Provider Focus
UnityPoint Health – Des Moines
January 2016

Introducing: Paige Moore, Director of Patient Experience

The Director of Patient Experience is fully dedicated to improving the experience of the patients, families and employees of UnityPoint Health.

Each UnityPoint Health senior affiliate has a Director of Patient Experience, including UnityPoint Clinic and UnityPoint at Home. The Directors of Patient Experience (PXD) will be working collaboratively with their affiliate’s Human Resources, Strategic Planning, Marketing and Communications departments, as well as individual service areas. Paige, along with the other PXDs, is helping to create a standard, unified approach to improving the patient experience across UnityPoint Health. Paige reports to the UPH-DM executive leadership, providing feedback and recommending best practices that are evidence-based and focused on providing an excellent patient experience.

Essential duties of the PXD are participating in the development of patient experience improvement strategies and objectives consistent with the strategic goals of UnityPoint Health. Paige also reviews patient experience performance data with executive and operational leadership as well as physician champions and assists in developing action plans as needed. Paige will be presenting data, strategies, goals, and progress toward goals in various leadership meetings and providing education and assistance with patient experience goals throughout UPH-DM.

If you have any questions, suggestions or comments regarding UPH-DM’s patient experience progress, please don’t hesitate to contact Paige at 515-241-3473 or paige.moore@unitypoint.org.

UnityPoint Clinic Now Offering Cologuard® Screening Test for Colorectal Cancer

UnityPoint Clinic - Central Iowa is pleased to offer a new colorectal cancer screening to its patients.

Cologuard® is the first and only FDA approved stool DNA noninvasive screening test for colorectal cancer. It analyzes stool to detect both altered DNA and blood biomarkers known to be associated with colorectal cancer and precancer.

Designed for men and women 50 years or older at average risk for colorectal cancer, Cologuard detects altered DNA shed from cells on the colon wall as part of the digestive process, as well as blood in the stool—altered DNA and blood can be indicators of cancer or precancer.

The screening process is simple. First, one of our health care providers orders the test, which is delivered directly to the patient’s home. Then, the patient collects a sample in the comfort of their own home and sends the collection kit to a lab for testing through a pre-paid mailer. The patient’s health care provider receives the results from the lab in as little as two weeks and shares them with the patient. Patients with a positive result—meaning that the test detected altered DNA and/or blood that could be caused by cancer or precancer in the colon or rectum—will be referred for a colonoscopy.
Cologuard is not intended as an alternative to diagnostic colonoscopy, but instead is another screening option in an effort to get more people screened.

Cologuard is available by prescription only and may not be appropriate for every patient. Please speak with your doctor to find out if Cologuard is right for you. Cologuard is not intended for use by patients with a personal or family history of colon cancer and patients who are at high risk for colon cancer.

To find out more about Cologuard, visit www.CologuardTest.com or talk to your primary care provider about your risk for colorectal cancer and which screening option is right for you.

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Update on the Clinical Trials Office at UnityPoint

- We are here to assist with your research!
- We are located on the 2nd floor of the Education and Research Center on the IMMC campus.
- We provide resources for: IRB submission, budget/contract, consenting, data collection, monitoring visits, investigational drug dispensing, and more.
- We are approached daily about new and exciting clinical investigations - from interested physicians, sponsors and contract research organizations.
- Here are a few of our current and upcoming projects:
  - Bacteremia, Dr. Harvey
  - Venous Thromboembolism, Dr. Lovell
  - Drug-Coated Balloon and Vascular Stent, Dr. Fry and Dr. Scott
  - Cardiac Resynchronization Therapy, Dr. Palakurthy
  - Multiple Sclerosis, Dr. Janus
  - Functional Constipation in Pediatrics, Dr. Manini
  - Kidney Transplant, Dr. Shadur
  - Stroke, Dr. Hansen
  - Migraine, Dr. Rankin
  - Kidney Transplant Rejection, Dr. Chaudhry
  - Lupus Nephritis, Dr. Belz
- Ultimately, with your help, we bring new medicines and devices to the people of Iowa!

We are always looking for investigators to help carry out the mission of providing the best care to our patients. Give us a call or e-mail if you are interested!

- Clinical Trials Office: 241-6727
- E-mail: joan.pruisner@unitypoint.org, Research Pharmacist and Study Coordinator

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Care Coordination Rounds
Kelley Blackburn, RN, DNP   Denise Cundy, RN, MSN

What are Care Coordination Rounds (CCRs)?
Care coordination rounding is a team approach to managing and coordinating a patient’s care during their hospital stay. They are completed with the patient and family at the bedside with the patient’s care team. They provide a structure for the deployment of care coordination and engage patients in their care. The care rounds focus on what is currently happening or changing with the patients’ medical condition, concerns or questions, and plan for discharge. Rounds are NOT just discharge plan focused.

Who makes up the care team?
- Patient & Family
- Physician or Provider
- Patient Care Facilitator
- Case Manager
• Social Work
• Bedside Nurse
• Pharmacist
• Any ad hoc members that are involved in the patients care such as Respiratory Therapy, Nutrition, CNS, PT/OT or Palliative Care.

**What are the Benefits of Care Coordination Rounds?**

- Improves the quality of care that we provide. CCRs allow the health care team to have a higher level of collaboration and decrease the risk of negative outcomes. This collaboration brings everyone together on the same page, and makes sure that everyone is giving and receiving the same messages.
- Enhances the patient experience by allowing patients to feel included in their care.
- Improves efficiency by enhancing the ability of identify barriers to progress and decrease the duplication of services.

**What types of patients are we rounding on and how much time is spent?**

While ALL patients can benefit from care coordination rounds, currently UPH is targeting patients that are at high risk to readmit (high lace scores), pulmonary diagnoses (COPD, PNA, PE, etc...), readmissions, long length of stay, complex discharges, and other complex medical/surgical patients.

CCR’s are short and succinct and should take approximately 5 min for each patient.

**What units are currently participating in Care Coordination Rounds?**

- IMMC - Younker 5, Younker 7, Younker 8, North 5, North 6
- ILH – 3 East, 2 North
- MWH – 4 West
- All adult inpatient units will be required to participate in rounding, implementation will continue phases to other units.

**What is your role as a Physician or Provider?**

The physicians in collaboration with the patients are the primary leaders of the health care team. It is essential that the physicians or providers be part of CCRs. The success of this collaboration, at UPH – DM, will build the desired foundation to increase our quality outcomes therefore improving the efficiency of care and patients’ experience. The Patient Care Facilitator on your patients’ units will contact you to provide you with CCR times and more information how to be a part of this great team!

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**FLU, COLD or….Pertussis?????**

It is the time of year where sickness seems to be showing up everywhere. Parents wonder if they should send their children to school. Health care providers are questioned…. is it a cold or the flu. Now toss pertussis into the mix! Because these illnesses have a similar mode of transmission and share many of the same symptoms, a diagnosis can be difficult.

**The flu and the common cold………are both respiratory illnesses but are caused by different viruses. Though several symptoms are shared such as a runny nose, fatigue, headache and muscle aches there are differences to notice as well:**

- **Common colds:** develop gradually and include congestion, scratchy throat, sneezing, watery eyes, and low grade fever (if any at all). A cold does not usually result in serious health problems
- **FLU:** sudden onset, cough, chills, body aches, fever. In general, the flu is much more intense and can result in serious health issues such as pneumonia, bacterial infections or hospitalizations.

**Pertussis (whooping cough), ………….can act like a cold for a week or two. As a result, people are unaware they have the illness and are infectious to others for up to 21 days. A typical case of pertussis in both children and adults starts with a cough and runny nose for one-to-two weeks followed by weeks to months of rapid coughing fits that sometimes end with a whooping sound. The disease is treatable with antibiotics.**
Decrease the Risk:
A. **VACCINATE!**
   - **Influenza:** Yearly vaccination recommended for EVERYONE > 6 months of age
   - **Pertussis:** ALL adults should receive one Tdap vaccination
     - Women should receive Tdap with EACH pregnancy
     - Children receive their primary immunizations with 5 doses of DTaP: age 2, 4, 6, and 15 through 18 months and 4 through 6 years

B. **Respiratory Etiquette!**
   - Cover Your Cough
   - Stay home when ill
   - Use a tissue with coughing and sneezing
   - Hand-hygiene; soap and water or alcohol based hand rubs

C. **DROPLET Precautions!**
   - When within 3 feet of a hospitalized patient with suspected/proven influenza or pertussis

FYI:

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For questions please refer to website [https://idph.iowa.gov/](https://idph.iowa.gov/)

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**Certified Nurse Practitioners – Practice Description**

A nurse practitioner is an advanced registered nurse practitioner (ARNP) educated at the Master’s or doctoral level. The ARNP is regulated through the state board of nursing, and all ARNPs maintain national certification to practice in Iowa. These professionals provide initial and ongoing comprehensive care through health assessment and screening activities, as well as diagnosis, treatment and management of patients with acute and chronic illnesses and diseases. Nurse practitioners order and interpret laboratory and imaging studies, prescribe medications, order durable medical equipment, provide education to patients, and make appropriate referrals for patients and families.

Nurse practitioners provide care to a variety of general and specialty populations including adults, geriatrics, family, pediatric, neonatal, women’s health, and psychiatric mental health. In addition, you will find nurse practitioners in various settings such as clinics, hospitals, schools/colleges, long term care facilities, and surgical centers.

At UnityPoint Health Des Moines there are approximately 85 nurse practitioners working on our 3 hospital campuses. There are many more that work in our adult and pediatric clinic settings. You will see nurse practitioners working with the hospitalist team, in trauma, bariatrics, cardiology, adult critical care, emergency medicine, neonatal intensive care, wound healing center, and palliative care. Nurse Practitioners have become an integral part of the care team in our complex health care system. Our nurse practitioners not only deliver high quality patient care, but serve on committees and participate in research, with the goal of improving patient care delivery and outcomes.
LifeFlight Expands Services with Second Aircraft in Fort Dodge

UnityPoint Health – Des Moines’ air ambulance service LifeFlight, in partnership with Air Methods Corporation, expands its air medical service with a second aircraft to be based at Trinity Regional Medical Center in Fort Dodge. The new service begins June 1, 2015. The new LifeFlight base will allow UnityPoint Health to provide improved emergency transportation services to the north central area of Iowa.

“We are pleased to be expanding our LifeFlight program with a second helicopter based at Trinity Regional Medical Center in Fort Dodge,” said Eric Crowell, president and CEO of UnityPoint Health – Des Moines. “By working together, we will to provide individuals throughout north central Iowa with more advanced medical care in emergency situations when moments matter most.”

For several decades, LifeFlight has provided air ambulance services from Trinity to Des Moines for critically ill or injured patients needing a higher level of care. Now with the expansion base, Trinity will be able to extend those same services to critical access hospitals and area emergency medical service (EMS) agencies in the region. While LifeFlight is not a replacement for existing ground emergency medical services, its purpose is to provide prompt emergency response and transport for patients requiring specialized medical facilities.

“We are excited about the partnership with UnityPoint Health – LifeFlight. Basing an air ambulance service at Trinity provides a tremendous benefit to our community and region,” states Troy Martens, COO of Trinity Regional Medical Center. “By having LifeFlight services available at all times Trinity can significantly reduce the transportation time for critically ill patients, which can have a significant impact on a patient outcomes.”

Fixed Wing Airplane Transport Service

UnityPoint Health LifeFlight, in partnership with Air Methods Corporation, will begin providing Fixed Wing airplane service into and out of Iowa for neonatal, pediatric and adult patients suffering from medical or trauma related illness.

A Pilatus PC12; capable of traveling 3-4 miles per minute and in inclement weather will be staff 24/7. Primarily, fixed wing transport is used for long distance transports (over 150 miles), during adverse weather events or when rotor wing may not be the most appropriate means of transport.

Services are available now.
Choosing Wisely submitted by Carma Herring, John Stoddard Cancer Center

Choosing Wisely is a national campaign launched in 2012 with the goal of advancing a national dialogue on avoiding wasteful or unnecessary medical tests, treatments and procedures. More than 70 specialty society partners have released recommendations with the intention of facilitating wise decisions about the most appropriate care based on a patients’ individual situation.

One of Oncology Co-Management metrics has focused this year on providing physician, patient and public programs on awareness and promotion of making cancer decisions wisely. We narrowed down our endorsement to highlight the following:

**American Society of Clinical Oncology (OSCO):**
1. Don’t perform PET, CT, and radionuclide bone scans in the staging of early prostate cancer at low risk for metastasis.
2. Don’t perform PET, CT and radionuclide bone scans in the staging of early breast cancer at low risk for metastasis.

**American College of Surgeons:**
3. Don’t perform axillary lymph node dissection for clinical staging I and II breast cancer with clinically negative lymph nodes without attempting sentinel node biopsy.

**American Society for Radiation Oncology (ASTRO):**
4. Don’t routinely recommend follow-up mammograms more often than annually for women who have had radiotherapy following breast conserving surgery.

**Commission on Cancer:**
5. Don’t perform surgery to remove a breast lump for suspicious findings unless needle biopsy cannot be done.

**Society of Gynecologic Oncology:**
6. Don’t screen low risk women with CA-125 or ultrasound for ovarian cancer.

**Education and awareness are more important than ever in making sure the treatment team and the patient make wise decisions together.**

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**UPH-DM Pharmacy News**

**Bupivacaine liposome (Exparel®)**

Bupivacaine liposome (Exparel®) is FDA approved for use as a single-dose infiltration into the surgical site to produce postsurgical analgesia in bunioectomy and hemorrhoidectomy. Un-biased supporting data is available on use in a bunioectomy and hemorrhoidectomy. There is limited published information available regarding the safety and efficacy of this product in most other surgical procedures in which bupivacaine hydrochloride or another anesthetic agent has traditionally been used.

UnityPoint Health System Pharmacy and Therapeutics Committee performed a medication utilization review (MUE) on liposomal bupivacaine (Exparel®) reviewing outcomes and economic impact of use. All affiliates that had liposomal bupivacaine use were included in the review. The review included all cases where liposomal bupivacaine was used, direct and indirect costs and lengths of stay. Data from UnityPoint Health patients does not demonstrate improvement in length of stay or cost for the majority of procedures in which the agent was utilized. The MUE did show decreased cost and lengths of stay in certain abdominal surgeries, therefore the committee included these as approved surgical procedures for liposomal bupivacaine use.

Therefore the recommendation by UnityPoint System P+T and ratified by Des Moines P+T committee is:

1. Due to the high cost, and lack of robust un-biased data supporting use, bupivacaine liposome cannot be recommended for prevention of post-surgical pain.
2. Any hospital where the agent is non-formulary may maintain its status as non-formulary.
3. Affiliates using or having liposomal bupivacaine on formulary will restrict liposomal bupivacaine (Exparel®) to the following procedures only: bunioectomy, hemorrhoidectomy and abdominal surgeries.

Liposomal bupivacaine use will be monitored for compliance to the restrictions and reported to the local P+T committee. If additional studies or data come to light regarding efficacy and outcomes with the use of liposomal bupivacaine, the committees are open to reviewing the restricted status of liposomal bupivacaine.
Acetaminophen IV (Ofirmev)

The UnityPoint Health System Pharmacy and Therapeutics Committee has reviewed the formulary status of acetaminophen IV (Ofirmev). The committee reviewed the published literature including numerous studies evaluating both the pharmacokinetic properties of this medication as well as its clinical efficacy. The committee also reviewed current utilization practices across the system and the current formulary status of Ofirmev at each affiliate. After extensive review, the committee found that although many studies are available that support the effectiveness of injectable acetaminophen, there are not robust unbiased clinical data available to suggest that there is a benefit in using this product over oral acetaminophen when the oral route is available. The pharmacokinetic profiles of injectable and oral acetaminophen were also reviewed and found to differ most greatly after the first dose. The injectable formulation results in a higher peak and faster onset after the initial dose as compared to oral. However, when trough levels were examined after several oral and intravenous doses, no significant difference was noted. In response to this review the Pharmacy and Therapeutics Committee has made the following recommendations for all affiliates that include Ofirmev on their formulary:

For Adult Patients:

- The oral route of acetaminophen should be the preferred route for adjunctive pain management
- IV acetaminophen should be restricted to one dose perioperatively for adjunctive pain management with the exception of patients with contraindications to IV ketorolac and while strict NPO
- IV acetaminophen should not be used for fever reduction
- 650mg doses of acetaminophen should not be utilized due to an increased risk for medication error and waste
- IV acetaminophen should not be included on order-sets

Welcome to New Physicians and Providers

**Jessica Tiernan, ARNP**  
UnityPoint Clinic - Family Medicine – Johnston

Jessica completed her undergraduate education at Grand View University before completing her advanced degree at the University of Southern Indiana.

She is board certified by the American Academy of Nurse Practitioners.

Jessi’s clinical interests include pediatrics and women’s health. When she isn’t at the clinic, you will be able to find her spending time with family and staying active.

**Reagan Barry, PA-C, MPAS**  
UnityPoint Clinic - Family Medicine – Indianola

Reagan completed her undergraduate degree at the University of Northern Iowa and her advanced degree at the University of Iowa College of Medicine.

Reagan is board certified by the National Commission on Certification of Physician Assistants (NCCPA).

Reagan’s clinical interests include diabetes, pediatrics, preventative medicine and women’s health.

When she isn’t at the clinic, you will be able to find her spending time with her husband and five children, reading, relaxing, crafting and watching movies.

**Christina Collins, PA-C**  
UnityPoint Clinic - Urgent Care Float

Christina is board certified by the Iowa Board of Physician Assistants.

When she isn’t at the clinic, you will be able to find her spending time with family and friends, biking, traveling and reading.
Tera Dieword, PA-C  UnityPoint Clinic - Urgent Care Float
Tera completed her undergraduate education at the University of Northern Iowa before completing her advanced degree at Des Moines University. She is board certified by the National Commission on Certification of Physician Assistants.

Tera’s clinical interests include urgent care. When she isn’t at the clinic, you will be able to find her spending time with her family and friends, running, biking and being outdoors.

Shelbie Curry, ARNP  UnityPoint Clinic - Virtual Care
Shelbie completed her undergraduate education at the University of Iowa before completing her advanced degree at Graceland University. She is board certified by the American Association of Nurse Practitioners.

Shelbie’s clinical interests include family medicine, women’s health, preventative medicine and urgent care. In her free time, you will be able to find her spending time with her family, fitness, photography and crafting.

Eric Meyer, ARNP, Blank Children’s Psychiatry Clinic – Blank Children’s Hospital
Eric is a board certified Psychiatric Mental Health Nurse Practitioner (PMHNP), who completed his MSN at Vanderbilt University School of Nursing in Nashville, TN. He earned his MS in Psychology from Western Illinois University in Macomb, Illinois. Most recently, he joins us from the Robert Young Center for Community Mental Health at UnityPoint Health – Trinity.

Eric will be working in the Blank Children’s Psychiatry Clinic, joining Dr. Mishra and Kimberly Wood. The phone number for the clinic is 263-5153.

Amy Lamberti, MPAS, PA-C  UnityPoint Clinic - Family Medicine | Urgent Care – Southglen
Amy completed her undergraduate education at Simpson College before completing her advanced degree at Des Moines University. She is board certified by the National Commission on Certification of Physician Assistants.

Amy’s clinical interests include adult medicine, adolescent medicine, urgent care and diabetes. When she isn’t at the clinic, you will be able to find her spending time with her family and running.

Lindsey Koele-Schmidt, MD, Neonatology - Blank Children’s Hospital
Dr. Koele-Schmidt joins us after completing her neonatal-perinatal fellowship at University of Texas Health Science Center at San Antonio. She also completed her pediatrics residency at University of Texas Health Science Center and attended medical school at the University of Iowa Carver College of Medicine.

She will be working in the Blank Children’s Neonatal Intensive Care Unit, joining Drs. Alabsi, Azuero, Bzdega, Harrell, Rice, Riley and Yuille.
Brandon McNew, MD, Pediatric Hematology and Oncology – Blank Children’s Hospital

Dr. McNew joins us after completing his fellowship at the University of Iowa in Iowa City, Iowa. His research during fellowship focused on exploring the effects of environmental factors on genes that cause leukemia. Dr. McNew completed his residency in pediatrics at the Helen Devos Children’s Hospital in Grand Rapids, Michigan, and attended medical school at Michigan State University in East Lansing, Michigan. His clinical interests are leukemia and lymphoma, brain tumors, complex solid tumors, long-term survivorship and immune thrombocytopenia.

Dr. McNew joins the pediatric hematology and oncology team with Drs. Woods-Swafford, Fustino, Rokes, Schwalm and Stephenson. Phone number is 515-241-8912.

Priscilla Putzier, DO, Pediatric Emergency Medicine – Blank Children’s Hospital.

Dr. Putzier joins us after completing her fellowship in pediatric emergency medicine at the University of Arkansas for Medical Sciences. She completed her pediatrics residency at Blank Children’s Hospital and attended medical school at the Kansas City University of Medicine and Biosciences.

Dr. Putzier will be working in the Blank Children’s Hospital Emergency Department, joining Drs. Anderson-Suddarth, Chande, Espelund, Groen, Holland, Holm, Jasper, Jensen and Thornton.

Anne Sayre, MD  UnityPoint Clinic OB/GYN – Lakeview

Dr. Sayre completed her undergraduate education at the University of Illinois - Champaign. She then completed her medical degree at University of Iowa and OB/GYN Residency at the Medical College of Wisconsin – Milwaukee. She is Board Certified through the American Board of Obstetrics and Gynecology.

Kate’s clinical interests include obstetrics and high-risk obstetrics as well as infertility. When she isn’t at the clinic, you will be able to find her with her family, including husband and daughters, ages 3 and 1, reading novels, writing, boating/waterskiing and surfing social media.

Nick Vellema, PA-C, UnityPoint Clinic – Merle Hay Family Medicine – Urgent Care

Nick completed his medical degree at the University of Iowa. He then completed his advanced degree at Des Moines University. He is board certified by the National Commission of Certification of Physician Assistants.

Nick’s clinical interests include cardiology, family medicine, pediatrics and urgent care. When he isn’t at the clinic, you will be able to find him running, fishing, woodworking, sports and world history.

Dr. David P. Newton, Iowa Digestive Disease Center

Dr. Newton is a fellowship trained gastroenterologist with a special interest in hepatology.

Dr. Newton was born and raised in North Platte, Nebraska. Following undergraduate studies at Michigan State University, Dr. Newton received his medical degree from the University Of Nebraska College Of Medicine. He completed his Internal Medicine Residency at the University of Alabama at Birmingham and his Gastroenterology Fellowship at the University Of Nebraska College Of Medicine in Omaha, Nebraska.
**Dr. Michael J. Page, Iowa Digestive Disease Center**

Dr. Page is certified by the American Board of Colon & Rectal Surgery and American Board of Surgery.

The addition of Dr. Page to our practice allows Iowa Digestive Disease Center to offer our patients a full complement of colorectal care – including medical management, diagnostics and surgical procedures. Dr. Page offers a broad array of colorectal surgical services focusing on the following conditions:

- Colorectal Cancer
- Inflammatory Bowel Disease
- Hemorrhoids & Fissures
- Fecal Incontinence
- Anal/Rectal Conditions

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**Ratna Priya Gangi, MD  UnityPoint Clinic Cardiology – Methodist Plaza**

Priya completed her medical degree at Osmania Medical College, Hyderabad, India. She then completed both her residency and fellowship at Creighton University. She is board certified by the American Board of Internal Medicine.

Priya’s clinical interests include valvular heart disease, heart failure and women’s health in cardiology. When she isn’t at the clinic, you will be able to find her painting, hiking, reading, cooking and traveling.

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**Erin Rowan, DO  UnityPoint Clinic Family Medicine – Parks Area**

Erin completed her medical education at Des Moines University. She also completed a residency at Iowa Lutheran Family Medicine. She is board certified by the American Board of Family Medicine.

Erin’s clinical interests include full-spectrum outpatient family medicine, from newborns to senior citizens.

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**Catherine Sandberg, DO  UnityPoint Clinic Pediatrics – Walnut Creek**

Catie completed her undergraduate degree at Central College before attending medical school at Des Moines University. She then completed her residency at Marshfield Clinic – St. Joseph’s Hospital Marshfield, WI.

Catie’s clinical interests include pediatrics. When she isn’t at the clinic, you will be able to find her Spending time with her husband, their young children and dogs.

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**Amanda Langager, MD  UnityPoint Clinic OB/GYN – Ankeny**

Mandy completed her undergraduate degree at the University of Iowa and her medical degree at the University of Iowa College of Medicine. She then completed her residency at the University of Cincinnati Medical Center. She is board eligible for the American Board of Obstetrics & Gynecology.

Mandy’s clinical interests include high-risk obstetrics, diabetes during pregnancy, laparoscopic and robotic surgery and menstrual disorders. When she isn’t at the clinic, you will be able to find her reading, theater, music, movies, traveling and spending time with family and friends.
Austin Baeth, MD  UnityPoint Clinic  Internal Medicine – Lakeview

Austin completed his medical education at the University of Iowa. He also completed a residency at the University of Colorado. He is board certified by the American Board of Internal Medicine.

Austin’s clinical interests include heart disease, depression, palliative care, preventive medicine and health care policy. When he isn’t at the clinic, you will be able to find him traveling internationally, fishing, playing volleyball, writing and community development.

Collette Henningsen, ARNP  UnityPoint Clinic – Hospitalists at Methodist

Collette received her BSN degree from the University of Iowa and my Acute Care Nurse Practitioner from Saint Louis University. She was a staff nurse at the University of Iowa in the Surgical Intensive Care Unit for 5 years. Her experience as an ARNP includes Emergency Department, Hospital Medicine and Cardiothoracic Surgery.

My hobbies include spending time with family. I am married and have two children: a 2 year old and 2 month old.

Kenna Willey, PA-C  UnityPoint Clinic Family Medicine – Norwalk

Kenna completed her undergraduate education at Simpson College and her medical degree at Des Moines University. She is board certified by the National Commission on Certification of Physician Assistants.

Kenna’s clinical interests include patient education, wellness, diabetes and acute care. When she isn’t at the clinic, you will be able to find her spending time with family, turbo kickboxing, cooking, sports and reading.

Mark Isaacson, D.O.  Total Joint Replacement and General Orthopaedics.  DMOS Ankeny

Dr. Isaacson is now seeing patients at Ankeny – Unity Point Health Prairie Trail.

An Iowa native, Mark Isaacson, D.O., joined Des Moines Orthopaedic Surgeons in 2015. Dr. Isaacson completed fellowship training in adult reconstruction at Houston Methodist Hospital at Texas Medical Center in Houston, Texas.

He specializes in total knee and hip arthroplasty, complex revision knee and hip arthroplasty, minimally invasive direct anterior hip replacement, knee and shoulder arthroscopy, adult and pediatric fracture care, partial knee arthroplasty, sports-related injury management, as well as workers compensation injuries.


Dr. Brunkhorst is now seeing patients at Ankeny – Unity Point Health Prairie Trail.

Iowa native Dr. Joseph Brunkhorst completed fellowship training in sports medicine and arthroscopy at the University of Kentucky in Lexington, Kentucky. Dr. Brunkhorst developed his interest in sports medicine while competing as a NCAA Division I athlete during his undergraduate education at Iowa State University. Prior to joining Des Moines Orthopaedic Surgeons in 2015, he also served as a Captain in the U.S. Army.

Dr. Brunkhorst specializes in shoulder and knee arthroscopy, knee ligament reconstruction, shoulder arthroplasty, cartilage restoration, and joint injections. Dr. Brunkhorst also manages the care of sports-related injuries and conditions, as well as workers’ compensation cases. He is committed to continuing education and research, so he is able to offer the most advanced and state-of-the-art treatments to his patients.

Outside of seeing patients, Dr. Brunkhorst enjoys hunting, snow skiing, traveling, and spending time with family.

Diane Thi Tran, M.D.  Sports Medicine and General Orthopaedics.  DMOS Carroll Office

Carroll-native and Carroll High School graduate Diane Thi Tran, M.D., has returned to Carroll and is now seeing patients at the DMOS–Carroll office, located in Suite 285 at St. Anthony Hospital.

Dr. Tran is a fellowship-trained orthopaedic sports medicine surgeon and the latest addition to the DMOS physician team. Dr. Tran earned her medical degree from the University of Iowa, and completed her sports medicine fellowship at TRIA Orthopaedic Center in Bloomington, MN. Specializing in knee and shoulder arthroscopy; joint replacement of the hip, knee, and shoulder; sports injuries; and fracture care, Dr. Tran is dedicated to returning her patients to their active lifestyles. Dr. Tran also focuses on the importance of preventative medicine for injuries and chronic conditions so that her patients can participate in the activities they enjoy without interruption.

Dr. Diane Thi Tran began seeing patients at DMOS – Carroll, Tuesday, September 1st.

To schedule an appointment, please visit www.dmos.com or call 712-792-2093.
In observance of Cervical Health Awareness Month in January, the Centers for Disease Control and Prevention (CDC) Adolescent Immunization Communications Team is proud to present the “Taming Conversations Around HPV Vaccine and Other Immunizations in Social Media” webinar series. This weekly presentation will address various aspects of engaging with negative comments or safety concerns on social media platforms. Discussion will be mostly focused on HPV vaccine, and the unique challenges that come with it; however many principles that we will address are relevant to immunization overall. Each webinar will offer perspectives from experts in immunization, vaccine safety, vaccine acceptance, and social media.

Please register for one or more of the webinars listed below and share this announcement with your colleagues and partners.

- **January 8th - 11:00AM ET:** “Vaccine Hesitancy, Public Health, and Evidence Based Research.” Presented by Seth Mnookin.  
  Register here - https://cc.readytalk.com/cc/s/registrations/new?cid=1sh1z2tt4ljl

- **January 14th - 4:00PM ET:** “To Engage or Not to Engage: That is the question for social media comments.” Presented by Julie Leask, PhD, MPH.  
  Register here - https://cc.readytalk.com/cc/s/registrations/new?cid=tir2rilfl4o0

- **January 22nd - 11:00AM ET:** “But I saw it on the internet! Addressing safety concerns that have gone viral.” Presented by Cindy Weinbaum, MD, MPH and Melinda Wharton, MD, MPH.  
  Register here - https://cc.readytalk.com/cc/s/registrations/new?cid=1vp5nfdi8l3w

- **January 29th - 11:00AM ET:** “Harnessing Enthusiasm: Real world examples of engaging partners in social media discussions.” Presented by Karen Ernst and Christine Vara.  
  Register here - https://cc.readytalk.com/cc/s/registrations/new?cid=dczezim9v8bq

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**The Language of Caring**

I can recall walking into one patient’s room and she asked, “What’s wrong?”

*Doctor:* “Why are you asking?”

*Patient:* “Your face and forehead are all wrinkled.”

*Doctor:* “Yes, I am thinking about how to help you.”

*Patient:* “Think in the hallway and smile when you come in here.”

*Bernie Siegel, MD. Love, Medicine and Miracles. Submitted by Chris Blair*