HEALING AND GROWTH WITH HOME CARE
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HEART HEALTH AWARENESS at the Mercy Red Dress Breakfast
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Pictured: Penney Hilkin and daughter, Hannah of Dickeyville, Wisconsin
It is generally agreed that one of the keys to improving the quality of health care while controlling its cost is for hospitals and physicians to work more closely together. Of course, hospitals and physicians have worked together for years, because hospitals are the setting in which many physicians perform much of their work. Members of the hospital medical staff have long offered their time on a purely voluntary basis to help hospitals advance their programs and improve their services. Patients have certainly benefited from this history of collaboration.

So, what is different today? While hospitals and physicians have a well-established tradition of cooperating with each other to make hospitals better and safer, new goals of collaboration are starting to emerge. Hospitals and physicians are beginning to work together to achieve such objectives as helping people avoid hospitalization, preventing readmissions to the hospital, coordinating post-discharge care, more effectively managing chronic illnesses, and reducing the overall cost of care. It might be said that these new goals require hospitals and physicians to "think outside the box," because these types of improvement involve efforts that take us beyond the four walls of the institution.

New organizational models are evolving to support the new emphasis of hospital-physician collaboration. It is increasingly common, for example, for physicians to become hospital employees, a significant departure from past practice and a movement that Mercy has not found it necessary or desirable to participate in. Rather than seeking to place physicians on our payroll, we prefer to build on our excellent history of voluntary cooperation, strengthening it with innovative new agreements and mutual commitments based on shared values and goals.

It is for that reason we have recently joined with eleven physician groups in the Dubuque area to create a new entity we refer to as a "Clinically Integrated Network." This network was formed last fall as the local chapter of a statewide organization structured to assume full accountability for the cost and quality of care. We've appointed a governance committee and elected a physician leader to serve as chair. We'll start our work by focusing on the health and wellness of Mercy employees and their dependents, with a special concentration on the best ways to manage the care of people with high blood pressure and diabetes.

We'll share information about current performance and best practices (while safeguarding each individual's privacy and confidentiality, of course) and we'll use a new type of health care professional called a "health coach" to help people meet their personal health goals. We'll work together to develop more consistent and effective ways of treating people in the physician's office, in the hospital, and at home. After we demonstrate solid success with Mercy employees and their family members, we may be able to offer similar services to other interested employers in the community.

The creation of this Clinically Integrated Network, with the voluntary participation of eleven physician groups, marks an important point in the development of hospital-physician partnerships, one that has high potential to produce outstanding results for those we serve.
**SPOT A STROKE FAST**

**Stroke is the LEADING CAUSE** of adult disability in the United States, and the **5th leading cause of death.**

**F.A.S.T. IS AN EASY WAY TO REMEMBER THE SUDDEN SIGNS OF STROKE**

- **Face Drooping**
  Does one side of the face droop? Ask the person to smile. Is the person’s smile uneven?

- **Arm Weakness**
  Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?

- **Speech Difficulty**
  Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence like, "The sky is blue." Is the sentence repeated correctly?

- **Time to Call 911**
  If someone shows any of these symptoms, call 911 immediately. Check the time so you know when the first symptoms appeared.

Source: American Stroke Association

**STROKE PREVENTION AND TREATMENT**

Stroke affects about 800,000 Americans every year. Learn about stroke from Medical Associates neurologist Marsha Horwitz, MD, including risk factors, treatment, and long-term prevention. Presented by Mercy’s Advanced Primary Stroke Center.

**Thursday, May 21 | 6:30 – 7:30 p.m.**
Mercy, sixth floor auditorium, 250 Mercy Drive, Dubuque. No fee. Registration required at www.mercydubuque.com/events or 563-589-9600.
Preemie THRIVES with HOME CARE
Penney and Tim Hilkin, of Dickeyville, Wisconsin, were expecting their first child in 2013. Penney was enjoying a healthy pregnancy, but that changed around 24 weeks.

"I wasn't feeling well, and I told my doctor that something wasn't right," she recalls. "I just felt off."

Penney's instinct was right—she was dilated to one centimeter, and contractions began. Because she was only 24 weeks gestation, she was admitted to the University of Iowa Hospitals and Clinics.

"They were confident that with bed rest they could get another couple weeks out of me. That's what they were hoping. Well, Hannah had other plans."

Hannah was born 16 weeks early, on September 25, 2013. She weighed just 1 pound, 7 ounces. Because she was born so early, Hannah's lungs were underdeveloped. She was diagnosed with respiratory distress and bronchopulmonary dysplasia, a lung disease that is characterized by inflammation and scarring in the lungs. She was also diagnosed with an underactive thyroid, called hypothyroidism, which she could outgrow.

But Penney describes Hannah as a fighter, and she persevered. Hannah spent 105 days in the neonatal intensive care unit, and she came home five days before her due date. She had grown to 6 pounds, 11 ounces.

At that point, Mercy Home Care stepped in to help with Hannah's transition home. Three days a week, they received a visit from a Mercy nurse, and Angela Horaney, BSN, RN, was with them from the start. It was critical that Hannah continue to thrive, so each visit included an exam.

"I would check her weight, listen to her heart and lungs, and check her abdomen and oxygen saturation levels," Angela describes. "There's also a lot of education. I would educate on medication because they get such small dosages, so we make sure there aren't any issues with that. We would talk about developmental milestones—what she should be doing and what to look forward to down the road. If Penney had questions, I would call the doctor on her behalf while in the home so that we could all talk."

Angela helped them work through Hannah's challenges with feeding and gaining weight.

"Every time she'd go on the scale, I'd hold my breath," Penney recalls. "It's a relief to see that she's gaining weight and we're going in the right direction. It has been so reassuring to have Angela here."

Hannah continued receiving home care visits through April 2014 and then again through the following fall and winter so that she could receive a medication to help protect her against respiratory illnesses.

Hannah is now 18 months old and has "graduated" from home care. She's a happy, bubbly little girl with a big personality. She's even taking her first steps.

"Home care is a great option for patients who are in that critical period of time after being in the hospital so that they don't end up back in again," Angela describes. She sees patients from preemie to geriatric, and for a variety of reasons.

For example, a patient who received a joint replacement will receive home care visits from a physical and/or occupational therapist and a nurse. The therapist will help with exercises to prepare them for outpatient therapy, and the nurse will be there to check the incision, watch for symptoms of infection, and to educate about pain medication.

Angela might also see a patient with a heart or pulmonary disease who needs help transitioning back home after being in the hospital. In that situation, she would be completing full assessments to make sure everything is going well, and she might see that patient for several months.

"The best thing about my job is seeing the progression our patients make. It amazes me every time."

For more information about Mercy Home Care, visit www.mercy dubuque.com/home care or call 563-589-8899.

"It's a relief to see that she's gaining weight and we're going in the right direction. It has been so reassuring to have Angela here."

— Penney Hilkin

![Mercy Home Care nurse Angela Horaney with Penney and Hannah Hilkin.](image)
Q&A

Q: My summer will be filled with graduation parties and weddings. How do I enjoy the delicious foods without gaining 20 pounds?

A: Seasonal parties can be intimidating if you're trying to manage your weight, but they don't have to be. In Mercy's 12-week Weight Loss Program we discuss specific strategies to help individuals enjoy celebrations that include challenging menus. Try these tips at your next party:

» Use a salad plate instead of a dinner plate to help with portion control.

» Fill your plate with lower calorie options first, then select small servings of higher calorie favorites.

» Plan a bike ride or walk before or after the event to offset those additional calories.

— Holly Paulsen, RD, LD

Mercy Weight Loss Program

This unique program uses the technology of the MedGem indirect calorimeter to measure your metabolism and daily calorie needs. Then a plan is tailored just for you to help you achieve your weight-loss goals. The program includes eight nutrition classes with Mercy clinical dietitian Holly Paulsen RD, LD, discussing topics such as metabolism, meal planning, dining out, emotional eating and maintaining weight loss. Four cooking sessions with Mercy's chef are also part of the program.

Wednesdays, May 20 – August 5, noon – 1 p.m. or 5:15 – 6:15 p.m. Mercy, 250 Mercy Drive, Dubuque. Fee: $249. Registration is required at www.mercydubuque.com/events or 563-589-9600.

NEW BLOOD MANAGEMENT PROGRAM – ONLY AT MERCY

Traditionally, heart surgery has required the use of donated blood, but a new blood management program at Mercy helps increase a patient's own blood supply prior to surgery, thus reducing or eliminating the need for a blood transfusion.

Blood conservation is being embraced by a growing number of medical centers throughout the country for a wide array of benefits, including shorter hospital stays and faster recovery times for the patient. In addition to using a cell saver system that carefully conserves and recirculates the patient's blood otherwise lost during surgery, the patient receives a regimen of vitamins prior to surgery to increase red blood cell levels, which results in the patient maintaining a normal level of hemoglobin during the procedure.

While blood transfusions from donors are safe, there can be an increased risk of an allergic reaction to the donor blood, or an adverse effect on the immune system. Dr. Lance Bezzina, cardiovascular surgeon with Medical Associates Clinic explains, "With a transfusion, we don't always know how the immune system is going to react."

Mercy has reduced its need for donor blood from 100 percent of heart surgeries to just eight percent, far better than the national average of 44.6 percent and even the very respectable 20 percent average of the nation's top-rated heart institutes, according to the Society of Thoracic Surgeons.

"Pretty much all elective heart surgery patients can now get by without a transfusion, which provides patients with better medical care," says Dr. Bezzina. "We've had great results."

MERCY GIFT SHOP

Shop gifts and home decor at the Mercy Gift Shop. All proceeds support programs and services for children in Mercy's care. As always, there is no sales tax.

Monday, Thursday, and Friday: 10 a.m. - 5 p.m.
Tuesday and Wednesday: 10 a.m. - 7:30 p.m.
Saturday: 10 a.m. - 3 p.m.
RED DRESS BREAKFAST

See all the photos from the breakfast at www.facebook.com/MercyDubuque.

Over 500 guests enjoyed a morning of heart health awareness at the Mercy Red Dress Breakfast on Friday, February 27. Keynote speaker Bob Harper delivered an inspirational message about taking charge of your life to improve your health, and he shared his five pillars to make that happen:

- **Nutrition:** Limit sugar and start reading food labels—look for ingredients that you actually recognize.
- **Exercise:** Benefits of exercise include helping to control weight and blood pressure, combating diseases, increasing energy, and improving mood.
- **Sleep:** Get 7-9 consecutive hours of sleep by limiting alcohol, reducing stress, and turning off your phone alerts.
- **Stress:** Stress leads to headaches, high blood pressure, stomach problems, chest pain, elevated cortisol, and sleep problems.
- **Motivation:** Be aware of your physical and social environments—positive places and people will help you stay motivated.

“There is no finish line. **Believe in yourself, trust the process, and change forever.”**
— Bob Harper

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CHICKEN ROLLATINI

MAKES 8 SERVINGS • SERVING SIZE: 1 ROLLATINI

INGREDIENTS
- 1 tablespoon olive oil
- 1 garlic clove, minced
- ¾ pound mushrooms, sliced
- 4 egg whites (about ½ cup)
- ¾ cup whole wheat seasoned bread crumbs
- 2 tablespoons grated Romano or Parmesan cheese
- 1½ pounds chicken breast cutlets, pounded thin (8 cutlets, about 3 ounces each)
- 4 ounces part-skim mozzarella, cut into 8 thin slices
- 5 ounces frozen spinach, thawed and squeezed dry
- 8 to 16 toothpicks
- ¾ cup reduced-sodium chicken broth (gluten-free if needed)
- ¾ cup white wine (or additional chicken broth)
- 1 tablespoon fresh lemon juice
- 1 tablespoon chopped fresh parsley

PREPARATION
1. Preheat oven to 450°. Lightly coat a 13 x 9-inch glass baking dish with nonstick cooking spray.
2. In a skillet, heat the oil over medium heat until hot. Add the garlic and sauté for 30 seconds. Add the mushrooms and sauté until the liquid has evaporated, about 3 minutes. Remove from the heat and set aside.
3. In a shallow bowl, beat the egg whites lightly. In another shallow bowl, combine the bread crumbs with the grated cheese. Dredge each chicken cutlet in the egg whites, then in the bread crumbs, making sure to cover completely with the bread crumbs.
4. Arrange the breaded chicken cutlets on a flat work surface. Top each cutlet with a slice of mozzarella cheese and some spinach. Loosely roll each cutlet and secure with 1 or 2 toothpicks. Arrange the rolled cutlets in the prepared baking dish, seam side up.
5. Add the chicken broth, mushroom mixture, wine and lemon juice to the baking dish. Bake for 30 minutes, or until browned. Serve topped with the mushroom sauce and parsley.
Our pharmacists are moms too.

At Mercy Family Pharmacy, some of our pharmacists are moms too. They understand that personalized attention and taking time to answer questions is what matters to moms most. Combine that with convenient locations and competitive prices, and you soon realize that Mercy Family Pharmacy is the ideal health care partner for moms and their growing families.

SIX LOCATIONS
DELIVERY TO YOUR DOOR
ONLINE REFILLS

YOUR PRESCRIPTION FOR A BUSY LIFE

CHICKEN ROLLATINI

“Make this easy chicken rollatini when you want to impress your guests but don't want to spend hours in the kitchen. This chicken recipe includes spinach, which is high in vitamins A and C, known antioxidants.”

— Kristie Jacobsen, RD, LD

NUTRITIONAL INFORMATION:
202 calories, 8g fat, 3g saturated fat, 58mg cholesterol, 425mg sodium, 0g fiber, 27g protein