The point of unity is you.

UnityPoint Health, UnityPoint Clinic, and UnityPoint at Home...by now, hopefully, these names are familiar to you. Our new name signals a new and improved way of coordinating care with our patients – surrounding them with experts every step of the way from our clinics to the hospital and back home. The new name also reflects the growth of our health system beyond the borders of Iowa. By being part of a multi-state integrated health care system, we are able to receive and share resources that increase efficiency and quality of care for patients.

The growth and strength of UnityPoint Health provides us the opportunity and resources to develop a new coordinated care model. A model where patients are involved in their care, empowered to make decisions based on their goals and values and have someone to help them navigate to and through the health system. While this work is very important, our ultimate goal is to keep you healthy and at home. We can accomplish this by proactively addressing health issues in our community through our community benefit program.

Community benefit activities typically focus on education and information that promote health and wellness. However, through the health care reform legislation, this year we are armed with more information than we have ever had. As a not-for-profit hospital, we are required to complete a Community Health Needs Assessment every three years to help guide us in determining the best way to direct our community benefit activity. In this publication you will learn more about what we discovered during this process and how we plan to work with our community partners to bring needed health education, programs and resources to our community.

We do all of this, not just because it is required of us but because we truly believe it is the right thing to do for our patients and community. Because at UnityPoint Health, the point of unity is you.
The History of UnityPoint Health

1993
Iowa Methodist Medical Center, Blank Children’s Hospital and Iowa Lutheran Hospital merge to create Iowa Health System, which would eventually become Iowa Health – Des Moines

1995
Iowa Health System grows outside of Central Iowa with the addition of St. Luke’s Methodist Hospital in Cedar Rapids and Allen Memorial Hospital in Waterloo

1996
St. Luke’s Region Medical Center in Sioux City joins Iowa Health System

1997
The Finley Hospital in Dubuque joins Iowa Health System

1998
InTrust, which would become Iowa Health Home Care, was formed

2004
Trinity Bettendorf opens in the Quad Cities as part of Trinity Regional Health System

2009
Iowa Health System is rated one of the best-performing health care systems in the U.S.

2010
Iowa Health System launches HealthNet Connect, a 3,200-mile fiber optic network from Denver to Chicago, and e-Prescribe Iowa, the nation’s first statewide electronic prescribing program

2011
Methodist Medical Center of Illinois joins Iowa Health System

2012
The Centers for Medicare and Medicaid Services select Trinity Regional Medical Center and Trimark Physicians as one of the nation’s original Pioneer Accountable Care Organizations

2013
Iowa Health Physicians and Clinics reorganizes, becomes the ninth senior affiliate of Iowa Health System

The Family of UnityPoint Health – Fort Dodge

Before name change

TRINITY HEALTH SYSTEMS
IOWA HEALTH SYSTEM

TRINITY REGIONAL MEDICAL CENTER
IOWA HEALTH SYSTEM

Trimark Physicians Group

Berryhill Center for MENTAL HEALTH

TRINITY HOME CARE
IOWA HEALTH HOME CARE

After name change

UnityPoint Health
Fort Dodge

UnityPoint Health
Trinity Regional Medical Center

UnityPoint Clinic

UnityPoint Health
Berryhill Center

UnityPoint Health
at Home

Trinity Foundation and Trinity Regional Medical Center Auxiliary are also senior partners of UnityPoint Health - Fort Dodge. Community network hospitals affiliated with UnityPoint Health - Fort Dodge include Buena Vista Regional Medical Center in Storm Lake, Humboldt County Memorial Hospital in Humboldt, Loring Hospital in Sac City, Pocahontas Community Hospital in Pocahontas and Stewart Memorial Community Hospital in Lake City.

The point of unity is you.
At UnityPoint Health – Fort Dodge, we know it is our employees that are making a difference everyday in the lives of our patients and their families. We celebrate the following employee anniversaries from January through August 2013.

**5 Year Employees**
Benigno Aquino  
Jamie Archilbald  
Eric Bradfield  
Jennifer Brown  
Maria Castro-Lopez  
Candida Christopherson  
Julie Clark  
Jennifer Condon  
Jacquelyn Degelau  
Mark Gargano  
Marsha Habben  
Kathleen Hanley  
Briley Hanson  
Cassie Harklau  
Amber Hauge  
Dena Heim  
Lucy Herreid  
Julie Hewitt  
Susan Hicks  
Tammy Jeckell  
Angela Johll  
Megan Johnson  
Natasha Johnson  
Cindy Kelly  
Doug Lanus  
Marilyn Lessmeier  
Amber Lewis  
Katie Macfarlane  
Arthur Madison  
Kimberly McCrady  
Nikkii MCKibbon  
Andrew Midling  
Renae Mower  
Ashley Mundie  
Teresa Myers  
Darcey Myers  
Amber Patterson  
Brian Pattison  
Kathleen Peterson  
Kendal Roper  
Keith Sturtz  
Lisa Thilges  
Amanda Van Every  
Anthony Ward  
Shelby Wiley  

**10 Year Employees**

**25 Year Employees**
Steven Albrecht - Trinity Buildings & Grounds  
Stacy Bergren - Trinity Surgery  
Shelli Berry - UnityPoint Clinic Family Medicine Sac City  
Pamela Claussen - UnityPoint Clinic Family Medicine Buena Vista  
Lois Feyvold - Trinity Laboratory  
Marjean Lantz-Ramthum - UnityPoint Clinic Family Medicine Kenyon Road  
Patty Larson - Trinity Laboratory  
Joyce Leith - Trinity Communications  
Wanda McAtee - Trinity Respiratory Care  
Diane McIntyre - Trinity 2 North  
Angela McNeil - Trinity Nutritional Services  
Charla Nelson - Trinity Health Information Management  
Gail Newell - UnityPoint Clinic OB/GYN  
Karen Petersen - Trinity Surgery  
Sandra Price - Trinity Health Information Management  
Beverly Schreiber - Trinity Surgery  
Carole Stitt - UnityPoint Clinic Family Medicine Second Avenue North  
Diana Thompson - Trinity Laboratory  
Rhonda Waddell - Trinity Birth Center  
Cheri Waful - Trinity Patient Accounting  

**30 Year Employees**
Brenda Axsness - Trinity Cardiac Cath Lab  
Deanne Cummins - Trinity Surgery  
Lisa Cusey - Trinity Nutritional Services  
Karen Gronemeyer - UnityPoint Clinic Central Billing Office  
Deborah Hansen - UnityPoint Clinic Family Medicine Sac City  
Julie Hoft - UnityPoint Clinic Family Health Center Storm Lake  
Pamela Hollman - Trinity Diabetes Center  

**35 Year Employees**
Nora Finney - Trinity Laundry  
Connie Fox - Trinity Diabetes Center  
Sue Francois - Trinity Volunteer Services  
Diane Grebner - UnityPoint Clinic Veterans Administration  
John Larson - Trinity Radiology  
Clen Lincoln - Trinity Security  

**20 Year Employees**
Brooke Barber  
Nancy Bechen  
Jeana Benson  
Jeanette Bohn  
Shelly Buse  
Beth Butcher  
Suzanne Clapp  
Tammy Cook  
Julie Degner  
Mark Dorr  
Patricia Fox  
Dawn Galley  
Danette Garcia  
Pamela Gollob  
Rhonda Gustafson  
Mary Meyer  
Kristine Moon  
Toni Nixon  
Luanne Pavel  
Karen Richards  
Marlene Sievers  
Sara Slotten  
Denise Weston  
Lori Williams  

**30 Year Employees**

**40 Year Employees**
Lea Jo Dunbar - Trinity Communications  
Ann Lockner - Trinity Case Management  
Cynthia Neild - Trinity Fiscal Services  
Alice Scharf - Trinity Radiology  
James Vinsand - Trinity Ambulance  

**45 Year Employees**
Mary Bennett - Trinity Radiology  
Michele Eslick - Trinity Rehabilitation Services  
Marie Kaufman - Trinity Resource Team  
Marnell Nordstrom - Trinity Radiology
Meet Briley Hanson
UnityPoint Clinic Pediatrics Fort Dodge

Briley has been a nurse with UnityPoint Health for five years. She started her nursing career at Trinity Regional Medical Center on 3 North before transitioning to UnityPoint Clinic Pediatrics.

“I wanted to be a nurse because I wanted to help people but I always wanted to work with kids, so working in pediatrics was the perfect job for me,” shared Briley. “The kids are truly my favorite part of my job – they make my work worthwhile!”

On a typical day, Briley works with the clinic providers to care for patients by rooming patients, taking vitals, administering vaccinations, triaging patients and whatever else comes her way. However, recently she has broadened her scope of work with involvement in a pilot project that started as a result of UnityPoint Health – Fort Dodge’s Wellmark Accountable Care Organization.

“As an organization, we started to look at processes and how we could improve outcomes for a pocket of high risk patients. One group that was identified was pediatric asthma patients,” stated Briley. A group of representatives from Trinity Regional Medical Center, UnityPoint Clinic, Webster County Health Department, Community Health Center, Fort Dodge Community School District and local pharmacies worked together to design a pilot model to ensure care across the continuum for pediatric asthma patients. “In working on this pilot, we discovered the asthma action plans that are prescribed in the physician office aren’t always communicated effectively to the school nurses,” said Briley.

A plan for improved communication between the clinic and the school nurse was piloted at Fair Oaks Middle School last year. After receiving consent from the patient’s parent/guardian, a copy of the asthma action plan (pictured above) was sent to the school nurse. Briley adds, “This is the role that I played in the pilot. I worked on the process to ensure that the clinic workflow is such that we obtained the consent and got the action plan to the school – I make sure that the process is followed and the work gets done.”

The other key component of the pilot is ensuring that every asthma patient has a peak flow meter at home and school. A peak flow meter is a portable device that can measure lung function. This information helps manage a child’s asthma and avoid major flare-ups. A peak flow meter measures the severity of the child’s asthma, how well he or she is responding to medications during an attack and whether the asthma is getting worse.

Peak flow meters are not covered by insurance and they should not be shared. Ideally patients should have one at home and school. The group recognized that this was a barrier for ideal care and submitted a grant application to Trinity Foundation for funding to purchase a peak flow meter for all Fair Oak asthma students. Trinity Foundation funded the grant to assist in achieving the desired outcomes for the project - children with asthma live healthier; have less Emergency Room visits; fewer hospitalizations and less missed days of school. “The grant from the Foundation really helped to make the pilot a success. Without the peak flow meters, it is very difficult to assess the patient and determine the appropriate steps to take,” shared Briley.

The pilot program was a great success and the group saw positive findings in all of their outcome indicators. They have already started working with the local school nurses this school year to expand the program to all Fort Dodge schools, both public and parochial. “We hope to see great success again this year, as we did last year during the Fair Oaks pilot,” said Briley.

Briley is truly a dedicated employee who cares deeply for her patients and committed to making their experience the very best. It is Briley’s attitude and commitment that make UnityPoint Health – Fort Dodge a great place to work.
UnityPoint Health – Fort Dodge’s commitment to the community extends outside our clinics and hospital by providing programs and services that improve the health of the citizens we serve. These programs often focus on personal wellness, prevention and early detection of chronic disease, health education and youth health. UnityPoint Health – Fort Dodge invests in community projects that will improve the quality of life and ensure everyone has access to health care regardless of their ability to pay.

**2012 Total Community Benefit Programs**

$10,869,842

Financial and In-kind Contributions include services donated to individuals not affiliated with the organization or donated to the community at large.

Community Building Activities include programs that address underlying causes of health problems in order to improve health status and quality of life of our community.

Community Health Improvement Services are activities extended beyond patient care to improve the health of the community. These activities are usually free or at a nominal fee.

Subsidized Health Services are crucial clinical services provided for the community despite a financial loss so significant that negative margins remain after removing the effects of charity care, Medicare shortfalls and bad debt.

Cost of Charity Care is free or discounted health services provided to persons who cannot afford to pay and who meet the organization’s financial assistance policy criteria. Charity care is reported in terms of costs, not charges.

Health Professions Education includes programs and financial assistance for clinical staff, pastoral care residents and interns and other health care professionals.

**2012 Total Community Benefit Programs**

- **Financial and In-kind Contributions**: $35,879
- **Community Building Activities**: $428,653
- **Community Health Improvement Services**: $454,912
- **Subsidized Health Services**: $1,540,417
- **Cost of Uncompensated Medicaid**: $3,386,120
- **Cost of Charity Care**: $2,565,031
- **Health Professions Education**: $2,458,830
UnityPoint Health – Fort Dodge’s 2012 Finances

Total Operating Revenue | $308,689,000
UnityPoint Health – Fort Dodge’s sources of revenue include patient charges, grants and miscellaneous items. In 2012, this is the total from all sources.

Total Deductions | $165,857,000
In 2012, UnityPoint Health – Fort Dodge’s was not able to collect all of the patient revenue due to charity, bad debt, and Medicare, Medicaid, and commercial insurance deductions.

$6,803,000 | Charity Care is the uncollected revenue for care provided for those with little or no insurance who are unable to pay.

$6,026,000 | Bad Debt is the uncollected amount of charges, deductibles, and co-payment obligations due from individuals who chose not to pay but did not qualify for charity.

$153,027,000 | Medicare, Medicaid, and Commercial Insurance deduction is the difference between charges and the pre-determined rates paid by payers. This amount is not billed to patients.

Total Net Revenue | $142,977,000
Net revenue is the amount remaining to operate the medical center after deductions are taken from revenue.

Total Expenses | $141,532,000
In order to care for patients, UnityPoint Health – Fort Dodge incurs expenses consisting of:

$87,336,000 | Staffing expenses of salaries, wages, and benefits

$54,196,000 | Other expenses that include costs of supplies, interest, depreciation, and insurance

Total Operating Gain | $1,445,000
Operating Gain is the net gain after expenses from health care operating activities. In 2012, UnityPoint Health – Fort Dodge experienced a gain from operations of approximately $1,445,000. This gain is reinvested into the organization through facility improvements, medical equipment purchases, and various other upgrades. These improvements and upgrades allow UnityPoint – Fort Dodge to continue to provide the best possible health care to the residents of northwest, central Iowa.

Trinity Regional Medical Center is Webster County’s largest employer.
According to a 2013 study by the Iowa Hospital Association, Trinity generated over 1,313 additional jobs that add over $68 million to Webster County’s economy.

UnityPoint Health – Fort Dodge at a Glance

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<th>Provider</th>
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<th>Licensed Beds</th>
<th>Births</th>
<th>Admissions</th>
<th>Clinic Visits</th>
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<th>Surgeries</th>
<th>Emergency Visits</th>
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The point of unity is you.
2012 New Providers to UnityPoint Health - Fort Dodge

January
Dr. Tim Ihrig, Palliative Medicine, joined UnityPoint Health – Trinity Regional Medical Center Palliative Care.

Dr. Kiran Narreddy, Internal Medicine and Hospital Medicine, and Dr. Haldane Porteous, Internal Medicine and Hospital Medicine, joined UnityPoint Health – Trinity Regional Medical Center Hospital Medicine.

March
Alicia Keeler, ARNP, joined UnityPoint Clinic Family Medicine Second Avenue North.

Keri Benjamin, ARNP, joined UnityPoint Clinic Family Medicine Humboldt.

Dianna Langner, ARNP, joined UnityPoint Clinic Pediatrics.

Sara Moeller, PA-C, and Diana Smith, FNP-C, joined UnityPoint Clinic Dermatology.

August
Ann Feser, ARNP, joined UnityPoint Clinic Urgent Care.

Dr. Larry Heller, Pathology, with Iowa Pathology Associates was named Medical Director of the UnityPoint Health – Trinity Regional Medical Center Laboratory and UnityPoint Clinic Laboratory.

Jennifer Pudenz, ARNP, joined the UnityPoint Health – Trinity Regional Medical Center Pain Management Center.

September
Dr. Prasad Purudappa, Orthopedic Surgery, and Dr. Benjamin Tuy, Orthopedic Surgery, joined UnityPoint Clinic Orthopedics Fort Dodge.

October
Dr. Sarah Tofilon, Medical Oncology, began seeing patients at UnityPoint Health – Trinity Regional Medical Center Cancer Center.

Dr. Shane Hopkins, Dr. Joseph Rhoades, and Dr. Gregory Yee, Radiation Oncology, began providing care to cancer patients at UnityPoint Health – Trinity Regional Medical Center Cancer Center.

Dr. Ramadevi Sankaran returned to UnityPoint Clinic Pediatrics.

2012 Awards & Highlights

- UnityPoint Health – Trinity Regional Medical Center, UnityPoint Clinic, UnityPoint Health – Berryhill Center and UnityPoint at Home began participating in the Medicare Pioneer Accountable Care Organization (ACO) program. There were only 32 organizations selected nation-wide and only one in the state of Iowa. The UnityPoint Health – Trinity ACO covers an eight county region.

- Two UnityPoint Health – Fort Dodge nurses were selected for the 2012 top 100 Great Iowa Nurses. Patricia Durand, UnityPoint at Home, and Carole Stitt, UnityPoint Clinic, were recognized for their compassionate patient care.

- UnityPoint Health – Trinity Regional Medical Center was named one of the nation’s Best Regional Hospitals 2011-2012, according to U.S. News & World Report. Trinity was specifically recognized as a high performer in the Ear, Nose and Throat (ENT) specialty.

- UnityPoint Health – Trinity Wound Healing Center received National Healing Corporation’s Front Runner Award. The center was recognized for maximizing its resources to meet the growing needs of its community.

- UnityPoint Health formed a groundbreaking collaboration with Wellmark Blue Cross and Blue Shield of Iowa to create Iowa’s first commercial health plan ACO. UnityPoint Health – Trinity Regional Medical Center was one of the affiliates selected to participate in the Wellmark ACO.

- Trinity Foundation announced the Every Option, Every Hope capital campaign goal of $5 million was met. The campaign had exceeded its goal by over $200,000.

- Health Insight ranked UnityPoint at Home among the top 10 percent performing home care agencies nationwide for demonstrating excellence in performance on publicly reported quality of care measures. Only five of Iowa’s 181 Medicare certified agencies ranked in the top 10 percent nationwide.

- UnityPoint Clinic Urgent Care opened. The urgent care clinic provides care for non-emergent health problems or injuries that require immediate attention. The urgent care clinic is available during evenings, weekends and holidays.

- The Leapfrog Group recognized UnityPoint Health – Trinity Regional Medical Center for Patient Safety. The Leapfrog Group awarded letter grades for patient safety to 2,618 U.S. hospitals. The not-for-profit quality organization graded hospitals on an “A – F” scale using Hospital Safety Scores. Trinity received an ‘A’ grade.
After you leave the hospital, would you want to come back in 30 days for another hospitalization? The majority of patients would say ‘no.’ However, if you were to come back for another hospitalization within 30 days, that is called a readmission.

Across the United States 16% of people return to the hospital within 30 days of going home for reasons that can often be prevented. At UnityPoint Health - Fort Dodge we are working to improve your experience by ensuring that when you leave you have the needed information and resources to manage your illness and keep you healthy and at home.

Why prevent readmissions?
Hospital readmissions take you away from your home, create additional stress, increase exposure to other injuries, complications and conditions, and increase health care costs.

UnityPoint Health - Fort Dodge is preventing readmissions through improved communication, follow up after hospital discharge and home care services.

Communication
› A summary of your hospitalization is being sent to your providers within hours of your discharge from the hospital.
› There is a lot of information given to you and your family when you are in the hospital. You are provided educational materials that tell you the main things you need to know to manage your illness. As well as, time with expert teachers trained in chronic illness education so you are given the information needed, in a way that you understand.

Follow Up After Discharge From the Hospital
Your primary care provider wants to see you back in their office in 3-5 days after your discharge in order to:
› Review your medications,
› see if your illness is getting better and
› answer any questions that have come up since returning home.

We make your appointments for you even on the nights, weekends, and holidays so it’s one less thing to do after you return home from the hospital.

UnityPoint at Home
As part of your discharge from the hospital we will send a nurse to your home, free of charge, to review your discharge instructions, review your medicine, and answer all those questions that come up once you get back home.

These improvements are working.
In January 2012 our hospital readmission rate was 11.8%. Since starting to work more on communication and your care after discharge, we are proud to share our most recent readmission rate as of May 2013 was 9.2%.

Once you leave the hospital, we want you to have what you need to get better and maintain your health so you can go back to doing the things that make you happy. We continue to work together with primary care, home care, nursing facilities, public health, and you to reduce the number of people being readmitted within 30 days for a preventable reason!
We Asked and You Shared - Here is what we Discovered

As a result of the new health care reform legislation, all not-for-profit hospitals are required to complete a Community Health Needs Assessment every three years. This information will guide Trinity in determining the best way to direct its community benefit activity. Armed with this information, Trinity will work with its community partners to develop needed programs and education.

The Community Trinity Regional Medical Center Serves

Trinity’s primary market is defined as Webster County.

37,500

Webster County Population

90%

Nearly are White – Non-Hispanic

16.7%

of those living in Webster County are 65 years or older – national average is 13.3

Seeking Your Input

526

Confidential Responses to a 14 question survey

14

Business & Community Leader One-on-One Interviews

5

Primary Care Provider One-on-One Interviews

Validated your responses with available supporting data
Trinity’s patient population is Webster County.

Manson, Barnum, White – Non-Hispanic are 90% – national average is 64% inpatient Webster County are Badger, Fort Dodge, 65 of those living in Otho 30 years or older.

Coalville, Lehigh, Vincent, Dayton, Barnum All Others Hispanic or Latino 73% outpatient 13.3.

With this information, Trinity will work with its community partners to develop needed programs and education. Armed with this information, Trinity in determining the best way to direct its community benefit.

As a result of the new healthcare reform legislation, all not-for-profit hospitals are required to complete a Community Health Needs Assessment every three years. This information will guide the needs assessment.

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What You and the Data Told Us

Access to Care
All groups surveyed ranked access to health care as a priority. In Webster County there is 1 primary care physician per 1,599 residents, national benchmark is 1 for every 631 residents. 12% of Webster County is uninsured, compared to the Iowa average of 10%.

Cancer
ranked as a significant health concern for nearly 40% of those who completed the survey. Projected number of new cancers in Webster County for 2013 is 240. Projected number of cancer deaths in Webster County is 85 for 2013.

Heart Disease
ranked as a significant health concern for nearly 42% of those who completed the survey. Heart Disease is the #1 cause of death for Iowans. Webster County heart disease death rate is 390.5 - 551.4 per 100,000 there are only 19 counties in Iowa ranking at this level.

Diabetes
ranked as a significant health concern for nearly 23% of those who completed the survey and Primary Care Providers ranked it as a top health concern for the community. Webster County had 272 diabetes diagnoses, which is 10.7 per 1,000 population. 83% of diabetic Medicare enrollees received an HbA1C screening in 2012, Iowa average is 88% and the national benchmark is 89%.

Mental/Behavioral Health & Substance Abuse
All groups surveyed ranked mental and behavioral health and substance abuse as a priority. Webster County is designated as Health Professional Shortage Areas (HPSA) for mental health providers.

Responding to the Findings
Based on the opportunities identified, Trinity Regional Medical Center will continue to adapt and grow its Community Benefit Plan to ensure the priority areas are being addressed. A 3 year strategic plan is in development to address the identified needs. Trinity Regional Medical Center, working with community partners, will work to identify ways to address these important community health needs. For the full CHNA report and data source information visit unitypoint.org/CHNA.
Let’s be honest, sometimes navigating a medical facility or understanding how the health care system works, can be difficult. Add on to those difficulties the stress of being sick or a sick loved one and one can be easily frustrated. At UnityPoint Health – Fort Dodge, we understand this and we want our patients and families to have the best experience possible while in our care. We also know the only way we can achieve that level of patient satisfaction is to listen and to do our best to communicate what patients and their families need to know which is why three years ago the Patient Family Advisory Council was formed.

The purpose of the Patient Family Advisory Council is to provide a forum for patients and their families to have direct input and influence on our policies, programs and practices. Additionally, the council helps with the development and planning of facilities and services that impact the patient experience within UnityPoint Health – Fort Dodge.

Meeting 10 times a year, the council is comprised of health system staff and members of the Fort Dodge region. The goals of the Patient Family Advisory Council are to ensure that care within UnityPoint Health – Fort Dodge is patient and family centered, to improve patient safety, improve collaboration and coordination between caregivers, patients and families such that their concerns regarding quality of care are addressed promptly and effectively.
Some of the projects the council has had direct impact on include new staff identification badge design, the new patient portal “My UnityPoint,” creating easy to understand information on the Trinity Pioneer ACO website, and signage to help navigate patients and visitors throughout the campus. Most recently the council is helping with the plans for the Emergency Room remodel, currently being planned for 2014.

Long-time Fort Dodge resident and retired nurse, Sondra Thorson, is one of the community representatives that serves on the Patient Family Advisory Council. Sondra is able to provide both a clinical and family member perspective about the patient experience. While she admits sometimes working on projects with her 40 years as a nurse overshadows how she views things, Sondra really tries to view things from a patient’s perspective. In the few short years the council has been active Sondra feels as if they are making a positive difference for the patient and family experience at Trinity. “There are really three influential factors truly takes the community’s opinion to heart. And three, I can act as a liaison to the community and to the hospital. This happens both by sharing what I am hearing in the community and also being able to share with the community what is going on.”

Lori VanKirk, the leader of the Council and manager of Rehab Services and Occupational Medicine, has been part of the Trinity family for nearly 20 years. She is also lifelong resident of the Fort Dodge community. “What excites me most about the Patient Family Advisory Council is getting community members involved in some of the decision making. This health care system belongs to the community. And they deserve the best health care and experience we can provide. By viewing the system and services through the eyes of the patient we continue to improve the patient experience and to grow stronger as an organization.”

For more information about the Patient Family Advisory Council call 515-574-6910.

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To the left, Fort Dodge resident, Sondra Thorson stands next to new signage the Patient Family Advisory Council provided input for way finding improvements. The large directional sign stands at the Main Entrance in the hospital.

Above is the sign-in page for My UnityPoint patient portal. The council provided feedback for the portal.

To the right, Emergency Room Manager, Daphne Willwerth, shares with Sondra and Lori VanKirk, leader of the Council, a possible new redesign for the Emergency Room.
Passionate. That is the one word that describes Louise Stanberg. She is passionate about educating those she comes in contact with about the importance of yearly check-ups and the care she received at Trinity Cancer Center. And she is definitely passionate about the opportunity our community has to be a part of the American Cancer Society’s research study, CPS-3. As a young woman in 1970, Louise became a nurse’s aide and knew then her life’s calling was to help others. Three years after her introduction to the health care field, she graduated from nursing school and ever since has provided nursing care to the patients of Trinity Regional Medical Center the past 18 spent as a home health nurse.

Because she worked in the health care arena, Louise has always felt it important to practice what you preach. Every year she dutifully would have a physical exam with her OB/GYN, including a mammogram. During a routine exam in 2007 it was discovered that Louise had Endometrial cancer.

“I was shocked,” shares Louise. “You would think that because I was diligent with my yearly exams, plus I was a nurse, it wouldn’t happen to me. That is what really shocked me; it just takes your breath away to hear you have cancer.” Fortunately because of her diligence in seeking annual exams, the cancer was caught very early. While her prognosis was good, Louise admits she was scared.

“It was a very scary time for me and very, very stressful,” shares Louise. At the time of her diagnosis and because of her type of cancer, Louise would have to travel to Des Moines for her care. “I was in a strange place and my husband and family insisted on staying with me so we had the stress of trying to figure out traveling and such. While my care was good, I knew no one and at that time we chose to not share my diagnosis with many people. I felt very alone.”

Fast forward six years, and once again Louise heard the breath-stealing words of a cancer diagnosis. This time a small lump was discovered deep within her breast during a mammography. The discovery only pushed home her passion about people having yearly exams, including mammograms. “There was no way I would have discovered that lump on my own until it was too late,” exclaims Louise.

This time around Louise’s cancer treatment was a completely different experience. “I was able to stay home, I was able to continue to work, and I knew the...
Right: Louise Stanberg (right) with her Oncologist, Dr. Sarah Tofilon (center) and Sue Doolittle, RN (left), with the Trinity Cancer Center, want you to consider being a part of the landmark study CPS-3.

To the left: Louise attributes her feeling secure to the Trinity Cancer Center team and all she came in contact with at Trinity Regional Medical Center during her diagnosis and cancer treatment. Here Louise is with Radiation Technician, Alyssa Young.

people who were caring for me,” Louise states about the care she had at Trinity Cancer Center. “From the radiologist who read my report, to my surgeon, my oncologist, to the gals who gave me the radiation therapy – they all wrapped their arms around me. Everyone gave me the same message about my treatment. Everything was seamless. I never once was scared, never once.”

Unfortunately, during the same time Louise was battling her cancer, her mother was diagnosed with a rare form of skin cancer, Merkel cell carcinoma – a cancer that is not easily treated. Ultimately, her mother passed away shortly after. This is one reason why Louise is now also passionate about the opportunity our community has to participate in an unprecedented cancer research study.

To better understand what causes cancer and ways to prevent it, the American Cancer Society is recruiting men and women across the US and Puerto Rico for a new study – Cancer Prevention Study-3 (CPS-3). The Fort Dodge area was selected as one of the communities to participate.

“I know that because of cancer research, I had a great prognosis,” states Louise. “What if this research study makes it so that one day people diagnosed with Merkel cell carcinoma will also have a great prognosis?” She continues, “This research is for my children and grandchildren. This is such a great opportunity for us to make an impact for generations to come so hopefully one day they won’t have to hear the words, ‘You have cancer.’

To the left: Louise attributes her feeling secure to the Trinity Cancer Center team and all she came in contact with at Trinity Regional Medical Center during her diagnosis and cancer treatment. Here Louise is with Radiation Technician, Alyssa Young.

W hat if you could prevent even one family member from hearing the words “you have cancer”? What if you could provide them more time with family and friends, to help create a world with more memories, more celebrations... and more birthdays?

Perhaps you can. Trinity Regional Medical Center and our community have been given the opportunity to participate in American Cancer Society’s research study called Cancer Prevention Study-3 (CPS-3).

The American Cancer Society is recruiting men and women across the US and Puerto Rico for a landmark new research study – Cancer Prevention Study-3 (CPS-3). Enrollment is being brought to Fort Dodge in partnership with UnityPoint Health – Trinity Regional Medical Center, Webster County Health Department and Fort Dodge Community Recreation Center along with the American Cancer Society from October 24 - 26, 2013.

Individuals between the ages of 30 and 65 who have never been diagnosed with cancer (not including basal or squamous cell skin cancer) and are willing to make a long-term commitment to the study are encouraged to sign up. Those who choose to enroll will simply fill out a comprehensive survey about health history, provide a small blood sample (to be collected by certified, trained phlebotomists) and provide a waist measurement. Participants will periodically be sent a follow-up questionnaire for the next 20 to 30 years.

CPS-3 will help researchers better understand the genetic, environmental and other factors that may cause or prevent cancer. For more information, visit www.cps3fortdodge.org, call 1-888-604-5888 or e-mail cps3@cancer.org.

Thursday, October 24, 2013 | 4 p.m. – 8 p.m.
Fort Dodge Community Recreation Center
Location: Rec Coliseum (former Fareway store)
615 2nd Avenue South, Fort Dodge

Friday, October 25, 2013 | 7 a.m. – 11 a.m.
UnityPoint Health – Trinity Regional Medical Center
Location: Conference Rooms 3 & 4 (TRMC Atrium, 2nd floor)
802 Kenyon Road, Fort Dodge

Saturday, October 26, 2013 | 10 a.m. – 2 p.m.
Webster County Health Department
Location: Conference Room (lower level)
723 1st Avenue South, Fort Dodge
Your doctor added a new member to your family’s health team. You.

My UnityPoint

UnityPoint Health now offers the MyUnityPoint patient website. Get secure online access to your medical information, as well as your child’s. You will find great tools to conveniently manage your family’s health.

Access is currently available for parents and legal guardians of patients age 11 and under.

Visit myunitypoint.org to learn more and get started today!

The point of unity is you.