Five Skiff physicians will provide 24-7 Emergency Room coverage

Starting on July 15, Skiff Medical Center will provide its own Emergency Room physicians 24 hours a day, 7 days a week.

Dr. Ryan Bakke and Dr. Tariq Mallick will each begin working three to four 12-hour shifts in the E.R. each week. They will join Dr. Tammy Chance, Dr. Jeff Wright and Dr. Todd Shover in providing round-the-clock coverage by Skiff-employed physicians.

“I think our patients will be even more satisfied when they're able to see our great team of physicians,” said ER/SCU Director Susan Carzoli, RN. “They’re all very knowledgeable and personable, and they're great to work with.”

Until recently, Skiff (like most rural hospitals) relied on outside physician services to provide E.R. coverage after-hours and on weekends. While the quality of medical care has been excellent, the ever-changing staff of physicians has been confusing to patients, and follow-up with patients after E.R. visits could be difficult.

“It’s really an advantage for the patients to be seen by a Skiff physician when they need emergency care,” said Dr. Chance. “It makes for excellent continuity of care because over time we get to know the patients, plus we know their local doctors. We understand the kind of problems the patients have and we can help make sure they follow up with their primary care physicians to get the health care services they need.”

Emergency Practice Associates (EPA), a physician staffing firm from Waterloo, occasionally will provide coverage during vacations or illness.

Dr. Ryan Bakke

Dr. Bakke (pronounced Back-ee) recently completed a three-year family practice residency at Broadlawns Medical Center in Des Moines. He received his undergraduate degree from Drake University. He received his medical degree from Des Moines University in 2001.

Dr. Bakke and his wife, Janna, are originally from Garner, Iowa. They said they chose Newton because of its small-city environment with the amenities of Des Moines nearby.

The Bakkes have two children, and recently purchased a home in Newton. Dr. Bakke is active in his church, and enjoys golf, volleyball, basketball and running.

Janna is a graduate of the Des Moines Area Community College dental assistant program who plans to stay home with their children.

Dr. Tariq Mallick

Dr. Mallick recently completed the third and final year of a family practice residency at the Mercy/Mayo Clinic in Urbandale. Born in India, he grew up in Toronto, Canada and attained his undergraduate degree from the University of Toronto. He received his medical degree from the University Iberoamericana in Santo Domingo, Dominican Republic in 1999.

Dr. Mallick completed a postgraduate internship in Internal Medicine and Family Practice at Tallahassee Primary Care Associates in Tallahassee, Florida.

Dr. Mallick and his wife, Zeva, recently moved to Newton. They have one son.

Dr. Mallick’s primary language is English, although he is fluent in Spanish and Hindi. In his free time he enjoys tennis, ball hockey, gardening, carpentry and mosaic tile designing.
Fitness Frenzy
Safe Fun in the Summer Sun
July 11 - Aug 21

Get in shape this summer with the next fitness frenzy, Safe Fun in the Summer Sun that will run from July 11 to August 21. The focus for this challenge is activity and safe summer habits: hydration, fruit and vegetable consumption and sunscreen.

Exercise:
• The activity goal is to achieve at least 150 minutes of exercise per week. This is only 30 minutes five times per week.
The other half of the fitness frenzy’s focus should help keep you safe this summer.

Safe Summer Habits:
• Hydration: Drink 64 ounces of fluid every day to prevent dehydration. The fluid can include water and non-carbonated, decaf beverages such as decaf tea.
• Fruit & Vegetable Consumption: Take advantage of summer fruits and vegetables, which can reduce your risks for various diseases. Consume at least 3 fruits and veggie servings everyday to earn 1 point per week.
• Sunscreen: Apply sunscreen every time you are in the sun for a 30 minute time period and receive 1 point per week. Application of sunscreen is proven to reduce your risk of skin damage.

Logs to track your exercise minutes, fluid, fruits and veggies, and sunscreen points are available at the billboard outside the cafeteria.

As part of this Fitness Frenzy, a free screening with the Dermascan machine will be available in July [date to be determined] for all participants to assess any facial skin damage. Bring your point log to the scan to verify that you completed the screen.

Call 4303 to register or e-mail jthompson@skiffmed.com. Turn in your completed log by Thursday, August 26 to be eligible for the drawing.

Skiff birthdays
Roger Brown    July 9    Todd Shover    July 16
Linda Chrismore July 11  Kelsie Brown     July 17
Melody Wright   July 12  Brenda Smith     July 18
Megan Tindle    July 12  Roxanne Large    July 18
Kim Molloy      July 13  Bob Webster      July 19
Jane Johnson    July 14  Jodi Holloway    July 21
Rhonda Carmichael July 14  Ginny Colville July 21
Kelli Maher     July 15  Joyce Slycord    July 23
Linda Vasquez   July 16  Tina Vandekamp  July 23

Educational Offerings
Contact Lisa Gulberg, RN, of Education Services at ext. 4871 to learn more about these educational opportunities:
• Child and Dependent Adult Abuse Training will be offered in the Inservice Room on the following dates.
  • July 30 from 8-10:30 a.m.
  • August 3 from Noon-2:30 p.m.
  • August 26 from 4-6:30 p.m.
  You need attend only one session. Trainings are good for five years.
• “Understanding Insulin Regimens and Carbohydrate Counting” presented by Ann Hansen RN, CDE, and Jenny Thompson, RDLD. (0.2 free CEUs available). Offered August 12 from 11:30-1:30 p.m. or August 17 from 6:30-8:30 p.m. in the Inservice Room.
• Certified Donor Requestor (CDR) Training will be held July 28 from 8 a.m. to noon in Inservice Room A. Required for all new Emergency Room staff. Open to anyone who wants to attend.
• Basic Fetal Monitoring Class with Stephanie Trusty will be offered on July 26 from 8 a.m. to 4:30 p.m. in Skiff Inservice Room C. Required for new OB staff. Open to anyone who wants to attend.
• Managing Aggressive Persons (MAP) Training will be offered on August 10 from 8-10 a.m. in Inservice Room A. Required for all new Emergency Room and other selected staff. Open to anyone who wants to attend.
• Pediatric Advanced Life Support (PALS) Provider Class will be offered on September 1 from 7:30 a.m. to 4 p.m. and September 2 from 7:30 a.m. to 1 p.m. in the Inservice Room.
• ACLS Provider Class will be offered on October 13 from 7:30 a.m. to 4 p.m. and October 14 from 8 a.m. to 1 p.m. in Skiff Inservice Room A. Open to anyone who wants to attend.

Fitness Frenzy
Safe Fun in the Summer Sun
July 11 - Aug 21
Skiff picnic and pool party set for July 30

This year’s Skiff Employee picnic and pool party is scheduled for the evening of Friday, July 30. All hospital employees, physicians, board members and their families are invited to attend.

The party begins at 5:30 p.m. with a potluck dinner in the Maytag Park West Shelter. Just bring a side dish, salad or dessert to share — Skiff will provide the main dish, drinks and tableware.

After dinner, the kids will enjoy several fun games, with prizes for everyone. Make sure they bring their swimsuits, because the games usually involve lots of water.

From 7:30 p.m. until 9:30 p.m., we’ll adjourn to Maytag Pool for a swim. Even if you can’t come to the meal, bring the family for a late-night swim. Call John Easley in Public Relations at ext. 4339 with any questions.

No meal charges on this paycheck

Because the computer problems in the cafeteria [and coffee shop] are not yet resolved, there will NOT be payroll deductions for meals on this week’s check. All deductions signed for during the last pay period will appear on your July 22 check. We are working very hard with the company to get this fixed. Thanks for your patience!

-- Deb Nilles
Nutrition Services

Our sympathy

• To Emilie Hansen of Audiology, on the recent loss of her grandmother.

Makeup for respiratory fit testing

Make-up sessions for respiratory fit testing will be offered on Monday, July 12, in the Specialties Clinic, for those who were unable to attend previous training and testing opportunities.

Each training session takes approximately 20 minutes, followed by fit testing. Training will begin promptly on the hour at these times (please be on time):
• 8 a.m.
• 9 a.m.
• 10 a.m.
• 11 a.m.
• 1 p.m.
• 2 p.m.
• 3 p.m.

If you have questions or concerns, contact Christie Milligan, RN, or Tamera Humes, RN, at ext. 4804.

Ear-Nose-Throat Specialist joins Newton, Grinnell hospitals

Eric P. Paulson, MD, will begin seeing patients in the Skiff Specialty Clinics beginning in mid-July. Dr. Paulson will be affiliated with Surgical Associates of Grinnell, and have privileges at Skiff Medical Center and Grinnell Regional Medical Center.

Paulson will perform both medical and surgical treatments for conditions involving the head and neck. He will perform surgeries such as tonsillectomies, ear tube surgery, endoscopic sinus surgery, facial plastic surgery, voice surgery, head and neck cancer surgery, and a full range of ear procedures. In addition, Paulson will perform surgeries to correct nasal obstruction, sleep apnea, and snoring.

“I knew I wanted to be a surgeon because I’ve always liked working with my hands—as a child building model airplanes and later working in carpentry with my father,” Dr. Paulson said. “I chose the field of otolaryngology because I was attracted to the variety of surgical procedures ranging from microscopic ear surgery to large head and neck cancer cases. There is great satisfaction in being able to drastically improve a patient’s hearing or cure someone of head and neck cancer.”

Paulson graduated from medical school at SUNY Health Science Center at Syracuse, NY, and completed his otolaryngology residency at University of Iowa Hospital and Clinics, where he was chief resident last year. Paulson completed a general surgery internship at Huntington Memorial Hospital in Pasadena, Calif.

Paulson and his wife, Beth Lily Chung-Paulson, have a 16-month-old daughter. In his free time, Paulson enjoys playing with his daughter and walking his dog, playing piano, guitar, and drums; and participating in all types of physical fitness activities.

Paulson is accepting new patients. He will maintain office hours in Grinnell on Mondays and Thursdays between 8 a.m. and 4 p.m. He will see patients at the Skiff Specialty Clinic in Newton on Tuesdays. To schedule an appointment, please call 641-236-4323.

Ferguson granddaughter

Jack and Jean Ferguson, RN, are pleased to announce that they are grandparents. Kailyn McKenzie Ferguson was born at 11:57 p.m. on June 26, 2004, and was 6 lb., 3 oz. and 20 inches long. Her parents are Brian and Lori Ferguson of Eielson Air Force Base, Alaska. All are doing fine and we look forward to seeing them on July 13 when we will be visiting them.

FREE DANCE FOR TEENS!
Friday, July 16 from 8-11 p.m.at
ACES Teen Center.
For teens going into
7th grade through 9th grade
who have completed 9th grade

Skiff picnic and pool party set for July 30

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Getting to Know You...

**MELISSA PEARSON**

Name: Melissa Pearson  
Department: Med/Surg, SCU  
Position: Registered Nurse  
How long at Skiff: 3 months as an employee, 1-1/2 years as agency nurse  
Previous jobs: Floor nurse at IMMC, Clinical Supervisor for Internal Medicine office, Agency Nursing, Dialysis Nurse  
Hometown: Newton  
Schools you attended: Truman University, Marshalltown Community College, Graceland University  
Family: Husband Gary, married for 13 years; Cody age 11, Elizabeth age 7, and Christopher age 3  
Hobbies or outside interests: SCRAP-BOOKING!!! Playing with and taking pictures of my kids, working on my masters degree and nurse practitioner certificate  
Ideal vacation: A trip to Hawaii with just myself and my spouse  
Organizations you belong to: American Nurse Association, American Association of Nurse Practitioners  
Last book you read: Primary Care of Adults and Pediatrics  
If I won the big lottery I would…pay off all my creditors, and then help my family. Last of all take my dream vacation.  
What I like best about working here: the friendly staff  
Interesting tidbit about yourself: I just learned how to dance and performed in my first recital this past May.

**MARC VANDER VELDEN**

Name: Marc Vander Velden  
Department: Physical Medicine and Rehabilitation  
Position: Physical Therapist  
How long at Skiff: 1-1/2 years  
Previous jobs: First PT job; worked as CNA, rehab aide in Iowa City and Des Moines  
Hometown: Des Moines  
Schools you attended: Southeast Polk High School, Central College – BA in Biology, University of Iowa -MPT  
Family: Sister, 29; nephew, 2; brother, 22  
Hobbies or outside interests: Sports, running, weight-lifting, boating  
Ideal vacation: A nation-wide trip touring Major League Baseball stadiums  
Organizations you belong to: APTA, NSCA, Toastmasters  
Last book you read: A Purpose Driven Life  
If I won the big lottery I would…give to my local churches, pay off some minor loans, put the rest away (I am Dutch) and save for nephew.  
What I like best about working here: Co-workers; able to get around the hospital in no time.  
Interesting tidbit about your self: Four-sport high school athlete, two-time All-American in track at Central College. Hawkeyes Rule!!!

**JOANNA BRECKENRIDGE**

Name: Joanna Breckenridge  
Department: Med/Surg, Home Care, Fill in at Assisted Living  
Position: CNA  
How long at Skiff: 1 year 9 months  
Previous jobs: Wal-Mart, Careage of Newton  
Hometown: Monroe  
Schools you attended: Monroe High School  
Family: Husband, Dennis; four boys – Drew-11, Justin-13, Gary-16, Nick-22; 2 girls Jennifer-22, Sally-20; 3 grandgirls  
Hobbies or outside interests: Camping, yard work  
Ideal vacation: Anywhere with my family  
Last book you read: The series A Child Called “It”  
If I won the big lottery I would…help friends and family  
What I like best about working here: All the people  
Interesting tidbit about yourself: I like to talk to every one and make new friends.  
(Editor’s note: Joanna is Skiff’s caregiver of the year for 2004)
Women’s health conference set for October 16

The third annual Skiff Women’s Health Conference is scheduled for Saturday, October 16, at the DMACC-Sodexho Conference Center in Newton.

The keynote speaker for the day-long educational event will be Deadra Stanton. A popular motivational speaker who lives in northern Iowa, Stanton will share her humorous and upbeat ideas for balancing family, career and self.

More than a dozen topics will be presented at the Women’s Health Conference. CEUs will be offered. Watch future issues of VITAL SIGNS for more details.

Thanks from Rhondi Machin

I wanted to say thank you to everyone who kept a good eye on me during the Relay for Life. I have such good friends at work who really care about me, which is why I like working at Skiff so much. Thank you so much.

— Rhondi Machin

What you should know about the HIPAA Security Rule

By Janice Balmer, RHIA

By now you know about the HIPAA Privacy Rule – federal standards that protect our fundamental right to privacy and confidentiality. The Department of Health and Human Services [HHS] has issued a second set of federal standards to protect health information in electronic form. It’s called the HIPAA Security Rule. Covered entities are expected to comply with the Security Rule by April 2005. What is covered by the Security Rule?

- Confidentiality of electronic personal health information, ePHI
- Integrity of ePHI – meaning once ePHI is created, it can not tampered with; and
- Availability of ePHI so it can only be accessed by people with the authority to do so whenever it’s needed.

The Security Rule is divided into three parts: Administrative, Physical and Technical Safeguards.

Administrative Safeguards are carried out by the Administrative Team, Managers and the Security Official of an organization. They work as a team to conduct on-going risk analyses, called security audits, and create formal policies and procedures to safeguard all ePHI. These safeguards include:

- Rules on workplace security such as who can access ePHI and who cannot, and who has limited access, such as contractors or vendors.
- Detection systems to detect, correct and prevent security breaches.
- Security incident policies on how to handle violations and security breaches.
- Contingency plans that outline how to respond in emergencies or natural disasters that damage ePHI.
- Back-up systems off-site that can be retrieved quickly in the event of an emergency or disaster.
- On-going evaluations and audits to make sure Skiff Medical Center is in compliance with the Security Rule.

Physical Safeguards cover protection of physical things such as computer systems and high tech equipment as well as the place where ePHI is stored. They include:

- Physical access controls to limit access of ePHI and make sure authorized persons can access data when they need it (i.e. passwords to log onto your computer and access ePHI – that are changed regularly so they do not fall into the wrong hands).
- PIN numbers and telephone call back procedures for dial-up modems, to validate who is accessing ePHI.
- Unique user IDs, like fingerprints to verify that the person trying to log onto the computer is who he or she claims to be.
- Facility access controls to protect areas where ePHI is housed.

Technical Safeguards include all the technology that makes physical safeguards possible. These include:

- Access controls for electronic systems that hold ePHI to make sure people with access rights can access data when they need it.
- Integrity controls to protect ePHI from alteration or destruction, like virus-checking software to protect equipment from malicious software.
- Transmission safeguards to protect ePHI transmitted over open networks from intruders [i.e. the use of encryption].
- Authentication policies to verify if the people logging onto the system are who they claim to be.
- Monitoring systems to track who's logging into the system successfully, and who's trying to log in unsuccessfully.
- Internal system audits and controls to track and record daily activity in information systems to look for abnormal or suspicious behavior.

In the months to follow, you will be reading and hearing much more regarding the HIPAA Security regulations. The HIPAA Privacy Rule got us started and the HIPAA Security Regs fill in any security gaps. (Excerpts from “HIPAA Security Compliance” Coastal Training Technologies Corporation)