New program eases testing burden for diabetes patients

MercyOne Des Moines Diabetes and Endocrinology is offering a new technology aimed at improving the lives of patients with diabetes. The Eversense Continuous Glucose Monitoring system continuously tracks a patient’s glucose, decreasing the frequency with which patients must prick their fingers to test their glucose levels, while providing more data and the ease and security of continuous glucose monitoring.

MercyOne Des Moines Diabetes & Endocrinology is the first clinic in Iowa to provide this option to patients. Doctors at the clinic implanted the first devices in April 2019. “The patients who are using the system so far are all doing well and happy with the results they are getting,” said Geri Gomez, clinic manager.

The Eversense system consists of a sensor implanted in the upper arm under a patient’s skin during a minor office-based surgical procedure. The sensor connects to a transmitter on the outside of the skin; the transmitter sends glucose data patients can access through an app on their mobile devices. Once implanted, the sensor lasts up to 90 days before needing replaced.

Vanitha Singaram, MD, Teck Khoo, MD, and Abbey Modlin, DNP, are the providers currently implanting the devices.

**Consumer Experience**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>86%</td>
<td>Of patients reported less day-to-day burden</td>
</tr>
<tr>
<td>80%</td>
<td>Were more motivated to keep up with diabetes management</td>
</tr>
<tr>
<td>85%</td>
<td>Reported improved confidence and control</td>
</tr>
<tr>
<td>92%</td>
<td>Of patients reported to no pain or discomfort with the sensor placement</td>
</tr>
</tbody>
</table>

“**The patients who are using the system so far are all doing well and happy with the results they are getting.**”

- Geri Gomez, Clinic Manager, MercyOne Des Moines Diabetes and Endocrinology

New monthly lunch series focuses on women’s health

A new monthly Women’s Health Conference is a resource for providers with an interest in learning more. During the inaugural event on Friday, July 19, Jona Conklin, MD, maternal-fetal medicine physician with MercyOne Perinatal Center, presented on pregnancy and diabetes management before, during and after pregnancy.

Continued on next page
On Friday, Aug. 23, Neil Mandsager, MD, maternal–fetal physician with MercyOne Perinatal Center, and Stephanie Trusty, RNC, BSN, with the Iowa Department of Public Health, will present, “Improving Maternal Health and Safety: Maternal Morbidity and Mortality.” There is also a Zoom meeting option for anyone who wants to participate, but can’t attend in person. Continuing education credit is available, and lunch is provided.

Going forward, the Women’s Health Conference will be held the third Friday of each month, from 12:30-1:30 p.m. in the East Tower Auditorium, MercyOne Des Moines Medical Center. For more information, please contact Jenn Callahan, manager of Childbirth Education, at 515-358-5060.

Nothing compares to the Iowa State Fair

While enjoying the Iowa State Fair, be sure to stop by the STAR 102.5 KidFind booth in front of the Grandstand, or the LAZER/KIOA booth inside the Grand Ave. Entrance, to get your children fitted with KidFind ID bands, courtesy of the Iowa State Patrol, STAR 102.5 and MercyOne Children’s Hospital. Our MercyOne colleagues will be at the booths from 9 a.m. to 5 p.m. with fun activities like bags, hula hoops, Twister, sidewalk chalk and more! There will also be fun giveaways each day.

Save the date: MercyOne Central Iowa colleague forums

Mark your calendar to attend the next colleague forum, where you’ll hear how we did in achieving our Key Result goals for FY19, and learn more about goals for FY20.

Welcome…
Cindy Penney, DNP, RN, CENP, NEA-BC, joined MercyOne on Aug. 5 as vice president, patient care/chief nursing officer (CNO), with responsibility for planning, organizing and directing the profession of nursing at MercyOne Des Moines and West Des Moines Medical Centers.

Congratulations…
The lymphedema therapy team of MercyOne Katzmann Breast Care achieved their individual “Pink Ribbon” certifications. The Pink Ribbon Program is a rehabilitation program created to enhance recovery for breast cancer patients to stretch and strengthen shoulders, chest and back to achieve greater range of motion and strengthen the areas most affected by breast cancer treatment, surgery or reconstruction. Pictured below are Amy Sandhurst, Tammee Stebbins and Michele Craven.