Mercy Psychiatry Residency Clinic holds ribbon-cutting ceremony

A special ribbon-cutting ceremony was held on Wednesday, Sept. 19, to open the newly-constructed Psychiatry Residency outpatient clinic on 3 West of central campus. To celebrate Mercy’s continuing efforts to improve access to behavioral care in Iowa, Mercy leaders and members of the Mercy Psychiatry Residency Program invited Governor Kim Reynolds to take part in this momentous occasion.

Starting as soon as next year, Mercy’s first class of four psychiatry residents could begin seeing patients in the clinic for follow-up care after they have been discharged from Mercy’s inpatient units for adults, children and adolescents. In their third year, residents will see outpatients on a regular basis, making a significant contribution to improve access by caring for people who previously have had long waits for behavioral services.

This past legislative session, improving mental health care was a major priority. Gov. Reynolds signed into law new efforts to improve care that will meet the behavioral needs of all Iowans.

“Everyone here knows we have a critical gap when it comes to psychiatrists in Iowa,” said Gov. Reynolds. “I want to commend Mercy on the addition of the residency program. Through this program you are going to help Iowans have access to more care and psychiatrists.”

Psychiatric Residency Program Director Dr. Sasha Khosravi feels the opportunity exists to make positive strides in improving behavioral health care in Iowa. He says the new residency program and added resources are already having an impact.

“There was great interest in the Mercy Psychiatry Residency Program from the beginning,” said Dr. Khosravi. “For the four positions in our first class, we had 1,000 applicants to select from. The Electronic Residency Application System (ERSA) we use to select our residents has only been open for two days and already we have received more than 650 applications.”

Chief Medical Officer Dr. Charles Keller and Dr. Khosravi say the partnership with the state has been a major plus. The residency program became possible because of the desire by Mercy and partners to develop our own psychiatrists to serve Iowans. This was backed up with supportive funding and legislation. Employment trends show medical residents often tend to locate where they are trained. Dr. Khosravi says he has already heard from two members of the first class they would like to stay in Des Moines after graduation. That’s something he hopes to continue to hear as the program advances.

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- GOVERNOR KIM REYNOLDS
KEY RESULT AREA: Consumer Experience

**Mercy Cancer Center patients, doctors share stories in new video campaign**

Everyone who works at Mercy Cancer Center has played a role in saving or improving the lives of those facing a cancer diagnosis. The physicians, nurse navigators, counselors and others work together daily to provide coordinated, compassionate care to cancer patients and their families. And now, a series of videos aims to spread this message across central Iowa.

The videos feature Dr. Phil Colletier, medical director of Mercy Cancer Center Radiation Oncology, Dr. Shankar Raman, colorectal surgeon, Dr. Sarah McAvoy, radiation oncologist, and cancer survivors Larry Schurman and Melanie Stielow.

View the videos on the Mercy Cancer Center section of Mercy’s website, or on Mercy’s YouTube channel at www.youtube.com/user/MercyDesMoines/videos. To stay up-to-date on any new videos posted by Mercy, click the red “Subscribe” button.

KEY RESULT AREA: Consumer Experience

**Stork Affair returns to Mercy!**

The stork is making another trip to Mercy! Stork Affair, ideal for expecting parents and couples planning to start a family, will take place in the East Tower from 8:30 a.m. to 1 p.m., on Saturday, Sept. 29. Admission is free.

Stork Affair will include tours of the Women & Infants’ Center on Levels 3 and 2 in the East Tower and an Educational Expo with a robust line-up of classes. Vendors will include Mercy departments that cater to parents and children, local non-profit organizations and local companies. Mercy will also have car seat technicians available to inspect car seats.

Suite Dreams is sponsoring the Dream Nursery prize, which includes a crib, dresser and chair – all valued at $1,500. There will also be lots of other door prizes, and attendees will receive a Mercy tote bag and memory book.

To see a complete schedule of events and pre-register, please visit mercydesmoines.org/storkaffair.

KEY RESULT AREA: Team Engagement

**Week-long celebration for Mercy Day**

The legacy of the Sisters of Mercy has been a guiding force for the delivery of care to our patients, their families and the communities we serve for nearly 125 years. You’re invited to celebrate Mercy Day with the following activities:

**Mass**

Monday, Sept. 24 | Our Lady of Mercy Chapel, central campus (Noon) and West Lakes (11:30 a.m.)

The Most Reverend Richard E. Pates, Bishop of Des Moines, will be joining us to celebrate Mass. Patients and staff can also see the Mass on Channel 4.

**Blessing of the Hands**

Bishop Pates will also bless the hands of physicians and staff following Mass. Blessing of the Hands at Mercy West Lakes will also take place after Mass. This year, Pastoral Care will visit units on both campuses to provide the blessings. Directors who would like a unit visit can contact Pastoral Care at 7-3238 or Chaplain Mary Pink at Mercy West Lakes.

**Mercy Day Meals**

- **Central campus**
  - Sunday, Sept. 23 / 5-8 p.m. / East Tower Vending Area
  - Monday, Sept. 24 / 10:45 a.m.-1:30 p.m. / 5-8 p.m. / Auditorium
  - Tuesday, Sept. 25 / 1-3 a.m.

- **Mercy West Lakes**
  - Sunday, Sept. 23 / 5:30-7:30 p.m. / Atrium
  - Tuesday, Sept. 25 / 4-5 a.m. / 11 a.m.-1:30 p.m. / 5-7 p.m.

- **Mercy West**
  - Tuesday, Sept. 25 / 11 a.m.-1:30 p.m. / Comfort Health Center for Women Conference Room

**Mercy North**

- Tuesday, Sept. 25 / 11 a.m.-1:30 p.m.

Like the Sisters, you can also help serve members of the community who are in need by collecting food for the Des Moines Area Religious Council Food Pantry. Primary items needed are dry pastas, peanut butter and canned soups.

Look for more details in Mercy News Briefs.
"When you’ve developed a good physician-patient relationship like we have, it’s important to keep it."  – Jim Boyd

Patient credits positive physician interaction in back pain relief

Friendly and upbeat, former WHO Radio broadcast journalist Jim Boyd is an optimist by trade as well as by nature. He works as director of strategic growth for The Optimist International, a worldwide volunteer organization with more than 2,500 local clubs dedicated to bringing out the best in children and their communities.

But when it comes to his chronic back pain, which he suspects was triggered by injuries from playing volleyball in his 30s, Jim is more of a realist.

“It’s been a 30-35-year history of neck and back pain for me. I live with some discomfort most of the time,” he says matter-of-factly. “I had two surgeries in my 30s for disk problems, most likely brought on by playing volleyball and diving for balls with reckless abandon. I played both indoor and sand volleyball, and it was great fun, but that kind of effort can come back to haunt you.”

Boyd credits physiatrist Jeffrey Pederson, D.O., of Mercy Physical Medicine & Rehabilitation’s satellite location in Ankeny (Mercy Clinics Physical Medicine & Rehabilitation Briarwood), for helping him manage his pain and maintain his active lifestyle through osteopathic manipulation – a hands-on technique that involves moving muscles and joints through stretching, pressure and resistance, starting at the base of the spine and moving up to the neck.

“My family doctor was the one who recommended that I see Dr. Pederson. I go in about once a month and supplement with visits to my chiropractor, which Dr. Pederson is fine with,” he says. “The adjustments don’t hurt. I always let him know what’s bothering me, and ask for him to be ‘gently aggressive.’”

Boyd credits his relationship with Dr. Pederson for making him feel comfortable in communicating how he’s feeling and how the treatments are helping.

“He and I have a very good relationship. He listens to my jokes, then fires back at me. We are able to communicate well. I’ll offer suggestions based on how I’m feeling. When I go in, I know I’ll feel like Jell-O afterward – very relaxed.”

Feeling better makes daily activity more comfortable, which in turn helps prevent future pain – a positive cycle that Boyd really appreciates.

“I’ve recommended Dr. Pederson to a couple of friends, and I stayed with him when he moved to the Ankeny office, even though I live in Urbandale,” he says. “It’s worth the drive. When you’ve developed a good physician-patient relationship like we have, it’s important to keep it.”