



Pathways to Wellness NEWSLETTER

MAR/APR 2023 EDITION

CEO Corner: Construction Timelines, Updated

The FCH construction project is well over halfway and certain areas are nearing the finish line. That said, we're entering the most invasive part of the project with the remaining work almost all internal. We added to the scope of our project last Fall by a decision to remodel current space in surgery, adding a second operating room. In order for the surgery department to keep functioning with minimal shutdown, the entirety of the project completion will extend into 2024. The most current update is provided below.

The Fillmore County Medical Center (Clinic) addition was officially completed on February 27th. Clinic furnishings and equipment are moving in the week of February 27th and the official "go live" is scheduled for March 6th. There will be additional remodeling to the Clinic front office, mostly carpet and paint, and this is scheduled for completion May 1st. The new Conference Center addition, which will divide into two rooms and host as many as 75 people, is scheduled to be completed by March 27th. FCH will use this space for daily meetings, but it will also be available on a limited basis for community events and meetings in the evenings. Another meeting room space, a new Board Room located in Administration, is set for completion on May 11th.

The Pharmacy addition, including new offices for Health Information, Billing, Case Management, and Quality is set for completion on April 19th. There was significant delay in this area due to waiting for the arrival of the HVAC unit serving the new pharmacy addition. This was a national supply chain delay related to a computer chip inside of the unit. A similar delay was experienced for the HVAC unit serving the new Surgery addition.

Three negative pressurized rooms on the inpatient floor are set to be operational by June 29th, bringing the total number of negative pressurized inpatient rooms to four at FCH. The decision to increase the amount of negative pressurized rooms was a direct result of going through the COVID pandemic. One exam room in the new Clinic addition was made a negative

pressurized exam room with easy access to the parking lot, therefore giving patient's the ability to avoid the waiting room and check-in areas.

The Clinic addition/expansion allows the FCH Specialty Clinic and Touchstone Orthopedics to also expand, thus creating much needed separate space for these two growing clinics. There is minor remodel going on in both areas that will be fully completed by July 24th. Both clinics plan to stay operational the whole time during these relatively minor remodels.

The new surgery addition includes four pre and post-operative suites and will enhance the patient experience for same day surgery at FCH. This addition is set to be completed by June 21st. The new surgery waiting room remodel in the vacated "old pharmacy" space is set to be completed August 18th, as are two minor radiology consultation room remodels. The PACU, or post anesthesia care unit, requires remodel and is set for completion by December 29th. Finally, the second operating room is set for completion by June, 2024. The surgery department remodels are by far the most complex parts of the project because the goal is to keep the surgery department functioning and serving patients with minimal shutdowns. There will be various work-flow challenges for staff and providers during this period, but the goal of having minimal impact to the care of patients will be met thanks to meticulous planning by the design team and Sampson Construction.

If we've learned anything, it's that plans can and do change. However, the major supply chain delays appear to be past us and this updated, detailed schedule looks and feels more reliable. Once fully completed, an open house will be scheduled to tour all the new and remodeled areas at FCH.



March 12-18: National Pulmonary Rehabilitation Week

Pulmonary rehabilitation is designed to reduce symptoms and stabilize lung disease. Most patients with pulmonary disease can maintain their usual level of activities if they learn how to safely live with their condition. We have included some information about pulmonary rehab so you and your family know what to expect. This experience is to meet YOUR GOALS!

How can Pulmonary Rehab help me?

- Decrease shortness of breath
- Improve strength and endurance
- Increase independence
- Improve understanding of nutritional needs

- Improve knowledge of oxygen equipment & medications
- Decrease depression and anxiety
- Improve coping skills
- Improve ability to return to work and leisure activities
- Improve quality of life

APRIL: OCCUPATIONAL THERAPY MONTH

The Fillmore County Hospital Rehabilitation Team offers high quality health care along with therapeutic modalities to address a wide range of conditions and diagnoses, meeting the needs of individuals in our surrounding communities. Our therapists have access to a jetted pool for aquatic therapy to assist our patients with strengthening, pain relief, and healing. Patients ranging from pediatrics to geriatrics can benefit from using our rehabilitation services.

Occupational Therapy:

- LSVT BIG for Parkinson's and other Neurological Disorders
- Pediatric Therapy
- Lymphedema Management
- Upper Extremity Rehabilitation including Splinting

- Visual Perceptual Skills Assessment and Training
- Patient and Family/Caregiver Training
- Home Safety Evaluations
- Adaptive Equipment Assessments
- Pelvic Floor Therapy

HAPPY NATIONAL DOCTOR'S DAY
MARCH 30TH



Jason Bispalec M.D.



Alanna Beckman M.D.



Russ Coash PA-C



Michelle Dorsey PA-C

PRSRT STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL



Danielle Jaegar PA-C



Brigett Effenbeck, PA-C



Larry Widman, M.D.



Trish Lenz APRN



Travis Stoner D.O.



Maggie Johnson, PA-C



Natasha Frei, PA-C

Bringing a variety of care, closer to home for you!

We offer over 19 Specialty Clinics with over 30 Specialty Doctors

Local Postal Customer

Cardiology Dr. Balwanz, Dr. Katta, Dr. Deshmukh, Dr. Ram

Dermatology Dr. Basler, Brent Behrens PA-C

Endocrinology Dr. Eiland, Lisa Kuechenmeister PA-C

Ear, Nose, & Throat Dr. Bliss

General Surgery Dr. Schroeder, Dr. Growney, Dr. Ye

Hematology & Oncology Dr. Avery

Interventional Radiology Dr. Vande Woude, Dr. Razdan

Nephrology Dr. Marple

Neurology Dr. Bobenhouse, Dr. Kniss

OB & Gynecology Dr. Adam, Dr. Grone

Ophthalmology Dr. Thomsen

Orthopaedics Dr. Stoner, Maggie Johnson PA-C, Natasha Frei PA-C
Dr. Hurlbut, MaKayla Sanchez PA-C

Podiatry Dr. Krejci, Dr. Lewandowski, Dr. Dodson

Pulmonology Dr. Ganatra

Rheumatology Dr. Burg

Spine Dr. Vande Guchte, Mike Kowalke PA-C

Urology Dr. Kirkpatrick, Simone Vampola, MSN, APRN

Vascular Care Dr. Sohn

To learn more about a specialty service or provider, please visit our website at:
www.myfch.org/specialty-clinic
or scan the following QR code:



SCAN ME



WELCOMING Dr. Scott Burg | RHEUMATOLOGY SPECIALIST

He is excited to bring his expertise to Fillmore County Hospital to provide care for patients rheumatoid arthritis, psoriatic arthritis, osteoarthritis, and ankylosing spondylitis that damage joints, causing pain, stiffness, and swelling.

Available once a month via Telemedicine. To schedule an appointment, please contact the Specialty Clinic at 402-759-4924

Fillmore County Hospital Foundation Thanks You

The Fillmore County Hospital Foundation held a "Sports Trivia" fundraiser on Saturday, February 25th, 2023. Over 200 people attended the successful event, with proceeds going towards the current building and renovation project, currently underway. Thank you to everyone who attended and sponsored our event!



FCH FOUNDATION GOLF TOURNAMENT

4-Person Scramble
FRIDAY, AUGUST 11th, 2023
HIDDEN HILLS COUNTRY CLUB
GENEVA, NE



SCAN ME

-JOIN OUR TEAM-

To view current openings, please visit:

[WWW.MYFCH.ORG /CAREERS/](http://WWW.MYFCH.ORG/CAREERS/)



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