MERCY DES MOINES RECEIVES FULL CHEST PAIN ACCREDITATION WITH PCI

Mercy Medical Center—Des Moines recently received full accreditation as an Accredited Chest Pain Center with Percutaneous Coronary Interventions (PCI) from the Society of Cardiovascular Patient Care (SCPC). The hospital first received this national endorsement in 2005, and was the first hospital in Iowa to receive this recognition.

“This accreditation demonstrates Mercy’s effective multi-disciplinary approach in which the Emergency Department staff, cardiology staff and nursing staff all contribute knowledge and expertise in the chest pain care process,” said Gary Hemann, D.O., co-medical director of Mercy’s Chest Pain Center and Emergency Department. “The medical center’s Chest Pain Center accreditation is a nice verification of Mercy’s commitment to prompt, high quality treatment of all patients with chest pain or other symptoms of a heart attack.”

To earn full accreditation, Mercy’s Chest Pain Center had to demonstrate its expertise in a number of areas and commitment to quality patient care by meeting or exceeding a wide set of stringent criteria and undergoing an on-site review by a team of SCPC’s accreditation review specialists.

The Chest Pain Center accreditation is the latest recognition for the high-quality heart care at Mercy. The hospital has also received the American College of Cardiology’s National Cardiovascular Data Registry ACTION Registry Get with the Guidelines® Platinum Performance Achievement Award for 2014, along with the American Heart Association’s Get With The Guidelines®–Heart Failure Silver-Plus Quality Achievement Award.

“These awards recognize Mercy and Iowa Heart Center’s commitment and success in implementing a higher standard of care for heart attack and heart failure patients,” said Mark Tannenbaum, M.D., chief physician officer of the cardiovascular services division and Iowa Heart Center.

A SIMPLE, IMPACTFUL LIVEUP MOMENT

This letter came from one of our nurse managers who stopped to give a family directions and was told of a special LiveUp moment and wanted to share it with others. Her letter has been edited for space:

“...One of the family members gushed about how wonderful everyone had been to her family, especially a staff member named MaryLou, a housekeeper in the surgical waiting room. The woman said her mother could not get around very well, and MaryLou went out of her way to find a wheelchair and showed them such kindness. I was very proud and touched to hear her story, and so glad I stopped to help them. Please, if you know MaryLou, let her know that today she made a difference. One small act of kindness from MaryLou uplifted this family and they passed that kindness down to me. I don’t know the patient’s name or the family members, but I hope we could say it could have been every person in that waiting room.”
SIX TIPS TO KEEP YOUR NEW YEAR’S RESOLUTIONS ON TRACK

If you’re like most people, you’re starting 2015 with at least one resolution. Maybe you’re trying to eat healthier, start an exercise routine or quit smoking. Regardless of what you want to accomplish, it can be difficult to stay motivated throughout the year.

Here are a few ideas to keep you on track for success:

• Take small steps. Making changes gradually can be more effective for long-term success.
• Be prepared. Planning ahead is key to staying on track. Spend some time each week preparing so you’ll be ready to handle any situation that may derail your progress.
• Celebrate small milestones. Give yourself a pat on the back for accomplishments you achieve on your way to your overall goal.
• Plan for set-backs. If you get off track, don’t worry. Pick up where you left off and keep moving forward.
• Use the buddy system. Chances are you have a friend, co-worker or family member who is also working on a resolution. Team up and motivate each other!
• Ask for help. If you’re struggling to gain traction, it may be time to talk with a professional for expert advice.

HELP FOR PATIENTS WITH COOPORTUNITY HEALTH INSURANCE

On Dec. 24, the Iowa Insurance Division took over operations of CoOportunity Health. Our providers participate in their insurance plans. CoOportunity Health was created as part of the Affordable Care Act and is the Iowa and Nebraska health insurance cooperative. This insurance was available through HealthCare.gov, where many persons qualified to receive help to pay premiums.

Mercy continues to see and treat patients with CoOportunity Health insurance. Mercy’s certified application counselors are available to provide information about options available for CoOpportunity members. Contact Karla at 643-8246 or Krystal at 643-2113 in the Medical Eligibility and Counseling Services department for additional information. The Iowa Insurance Division also contacted CoOpportunity members with information the week of Jan. 5. For more information, visit www.iid.state.ia.us.

MERCY CHILD DEVELOPMENT CENTER NOW OFFERS CHILD CARE TO COMMUNITY

Mercy Child Development Center is now offering child care to members of the Des Moines-area community. Spread the word to your family and friends that Mercy’s high quality child care facility is now an option for their family. For more information, visit our website at child-care-preschool.brighthorizons.com/ia/desmoines/mcde, email mcd@brighthorizons.com or call 643-9090.