

## Your Local Providers

## Howard County Medical Center



Dr. Angela Brennan



Dr. Dan Harrahill



Dr. Jared Kramer



Dr. Chris Tomhave



Roger Wells, PA-C

# Health Watch

*Mission: Howard County Medical Center will provide quality, efficient healthcare.*

## Dr. Brennan Performs 1st Webcam Birth at HCMC



*Photo courtesy of Barret Stinson, and article courtesy of Robert Pore, both of The Grand Island Independent.*

Zack and Megan Winegarner were thousands of miles apart when Megan gave birth to the couple's daughter, Addison Grace, early Tuesday morning at Howard County Medical Center in St. Paul. But they couldn't have been any closer together — that is, thanks to modern technology. Zack and Megan were together during the whole grueling 18 hours Megan was in labor. He talked to her, he sang to her, and most importantly, he comforted her when she needed him the most. And Zack was also there for that glorious moment when Addison came into this world. What was magic about the moment was that Zack was at a U.S. air base in Turkey when Megan gave birth to Addison at 12:51 a.m. on March 3rd. Thanks to the power of the Internet, Zack was there, live on the screen of Megan's laptop computer positioned next to her hospital bed. Addison is the Winegarner's first child.

Megan said Zack shipped out to Turkey from Travis Air Force Base in California, where the couple was living, at the end of October 2008. Megan was about 22 weeks along in her pregnancy when Zack left for Turkey. Megan then came back to Central Nebraska to live with her parents in Dannebrog. The idea of Zack being with Megan, via the Internet, came to Zack as he was allowed to use the Internet while on deployment. "That's how we talked every day, through the webcam," Megan said. "He had an idea one day about whether he could see her when she was born. He asked about it, and we just went from there." And, on Megan's end, the hospital was more than willing to make it happen.

Megan said there were some small technical problems at first because this was the first time a patient had asked to live stream a birth at the hospital via a computer's webcam. During the event, Megan's mother-in-law, Teresa, handled the technical end of the webcast, while her mom, Isabella Sautter of Dannebrog, tended to her daughter. The webcast was interactive as both Zack and Megan were constantly communicating with each other during the event.

They were also talking to each other on their cell phones, along with sending each other text messages. "When I started feeling the contractions, I was focusing on him and he was on the phone, so I was talking with him and seeing him at the same time," Megan said. Zack also played the guitar for Megan, especially one of the couple's favorite songs from Adam Sandler's movie "The Wedding Singer" — "I Want to Grow Old With You." "He was playing that for me and trying to make me feel better, and it helped," Megan said. He was really concerned for her (Megan)," Zack's mom said. "But when I said, 'She's here, Zack,' and when the nurse held her up for Zack to see, he said, 'Oh, man,' and he lost it. A veteran of more than 150 births during both her residency and at HCMC, Dr. Angela Brennan said having the birth streamed live on the Internet was a first, but she has a couple more coming up in the next several months. "I was nervous about this at first," Brennan said. "But it went off without a hitch. It was such a good experience for them, and I'm glad that I was able to be a part of that."

## A Day in the Life of Dr. Tomhave



**Dr. Chris Tomhave**

“There really isn’t just a normal day for me,” says Chief of Staff Dr. Tomhave. “Each day can be different depending on which patients walk through the door.” Dr. Tomhave, who starts his day no later than 7:00 am each day, is one of five family practice providers at Howard County Medical Center. Family practice physicians are educated and trained to provide care to the entire family unit, from infants through adulthood. Dr. Tomhave, who received his undergraduate education at the University of Nebraska at Lincoln, while working

full-time as the manager of a trade show and exposition company, went on to receive his medical training at the University of Nebraska Medical Center in 1996.

In addition to seeing clinic patients, Dr. Tomhave also helps to cover the Emergency Room both during the week and on weekends, which on average, draws 6-8 patients per day. In order to stay current and progressive in the medical field, Dr. Tomhave attends meetings and conferences to meet a 50-hour continuing education requirement yearly.

As Chief of Staff, Dr. Tomhave takes on responsibilities of running the monthly medical staff meeting, giving input on equipment purchases and expansion opportunities, and also being the “go-to” person for Administration.

And what does he like most about his busy life? “I really enjoy the small community atmosphere and getting to know patients beyond just the medical reason they are here. I really get the opportunity to know them on a personal level.”

Day Starts At:	No later than 7:00 am
Day Ends At:	Between 5:00-7:00 pm
Breaks:	15-30 minutes for lunch
Family:	Patsy, his wife is a Registered Nurse at HCMC, and his daughter Lacey, is a college student who is also employed as a bank teller.
Pets:	Bo (a Boxer dog) and Annie (cat)

### Favorites

Hobby:	Working on his yard, traveling, Scuba diving
Food:	Steak
Secret Talent:	Cooking, with his favorite dish to prepare being a puff pastry wrapped salmon in champagne sauce.
Profession Dr. Tomhave would choose if he was not a doctor:	Culinary Chef

## A Year Later...

What a difference a year makes. Last January, construction on the new clinic and entryway was just finishing up. The nursing staff was scrambling to make sure all the exam rooms were stocked, the information technology staff was making sure all the appropriate programs were loaded and installed onto the computers, and the admissions staff were being trained to admit not only hospital patients, but also clinic patients.

“Implementing a combined admissions area has involved extensive training for our Admissions staff. We wanted the admissions experience to be seamless for our patients, and have worked on ways to improve the amount of time spent between the time of arrival, to when patients are to the next destination,” states Diane

Kulwicki, Business Office Director. The entire process was the focus of a quality improvement process initiated by Kulwicki, and the results are astounding: the time a patient has to wait from the time they enter the building to the time they are done with the admissions process was cut from almost nine minutes to five minutes. Suggestions from staff on process improvements, in addition to increased efficiency led to this significant decrease.

Additional benefits of the new Clinic space include allowing for a more comfortable setting for patients. Three different waiting areas give patients more space while waiting to see the doctor, and televisions will be another added benefit to the waiting rooms in the near future. All 18-exam

rooms are also equipped with desktop computers, so that as patient records become more electronic, staff will have the equipment they need, right there in the exam room.

A hospital lab draw room is also located by the Admissions area so that regardless if patients are coming for a hospital issue, or a clinic visit, there is less distance to walk. The best benefit yet? Almost everyday, a volunteer will greet you, and show you where you need to go. Whether you are going to radiology or to see a patient in the hospital, you will be personally escorted to make sure you get to the right spot! “Our ability to enhance the patient experience was accomplished by building the new Clinic,” states Clinic Director Arlan Johnson.

## Foundation Kicks off 2009 Health Partners

Procedure tables, oxygen flow meters, defibrillators, and a Bio-Dex machine were all vital items that Howard County Medical Center needed to purchase in 2008. Thanks to the community's generosity through not only donations, but also memorials, the Foundation was able to assist in the funding of these purchases to a tune of almost \$77,000.

In 2009, one of the main projects to focus on, is the renovation and completion of the Greeley Clinic. Area residents contributed approximately \$8,800 to the cause, and the Foundation not only matched those funds,

but also picked up the remaining cost of almost \$36,000.

"People should know that the costs associated with running the Foundation on a daily basis are paid for by the Hospital. What that means to donors is that 100% of what you donate will go toward purchases for the Hospital or Medical Clinic, either here in St. Paul, or in Greeley," states Foundation Director Dave Snow.

The 2009 campaign officially kicked off on March 25th. Anyone interested in donating to the Foundation may contact Dave Snow at 308-754-4313.



Jan Meyer, Physical Therapist, works with patient Theda Van Horn on the Bio-Dex machine that was purchased by the Foundation in 2008.

## Auxiliary to Purchase Equipment for the Emergency Room



**Auxiliary President  
Kaye Tomlinson**

Bag sales, style shows, and luncheons, O My! The Hospital Auxiliary, led by President Kaye Tomlinson, are hoping for another strong showing in 2009!

Many plans are in the works for the coming months. Guests for the semi-annual Auxiliary Luncheon will receive a double treat on April 20<sup>th</sup>.

Not only will guests get to eat some delicious salad and dessert, but they will also be able to witness the Auxiliary's very own fashion show. Auxiliary members will be modeling clothes from the Thrift Shop so everyone can see exactly what they have to offer. The Salad Luncheon will start at 11:30 am and last until approximately 1:00 pm.

The Auxiliary's project for 2009 is to purchase a deluxe warming cabinet, to be stored in the Emergency Room, valued at \$7,237.95! The primary function of the warming cabinet is to keep solutions and blankets at a warm level. Janelle Morgan, Emergency Room/

Acute Clinical Coordinator states, "many of the patients presenting to the ER have an illness or injury that affects their body's ability to regulate temperature. Warmed blankets and IV fluids are the first step in treating these patients. Unfortunately, our current warmer is too small for the amount of warm blankets and IV fluids that we need on hand to treat our patients." The warming cabinet is expected to make its debut in May.

Interested in volunteering? The Auxiliary can always use more volunteers! Please contact Kaye Tomlinson today by calling 308-754-5483.

## 2009 Health Fair Set to Take Place on April 25th

Visitors to this year's health fair will notice one big change: the location. Although past years at St. Paul High School have provided opportunities for a high number of booths to be available, the goal for 2009 was to narrow the focus. Hosting the 2009 Health Fair at Howard County Medical Center will allow visitors ease during the lab draw process, and secondly, a chance to see up close the medical facility in their community. For those people interested in

reduced lab work, HCMC will once again have a Lipid Panel screen available for \$25, in addition to having Thyroid and Prostrate tests available for \$15. Two new tests were added this year courtesy of BryanLGH Medical Center: an EF Echo Screening test for \$40, and a Peripheral Arterial Disease Screening test for \$20.

Appointments or walk-ins are welcome for the blood draw, but an appointment must be made if

patients are seeking a test from BryanLGH Medical Center.

The day of the health fair, participants will be able to check-in at the main entrance of the hospital, with the lab draws taking place nearby. Also available that day, will be multiple booths highlighting the various services the Medical Center has to offer! In addition, tours will be available, if visitors would like to see certain areas of our facility. We hope to see you on April 25<sup>th</sup>!

## Howard County Hospital Foundation

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# Two Specialty Clinics Added to Outpatient Services



**Dr. Julie Janky**



**Dr. Zakaria Saleem**

“Family practice physicians need specialists to help treat complex patients, and our Outpatient Clinic will continue to grow based off of recommendations from our five providers,” says Jennifer Galvan, Director of Nursing. What initially started as a Cardiology Clinic with Dr. Robert Hibbard nearly 20 years ago has grown into an entire department that is now managed by Lori Wozniak, LPN. Recently, two additional specialists were added.

Ophthalmologist Dr. Julie Janky, who began visiting HCMC in December, currently offers common eye surgeries such as cataract, eyelid, and ductile proce-

dures. In addition to surgeries, she also sees patients at an on-site eye clinic once per month. “We wanted to start offering eye services again, in particular cataract surgery, because as the population is aging, more and more patients are going to need this service. By offering it, we are able to meet the needs of our patients, so that they do not have to travel to get the care they need,” states Francine Rasmussen, Director of Surgery.

In addition to Dr. Janky, Dr. Zakaria Saleem has also begun seeing patients at HCMC. Dr. Saleem’s specialty is nephrology, which is the diagnosis and treatment of kidney disease. “Dr. Saleem is available every other month for consultations in addition to ongoing follow-ups,” states Lori Wozniak, Outpatient Coordinator.

HCMC also hopes to add more outpatient clinics moving forward, with current talks including the need for a pulmonology clinic. Interested in making an appointment? Call 308-754-5447 today for more information!

### Listing of Outpatient Specialty Providers

- Dr. Fruehling (Cardiology)
- Dr. Goble (Ear, Nose & Throat)
- Dr. Hibbard (Cardiology)
- Dr. Kosmicki (Cardiology)
- Dr. Janky (Eye)
- Dr. Saleem (Nephrology)
- Dr. Schneider (General Surgery)
- Dr. Sextro (Orthopedics)

*For a complete listing of Specialty Clinic dates, please visit our website at [www.hcchmc.org](http://www.hcchmc.org)*