

spring 2023

# HEALTHY LIFE

MEMORIAL HOSPITAL  
CELEBRATING

**65** YEARS  
STRONG

p.14

## FIRST ROBOTIC-ASSISTED THORACIC SURGERY PERFORMED AT MEMORIAL

Patients can now benefit from  
a minimally invasive  
robotic-assisted surgery  
p.26



### TOP HONORS 16 YEARS IN A ROW

Highest honor awarded  
by the American Nurses  
Credentialing Center

p.6

### PATIENT FACING TECHNOLOGY

Inpatients will have  
access at their fingertips

p.8

### MUELLER FAMILY GIVES BACK

In honor of their late daughter  
in hopes of impacting others

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Memorial Hospital complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.  
Atención: hay servicios de asistencia de idiomas disponibles a su disposicion sin costo.  
Llame al 618-257-5420 para Memorial en Belleville, 618-607-3139 para Memorial en Shiloh (TTY: 1-800-735-2966).  
注意: 免费提供语言协助服务, 如有需要敬请致电 Belleville: 618-257-5420, Shiloh: 618-607-3139 (TTY: 1-800-735-2966)。



# a message from THE PRESIDENT

This year, Memorial celebrates its 65th anniversary of providing exceptional health care and compassionate service to the residents of Southwestern Illinois. However, Memorial's history goes back much further than 65 years. I hope you will take a moment to learn more about Memorial's deep roots in the community dating back to the 1920s by reading the story on pages 14-21.

As you know, Memorial's recent history includes integration with BJC HealthCare in 2016 followed by the addition of two medical office buildings including the Siteman Cancer Center on the Shiloh campus. In addition, we were able to expand services available to our patients locally with specialists from Washington University Physicians in Illinois, Inc. and Memorial's Family Care Birthing Center in Shiloh added an OB emergency department – the only one of its kind in the area.

Health care can be very complicated, and it is not always easy to navigate. Admittedly, the link between Memorial and BJC HealthCare has not always been as clear to our patients and the community as it should have been. We have so much more to offer beyond Memorial.

Earlier this year, BJC launched a new campaign to refresh the BJC brand. The next phase of that campaign, scheduled to launch later this spring/early summer, will be more intentional in helping consumers connect that community hospitals, such as Memorial, are part of something larger within BJC HealthCare. The goal is to differentiate BJC, our hospitals and health

service organizations by making a simple, but powerful, promise to everyone across our region:

**YOU DESERVE  
Extraordinary  
Care.**

The statement is brief, but intentional, reinforcing that

- 1 **"YOU"** are the most important person when you turn to us for care;
- 2 **"YOU"** represent all people and we are committed to equity, inclusion and access; and
- 3 **WE** are experts, delivering the highest quality care, thanks to our 30,000 caregivers and our partnership with Washington University School of Medicine.

I hope you will take time to read this issue of Healthy Life and learn more about the things our team does to deliver the extraordinary care you deserve.

**BEST WISHES  
AND GOOD  
HEALTH!**



Mike McManus, President

# Memorial Foundation's GOLF TOURNAMENT

18-Hole Scramble

**SAVE THE DATE**  
**October 2, 2023**  
St. Clair Country Club

For more information about the tournament, please visit [memhosp.org/foundation-golf-tournament](https://memhosp.org/foundation-golf-tournament) or call the Foundation office at 618-257-5659.



# MEMORIAL RECEIVES HIGHEST NURSING CREDENTIAL WITH PRESTIGIOUS

# MAGNET<sup>®</sup>

# RECOGNITION...Again!

Memorial Hospital Belleville | Shiloh has attained Magnet<sup>®</sup> recognition as part of the American Nurses Credentialing Center's (ANCC) Recognition Program<sup>®</sup>. This voluntary credentialing program for hospitals recognizes excellence in nursing and is the highest honor an organization can receive for professional nursing practice.

**This is the fourth designation for Memorial Hospital.**

ANCC officials noted it was a unanimous decision of the ANCC Magnet<sup>®</sup> commission to award Memorial with its fourth designation. They cited Memorial for three exemplar programs which demonstrated the significant contributions made by nursing staff to improve patient outcomes and in outperforming benchmarks.

“Achieving Magnet<sup>®</sup> recognition is no small feat and reflects our team’s commitment to Memorial’s mission of providing exceptional healthcare and compassionate service,” said Mike McManus, Memorial Hospital president. “I am very proud of our team for earning this outstanding achievement.”

Magnet<sup>®</sup> recognition has become the gold standard for nursing excellence and is taken into consideration when the public judges healthcare organizations.

To achieve initial Magnet<sup>®</sup> recognition, organizations must pass a rigorous and lengthy process that demands widespread participation from leadership and staff. The process begins with the submission of an electronic application, followed by written documentation.

Memorial receives Magnet<sup>®</sup> designation by demonstrating qualitative and quantitative evidence regarding patient care and outcomes. If scores from the written documentation fall within a range of excellence, a three-day virtual site visit will occur to thoroughly assess the applicant. After this rigorous onsite review process, the Commission on Magnet<sup>®</sup> will review the completed appraisal report and vote to determine whether Magnet<sup>®</sup> recognition will be granted.

An organization seeking to reapply for Magnet<sup>®</sup> recognition must provide documented evidence of how Magnet<sup>®</sup> concepts,

performance, and quality were sustained and improved over the four-year period since the hospital received its last designation.

In particular, the Magnet<sup>®</sup> model is designed to provide a framework for nursing practice, research, and measurement of outcomes. Through this framework, ANCC can assess applicants across several components and dimensions to gauge an organization’s nursing excellence.

The foundation of this model is composed of various elements deemed essential to delivering superior patient care. These include the quality of nursing leadership and coordination across specialties, as well as processes for measuring and improving the quality and delivery of care.

Magnet<sup>®</sup> recognition has been shown to provide specific benefits to hospitals and their communities, such as:

- Higher patient satisfaction
- Better patient outcomes
- Increased nurse satisfaction
- Improved safety and quality

Being recognized as a Magnet<sup>®</sup> facility for the fourth time is a great achievement for



Memorial, as it continues to proudly belong to the Magnet<sup>®</sup> community—a select group of 601 healthcare organizations worldwide. There are 42 Magnet<sup>®</sup> organizations in Illinois with Memorial being the only Magnet<sup>®</sup> designated organization south of Springfield.

Memorial was initially designated a Magnet<sup>®</sup> organization in 2008. Hospitals must reapply for Magnet<sup>®</sup> recognition every four years based on adherence to Magnet<sup>®</sup> concepts and demonstrated improvements in patient care and quality.

Memorial is among these BJC HealthCare facilities with the prestigious Magnet<sup>®</sup> designation: Barnes-Jewish Hospital, Missouri Baptist Medical Center, and St. Louis Children’s Hospital.

**NOTE:** Please see <http://www.nursecredentialing.org/Magnet/FindaMagnetFacility.aspx> for the current number of Magnet-recognized organizations.

**ABOUT MEMORIAL HOSPITALS - BELLEVILLE | SHILOH**

Memorial is integrated with BJC HealthCare, one of the largest non-profit healthcare organizations in the United States. Memorial Hospital provides quality healthcare services on two campuses in Southwest Illinois. The Belleville campus has a 212-bed hospital, and the Shiloh campus features a 97-all-private-room hospital. Both hospitals are MAGNET<sup>®</sup>-designated facilities, placing them in the top 6% of hospitals nationwide for nursing excellence. We offer 24/7 emergency departments along with critical care services, medical and surgical services, and a full complement of diagnostic and treatment modalities. Our campuses are also home to The Family Care Birthing Center (Shiloh), The Orthopedic and Neurosciences Center (Belleville), Memorial Care Center skilled rehab nursing facility (Belleville), and the only Illinois Siteman Cancer Center (Shiloh). Learn more at [www.memhosp.org](http://www.memhosp.org)

**ABOUT THE AMERICAN NURSES CREDENTIALING CENTER’S (ANCC) MAGNET RECOGNITION PROGRAM<sup>®</sup>**

The Magnet Recognition Program<sup>®</sup> administered by the American Nurses Credentialing Center (ANCC), the largest and most prominent nurses credentialing organization in the world, recognizes healthcare organizations that provide the very best in nursing care and professionalism in nursing practice. The Magnet Recognition Program<sup>®</sup> serves as the gold standard for nursing excellence and provides consumers with the ultimate benchmark for measuring quality of care. For more information about the Magnet Recognition Program<sup>®</sup> and current statistics, visit [www.nursecredentialing.org/magnet](http://www.nursecredentialing.org/magnet).



# Patient Facing Technology

## COMES TO MEMORIAL HOSPITAL



Inpatients at Memorial Hospital will have access to an individualized health care experience at their fingertips when the BJC Patient Engagement System is implemented in patient rooms. The technology launched at Memorial Hospital Shiloh last fall and is set to go-live at Memorial Hospital Belleville in mid-2023.

The BJC Patient Engagement System was designed to create a **unique and personalized experience for each patient** — available by simply touching a tablet screen — while ensuring Memorial Hospital team members are aware of each patient’s needs and preferences.

Patients will be able to access their health care team, view personalized health education and their daily schedule, order a room service meal or enjoy entertainment such as TV, movies and games, or relax and meditate through calming content apps. In addition, patients can learn about hospital services and customize their settings, including their preferred name and language.

“We are excited to provide our patients, families and staff with this new technology at the bedside,” says Michael McManus, president of Memorial Hospital Belleville and Memorial Hospital Shiloh. “Implementing this system supports our mission of providing exceptional care by offering options for education and entertainment, as well as encouraging active participation in one’s own care.”


With the implementation of the BJC Patient Engagement System in hospital rooms and at the bedside, **patients can now better engage in their own health care journey.** This ensures they’ll have better, more accurate and timely information about their health care team, care plan, medications, condition-specific education, and how best to manage their health after they leave the hospital.

At discharge, to protect the patient’s privacy, all of their information will be deleted.

“As a world-class health system, BJC is demonstrating our commitment to not only improving the patient and family experience, but also the experience of our staff with this technology,” says Jennifer Carron Passon, BJC patient

experience officer, “which can help physicians, nurses and team members communicate more effectively with patients and improve their overall experience.”

The BJC Patient Engagement System is currently being used at Barnes Jewish Hospital, St. Louis Children’s Hospital and Barnes Jewish West County Hospital. This is a part of a multi-year

implementation plan and, by 2025, this technology will be placed in all BJC hospitals. 





# comfort & care close to home

## MEMORIAL INFUSION CENTER

**Memorial Hospital  
Belleville offers a variety  
of outpatient infusion  
and injection services in  
its Infusion Center. The  
Center also provides  
nursing care for complex  
wound vac patients and  
routine central line care.**

This center is an important addition to our services as patients previously had to travel to receive this type of care, said Kelly Crawford, assistant nurse manager in outpatient surgery.

“The community had to travel far distances to receive specialty medications for their complex conditions,” Crawford said. “Now, they can receive these treatments close to home, saving time and frustration. Some patients come to us twice daily, and a majority come weekly or monthly. The amount of time and resources saved for these patients by staying within their community is huge.”

Currently seeing approximately 200 patients per month, the Infusion Center still has plenty of room for growth, said Vickie Henry, RN, outpatient surgery patient care manager. She said this service initially began as a way to expand services and provide blood transfusions to patients.

“When I took on the role of manager 10 years ago, these patients were mingled in with surgical patients in our department,” Henry said. “It wasn’t long after that when we were able to expand our physical area that we were able to provide services to this patient population away from surgical prep patients. In the height of COVID, we repurposed the Infusion Center in order to administer monoclonal antibodies to our community. During that time, we infused more than 30 patients per day.”

The Infusion Center offers treatments for conditions such as Crohn’s Disease, autoimmune diseases, immunodeficiency conditions, multiple sclerosis, rheumatoid arthritis, osteoporosis, anemia, Non-Hodgkin’s Lymphoma, dermatological conditions and many more.





All nurses are trained in the insertion and removal of port-a-catheters, midline catheters and peripherally inserted central catheter (PICC) lines.

“All of these lines ensure reoccurring patients who come to the clinic on a scheduled basis for their treatments do not need a new IV inserted at each visit,” Henry said.

Wendy Smith, Memorial Foundation program manager and a recent patient in the Infusion Center, developed an infection when her body rejected the hardware used to surgically repair her broken foot and ankle.

“In early December, while nursing an already-injured right knee and femur, I fell on my basement stairs and broke 20 bones in my

right foot as well as both sides of my ankle,” Smith said. “I had surgery on December 23 where Dr. Jason Wiechert, BJC Medical Group of Illinois orthopedic surgeon, placed 14 screws in the top of my foot as well as a plate and screws on the outside of the ankle. Post-surgery, the top two incisions did great, but the ankle continued not to heal. The doctor took the plate and screws out on January 23 and checked for a staph infection, which was found positive.”

After consulting with the infectious disease specialist, Smith went to the Infusion Center to receive a PICC line and schedule antibiotic infusions every 12 hours. Smith was able to eventually set up home health and receive home infusions but went to the Center twice a day

for two weeks before setting up home health.

Crawford said antibiotic infusion regimens allow the medication to reach the patient much faster than oral antibiotics.

“The antibiotics are placed directly into the patient’s vasculature through an IV or PICC line in Wendy’s case,” she said. “Oral antibiotics have to be digested before they reach the bloodstream, so it takes longer to take effect. In addition, the concentration of IV medications can be higher, which is useful for patients who have severe infections.”

Smith said the care team in the Infusion Center surpassed all expectations and helped ease her fears.

“Every team member I have worked with is awesome,” Smith said. “This is one of the most caring, kind and thoughtful places I have ever had treatment. If they see me at the door in my wheelchair, they come take me to my room. If it’s cold, they bring a warm blanket. The professionalism and knowledge you expect, but the kindness, caring and thoughtfulness is overwhelming. They care about their patients and address every need that is within their realm.”

“This is one of the most caring, kind and thoughtful places I have ever had treatment.”

- WENDY SMITH

Smith said she still has a few more weeks of at-home infusions, another surgery to remove additional hardware and physical therapy to complete her healing journey. She said she’s most looking forward to playing in the fall Memorial Foundation golf tournament. Her advice to current and future patients is to communicate everything to your care team.



said. “When they arrive, yes, many patients experience anxiety and have a lot of questions. The staff has respect for this vulnerable time and ensures patients have time to ask questions, discuss their treatment and settle into this new routine.”

Crawford said staff helps patients overcome their anxiety through communication, education and even the use of distraction techniques such as music.

“It goes back to the goal of individualized care,” she said. “Some patients just need to talk about what they’ve been through to develop trust with the staff. Whatever it takes,

we do our best to make it a comfortable, anxiety-free experience. Our patients receive individualized care from some of the best physicians and also have the ability to stay close to home for their continuing treatment.”

The Infusion Center offers next-day appointments for most medication orders and same-day blood transfusions. Patients and their care partners can remain together throughout their stay in private rooms. ■

**For more information or physicians needing to schedule a patient, call 618-257-4797.**

“It is a scary thing to have to get a PICC line,” she said. “Share your fears with the staff – this is very serious. Write down your questions that come up in the middle of the night and ask all of them – especially the ones you think are silly. They will take you very seriously and do all they can to put your mind at ease.”

Crawford said anxiety and fear with patients is expected during transitional or vulnerable times. She said Infusion Center staff are expertly trained in their services, and they intentionally schedule a longer first visit to go over everything with the patient in depth.

“I love working in the infusion center because we are able to develop a long-term care relationship with patients,” she





MEMORIAL  
HOSPITAL65  
YEARS  
STRONG

**Memorial Hospital Belleville opened its doors on May 18, 1958 with the first patients, a total of nine, admitted the next day.**

**Memorial's rich history began well before the doors of the hospital opened. Learn more about Memorial's history and how we've grown to be the trusted health care partner for residents in Southwestern Illinois.**

**Memorial Hospital's history began in the 1920's when a group of Belleville physicians felt the community needed a second hospital. Local protestant churches supported the cause and helped raise funds to build the hospital.**

Meanwhile, however, came the Crash of 1929 and interest in building an expensive new hospital waned. By 1935, the area's physicians were insisting the need was critical. "Unless Belleville soon creates some new hospital facilities, any epidemic of public catastrophe would be disastrous," said Dr. R. J. Joseph.



1930's

**The first fundraising effort was led by Rev. Otto Pessel of St. Paul Church and raised \$4,000.**

Volunteers sold bricks for one dollar each. Memorial's roots began with area Protestant Churches; a total of 47 churches agreed to pledge \$10 per member for five years to raise money to build the hospital.

1940's

**The Protestant Hospital Builders Club was incorporated on August 4, 1947.**

Founders were the Reverend B.J. Koehler, president; Oliver C. Joseph, vice president; W.A. Schickedanz, secretary/finance director; and Walter A. Keil, treasurer.

1950's

**Groundbreaking for Memorial Hospital Belleville was held on December 4, 1955.**

Walt Marsh was named chairman of the building committee in 1953. Two years later, acting upon Marsh's recommendation, the board voted to sign the building contracts. Five days later, the groundbreaking was held.



**A successful \$1 million fundraising campaign was held in 1956-57 led by Charles Meyer and Frank E. Robinson.**

During this campaign, Meyer and Robinson approached the late Bishop Albert Zuroweste of the Roman Catholic Diocese seeking his endorsement of the project. The bishop responded with a gracious letter supporting Memorial.





# 1950's

**Land in the heart of Fairview Heights' business district now occupied by such places as Toys R' Us, Planet Fitness, DSW, Fresh Thyme, Hobby Lobby as well as those along Ludwig Drive was donated to Memorial back in the late 1950's.**

George Ludwig of Belleville donated his Fairview Heights farm valued at \$250,000 to the hospital. In a recorded message he sent to the campaign victory celebration, he said: "Each of us has to do what he can with what has been given to him. The widow who gives her mite is giving as much as a millionaire. When we give to our hospital, we are only returning to the Lord what He has given us."

## DID YOU KNOW?

**The first set of twins born at Memorial Belleville are the brother and sister of a former Memorial employee Kay Schanuel.**

The first set of twins – a boy and a girl - were born on June 27, 1958 at 4:10 and 4:16 a.m. to Mr. and Mrs. Fred Friedewald of Belleville. The twins reside in Belleville; their sister Kay, worked at Memorial for over 40 years before her retirement in 2022.

**In its 65-year history, Memorial has had just four presidents - a distinction not many hospitals across the country can claim.**

In 1957, Taylor O. Braswell was hired from over 400 applicants as Memorial's first administrator. He served 29 years before retiring in 1987. Braswell passed away last January, at the age of 97. Harry R. Maier assumed the role in 1986 after serving as chief operating officer since 1977. Maier retired in October 2006. Mark J. Turner, who was named

executive vice president and chief operating officer in 2004, became Memorial's third president. In February 2020, Michael McManus was named Memorial's president after serving as its chief operating officer since 2012. About three weeks after assuming the role, Memorial admitted its first COVID patient.



Taylor O. Braswell  
1957 - 1987



Harry R. Maier  
1986-2006



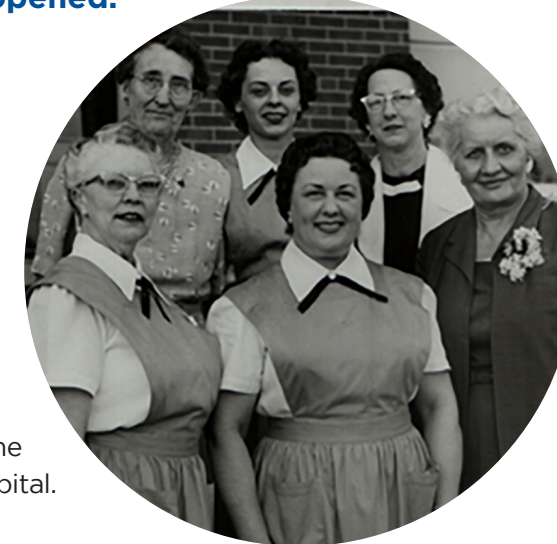
Mark J. Turner  
2006-2020



Mike McManus  
2020-present

**Memorial Hospital's Auxiliary was chartered in 1957 – one year before the hospital even opened.**

Dedicated volunteers made the first patient room curtains and assisted in numerous ways helping the hospital get ready to open its doors. Volunteers have given nearly three million service hours and contributed over \$10 million to support the efforts of Memorial Hospital.



**The nursing units we know today as "Center" comprised the original 1958 Memorial Hospital building.**

The cost of the 62,500-square-foot, 154-bed hospital was \$2.5 million.

**Memorial is the only Magnet® facility south of Springfield, Illinois.**

Only 10 percent of hospitals nationwide have achieved this prestigious designation. Memorial received its first designation in 2008 and was designated again in 2012, 2018 and 2022.

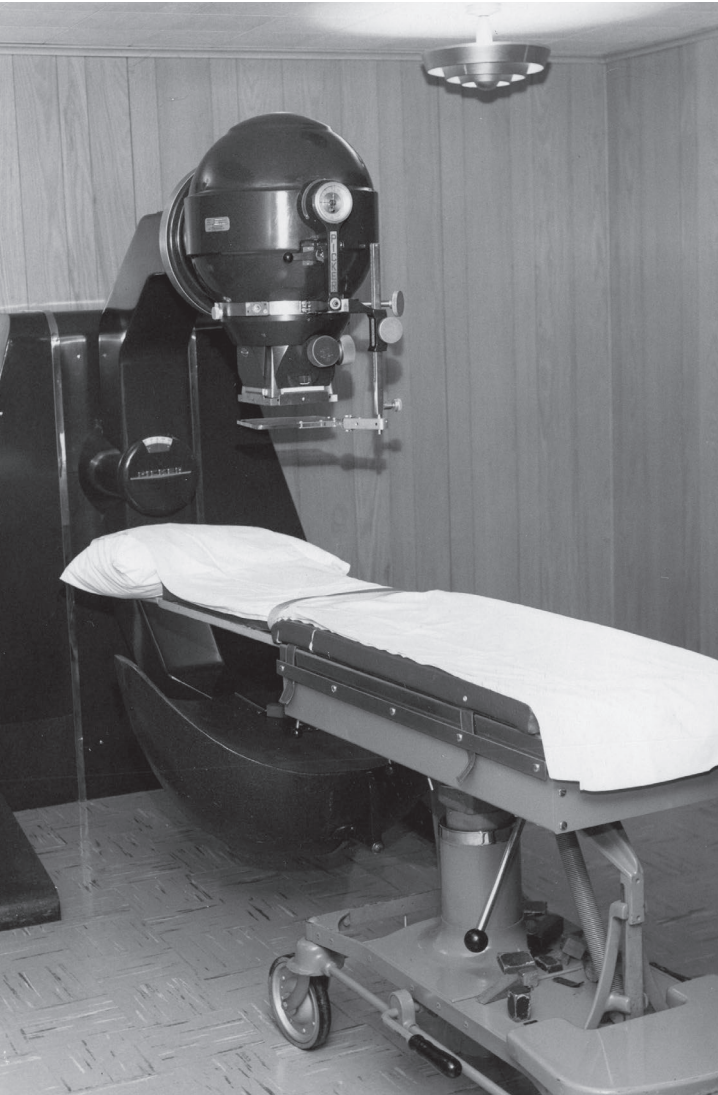
**Firsts in Memorial's History include:**

- First formal Department of Anesthesia under the direction of an anesthesiologist
- First Nuclear Medicine Department
- First formal Department of Respiratory Care under the direction of a registered respiratory therapist
- First Intensive Care Unit
- First Pulmonary Laboratory
- First arteriography diagnostic equipment
- First cardiovascular service and non-invasive blood flow
- First Hyperbaric Medicine Department
- First area hospital to acquire a 3 Tesla MRI – this technology is primarily used in research facilities and Memorial was one of just a handful of hospitals nationwide to acquire this technology.
- In 2013, Memorial introduced robotic surgery to the community used to provide minimally invasive surgery in the specialties of general services, gynecology, urology and recently, thoracic.
- Memorial was the first to purchase land in the Shiloh/O'Fallon area for future growth and development; subsequently opening Memorial Hospital Shiloh in 2016, a new 94-bed hospital in Shiloh.
- In 2017, Memorial Belleville opened the first true hybrid operating room in the area allowing for more sophisticated vascular procedures and the ability to move from a closed to open procedure should the need arise.





# 1960's and BEYOND



## Memorial is proud of its long list of “firsts” among metro-east hospitals.

The list is a long one dating back to 1960, when the first Cobalt-60 radiation therapy unit for the treatment of cancer opened at Memorial. “It was very innovative at the time,” noted the late Charles Meyer, a former board member. “We thought we were the Sloan-Kettering on the Mississippi.”

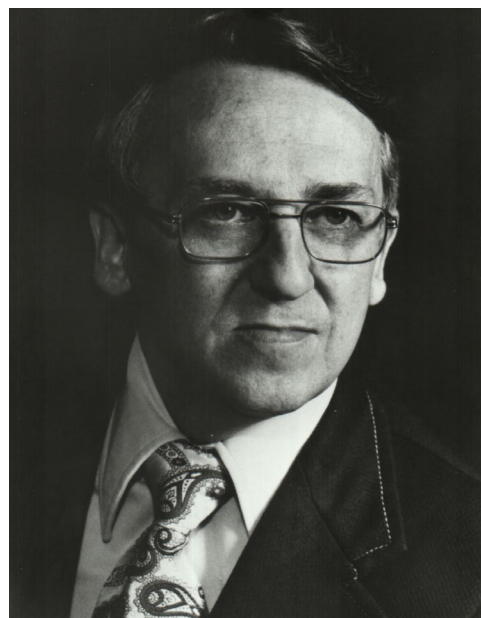
Memorial pursued a policy of innovation not out of a competitive spirit but because at Memorial, the patient comes first.

## Memorial Care Center was the first St. Clair County extended care facility to be owned and operated by a hospital.

Formerly known as Memorial Convalescent Center, Memorial Care Center was purchased in 1964, making it the first St. Clair County extended care facility owned and operated by a hospital. Now known as Memorial Care Center, the 82-bed facility is Medicare approved and is managed by Bethesda Health Group. It has been named one of the best nursing homes in America by U.S. News and World Report for 13 consecutive years.

## Dr. Matthew B. Eisele was named Memorial’s first Medical Director in 1972, making him the first to hold a position of this type in central and southern Illinois.

Dr. Eisele was an obstetrician/gynecologist in the community for 22 years before assuming the Medical Director role at Memorial.



## Memorial’s original logo came to be as the result of a contest in 1969.

Twenty entries were received, and the winning entry was submitted by Mrs. K.R. Harper of Collinsville. She stated her entry was a composite of her feelings for Memorial “as a former Pink Angel, a happy mother of twins born in your maternity section and a mother praying for her infant sons’ recovery from flu meningitis.”



**Memorial Hospital**



## The “rays” on Memorial’s logo have a special meaning.

According to Mrs. Harper, the rays on her design reflect, “the glory of God as exemplified by the Memorial employees, medical staff and the untiring members of the hospital Auxiliary.” Over the years, the original design has been altered slightly, however, special care has been taken to maintain the integrity and meaning of the original design.



## COVID pandemic

Since Memorial celebrated its 60th anniversary, the COVID pandemic changed the world as we knew it. Memorial cared for the majority of COVID patients in St. Clair County, stood up a testing center, vaccination clinic and monoclonal antibody infusion center as well as learned new ways to deliver care.



## Memorial Family Care Birthing Center at Shiloh

has this area’s only Level IIE nursery staffed by a neonatologist from Washington University Physicians in Illinois and can care for babies as young as 30 weeks. In addition, it also has this region’s only OB emergency department on the nursing unit.





The sculpture at the main entrance of Memorial Hospital Belleville was commissioned and donated by the Auxiliary to commemorate Memorial’s 50th Anniversary.

Designed by Belleville artist Gary Karasek, “Rays of Success” also is part of Art on the Square’s Sculpture in the City Program. The design embodies the key elements of Memorial’s logo. The brass piece on top of the 18-foot-tall sculpture was fabricated by hospital board member Jeff Lutz of Century Brass Works, Inc.using materials from Memorial Foundation’s previous donor recognition system. The sculpture was dedicated in September 2009 after completion by the artist.



Memorial Hospital Shiloh has Siteman’s only Illinois satellite facility.

In January 2020, Siteman opened its first Illinois satellite location – the only National Cancer Institute-designated Comprehensive Cancer Center in the region.

MEMORIAL’S GROWTH

BY THE NUMBERS

Since we opened our doors, Memorial has grown to meet the health care needs of the communities we serve.



ADMISSIONS =  
**953,433**



BIRTHS =  
**94,310**



OR VISITS =  
**602,217**



PATIENT BEDS =  
**319**



## NEW AUXILIARY MANAGER NAMED Scott Bahan of Columbia, Illinois has been named Memorial Hospital Auxiliary Manager.

Prior to accepting the position at Memorial, Bahan managed the volunteer program at Missouri Botanical Garden for the past 18 years. There, he was responsible for the management, recruitment, retention, training, and recognition of over 1,800 volunteers.

He managed over 400 volunteers for KDHX Community Media before going to the Botanical Garden. Bahan also coordinated over 200 volunteers for Red Rock Canyon Interpretive Association.

Bahan holds a Masters in nonprofit management from Fontbonne University.



## 2023 AUXILIARY OFFICERS



Memorial Hospital Auxiliary installed its 2023 officers at its membership meeting in December. Ann Porter is president with Les Mehrtens serving as vice president. Charlotte Walther is recording and financial secretary, and Peggy Harris serves as corresponding secretary.

Also at this meeting, the Auxiliary presented the hospital with a check for \$167,000 from proceeds from its various fundraisers including the Book Bazaar, uniform sales and Gift Shops. They also recorded 13,500 service hours for 2022. Since its inception in 1957, the Auxiliary has donated over \$10 million dollars and nearly three million service hours to support Memorial and its mission.

## MEMORIAL BELLEVILLE GIFT SHOP

The Auxiliary Gift Shop at Memorial Belleville, a popular spot for unique gifts, jewelry, flowers, snacks and more, recently underwent a remodel. The Auxiliary raised the funds to update the space making it more inviting and modern.

**The Gift Shop, located just inside the MHB main entrance, is open Monday through Friday from 9 a.m. to 5 p.m.**



# INTERESTED IN volunteering?

Scan the QR Code, or visit [www.memhosp.org/volunteer](http://www.memhosp.org/volunteer)  
We have hours and opportunities to fit your needs and capabilities.



MEMauxiliary@bjc.org  
(618)-257-5545

# THE Rose Award WINNERS

The Rose Award stands for the Recognition Of Service Excellence and celebrates **extraordinary patient care technicians, emergency room technicians and operating room technicians.**

This hospital-based quarterly award program honors the exemplary care and compassion given by our technicians each and every day.



## Renalyn Sumaya

is a Patient Care Technician on 2 South nursing unit at Memorial Hospital Belleville and is known to show great compassion to her patients.

"Renalyn is very caring and compassionate," said the nominating family member. "She shows a lot of care for her patients and did an outstanding job with my son. Thank you, Ren, for your care and compassion!"



## Idell Ward

is a Patient Care Technician on 2 Center at Memorial Hospital Belleville and has shown great compassion to her patients.

"Idell always provides excellent care to her patients, but recently, I witnessed her provide compassionate and professional care to a frail, uncooperative elderly patient with dementia," said Gail Oldehoeft, nurse coordinator. "Idell showed kindness to the patient and earned her trust. Then, we were able to provide necessary patient care with the patient's safety and dignity maintained."



## Devin Randolph

Nominated by a patient's family member, Devin Randolph, a patient care technician in the Memorial Shiloh emergency room was recognized for his connection and kindness to his patients.

"The ER is rarely a fun experience, but that was exactly how my young daughter described her visit," the family member said. "Even though Devin probably had other patients to see, he made sure my little girl was having too much fun to be nervous. The entire situation was more than I would have ever expected from an emergency room visit. He really connected with my normally bashful daughter, and his repeated small acts of kindness made the experience as pleasant as possible."

If you would like to recognize an extraordinary nurse at Memorial Belleville | Shiloh, please go to [memhosp.org/rose-award](http://memhosp.org/rose-award), or scan the QR Code and complete a nomination form. In addition, nomination forms are available in various locations throughout both hospital campuses.





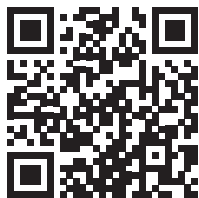
# THE DAISY Award®

## Recognizing Extraordinary Nurses

Memorial has honored the following nurses with the The **DAISY Award® For Extraordinary Nurses**. The award is part of the DAISY® Foundation's programs to recognize the super-human efforts nurses perform every day.

Bonnie Barnes, FAAN, CEO and co-founder of The DAISY® Foundation established the award after experiencing the remarkable skill and care nurses provided to a critically ill family member. These unsung heroes are seldom recognized for the super-human work they do. The kind of work the nurses at Memorial are called on to do every day epitomizes the purpose of The DAISY Award®.

If you would like to recognize an extraordinary nurse at Memorial Belleville | Shiloh, please go scan the QR code or visit [memhosp.org/daisy-award](http://memhosp.org/daisy-award) and complete a nomination form. In addition, nomination forms are available in various locations throughout both hospital campuses.



**Shelby Slaner, RN**  
charge nurse on 1 Center nursing unit at Memorial Belleville. **She was nominated by a patient for her high standard of care, diligence and positive attitude.**

"I was miserable, and this young lady made all the difference in the world," the patient said. "Anything I asked, Shelby went above and beyond anything I've seen. The time seemed like nothing after this warm, honest, and good-humored young lady was so diligent with her duties. She definitely deserves to be recognized."



**Mary Eden, RN**  
a charge nurse in the MHB intensive care unit, was **nominated by a patient for her emotional support and positive attitude toward the patient and their family.**

"Mary bolstered my depressed state of mind," said the nominating patient. "She knew the right thing to say at just the right time. She was a support for not only me, but my family – especially my wife. She was a breath of fresh air after dealing with several health issues this year. Her positive personality and down to earth attitude made a difference in my recovery. She gives nursing a good name and is a definite asset for Memorial Hospital."



**Christa Kirby, RN**  
a staff nurse in the medical-surgical and telemetry department at Memorial Hospital Shiloh, was **recognized by a patient for her work ethic and positive demeanor.**

"I have had many hospital stays, so I speak from experience," said the nominating patient. "Christa was so professional, kind and hard working – it was actually inspirational. She was thorough and worked with urgency yet was also very present and attentive. I felt so comfortable having her in charge of my health. What she exhibits is so rare these days, and she deserves recognition. This staff was the best I have had in more than 20 stays. It was helpful to my recovery to have this amazing support."



**Rinku Patel, RN**  
a staff nurse on 4 South nursing unit at Memorial Belleville was **nominated by a peer for natural leadership ability and caring attitude toward both patients and staff.**

"I quickly recognized her as being outstanding," said the nominating peer. "She is organized, pays good attention to detail, and is happy to help others as well as being very approachable. She keeps the manager aware of any concerns and also keeps things running smoothly."

Kristin Atchisson, RN, patient care manager, noted Rinku is very genuine. "People will forget what you said. People will forget what you did, but people will never forget how you made them feel." That's a quote from Maya Angelou, and that describes Rinku."



**Cheryl Courtway, RN**  
a staff nurse in the intensive care unit at Memorial Hospital Shiloh, was **recognized for her caring demeanor and ability to go above and beyond for her patients.**

"Cheryl took the time to let us know about her life and listened to our life as well," the nominating patient said. "She is truly one of the best, caring people ever. She even held my hand through a brain MRI. She let me cry on her shoulder and was so comforting. I just don't think I could have made it without her. It takes a truly special person to do what she does."

**Cheryl is a 5 time recipient of the DAISY Award®!**



**Chris Holmes, RN**  
specialty float pool nurse was **nominated by a patient's family member for his ability to go above and beyond in caring for the patient being consistent with updates.**

"After speaking with Chris on the phone, I knew my family member was in the best care," they said. "Chris made me feel so at ease that he would be there all night watching her. He updated me through the night on their progress, which is something that I cannot express enough that families need when their loved one is in the hospital. He exemplified every role you would ever want and need in a nurse."

"In a time where nursing is largely understaffed everywhere, Chris embodied the work of multiple nurses and never once lost his amazing ability to care for our family member like they were his own family," they said. "We need more nurses in the field like him."





# Another First for Memorial Hospital

## DR. MEYERS PERFORMS ROBOTIC-ASSISTED LUNG LOBECTOMY

Patients can now benefit from a minimally invasive robotic-assisted surgery technique performed locally at Memorial Hospital Belleville. Previously, patients who needed this surgery would have to travel to St. Louis.

Dr. Bryan Meyers, MD, MPH, a world-renowned thoracic surgeon with Washington University Physicians of Illinois, Inc., performed the very first robotic-assisted lobectomy procedure at Memorial Belleville on January 18. He has performed another at Memorial since with more scheduled in the near future. He said offering this technique at Memorial is a big move in a positive direction.

"From a hospital perspective, the investment in a robotic device such as this is a huge step in improving the health of the hospital," Dr. Meyers said. "It is nice for something like this to be a win-win for both the patient and the hospital."

David McKay, age 73, was the first patient to receive the robotic-assisted lobectomy at Memorial. McKay said he had a spot on his lung for a

number of years that started to grow a year and a half ago.

"Each time I had a CT scan, it would get larger," McKay said. "It reached a point where it was about the size of my thumbnail, so my radiologist scheduled a biopsy. The spot couldn't be biopsied because it was behind a rib, so I was referred to Dr. Meyers. After meeting him, he suggested a robotic-assisted procedure to remove and test the tumor."

Dr. Meyers said McKay's symptoms and scans made his case preferable to a robotic procedure.

"He had evidence of stage 1 lung cancer without any signs of scar tissue that would obliterate the space between the lung and ribcage making the robotic procedure possible," he said.

In speaking with Dr. Meyers, McKay mentioned that he and his wife are from Belleville. Dr. Meyers then decided to perform the first robotic-assisted lobectomy procedure at Memorial Belleville.



"My wife was thrilled that she would not have to drive back and forth to and from St. Louis, so we scheduled the surgery," McKay said. "Surgery lasted a little over three hours. The tumor was removed and sent to pathology where it came back malignant, so my lower lobe was removed along with a number of lymph nodes. The reports came back showing no sign of cancer in my lymph nodes."

McKay said he received exceptional care from all Memorial staff and nurses who cared for him post-op on the 2 North/NE nursing unit.

"It got boring for me because I felt really good," he said. "I had no pain after surgery. Even after I got home, I didn't have pain. The more I am able to move around, the better my breathing gets. I saw Dr. Meyers 19 days after surgery and was

given a clean bill of health. I will have to have a CT scan every six months for a year, but that is all. I am very fortunate that this was caught in its very early stage. I expect a full recovery and will return to all activities in the near future."

Dr. Meyers said he has also experienced the excellence and positive demeanor of Memorial staff.

"It has been a great pleasure working with the operating room team at Memorial while we prepare these operations," he said. "It has been great to see the pride the OR team has taken with the initial successful outcomes. There will be many more to come."

Jennifer Range, RN, first assistant in the operating room, has worked at Memorial for 23 years and said she had to

complete additional training to assist with these specialized robotic procedures.

"In order to assist in robotic surgery, one must obtain their surgical first assistant certificate followed by training in the robot room," Range said. "The first assistant courses vary in length and require logging hours of hands-on training prior to being awarded your certification. Surgical first assistant courses also require RNs to have their certification in perioperative nursing (CNOR) prior to signing up."

Range said she was a support/extra circulating nurse for McKay's robotic lobectomy and that her duties change only slightly for robotic procedures.

"I work as an RN first assistant, circulator, scrub and open-heart team where I hop in to





assist, if necessary,” she said. “My role doesn’t change much with robotic procedures. The hand-eye coordination is different when using laparoscopic instruments and looking at a screen. There is a little bit more autonomy, communication and trust between you and the surgeon. When the surgeon is at the robotic console, you are taking instruments in and out per their request, help trouble shoot at the surgical field and help with visualization through an assist port, if there is one.”

She said it’s a great addition to Memorial to have a surgeon who can perform robotic assisted thoracic procedures.

“Prior to this first robotic assisted lobectomy, all the robotic and open-heart team members had an in-depth in-service about the case with robotic equipment representatives. “The reps had a lot of knowledge about the procedure, how Dr. Meyers performs his procedure and what to do if an emergency arises.”

Dr. Meyers said he began using robotic-assisted technology with lobectomies a few years ago alongside open and video-assisted thoracoscopic (VATS) lobectomies.

“Initially, the VATS procedure was considered minimally invasive,” he said. “However, development of the robot technology led to robotic-assisted lobectomy operations. Several years ago, building on many years of experience with open lobectomy and many more years of experience with VATS, I began performing robotic-assisted lobectomies.”

Having this advanced technology at Memorial will prove extremely beneficial to patients in multiple ways according to Dr. Meyers.

“This is the most modern iteration of options for lobectomy, and since there are strong indications that it is superior in some ways to both previous versions, it is important for Memorial’s patients to have access to the most cutting-edge options,” he said.

**“This procedure could make the difference between offering surgery or not to a patient with other medical conditions. It could also make a difference to the rate of recovery and the rate of return to preoperative function in all patients.”**

The robot is a system of three to four mechanical arms that hold and manipulate the surgical instruments, allowing the surgeon to work delicately inside the body. This allows the surgeon to make much smaller incisions, which leads to a multitude of benefits for the patient.

“When you compare a robotic lobectomy to an open lobectomy, there is a reduction in pain, reduction in dysfunction of the upper arm and shoulder, avoidance of major incisions, allows the patient to be discharged slightly sooner, and the procedure lends itself to excellent visualization and control of movement inside the chest,” Dr. Meyers said. “Compared to a more traditional VATS lobectomy, the differences are smaller, but they probably still favor robotic lobectomies for shortening the hospital stay and making a quicker recovery back to preoperative function.”

**Dr. Meyers** has a clinic in **Shiloh at the Siteman Cancer Center** where he sees patients on **Mondays**. ■



### MORE ABOUT: Dr. Bryan Meyers, MD, MPH

Dr. Bryan Meyers, MD, MPH, a world-renowned thoracic surgery with Washington University Physicians in Illinois, Inc., has clinical expertise in lung cancer, esophageal cancer and Barrett’s esophagus. With over 37 years of experience, Dr. Meyers now sees patients at Memorial Hospital in Shiloh.

He earned his medical degree from University of Chicago Pritzker School of Medicine and his MPH from St. Louis University. Board-certified in general and cardiothoracic surgery, Dr. Meyers completed the Edward D. Churchill Research Fellowship at Massachusetts General Hospital in Boston, where he also completed his general surgery residency. He did his cardiothoracic surgery residency at Washington University School of Medicine.

He is a member of the American Association for Thoracic Surgery, General Thoracic Surgical Club and Southern Thoracic Surgical Association.



## American Red Cross

### 2023 BLOOD DRIVE DATES

#### Memorial Hospital – Belleville

Auditorium (*lower level, across from cafeteria*)

**10 a.m. to 4 p.m.**

Tuesday, May 2, 2023

Tuesday, July 5, 2023

Tuesday, September 5, 2023

Tuesday, November 7, 2023

#### Memorial Hospital – Shiloh

Community Conference Room

**11 a.m. to 4 p.m.**

Tuesday, June 6, 2023

Tuesday, August 1, 2023

Tuesday, October 3, 2023

Tuesday, December 5, 2023





# WASHINGTON UNIVERSITY CARDIAC SURGERY

at Memorial Hospital Belleville



HAROLD ROBERTS, MD



MATTHEW SCHILL, MD

Washington University Cardiac Surgeons are specially trained and experienced in preventive and rehabilitative heart treatments, as well as advanced surgical procedures and the latest minimally invasive techniques.

## INDICATIONS FOR REFERRAL

- Adult congenital heart disease
- Ascending aortic aneurysm
- Arrhythmia and heart rhythm disorders
- Cardiac mass (myxoma)
- Coronary artery disease
- Valvular heart disease (aortic, mitral, tricuspid)

## PROCEDURES PERFORMED

- Aortic aneurysm repair
- Coronary artery bypass grafting (CABG)
- Mitral and tricuspid valve repair
- Off-pump coronary artery bypass (beating heart surgery)
- Surgical ablation for atrial fibrillation
- Surgical aortic valve replacement

 Washington  
University in St. Louis

Physicians

— in Illinois INC. —

MEMORIAL HOSPITAL BELLEVILLE  
4600 MEMORIAL DRIVE, SUITE 100  
BELLEVILLE, IL 62226

# WASHINGTON UNIVERSITY THORACIC SURGERY

at Memorial Hospital Shiloh



VARUN PURI, MD



BRYAN MEYERS, MD

Washington University Thoracic Surgeons are specially trained and experienced in treatment of benign and malignant diseases of the lungs, pleura and esophagus, using the most advanced minimally invasive and robotic procedures.

## INDICATIONS FOR REFERRAL

- Esophageal cancer
- Esophageal mass
- Hiatal hernia, chronic esophageal reflux
- Lung cancer
- Lung nodules
- Mediastinal mass (ex: thymoma)
- Pleural effusion

## PROCEDURES PERFORMED

- Airway surgery, including tracheal resection, bronchoplasty, airway stents and t-tubes
- Robotic, laparoscopic and open repair of benign esophageal disease and swallowing disorders
- Less invasive video-assisted thoracoscopic surgery (VATS and robotic)
- Lung, esophageal and mediastinal tumor resections
- Lung nodule biopsy and removal
- Lung volume reduction surgery
- Thoracic trauma repair
- Thymectomy for myasthenia gravis
- Video-assisted thoracic surgery sympathectomy for hyperhidrosis

MEMORIAL HOSPITAL SHILOH  
1418 CROSS STREET  
SHILOH, IL 62269

# CARDIO

# THORACIC

WE WELCOME YOUR REFERRALS:

314-362-7260 | [cardiothoracicsurgery.wustl.edu](http://cardiothoracicsurgery.wustl.edu)



# MEMORIAL COVID SURVIVOR DELIVERS MEALS TO SAY

# Thank You

Kevin Anderson spent 40 days in the Belleville Memorial COVID ICU in Spring of 2020. He was on a ventilator for 19 days and in a medically induced coma for 21 days. Nearly three years later, Anderson still wants to show appreciation for the hospital he says saved his life.

"I felt the hospital staff deserved to be recognized in the community for how they helped shape our lives," Anderson said. "They don't always get the opportunity to go to restaurants on lunch breaks. I wanted to bring it to them. They deserve it."

Anderson approached community restaurants to assist with his mission and was able to provide 275 meals and sandwiches to nursing units, the cardiac cath lab, respiratory care, surgical service areas and some ancillary departments at the Belleville campus. Along with the meals, they also provided

donuts, bagels, muffins, danishes and cookies.

Participating restaurants included Red Lobster, Raising Canes, Chili's, Arby's, Krispy Kreme, Dunkin' Donuts, St. Louis Bread Company, Hi Point, Big Mama's BBQ, The Army Airforce Recruitment Center in Fairview Heights, The Ultimate Cleaning Catering Company, TGI Friday's and Lotawata Creek.

Anderson said that when visiting restaurants, he would pitch the unnoticed heroism of Memorial employees.

"The hospital gives a lot of time to all walks of life," he said. "The restaurants were all eager to help because everyone has a mother, father or family member who works in a hospital. They know the sacrifices that go along with their jobs."

Barry Payne, assistant nurse manager in the ICU, said he

helped care for Anderson during his 2020 hospitalization. He was able to help and spend time with him during meal deliveries.

"I enjoyed working with Kevin and listening to his story," Payne said. "I was able to hear the details of his daily struggles with recovery, and it was very touching. I know this meal delivery was a very important thing for Kevin to do. I was happy to help in any way that I could to make it a reality."

With meal delivery help from Chaplain Cari Frus and Chief Chaplain Doug Stewart, Anderson was able to visit each department while delivering meals as he showcased newspaper articles detailing his survival story. He said he feels blessed to have come through his COVID journey with his life, but his journey is not without side effects,

13 RESTAURANTS PARTICIPATED

275 MEALS WERE SERVED



"I had surgery on my right hand, lung damage and nightmares from not sleeping and watching others die throughout the night," he said.

Despite still navigating emotional and physical healing, Anderson said he wants to bless those who helped him survive.

"God has blessed me, so I want to bless the healthcare workers at Memorial for their support," he said. "The heroes there saved my life. For me to return to my family...others didn't make it home...Memorial saved my life."



MEMORIAL HOSPITAL

# EMPLOYEE OF THE YEAR

AND OUTSTANDING LEADERS NAMED



**Marjorie Weber, RN,**  
*assistant nurse manager  
on the MHB 2 South  
nursing unit was named  
2021-2022 Employee of  
the Year.*

Although her title is assistant nurse manager, she is known to fill many roles to meet the needs of the unit, its patients, and staff.

Employed at Memorial for 16 years, Weber was nominated for this honor due to her willingness to go above and beyond for a patient and a patient's loved one. Mary Marlen, RN, nurse manager of 2 South nursing unit, said Weber reunited a patient with their loved one and went the extra step of making sure the loved one was also cared for since the couple had unexpectedly been admitted to the hospital and didn't have their vehicle or medications.

Weber resides in Millstadt with her husband and enjoys camping, boating, biking, reading, and quilting as well as being active in her church. They have three adult children.



Left to right: Natosha McEvers, Mike McManus, Jennifer Durbin and Lauren Beach

## THREE RECEIVE OUTSTANDING LEADER OF THE YEAR AWARDS

**The 2021-2022 Outstanding Leaders of Year** were named last fall to recognize directors, managers and supervisors who are role models and consistently exceed expectations and go above and beyond to support co-workers as well as provide dedicated service to patients, families, and the community.

To state the obvious, the past couple of years have been extremely challenging. We continue to persevere, and these individuals have exhibited the BJC Values, taking on additional responsibilities and leading by example.

**Natosha McEvers**, labor and delivery patient care manager, **Jennifer Durbin**, nursing director, and **Lauren Beach**, rehabilitation services director, were **named the 2021-22 Outstanding Leaders of the Year** from 22 nominations.

McEvers resides in Edwardsville and has worked at Memorial for nine years. A resident of Troy, Durbin has worked at Memorial for 25 years and Beach, also a resident of Troy, has worked at Memorial for 24 years.





# Exceptional Care

## prompts family to give back to Memorial Family Care Birthing Center

Even after suffering the heartbreaking loss of their second child, a local family touched by the exceptional care received at Memorial's Family Care Birthing Center (FCBC) in Shiloh wanted to give back to honor their late daughter in hopes of impacting others.

Kelsey and Kyle Mueller of Nashville, along with daughter Halle, visited the Family Care Birthing Center last December to present a \$10,000 check to the Special Care Nursery (SCN) in honor of their late daughter, Harper.

During the third trimester, Mueller was unexpectedly diagnosed with oligohydramnios requiring close monitoring for the duration of her pregnancy. Oligohydramnios is when the amniotic fluid volume (AFV) is less than the minimum expected for the gestational age.

"In most situations, heading to the hospital to deliver your new bundle of joy is full of excitement and joy," she said. "We were definitely excited to deliver our second baby, but we were also full of fear and anxiety as this was not the 'normal' pregnancy we had with our first."

Due to the complications during her pregnancy, the Mueller family was directed to Memorial's FCBC Friday, August 12, 2022. After almost 48 hours of labor, she delivered baby Harper and said the delivery staff was amazing to her whole family.

"The entire staff at Memorial explained everything to my husband and I, including how the delivery process would go since our little one would need extra care and support in the NICU (neonatal intensive care unit)," Mueller said. "Our daughter spent four days in the NICU before being life-flighted to Children's Hospital due to becoming critically ill, which ultimately took her life on August 18, 2022."

Kelly Harre, assistant nurse manager in the SCN, worked with the Mueller's during their stay at the FCBC and said she feels privileged to have been part of their care team.

"Kelsey and Kyle went through such a tragic loss, and I wanted to do whatever I could to help and support them during this time," Harre said. "Even with the loss of their beautiful baby girl Harper, Kelsey still took the time to text me and thank the staff for everything we had done for them at Memorial Hospital."



Harre said the Mueller's were able to add a positive light to the situation in many ways.

"Even with the level of sadness this brought to the Muellers and the NICU, we got to see the beautiful love and bond that the Mueller family made during their four days on our unit," Harre said. "It brought us all together to show kindness and compassion to the Mueller family and ourselves as we all mourned the loss of baby Harper."

Mueller said her family is grateful to a number of people at Memorial and expressed wanting to thank her care team, doctors and the entire NICU staff. She said her family's motivation for donating came from the incredible quality of care her family received during such a tragic loss.





“

We may never know why things happen, but God always has a plan.

- KELSEY MUELLER

”

Working in the healthcare field, Mueller said she knows how difficult it can be to receive new equipment or recognition, and her family wanted the FCBC to know how much their care impacted their lives. The donation is a combination of money donated by family, friends and community members as a memorial for Harper.

“We were overwhelmed by the outpouring of love and support from everyone and knew we had to give back,” she said. “We would like the money to go to the NICU for whatever they need – whether it be toward new equipment, rockers or a library for new parents to read to their babies. We will be happy just knowing it was put to good use in our daughter’s honor.”

Dr. Shawn O’Connor, chief of pediatrics and neonatology medical director at Memorial, cared for the Muellers during their stay in the SCN. O’Connor said he gets emotional any time a family suffers this kind of loss.

“Being present for the birth of a child is a moment in one’s life that is usually shared with only the closest of family and friends,” he said. “As Neonatologists, we are honored to witness this miracle of birth every single day, and we dedicate our lives to healing newborns. Through this pain of losing their child, the Mueller’s took their tragic experience and chose to donate back to the NICU. I am amazed at their selflessness and resilience.”

O’Connor said he is grateful to the Muellers for choosing to partner with Memorial in future care of sick newborns in honor of their daughter.

Mueller said members of the FCBC care team still continue to reach out to her family to this day to check in on them.

“The continued outreach, love and support of Dr. O’Connor, Kelly Harre and our family

and friends has definitely helped us cope through this difficult process,” she said. “We find comfort in knowing our sweet girl is in a much better place, and all she knows is how much myself, her father, big sister, family and medical staff loved and cared for her. Our sweet Harper will forever be our little guardian angel.”

Mueller wants to let anyone experiencing child loss or grief that they are not alone.

“The loss of a child is and never will be easy,” she said. “Reach out to your family, friends, community, support groups and medical staff. They are all there to help you through this difficult time. We may never know why things happen, but God always has a plan.” ■





# Neonatal Touch & Massage Therapy

COMES TO MEMORIAL HOSPITAL



***Memorial's Family Care Birthing Center has a specialized therapist who works closely with the doctors and nurses in the Special Care Nursery (SCN) to provide neuroprotective care for each infant to decrease environmental stress.***

"Neonatal massage is provided to pre-term infants in the special care nursery on an individualized basis focusing on developmental goals," said Rosanna Harmon, occupational therapist at Memorial who specializes in neonatal touch and massage. "Over the last four years, I have learned so much while working in the SCN, and I wanted to expand that knowledge."

Harmon was certified in neonatal touch and massage in 2022 becoming just one of 2,400 people certified in



this specialty nationwide. Memorial's Rehabilitation Services department sponsored Harmon's training, which consisted of online education and two in-person days of hands-on training.

Harmon emphasized that pre-term infants are at an increased risk for sensorimotor integration deficits and benefit most from this therapy.

"These deficits can affect play skills, social skills, success in school settings, and independence with selfcare as children grow," she said. "Although the exact cause is still being investigated, it is recognized that the stress on the infant due to environmental influences on a still developing brain is a contributing factor."

Dr. Shawn O'Connor, Memorial's chief of pediatrics and neonatology medical director, said neuroprotective

and nurturing touch and massage is an easy, cost-effective strategy to improve the neurodevelopmental outcomes of premature infants and has many patient benefits.

"A multitude of studies have reported that neonatal touch and massage leads to increased weight gain, decreased pain response, improved temperature stability, improved digestion and decreased length of stay," said O'Connor, who is with Washington University Physicians of Illinois, Inc.

Harmon said neonatal touch and massage sessions are designed to promote age-appropriate movement patterns and developmental goals such as maintaining physiological flexion and bringing hands to midline.

"I will be able to provide therapeutic touch massage and trigger point release for

pre-term infants and infants with neonatal abstinence syndrome to promote normal developmental movement patterns," she said.

Neonatal abstinence syndrome (NAS) is a group of conditions caused when a baby withdraws from certain drugs he's exposed to in the womb before birth.

"Neonatal touch and massage is very beneficial to infants experiencing NAS," Harmon said. "Muscle tightness with abnormal movement patterns is one symptom of NAS. As a therapist trained in massage and trigger point release specific to infants, I can use the techniques I learned to bring comfort and improved movement patterns to this special population."

Harmon said her goal as a therapist is to provide neuroprotective individualized therapy to each infant as well as parent education to promote continued progress with developmental goals following their discharge home. O'Connor said having an employee certified in neonatal touch and massage (NTMTC) increases the standard of care at Memorial.

"Having someone certified in neonatal touch and massage and including it in our therapist-driven parental education provides a meaningful activity to promote attachment and parental confidence both in the NICU and at home while at the same time, improving neonatal outcomes," he added.

O'Connor said certification is a long, arduous journey and takes a person with extreme dedication to the field. The steps include banking 1,000 hours of NICU or NCN work, a series of educational lectures, exams after each step, a 2-day hands-on training, a final exam and a video recorded performance analysis.

"The road to NTMT Certification is a marathon and really speaks to those who are committed to providing the best neonatal care," he said.

Although lengthy and laborious, Harmon said participating in the training allowed her to learn from nationally recognized therapists and improve her skills.

"I am very thankful that Memorial Hospital allowed me to attend this training," she said. "I feel very privileged that I get to work in our SCN with a great team of nurses, doctors, and therapists."



**Rosanna Harmon,**  
Occupational  
Therapist at  
Memorial







# Pelvic Floor THERAPY



**When most people hear the words “physical therapy,” they likely associate it with treatment needed following an injury, surgery, stroke, paralysis or another type of trauma that limits one’s ability to function normally.**

However, there are a variety of specializations physical therapists can pursue to assist patients experiencing very specific issues.

**Kay Descher, physical therapist** at Memorial, has specialized in Pelvic Floor Physical Therapy (PFPT) for 20 years.

“I started working as a PFPT 20 years ago, and it has been awesome to watch the increased referrals over these past two decades,” she said. “Social media has helped take away some of the taboo of PFPT, and it helps individuals feel more comfortable seeking

the help they need. Pelvic floor health is an important part of mental well-being as well as physical comfort.”

Descher said she works with patients to correct pelvic malalignments –placing the pelvic floor muscles into better position, myofascial release that helps relieve connective tissue restrictions and pain, bowel conditions in adults and children, pelvic floor muscle tone issues, urinary incontinence and pelvic organ prolapse symptom management, among others.

Jessica Lotz, PFPT patient, experienced some unexplained bladder issues and decided she wanted to try pelvic floor therapy.

“My physician said, ‘I’m not sure it will help like you’re hoping it will, but let’s give it a try,’” she said. “Having followed a few medical accounts on Instagram and identifying with some of the posts about dysfunctional pelvic floors, I wanted to give pelvic floor therapy a try.”

Lotz said her symptoms included urinary frequency, urgency, pain with voiding and a burning sensation in her bladder. She said doctors told her that the symptoms all pointed to recurrent urinary tract infections (UTIs), but the tests kept coming back negative for infection.

“The days were difficult leading up to a diagnosis,” she said. “Within the first few minutes of my initial consult with Kay, I felt confident that this therapy would provide symptom relief. Kay asked good questions and was an excellent listener.”

Lotz said one way Descher helped her at the beginning was with a thorough explanation of the physiological structure of the pelvis, including how the pelvic floor works with our internal organs.

“The pelvic floor muscles sit within the base of the pelvis,” Descher said. “It is the floor of the core system that supports your skeleton. It supports the internal organs of the pelvis and abdomen and assists with bowel/bladder elimination and sexual function.”

Lotz said that after Descher reviewed her past medical history, including five abdominal surgeries, and performed a physical exam, she was diagnosed with Hypertonic Pelvic Floor Disorder or dysfunction.

“This dysfunction causes the pelvic floor muscles to be overly tight, and it inhibits the body’s ability to perform at its optimal level,” Descher said. “Most women and men will experience this dysfunction in their lifetime.”

Rather than her pelvic floor muscles being long, flexible and relaxed, Lotz said hers were short, tight and sat higher in her pelvis than they should.

“Imagine flexing your bicep all day, every day,” she said. “That was my pelvic floor. The constant contraction created a number of problems, including bladder discomfort. Most people carry their stress in their neck, shoulders or back. As it turns out, I carry my stress in my pelvic floor. Stress combined with my surgical history and endometriosis likely contributed to years of inadvertent muscle tension, shortening my pelvic floor.”





Descher said everyone holds stress within their bodies, and the pelvic floor muscle is a common place.

“I call this postural tension,” she said. “For example, we all have muscles that help us sit at a desk. Let’s say we are having more stress that day, and we start tightening other muscles that we don’t need to tighten while sitting. This could be

elevated shoulders, holding your abdomen in, tightening your glutes or tightening your pelvic floor. When we are in pain, we tend to tighten our muscles as a guarding mechanism. When my patients become aware of this excess tension, I instruct them to let the tension go.”

Lotz said that working with Descher brought awareness to just how tense she was without

even realizing it, and she experienced immediate relief the first time she was able to let go of the tension in her pelvic floor. Through a physical exam and a muscle movement sensor, they found that Lotz had lost the connection between the brain and pelvic floor muscle.

“Biofeedback showed that I had poor muscle control,” Lotz said. “I could contract on demand, but the muscle took longer to release and required a very intentional focus in order to relax. It took several months of in-office therapy and at-home exercises to gain muscle control and switch from a state of constant contraction to a more frequent state of relaxation.”

Physical therapy for Lotz included internal trigger point work, electrical muscle stimulation, deep breathing exercises and stretching.

“I remember being surprised at how minor some of the exercises seemed,” she said. “They were not physically challenging, per-se, but rather small, intentional movements aimed at increasing muscle control, which eventually lengthened and lowered my pelvic floor to its normal resting tone. I was surprised at how physical therapy turned out to be very mentally challenging for me.”

Descher said she tells her patients that the pelvic floor muscle is an emotional muscle, so it makes sense that physical therapy would be more mentally draining.

“This muscle has so many functions, and if one of those functions is disrupted, the result can be emotionally isolating,” she said. “It can also be draining because it takes a lot of focus to be able to give the pelvic floor the correct input to affectively contract and relax.”

Lotz said that learning to go from her body’s default state of tension to being aware and focusing on intentional muscle relaxation was difficult.

“Spending an hour per week in physical therapy was fairly easy compared to the intentionality I have to bring into my daily life in order to maintain muscle control and tone.”

After years of unexplained urinary symptoms and frustration, Lotz said she feels fortunate to have found Descher and the relief she provided through PFPT.

“Working with her helped me understand how the pelvic pressure, bladder pain and hip immobility and discomfort I felt for years was due to hypertonic pelvic floor disorder,” Lotz said. “My hope is that others hear about this relatively underutilized therapy and consider if it’s an option for them as well.”

Descher said she works with pelvic floor patients about 90 percent of the time and has seen an increase in the therapy’s popularity over the course of her career. She said her next educational endeavor is working toward her certification in visceral manipulation, a gentle organ-specific myofascial release technique for improving organ functionality, mobility and motility.

All PFPT sessions are completed in a private treatment room with one therapist. ■



For more information, you can visit Memorial’s Pelvic Floor Dysfunction web page at <https://ortho-neurocenter.org/pelvic-floor-dysfunction/>



# Nurses Graduate

## MEMORIAL RN RESIDENCY PROGRAM

Memorial Hospital's RN Residency Program graduated 15 new nurses last December. The program is designed to hire new nursing graduates and ease the transition from student nurse to practicing bedside.

Katelyn Jones, clinical education specialist and co-manager of the program, said the program covers some specialized topics such as end-of-life, critical care, skin and nutrition, peri-op and cardiac care – to name a few

“The program is run by clinical educators from Memorial’s Center for Practice Excellence and content experts throughout Memorial. We enroll new graduate nurses across both campuses and several units.”

- KATELYN JONES

“The program is run by clinical educators from Memorial’s Center for Practice Excellence and content experts throughout Memorial,” Jones said. “We enroll new graduate nurses across both campuses and several units.”

Jones said the main benefit of the program is to ease new graduates into hands-on care.

“The transition our new graduates face is immense, overwhelming, and often linked to new graduate nurses leaving the bedside,” she said. “Through integration of education and the comradery of other new graduate nurses learning and growing alongside one another, they are able to relate to their peers through the transitional period and build friendships across units at Memorial.”

Rachel Robben, clinical education specialist and co-manager of the program, went through the RN Residency Program in 2015-2016 and said she can still remember the impact the program made on her transition into practice even seven years later.

“The connections with peers was a major benefit for me,” Robben said. “I really struggled with identity fraud and did not feel as if I was worthy or ready for the title of registered nurse. During most months of the program, time was allotted for reflections.

Having the opportunity to share my struggles and hear the struggles of others significantly eased my worries about not being prepared to practice as a nurse.”



**December 2022 graduates included Catrina Bartholomy, Sabrina Carroll, Kylie Clemens, Jillian Dumont, Emilee Ellingsworth, Hye Han, Peyton Holzinger, Laura Kish, Alisha Kloss, Joseline Lopez-Reyes, Dalton Morgan, Sara Soucy, Delena Stokes, Mercedes Tejkowski and Alicia Tondevold.**

Robben said many of the RNs in her graduating class could relate to the struggles she faced.

“Time for reflection is still highly valued by current members and is incorporated into most of our residency sessions today,” she said.

Robben added that being able to study and learn from Memorial experts was also extremely beneficial to new RNs.

“We also benefitted from all the ancillary staff that presented at residency, such as the diabetes

and speech therapy educators,” she said. “As a night shift nurse, I was not aware of all the resources we had available. Being able to learn about the services we offer and how to utilize them was invaluable. Now having the opportunity to coordinate this program alongside Katelyn has been such an honor. We were handed a program with a great foundation.”

The RN Residency Program was born in Memorial’s Center for Practice Excellence in 2006 and

officially opened to new graduate nurses at Memorial in 2007. Jones said the requirement for RN Residency is to be a new graduate nurse hired at Memorial. She said the program does allow nurses with minimal hospital or nursing experience to enter the Residency at their manager’s discretion. The program has seen more than 480 graduates since 2016.



MEMORIAL FOUNDATION'S

# Un!Que Spirits & Sweets

## 2023 SPEAKER STORY ALANA WARHOOVER



***Unique Spirits and Sweets is an event hosted by Memorial Foundation to support program, service and technology needs for the Harold & Dixie LePere Breast Health Center of Excellence in Shiloh.***

Since the event's inception in 2015, this event has raised nearly \$160,000 (the event wasn't held in 2020 or 2021 due to COVID). Dr. James Clanahan, Breast Health Center medical director and a surgeon with Lincoln Surgical Associates, said the impact of this event and the Center is widely recognized in the community.

"The importance of the Breast Health Center to the community is easily seen when considering that there were more than 19,000 patient encounters at the Center in 2022," Dr. Clanahan said. "Breast cancer is a huge health problem that demands our attention and supporting our efforts by attending this event is a great way for anyone and everyone to become involved while also enjoying a very nice evening."

The guest speaker at this year's event, which was held on March 23, was 46-year-old Alana Warhoover, breast cancer survivor, who was diagnosed with aggressive triple negative breast cancer on November 19, 2016. Warhoover went in for her first mammogram at age 40 as doctors suggest, and after completing a diagnostic mammogram the next day, she was told she needed a biopsy.

"When the radiologist came in, he had a look on his face, and I knew right then that something was wrong," she said. "I was then scheduled with Dr. Clanahan for November 16, 2016, which was supposed to be a consultation, but he was able to do the ultrasound-guided biopsy right then. He called me on November 19, 2016, and told me it was cancer – the words that changed me forever. After meeting with him to go over options and a plan, I began my fight."

Warhoover and Dr. Clanahan went forward with chemotherapy and a double mastectomy with implants. Chemotherapy began in early December 2016 with eight high-dose treatments, one every two weeks.

"They wanted to do chemotherapy first to shrink the tumor prior to surgery," she said. "I'm a nurse at the Rehabilitation Institute of Southern Illinois in Shiloh, and I continued to work throughout chemotherapy because I needed to support my family. I endured all the labs, side effects and mental anguish during chemo, and it finally ended in March 2017."

She said Dr. Clanahan gave her body a month to rest before the double mastectomy in April 2017. With no sign of cancer in her lymph nodes, she was cleared for surgery.

"Because I didn't have lymph node involvement, I didn't need radiation after surgery," Warhoover said. "I had many follow-up appointments with all doctors involved in my case, and down the road I had two more surgeries with plastic surgeons for best results."

Dr. Clanahan said Warhoover's case is rare, and her story is a testament to getting your mammogram at age 40 as suggested.

"Warhoover was found to have breast cancer on her first mammogram, which was done at age 40," he said. "This is very unusual to find cancer on the first mammogram. She's now disease-free for over six years. Unique Spirits and Sweets hasn't had a speaker who was so far out from her diagnosis and treatment."

"She can give us additional perspective on how a breast cancer survivor is living her daily life years later. Her story shows us all the importance of following breast cancer screening guidelines and recommendations for getting mammograms. This disease can affect anyone at any time at any age."

Listening to Warhoover's unique perspective about her journey was very impactful.

"Having worked so closely with breast cancer patients for a long time, I continue to be amazed and impressed by the unmatched courage and determination to power through this diagnosis while at the same time handling life's daily challenges," he said. "With Warhoover being a nurse, it was interesting to hear how working in the medical field impacted her

journey. I am inspired every day by these women who teach me every day what the definition of perspective is."

Warhoover spoke from the heart about her story, including what she learned and her advice for all attendees. The main thing she wanted people to remember is don't wait.

"I got my mammogram when I was supposed to, but I hear people around me say how they 'need to schedule theirs' or 'haven't been in years,'" she said. "They're not making it a priority. It can literally save your life like it did mine. If you're going through treatment or are about to, don't give up, and trust the process."

She said she's thankful for everyone who supported her throughout her journey and still struggles with uneasiness about the future.

"When I found out about my cancer, I was first in shock, then tearful, then ready to fight," she said. "Once I knew I was in remission, I was hopeful and relieved, but I still have anxiety about the future of the disease. With every lab draw or scan, I fear it coming back. I am now and have been in remission, and I am grateful to God, to the doctors, nurses, all the staff, my family, friends, and coworkers. I didn't do it alone." ■

**This year's event raised over \$40,000 for the Harold & Dixie LePere Breast Health Center.**





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