Mr. Shufelt to the cardiac catheterization lab to evaluate his coronary arteries and facilitate ECMO placement.

Shufelt had a coronary artery that was 100 percent blocked that was able to be opened up and a stent placed because of the ECMO, which he remained on for five days.

“The machine literally kept him alive – it maintained blood flow and oxygenation during his procedure and allowed his heart, lungs and body to recover in the days following,” Dr. Terry said.

Shufelt spent nearly two weeks in the hospital and is now enjoying spending time with his family and appreciating life even more.

“They literally saved my life by putting me on ECMO and I couldn’t be more thankful,” Shufelt said. “The care I received was wonderful, and I hope more people are able to benefit from this in the future.”

The Mercy team hopes to help more patients like Shufelt.

“They literally saved my life by putting me on ECMO and I couldn’t be more thankful,”

DAVID SHUFELT
QUICK CARE CLINICS EXPAND HOURS, ADD PROVIDERS

The four Mercy Clinics Quick Care locations continue to evolve and make changes to respond to the needs of the community. These clinics are located inside grocery stores and are staffed by nurse practitioners who see patients ages 18 months and older on a walk-in basis. Providers are qualified to write prescriptions, if needed, and always provide patients with information and next steps for seeking medical care.

The clinic located in the Waukee Hy-Vee recently expanded its hours to match the hours of the clinic located in the Fourth + Court Hy-Vee in Des Moines. Both clinics are open Monday-Friday from 8 a.m.-7 p.m., and Saturday-Sunday from 9 a.m.-4 p.m. Mercy Clinics’ other two Quick Care locations – in the Ingersoll Price Chopper in Des Moines and in the Mills Civic Hy-Vee in West Des Moines, are open Monday-Friday from 9 a.m.-5:30 p.m., and Saturday from 9 a.m.-1 p.m. Plans are in place to expand hours at these locations in 2018.

Seven nurse practitioners have joined the Quick Care staff this year: Baylee Davidson, Judy Book, Erin Christensen, Lindy Nordstrom, Morgan Brown, Lynette Cooper and Amy Oliver. They join five other established quick care providers: Jen DeVore, Callie Derflinger, Kristi Christensen, Betsy Dettman and Tammy Rebhuhn.

MERCY CELEBRATES 13 YEARS HELPING SHOES THAT FIT

Each year, more and more children are in need of warm winter clothes. Last year, Mercy employees fulfilled 1,200 Shoes That Fit needs cards for shoes, coats and boots for Des Moines elementary school children. They also collected $880 in cash that was used to purchase additional winter items.

Mercy is celebrating its 13th year helping the OnMedia Shoes That Fit program. To kick off the annual winter clothing drive, OnMedia and 93.3 KIOA personalities will be outside the Marketplace and Grille on Friday, Oct. 27, from 11 a.m. to 1 p.m. Mercy Family members are invited to stop by to pick up needs cards for winter coats, shoes and boots for area children.

Departments and clinics not located at central campus can request needs cards by emailing dmcbee@mercydesmoines.org. Cards will be sent via interoffice mail.

Fulfilled cards can be returned with the new clothing item to Public Safety at Mercy’s central campus or the receiving dock at West Lakes by Monday, Nov. 20. Clinics and off-site locations need to call Patrick Maher, x-38269, to arrange a pick up for their items.

WHAT’S UP?

SEPTEMBER

LIVEUP RECOGNITION SWEEPSTAKES WINNERS

Mercy colleagues are truly remarkable. In September, 1,060 recognitions were shared through the LiveUp Recognition website. Congratulations to all who were recognized! The winners of the September sweepstakes are:

Kalyee Tigges
Tadele Gemeda
Brandi Deemer
Megan Randolph
Lynette Carr
Pamela Gaulke
Jennifer Lonnevik
Heather Van Fossen
Emily Friesth
Francis Amoako
Michelle Simmons
Steven Cossolotto
Adrian Eslinger
Kevin Morrissey
Cassie Parrish

To check out the website, please visit https://mercydsmliveup.isrewards.com.

CONTACT US

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If you are interested in submitting information to be printed in the Bulletin, send it to PR and Marketing or call 515-247-3050.

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