

# FAST ♦ AND precise

Images from Mercy's 64-slice CT scanner allow physicians to make earlier diagnoses and quickly provide treatment options to patients.

"This scanner offers high image quality, clear anatomical visualization, improved soft-tissue evaluation and a comprehensive diagnosis in less time," says Mercy's Director of Radiology Services Duane Dzingle. He adds Mercy was the first to offer this technology, as early as July 2005.

Mercy's Imaging Services offers CTs, X-rays and ultrasounds at the downtown Cedar Rapids hospital as well as at a newly opened facility at Mercy Health Plaza, 5264 Council St NE.

The 64-slice scanner takes images quickly, thereby increasing patient comfort. This is especially advantageous for pediatric, vascular and cardiac patients, as well as in the treatment of trauma patients, where speed is vital.

CTs recently came under scrutiny after the *New England Journal of Medicine* released results of a study regarding increased radiation exposure from CTs. According to the American College of Radiology (ACR), this study may lead the public to reach inappropriate conclusions, causing patients to mistakenly avoid getting life-saving medical -imaging care. The ACR Web site notes "there are currently no published studies directly linking CT scans (even multiple CT scans) to cancer."



# CONFERENCEING video

Out-of-town friends and family literally can appear in a patient's room in a matter of moments via the videoconferencing system at the Dennis and Donna Oldorf Hospice House of Mercy. Live video-conferencing to anywhere in the world is available.

"We found the videoconferencing was especially comforting to our patients over the holidays," says Hospice Director Leanne Burrack. "It is one way to bring families together when physical distance separates them. Families are able to share this important time together without having to worry about the challenges of their situation."

Individuals connect by accessing a Web site that allows all parties to meet via computer. This makes it simple for family members and friends to connect from anywhere at any time.

The Hospice House provides the equipment, Internet access and assistance to patients wanting to visit friends or family members. All family members need to do is call ahead to schedule the visit. Up to six computers can be connected, and several people may be at each computer. This means entire families spread throughout the world can spend precious time together.

The Hospice House offers 24-hour care and is open to patients from any area hospice program who meet specific hospice guidelines and may be unable to remain in their homes.



# THE MERCY TOUCH® at work

The Mercy Touch is what we do... and, just as importantly, who we are.

The following story contains excerpts from a letter written by Mildred "Mildie" Whitters, from Cedar Rapids, about the nursing care she received from Mercy's Vicki Hagen, a licensed practical Skilled Home Care nurse. Vicki's expert care and quick thinking made a very real difference in Mildie's life.

Mildie experienced complications from a leg wound in early September 2007. She writes:

*I noticed heavy bleeding immediately, soon soaking all the wrappings. I called Vicki and...she was there within an hour...She immediately re-banded my wound and began scrubbing up blood stains from my carpet, knowing I was alone.*

*I sat down and suddenly couldn't see anything - everything was cloudy and only a blur. Vicki called the ambulance. I would not have been able to call myself, even though my phone was within arm's reach. My blood pressure and heart rate were dangerously low and the EMTs worked to stabilize me and took me to Mercy for emergency treatment.*

*My family and I are eternally grateful to Vicki Hagen - she saved my life! Had she not gone the extra mile and scrubbed up - which she was not obligated to do - I would not be here today.*

*The world needs more caring, compassionate nurses - you are fortunate, as are her patients, to have her on your staff.*

Vicki received a Mercy Hero Award for going above and beyond.

Mildred "Mildie" Whitters receives at-home care from Vicki Hagen, a licensed practical Mercy Skilled Home Care nurse.



# ♦ COMPETITION winners

About 100 McKinley Middle School sixth graders worked in small groups to create heart disease educational brochures aimed at young teens as part of a contest sponsored by Mercy Medical Center's Heart, Lung and Vascular (HLV) Services. Shirley Bata, Director of Invasive Cardiovascular Services, and Amanda Trevino, Outreach Clinician for HLV Service Line, selected the winning brochure, which features information about heart disease and risk factors.

The intent of the contest was to create awareness about the value of making healthy lifestyle choices beginning at a young age. Mercy printed copies of the winning brochure and they are available throughout February (Heart Month) outside the Mercy cafeteria.



Winners were: Annie Bergquist, Cameron Devaux and Caroline Rossberger.



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