West Des Moines Medical Center celebrates a decade of service

Sept. 8 marks the 10-year anniversary of the opening of Mercy Medical Center – West Lakes, now MercyOne West Des Moines Medical Center. Since its opening, the hospital has continued to grow and evolve each year by adding new services and serving more patients.

West Des Moines’ first full-service community hospital, MercyOne West Des Moines Medical Center offers a wide array of services – including 24/7 emergency care, cardiovascular services, orthopedics with a specialized ortho floor, surgery – including robotic and bariatric, medical imaging, intensive and progressive care unit (PCU), rehab services and other ancillary services.

“Our goal is to be a comprehensive community hospital, offering as many services as possible to meet the health care needs of the western communities,” said Phil Harrop, chief operating officer. “In the last year, we have added inpatient dialysis and inpatient neurology consults, along with a PCU to better serve our patients. It is important we take time to celebrate our 10 years of service and accomplishments.”

MercyOne West Des Moines is licensed for 146 beds and is a seven-story, 239,000-square foot facility located on 17 acres. More information about the hospital and its service is available at www.mercyone.org/westdesmoines.

New clinic champions heart-healthy mission

Prevention of heart disease or restoring health after a heart attack, stroke or vascular event is the goal of the new MercyOne Iowa Heart Center Prevention and Wellness Clinic.

“Formalizing this service and adding this clinic fulfills a long-standing mission of Iowa Heart Center to improve the cardiovascular health of our community, as well as our current patients living with cardiovascular disease,” said Dr. Eric Martin, program medical director and cardiologist. “Research shows the more touch points a patient has after an event, the more successful they are at improving their health.”

Join in celebrating MercyOne West Des Moines Medical Center’s decade of service with games, face painting, food, prizes and fun during a special open house.

Sunday, Sept. 8, 3-5 p.m. Atrium, Level 1

Continued on next page
With sympathy…

With great sadness we remember Andrew James A.J. Malone, our MercyOne Central Iowa colleague who passed on July 7, 2019, due to complications of leukemia. A.J. shared his skills and exceptional patient care with many areas, including our inpatient units, MercyOne Des Moines Riverside Rehabilitation, and most recently the MercyOne Health and Fitness Center.

MercyOne Des Moines Laboratory recognized for long-term accreditation

MercyOne Des Moines Laboratory was recently recognized nationally as one of the longest accredited laboratories by the College of American Pathologists (CAP). MercyOne has earned continuous accreditation since the Laboratory Accreditation Program began in 1964. One of just 41 labs to receive the prestigious honor, MercyOne Des Moines Laboratory was the only lab in Iowa to make the list.

"We are very proud of the historic commitment to quality laboratory testing as a result of MercyOne Des Moines Laboratory’s long-standing relationship with CAP," said Teri Reiff, market director, Laboratory Services. "The accreditation criteria set forth by CAP is recognized as among the most comprehensive and rigorous standards in the industry. As a result, our entire staff is committed to a persistent focus on clinical quality for our patients and providers."

The use of digital technology, artificial intelligence, liquid biopsy and precision medicine continues to increase, and pathologists are helping to lead the way in their development, study and use, to improve testing, diagnosis and patient outcomes. MercyOne Des Moines Laboratory is one of the few to consistently meet the high standards of CAP accreditation by using the latest technologies and best practices to deliver faster, more accurate results for better patient care every day.

Announcements

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Heart-healthy mission

The comprehensive cardiovascular risk management program combines the expertise of preventive cardiologists, nurse practitioners, registered dietitians and fitness specialists to assess a patient’s individual health and risk. From here, a customized plan is developed to decrease risk of heart and vascular disease and minimize progression of other conditions. Beth Chia, ARNP, serves as the program director, with referrals to other specialists made as needed.

Consultations are now available at the MercyOne Iowa Heart Center West Des Moines office. If you or your patients have risk factors for cardiovascular conditions such as high blood pressure, high cholesterol, diabetes or pre-diabetes, cardiometabolic syndrome, family history, tobacco use or obesity, schedule a consultation by calling 515-633-3600.

Quick look: High deductible health plans

Annual benefit enrollment, Oct. 16–Nov. 6

The high deductible health plan with health savings plan (HDHP/HSA) offered by Catholic Health Initiatives (CHI) is unique in offering medical coverage with a savings component – an advantage no other CHI medical plan offers.

The higher deductible may seem scary, but remember: the high deductible plan typically has lower payroll deduction, and you can contribute pre-tax money to the HSA. Plus, each pay period, CHI will contribute to your account – a total of $600 per year for an individual and $1,200 per year for a family. By participating in the CHI Wellness Program, you can also have your earned wellness dollars deposited into your HSA. The total of your contributions, CHI contributions and any wellness incentive contributions combined cannot exceed the IRS limits of $3,550 for an individual or $7,100 for a family during 2020.

Starting Sept. 25, the Annual Enrollment section of our well-being pages will feature the Health Plan Comparison tool for 2020, which will included updated plan rates for next year. The tool will show you a side-by-side comparison of what each medical plan could cost you.

Consumer Experience

Ambulatory Growth

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MercyOne.org/desmoines