MERCY CLINICS OPENS QUICK CARE IN NEW DOWNTOWN HY-VEE

Kristi Christensen, ARNP, is now seeing patients at the new Mercy Clinics Quick Care.

MERCY CLINICS HAS PARTNERED WITH HY-VEE to expand health care services in downtown Des Moines with the opening of a Mercy Clinics Quick Care in the new Fourth + Court Hy-Vee store. The Quick Care Clinic – which opened along with the Hy-Vee on Feb. 28 – offers basic health screenings and medical care for minor illnesses such as influenza, strep/sore throat, sinus infection and bronchitis.

The clinic is open Monday-Friday from 8 a.m. to 7 p.m., and Saturday-Sunday from 9 a.m. to 4 p.m., and is 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. Illnesses requiring more advanced and focused treatment are referred to a primary care physician for evaluation and follow-up.

In its first two weeks the clinic has averaged 2-3 patient visits per day, a number which is expected to grow as more people find out about the clinic. Providers have treated several patients who work downtown. “We have received lots of feedback from those in the neighborhood that they are excited to have a grocery store and a clinic close by,” said Kristi Christensen, ARNP, one of the nurse practitioners who staffs the clinic.

“Our clinic is very convenient for patients; they can shop and grab a bite to eat while they wait, get prescriptions sent immediately to the store’s pharmacy and be out of the store quickly with medicine in hand,” Christensen said. “The Hy-Vee store is pretty amazing and shoppers are very excited about the great things here — Starbucks, bagel shop, Asian grill, sushi bar, Mexican grill, Italian deli, smoothie bar, growler bar, wine bar, charcuterie, and more. It is a very pleasant waiting environment, much different from your typical doctor’s office waiting room.”

With the addition of the Mercy Clinics Quick Care at the downtown Hy-Vee store, Mercy now operates a total of four Quick Care Clinics in the metro area.

MERCY CLINICS GASTROENTEROLOGY HOSTS WALK-THROUGH COLON DISPLAY

In an effort to educate central Iowans about colorectal cancer and screening options, Mercy Clinics Gastroenterology is once again offering the public an up-close-and-personal look at the inside of a colon. The “super colon” is approximately 12 feet tall and will be on display March 27-31 in the atrium of the Mercy West clinic building, located at 1601 N.W. 114th St. in Clive.

Visitors will have the opportunity to walk through the inflatable display to see a visual representation of various stages of colon cancer and pre-cancer conditions and the benefits of early detection. Physicians and staff from the clinic will be on-hand at various times to answer questions about colon cancer screenings and treatment options.

This is the third year the clinic has brought the educational tool to the Des Moines area in March, in recognition of National Colorectal Cancer Awareness Month.
"PUT YOUR BEST FORK FORWARD" ENCOURAGES HEALTHY EATING

Eating healthier doesn’t mean changing your entire eating pattern overnight. Small changes, made over time, can add up. March is National Nutrition Month and for 2017 the Academy of Nutrition and Dietetics urges everyone to start small – one forkful at a time, and “Put Your Best Fork Forward.”

Whether you’re planning meals to prepare at home or making selections when dining out, always “Put Your Best Fork Forward” to help find your healthy eating style.

“Healthy eating patterns are not one size fits all, which is why this year’s National Nutrition Month theme inspires us to start with small changes in our eating habits,” said Diane McIlhon, registered dietitian with the Mercy Weight Loss & Nutrition Center. “Adding a piece of fruit to breakfast, opting for whole grain bread instead of white bread, and drinking more water, can make a big impact toward improving your overall health.

The Academy recommends:

• Create an eating style that includes a variety of your favorite, healthful foods.
• Practice cooking more at home and experiment with healthier ingredients.
• Eat and drink the right amount for you on MyPlate
• Find activities you enjoy and be physically active most days of the week.
• Manage your weight or lower your health risks by eating healthier foods and exercising daily.

IOWA CAREGIVERS CONFERENCE APPROACHING SOON, APRIL 10-11

All caregivers are invited to attend the Iowa Caregivers Conference April 10-11, starting at 6:30 a.m. each day, at The Meadows Events and Conference Center – Prairie Meadows, 1 Prairie Meadows Dr. in Altoona. A wide variety of topics will be discussed, and there will be multiple workshops offered. Valerie Stickel-Diehl, RN, MS, MSCN, from Mercy Ruan Neuroscience Center, will speak on stroke rehab expectations. Registration is $50 for one day and $75 for both days. Deadline for early bird registration is March 27. To view the conference agenda and to register, click here.

WHAT’S UP?

ANNUAL FACILITIES SURVEY UNDERWAY

Mercy’s Facilities Management Department is asking staff members to complete a short customer satisfaction survey. The total time to take the survey should range from five (5) to ten (10) minutes.

Your opinion is very important and your responses will be used to enhance Facilities Management services and to better understand how they can improve. You can access the survey online at http://catholichealth.websurveyor.net/WSB.DLL/S/65gbca. Please note, you will need to select OneNebraska/Iowa for your system affiliation on the first page of the survey. Iowa is under the One Nebraska in the location tab because this is a CHI regional survey.

If you don’t have access to complete an online survey, you can access a hard copy on MercyNet at Customer Satisfaction Survey (manual form) to print, fill out and return via interoffice mail to Diane Cummings in Facilities.

We appreciate you taking the time to share your thoughts for continuous Mercy improvements.

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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