

## Speaker's Bureau

### General Health



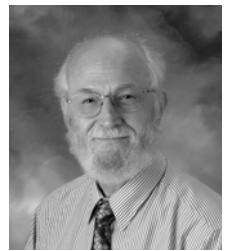
*Emily Kruckenberg*

#### ***Women's Health Issues – Emily Kruckenberg, RN, BA***

This program can be customized for your group. Topics covered can range from osteoporosis, to menopause, to dry skin and almost anything in between.

#### ***Breast Health – Dr. George Pfaltzgraff***

Informational discussion of the many aspects of breast disease and breast cancer including the importance of early detection, treatment and prevention.



*George  
Pfaltzgraff, MD*

#### ***Why a Colonoscopy? – Dr. George Pfaltzgraff***

Not a procedure that anyone looks forward to, but an important one nonetheless! Dr. Pfaltzgraff offers a discussion of the function of the colon, how polyps develop and their association with cancer as well as how to prevent colon cancer.

#### ***Skin Cancer – Dr. George Pfaltzgraff***

Learn about the anatomy of skin and the development of the three types of skin cancer, their presentation and the treatment available.

#### ***A Healthy Life – Dr. George Pfaltzgraff***

A discussion of the things that we do that make our life healthy and those that can lead to the breakdown of our health.



#### ***Pregnant or Planning to Become Pregnant? – EMH OB Staff***

The OB Department at Ellsworth Municipal Hospital is dedicated to making your birth experience pleasant, and comfortable. Meet a member of the Ellsworth Municipal Hospital Birthing Center Staff and learn baby basics and what to expect in the first few weeks. Get information on the O.B. Unit improvements/updates. Learn what prenatal classes and services are available to you and your family at Ellsworth Municipal Hospital. Receive information regarding the next O.B. Department Open House.



*Lisa Hunt*

***Wellness Laboratory Testing – Lisa Hunt***

Did you know you can have blood profiles done at EMH without a physician order? This is an economical way to monitor your health between doctor’s appointments. Lisa Hunt, lab manager, can tell you which tests are available and what they can tell you about your health.

***MRSA “ Super Bugs” – Lisa Hunt***

Methicillin-resistant Staphylococcus aureus (MRSA) is a bacterium that causes infections in different parts of the body. It's tougher to treat than most strains of staphylococcus aureus -- or staph -- because it's resistant to some commonly used antibiotics. It was first discovered in 1961, but still hits headline news each year. Lisa Hunt will help you learn about MRSA, best methods to avoid infection, symptoms, etc.

***Medical Errors and Technology – Susan Copp, RN, Med-Surg Manager***

Gain information on what steps technology is playing in preventing medical errors from the Project Coordinator at one of the hospitals involved in the implementation of an Electronic Health Record in the first rural network in the nation – Ellsworth Municipal Hospital!



*Susan Copp, RN*



*M. David Dennis*

***Types of Imaging Services – Dave Dennis***

Learn about the many imaging services that are available at Ellsworth Municipal Hospital: Dexascanning, Fluoroscopy, MRI, X-Ray, Ultrasound, CT Scan, MRI and much more!

***Ergonomics – Dave Moore, PT and Greg Webb, PT***

Ergonomics for the office, work place and home. Tips and techniques to prevent fatigue and injuries by using good positioning and body mechanics. Learn best practices to prevent some common pain and discomfort before they occur. Great for the workplace!

***Back Safety/Prevention – Dave Moore, PT and Greg Webb PT***

Back injuries are incredibly common and, usually, preventable. Do you and your employees know proper lifting mechanics? Do you know there are exercises you can do to strengthen your back to prevent injury? Physical Therapists work with individuals to prevent the loss of mobility before it occurs by developing fitness and wellness-oriented programs for healthier and more active lifestyles.



*Greg Webb*

***Care and Prevention of Injuries – Dave Moore, PT and Greg Webb PT***

How to stretch and strengthen safely to avoid injuries as well as how to treat basic injuries to minimize recovery time. It's often difficult to assess when it's time to see a doctor and when you can work through the pain.

Let Dave and Greg help you learn how to properly assess an injury.



*Dave Moore*

***Diet and Exercise – Dave Moore, PT***

Tips on weight loss and overall health based on a combination of diet and exercise. Managing your weight and strengthening muscles can help prevent many common musculoskeletal issues. Learn the importance, tactics and get motivated to live a healthier lifestyle!

**Cardiac Health**

***Cardiac Issues – Emily Kruckenberg, RN, BA (pictured above)***

Learn the importance of knowing your risk factors and how diet and exercise can help you keep your heart healthy.

**Diabetes**

***Diabetic Health – Emily Kruckenberg, RN, BA (pictured above)***

Many people have diabetes and don't even know it. Learn the symptoms to watch for, the different types of diabetes and the different options for treatment.

**Diets**



*Dawn High*

***Heart Healthy Eating – Dawn High, RD/LD***

Outlines the basics of a low salt and low fat diet. Dawn will share examples of ways to reduce the amount of salt and fat in your diet by making simple changes and tactics to keep your food flavorful and interesting.

***Portion Control – Dawn High, RD/LD***

Portion sizes have gotten out of control! Big portion sizes are one of the main contributors of weight gain in our country today. This program shows what normal portion sizes are and discusses how you can get your portions under control.

***Label Reading – Dawn High, RD/LD***

Do you know what you are eating? Reading labels is a necessity to help you make the best choices in the food that you buy and eat. Unfortunately, those numbers can seem overwhelming and confusing unless you learn the basics. Learn the numbers and develop plans to make your trips to the grocery store painless and healthier!

## Mental Health Services

### *Family Sculpture – Dee Chmielarz*

Dysfunctional family roles: defining a dysfunctional family identifying how survivor roles develop in a dysfunctional system, what the roles are and how they continue to affect the family throughout their lives. Also discussion on the similarities and differences between health and dysfunctional family system.



*Dee Chmielarz*



*Rick Shaw*

### ***Stress - Richard Shaw***

“Stress”, we all have some form of stress in our lives. Learn some of the most common causes of stress and coping strategies to effectively deal with the stress in our lives.

## Miscellaneous

### ***Charity Care/Spirit of Giving – Connie Stubbe***

The cost of healthcare is on the rise as is unemployment. Reimbursements are always lowest in the State of Iowa and contracts with insurance companies require an agreed upon price for procedures which results in what is called “contractuals”. Connie Stubbe, Business Office Manager can explain Charity Care practices at EMH and how we continue to Care for People in Special Ways even in difficult times.



*Connie Stubbe*



*Diana Ruhl*

### ***SHIP Counselor – Diana Ruhl***

Did you know that there is a place for Iowans on Medicare to turn for free, confidential information to help them make informed health care coverage choices? EMH sponsors a SHIP counselor, Diana Ruhl, who provides FREE, confidential guidance as you navigate the Medicare waters. Find out how SHIP can help you!



***Outreach Clinics – Katie Rieks, RNC***

Learn what outreach clinics come right to Ellsworth Municipal Hospital, your local healthcare provider. No need to travel out of town for many of the specialists you need to see. Learn more about the Outreach and other services at EMH from Katie Rieks, long-term employee and Senior Leader at EMH.

***Katie Rieks***

***Ellsworth Municipal Hospital, Iowa Falls Clinic, Ellsworth Family Medicine, Ackley Medical Center– Just What’s their Relationship Anyway? –***

***Darla Nederhoff, Clinic Manager***

Informational discussion of the relationship between these clinics, their health care providers and how they work together to offer quality healthcare in our local communities.



***Darla Nederhoff***



***Communication Within Our Facility – Sue Heintz***

Ever wonder why we ask so many questions when you register as a patient? Communication is essential within hospital departments. Learn what it takes to keep a facility with over 200 employees communicating smoothly. (You won’t believe how many phone calls we handle in a day!)

***Susan Heintz***

***Cleaning at Ellsworth Municipal Hospital – Housekeeping Staff***

What does it take to keep all of the patient care units and offices clean within or facility? How many loads of laundry does it take? How many gallons of floor cleaner? How do you santize? What are EMH’s Housekeeper’s favorite tips? A fascinating look within...



***Deb Fisher***



***Ellsworth Family Medicine Clinic – Vicki Gordon, Office Manager***

Information on the services offered at Ellsworth Family Medicine for all ages and health care needs!

***Vicky Gordon***

***Human Resources – Cheri Geitz***

This program is filled with tips regarding the interviewing process and how different companies recruit their employees.



***Cheri Geitz***

***Healthcare Insurance Trends***

Bernie Lowe & Associates present an informational presentation on the current healthcare insurance trends.



***Studer Initiatives – Sue McDowell***

Rounding for Outcomes, employee thank you notes, employee selection & first 90 days, discharge phone calls, key words at key times and aligning leader evaluations with desired behaviors.

***Sue McDowell***

***Ellsworth Municipal Hospital and the Community –  
Ed Maahs, Interim Administrator***

Learn more about the services provided at Ellsworth Municipal Hospital and the hospital's role within the community.

***Ellsworth Municipal Hospital Capabilities – Ed Maahs, Interim Administrator***

Discussion of the services available at Ellsworth Municipal Hospital and a description of what those services are. Example, we have a CT scanner at Ellsworth Municipal Hospital, get a brief description of what it can be used for and what can be done with it.