

Spring/Summer 2020

Story Medical Source



'Amazing' Care After Accident

Mittman turns to Story Medical
for quick and comprehensive care



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CEO Corner

Story Medical Source



We often throw around the term “unprecedented” without giving it a lot of thought. We apply it to everything from sports accomplishments to political races and plenty between.



Nate Thompson
Story Medical CEO

In recent weeks, however, we have learned the true meaning of the term. Those of us who have spent their career in healthcare are truly in unprecedented times. We have never seen anything even close to the COVID-19 pandemic.

That said, without a “real-world” guide, our team has mounted an

exceptional response to ensure the care our community depends upon is safe and accessible.

There will certainly be lasting changes to the way care is delivered as a result of this this once-in-a-century pandemic. And I am confident the lessons we are learning will enhance the delivery of care in the future.

It has been a team effort to rise to the challenge and I offer a sincere thank you to our direct care providers, support staff and community for pulling together in the way they have.

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ABOUT STORY MEDICAL SOURCE

Story Medical Source is a publication of Story County Medical Center. If you have questions or story ideas, please submit them at storymedical.org/contact.



Senior Care Team is Exceptional in State Survey



The team at Story Medical Senior Care hosted the state Department of Inspections and Appeals for an infection control survey in early April. The survey ensures that providers are following appropriate procedures to protect residents and staff during the COVID-19 pandemic. Senior Care received no deficiencies during the survey.

We appreciate how our Senior Care staff serves our residents and are humbled by so many putting trusting us to care for their loved ones.



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Natural Health
431 South Duff Avenue, Ste. B
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Thank You

to our providers, our staff and our community



As we continue to manage the COVID-19 pandemic, we have a few things to share.

First, while this is a unique challenge, our team is trained and prepared to act in service of our community. We have implemented detailed plans to serve both COVID-19 patients and non-COVID-19 patients in need of vital services.

Next, we owe a debt of gratitude to you for your belief in our care providers and support staff, and for taking this pandemic seriously. By following state and CDC recommendations you are undoubtedly

saving lives. We cannot overstate how much we appreciate YOUR service in this difficult time.

Lastly, please know that we will continue to keep you informed of adjustments to the restrictions we currently have in place and measures you can take to limit the spread as we move forward.

We know that we are ALL in this TOGETHER and we are humbled to serve a community so supportive of our team and our mission.

Stay healthy, friends.



Steve Cassabaum, DPT, of 21st Century Rehab (left) and Barb Mittman.

Story Medical and 21st Century Rehab partner to provide a full complement of rehabilitation and wellness services.

To learn more, visit storymedical.org/rehab. To schedule an appointment, please call 515-382-7008.

After Accident, Mittman Turns to Story Medical

From Emergency Department right through Physical Therapy, Mittman lauds quality of care

After having open heart surgery in 2013, Barb Mittman performed her cardiac rehabilitation at Story Medical. The experience helped her make physical fitness a regular part of her life. Upon completing her rehab, Barb continued to use the gym facility — now known as the Medically Oriented Gym (MOG) — coming in each weekday around 5:45 a.m.

To add to her workouts, Barb often biked to the MOG, which is what she was doing one morning in late July 2019. Just a block from the Medical Center, Barb's brakes malfunctioned, sending her flying over the handlebars. Barb landed with a crash and immediately knew she was injured.

"It was ugly," Barb says. "A man across the way saw it and asked if I was alright and I told him I was, but I knew I wasn't. My chin was gushing blood all over the place and I had cuts and scrapes everywhere."

Bruised and battered, Barb was able to gather her bike—and a variety of broken pieces off it—and make her way the 100 or so yards to the Emergency Department at Story Medical. Once inside, the team immediately went to work on cleaning her up and determining the extent of her injuries.

"They put one person on my chin and for 20 minutes everyone worked around me cleaning me up," Barb remembers. "The staff was amazing."

Upon examination, the most significant damage was to Barb's mouth and jaw. She had a variety of bumps and bruises elsewhere, but the impact chipped

several teeth, split her chin requiring stitches, and caused considerable soreness in her jaw. Further tests showed she luckily escaped any broken bones or a concussion, thanks in no part to the fact she was wearing a helmet.

Barb says the Emergency staff was so efficient that she was home within an hour, scheduling an appointment with her dentist to begin the process of repairing her teeth. Once that was set up, she put in a call to 21st Century Rehab to begin physical therapy.

Barb worked with Steve Cassabaum, DPT, at the 21st Century Rehab clinic at Story Medical. The priority was helping Barb regain flexibility in her jaw. Steve focused on ensuring that Barb was able to open and close her mouth without pain and that her newly repaired teeth lined up correctly. Barb says she completed about 10 weeks of therapy after the accident.

Her break from the MOG was significantly shorter.

"I think I maybe took the next day off (after the accident)," Barb says with a smile. "I just wanted to get right back to it."

Barb adds that she feels fortunate to have such convenient access to high quality care, whether it be for cardiac rehab after heart surgery, a regular workout in the MOG, or for a thorough exam and rehab after a scary tumble.

"I was amazed at how the emergency staff just methodically checked through everything like they had a checklist in their head," Barb says. "And then physical therapy was so great to me. I'm not sure people realize how much is available at Story Medical. It is so important to have this level of care right here in this community."

Ready for Anything

Dr. Curtis O'Loughlin embraces the challenge of providing care to those facing emergencies

When Dr. Curtis O'Loughlin tells you he's "seen it all" he is hardly exaggerating. As a physician in the Story Medical Emergency Department, he has to be on his toes at all times.

"You never know what is coming through that door," he says with a wide smile. "But as Emergency physicians we are diagnosticians. We are the ones who identify things and get care started."

Dr. O'Loughlin has served at Story Medical for just more than a year. He says rural Emergency Departments like Story Medical's play a vital role in the continuum of care. In an emergency, seeking out the bigger provider is rarely in your best interest.

"When people talk specifically about emergency medicine and ask the question about whether they would be better off going to a bigger hospital, I ask them what it would feel like to hold their breath for 10 minutes," Dr. O'Loughlin says. "That is essentially what you are doing if you don't go to the nearest provider in an emergency. The faster we can administer care, the more likely we will have a positive outcome."

It is that unique role played by the emergency provider that most appeals to Dr. O'Loughlin.

"I enjoy the contained aspect of the care," he says. "What I mean is, someone comes with a complaint, we identify the complaint, and we initiate treatment of the complaint. In a way it has a beginning, a middle and an end. That aspect of my work is very rewarding."

Dr. O'Loughlin adds that while Story Medical is smaller than hospitals in larger surrounding towns, the approach to emergency care is identical and he and the team are prepared for anything.

"In an emergency, by definition, time is of the essence," Dr. O'Loughlin says. "Especially when we are talking about conditions like heart attack, stroke or something like sepsis.



"In an emergency, by definition, time is of the essence. Especially when we are talking about conditions like heart attack, stroke or something like sepsis."

—Curtis O'Loughlin, MD
Story Medical Emergency Department

Even when a transfer to a higher level of care is required, we make a difference here in providing diagnosis and treatment as the point person."

The Story Medical Emergency Department is open 24/7 to provide efficient care in emergency situations. It is conveniently located just one block south of Highway 30 and offers Story County's only on-site helipad.

Dr. Rosenthal Brings Special Expertise

Spine Surgeon joins trio of Iowa Ortho providers in Outpatient Clinic

Brett Rosenthal, M.D., a fellowship-trained orthopaedic spine surgeon who specializes in the treatment of disorders of the cervical, thoracic, and lumbar spine began seeing patients at Story Medical in February.

Dr. Rosenthal, who practices at Iowa Ortho, sees patients on the first, third and fifth Thursdays of each month and is currently scheduling appointments. Dr. Rosenthal joins Iowa Ortho providers Scott Shumway, MD, Tim

Vinyard, MD, and Eric Hedrick, PA-C, in serving patients at Story Medical.

Dr. Rosenthal came to Iowa Ortho from Harvard's Combined Orthopaedic Spine Program in Massachusetts. He has published more than 15 peer-reviewed original research publications and has written more than a dozen book chapters and review articles. Dr. Rosenthal has had his research presented at both national and international conferences. He is a reviewer for three of the largest spine research journals in the country.



Dr. Rosenthal is originally from the suburbs of Chicago, Illinois and earned his medical degree from Emory University School of Medicine in Atlanta, Georgia. He completed his residency training at McGaw Medical Center of Northwestern University in Chicago, Illinois.

Story Medical is proud to partner with the physicians of Iowa Ortho to deliver high quality orthopedic care. Our team offers an array of care options, including surgery and rehabilitation services in partnership with 21st Century Rehab. For more information or to make an appointment, call us at 515-382-7738.

Ensuring Access to Primary Care

Story Medical Clinics have adjusted operations to ensure you have easy and safe access to the level of care you require—from well checks for you and the kids to care for minor bumps and bruises, illnesses and more—during the COVID-19 pandemic.

For more details on how best to access the appropriate level of care, visit storymedical.org/accessingcare.



Nehls Walks the Walk

Determined to lose weight, Maxwell man makes movement a priority

Don't let the distinctive look of Donovan Nehls distract you. The time the 70-year-old from Maxwell spends at Story Medical is less about fashion and more about getting healthy.

"Dr. (Art) Check jump-started me," says Nehls who works out in the Medically Oriented Gym (MOG) at Story Medical five days a week. "He was going to put me on insulin a couple years ago and I refused it. Then at my physical in November 2018 I weighed in at 323 pounds. That started this whole process."

The process involves getting in 7 to 8 miles on the recumbent bike in the MOG before getting out and doing 3 to 4 more miles of walking.

"As soon as that door pops open in the MOG at 5:30 a.m., I am in there and getting after it," Nehls says.

Nehls' care is overseen by Dr. Art Check, Dr. Kelly Check and Amy Faris, R.N. A suggestion to add to his workout by walking a few additional miles a day was offered up by Gabby King of the MOG. Together, the team at Story Medical has helped Nehls lose close to 100 pounds.



"Along with the walking, a big thing for me has also been changing the way I eat," Nehls says. "I eat a lot more fruits and vegetables and I have limited my sweets. I work with Amy on that. I write down everything I eat and then we review it together and she makes suggestions that help me."

A side benefit of being a dedicated member of the MOG is getting to know so many at the Medical Center. As a former respiratory care worker, it has been wonderful for Nehls to reconnect with those in healthcare.

"I'm getting to know quite a few people here," he says. "I am starting to put names with faces. Everyone here is so supportive and so good to me."

"As soon as that door pops open in the gym at 5:30 a.m., I am in there and getting after it."

—Donovan Nehls
Medically Oriented Gym Member

To learn more about the Medically Oriented Gym at Story Medical, visit storymedical.org/mog or call 515-382-7116.

Keeping Connected

Despite closing to visitors in mid-March to prevent the spread of coronavirus, Story Medical Senior Care has gone to great lengths to ensure residents remain connected with their loved ones. The team regularly facilitates video conferences on services like FaceTime and Zoom, and coordinates a number of “in person” visits like the one pictured at right.

“It is very important that our residents have an opportunity to visit with their loved ones on a regular basis,” says Melissa Opperman, Senior Care Associate Administrator. “Those connections nourish the soul, especially during this difficult time.”

The Senior Care team continues to follow guidance at the state level in regard to the coronavirus.

“Our priority is the health and safety of our residents and staff,” Opperman says. “We will begin allowing visitors as soon as we are comfortable they are no longer at risk.”



Story Medical Senior Care is committed to providing quality care for its residents in a supportive and caring atmosphere. Our nursing home provides 24-hour care. To learn more visit StoryMedical.org/SeniorCare. To schedule a tour, please call (515) 382-7014.

Story Medical Specialty Providers

ALLERGY/IMMUNOLOGY

John Wheeler, MD
McFarland Clinic

ANESTHESIOLOGY

Mary LaMar, CRNA
Story Medical

CARDIOLOGY

Saurabh Aggarwal, MD
UnityPoint Clinic

DENTISTRY

Matt Pyfferoen, DDS
Pyfferoen Family Dental

EMERGENCY

Curtis O'Loughlin, MD
Story Medical

Michelle Jans, PA-C
Story Medical

Elizabeth Robbins, PA-C

Story Medical

GENERAL SURGERY

Dennis Whitmer, DO
Mercy Surgical Affiliates

GYNECOLOGY

Timothy Leeds, MD
Story Medical Clinic

James Downard, MD
McFarland Clinic

Ann Gessner, MD
Doran Clinic for Women

HEMATOLOGY/ONCOLOGY

Matthew Hill, DO
Mission Cancer + Blood

HEPATOLOGY

Blake Williams, ARNP, FNP-C
UnityPoint Health

OPHTHALMOLOGY

Louis Scallon, MD
Wolfe Clinic

ORTHOPEDICS/ SPORTS MEDICINE

Brett Rosenthal, MD
Scott Shumway, MD
Timothy Vinyard, MD
Eric Hedrick, PA-C
Iowa Ortho

OTOLARYNGOLOGY (EAR, NOSE & THROAT)

Tim Simplot, MD
Dave Wonnell, PA-C
ENT Clinic of Iowa

PAIN MEDICINE

Chris Hanson, CRNA
Damiun Bassendah, CRNA
Mid Iowa Anesthesia and
Pain Services

PODIATRY

Kelly Check, DPM
Story Medical Clinic

NEUROLOGY/ SLEEP MEDICINE

Selden Spencer, MD
McFarland Clinic

UROLOGY

Damon Dyche, MD
Garrett Korreck, MD
Brad Thorgaard, MD
McFarland Clinic

Comprehensive Care is Closer Than You Think

We offer a wide range of healthcare services for the whole family including inpatient and emergency care, an array of outpatient specialties, rehabilitation and wellness, diagnostic services, Occupational Health, Senior Care and more. Our network of primary care providers, dozens of specialists and dedicated staff take pride in providing the best experience every time for patients from Story County and beyond.

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Learn more about all our providers at StoryMedical.org/Providers

Acupuncture Provides Relief

Treatment at Ames Natural Health addresses acute symptoms, enhances overall wellbeing

An avid gardener, Bob Oliver of Webster City was eager to turn over the soil as the weather warmed in the Spring of 2015. While working in the yard one day that spring, a critter bit him on the ankle.

The bite itself was insignificant. So insignificant that he couldn't recall exactly when it may have happened. The result of the bite, however, Bob could not miss.

"I had a lot of swelling," he recalls. "I couldn't even put my shoes on. The swelling persisted over two months. I spent a lot of my summer with my foot elevated. I pretty much lost that whole season."

After a series of appointments with his primary care provider and other specialists, it was determined Bob's symptoms were the result of a brown recluse spider bite. Relatively uncommon in Iowa, the venomous spider's bite can cause painful and uncomfortable symptoms, including significant swelling.

Bob pursued traditional treatment with little relief from his symptoms. It was his wife, Kathy, who suggested he look into alternative therapies. Kathy had previously been a patient of Valerie Stallbaumer, LAc, MSOM, of Story Medical Natural Health in Ames, receiving a variety of services on a regular basis aimed at helping her remain healthy and well.

"We saw an ad for Valerie's practice

at Wheatsfield Grocery in Ames," Bob says. "Kathy had found her experience with Valerie to be a positive and we felt that she would be in tune with what I needed."

"At that point, I had no idea if acupuncture could help at all," Bob continues. "But Valerie decided that we should give it a go. I knew it wasn't going to be a one-and-done and that it would take some time, but I was ready to find some relief."

After a few appointments spread out over weeks, Bob finally began to turn a corner. It wasn't long before his symptoms began to subside, and he began to ramp up his activity.

"It got to the point that I was seeing continual improvement with each appointment," Bob says. "Over the course of about six months we felt like we had effectively dealt with it."

That fact didn't end Bob's treatment regimen. Rather, his success in treating his acute symptoms convinced him regular appointments with Valerie would improve his overall health and wellbeing. He says he now goes every 2-3 months for a "tune up."

"More and more people are seeing the benefits of these therapies," Bob says. "In my case, with the acute injury, I feel like I worked with my body to gradually return to health instead of shocking it with something extreme like pharmaceuticals or surgery."

"As long as I can afford it," Bob continues, "I don't want to go without acupuncture care."



Bob Oliver.

"It got to the point that I was seeing continual improvement with each appointment. Over the course of about six months we felt like we had effectively dealt with it."

—Bob Oliver
Ames Natural Health Patient

To learn more about Ames Natural Health visit storymedical.org/naturalhealth.

To schedule an appointment with Valerie Stallbaumer, LAc, MSOM, please call (515) 232-2979.

Story Medical Clinics Introduce Telemedicine

New technology allows providers to conduct routine care remotely via secure internet connection

While the COVID-19 pandemic has unquestionably disrupted our lives, it is also serving as a catalyst in expanding the technological capabilities and offerings from providers in offices like Story Medical Clinic.

To ensure patients can continue to receive routine care—including consultations on minor injuries and illnesses, follow up services and more—regulations on the use of telemedicine have been relaxed. As a result, Story Medical is among the leading edge of providers offering primary care appointments via telemedicine. A technology that has been in use in a limited capacity for years, telemedicine involves patients making a secure connection to health care providers via teleconference or video conference. Story Medical has had the capability to offer telemedicine services for sometime. There was no better time to launch it than in the wake of coronavirus as on-site visits were discouraged for non-urgent needs.

“The health needs of our community members don’t cease because we are in the midst of a pandemic. This ensures we can continue to serve them,” says Dr. Adrian Palar of Story Medical Clinic - Nevada. “Using a secure connection, we can consult with patients without them having to physically visit the clinic. There are a number of benefits to providing care in this way and I think the use of telemedicine will continue to grow.”



“The health needs of our community members don’t cease because we are in the midst of a pandemic. This ensures we can continue to serve them.”

—Dr. Adrian Palar

Story Medical Clinics in Nevada and Maxwell are currently accepting new patients. To schedule an appointment with a member of the Story Medical Clinic team, please call 515-382-5413.



Humbling Support from the Community We Love

In mid-March, our world changed significantly. To ensure we did our part in limiting the spread of the coronavirus, we took extreme measures to limit visitors and non-essential services, introduced remote care where we could, and set about implementing procedures that would conserve personal protective equipment (PPE) wherever possible.

Our success is due in part to the generosity of our community. From individuals stepping up to provide us re-usable cloth masks to organizations donating supplies of everything from face shields to N95 masks, we have benefited greatly from these gifts.

And while we are in a good place now and prepared to address the unique challenges presented by this pandemic, we could still use your help. If you would like to make a donation



of PPE, please reach out to us today to coordinate delivery.

We thank you for all the gifts to date and cannot say it enough: We LOVE caring for this community!

To learn more about making a tax-deductible gift of PPE or other supplies to the Story Medical Foundation in support of caregivers, call Loni Pringnitz at 515-382-7711.



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NEED A NEW PROVIDER? WE ARE ACCEPTING NEW PATIENTS!



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Nevada
Family Medicine



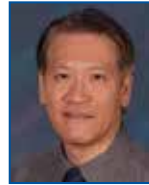
Adrian Palar, MD
Nevada
Family Medicine



Timothy Leeds, MD
Nevada
Women's Health



Audra Poterucha, DO
Nevada
Family Medicine



Sherman Jew, DO
Nevada
Occupational
Health



Kelly Check, DPM
Nevada
Podiatry



Shane Higgins, PA-C
Nevada
Maxwell
Family Medicine



Jyl Wonnell, PA-C
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Valerie Stallbaumer,
LAC, MSOM
Ames
Natural Health

NOW OFFERING TELEMEDICINE SERVICES!



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Call to Schedule an Appointment Today!

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Learn More About Story Medical Clinics at StoryMedical.org/Clinics