

MAR/APR
'22

Your Health, Your Hospital



Decatur County
Memorial Hospital
The Quality Care You Want. Close By.



Decatur County
Memorial Hospital
is Designated a



2022 Top 100 Critical Access Hospital

Decatur County Memorial Hospital has been recognized as a 2022 Top 100 Critical Access Hospital, the only critical access hospital in the state of Indiana to do so. Compiled by The Chartis Center for Rural Health, this annual recognition program honors outstanding performance among the nation's rural hospitals based on the results of the Chartis Rural Hospital Performance INDEX™.

“Being recognized as one of the Top 100 Critical Access Hospitals in the nation is a testament to the dedication of our entire team,” said Rex McKinney, President and CEO of Decatur County Memorial Hospital. “Our team is committed to providing exceptional quality care and serving our community. Being recognized nationally is an honor our entire team is proud of.”

The Top 100 Critical Access Hospital list is compiled using the Chartis Group's Performance INDEX to objectively evaluate 36 rural-relevant indicators from publicly available datasets across eight pillars of performance including quality, outcomes, inpatient/outpatient market share, financials and patient perspectives. The top performers on this list, including DCMH, are proven to be excelling in managing risk, securing better outcomes, increasing patient satisfaction, and operating at a lower cost than their peers.

“Despite unprecedented adversity, rural providers continue to display resiliency and a steadfast commitment to their communities,” said Michael Topchik, National Leader, The Chartis Center for Rural Health. “Honoring the Top 100 is one of the highpoints of our year. We are delighted to recognize the exceptional performance and innovation of this year's recipients, particularly in light of the extraordinary challenges facing America's rural health safety net.”

“These recognitions were from the results achieved through what has been the most challenging few years for our employees, patients and community,” said Suki Wright, DCMH Executive Director of Quality and Compliance. “I am so incredibly proud of our team who continues to strive each day to improve the care we provide to all we serve.”

Over the course of the last 12 years, the INDEX has established itself as the industry's most comprehensive and objective assessment of rural hospital performance. The INDEX is trusted by rural hospitals, health systems with rural footprints, hospital associations and state offices of rural health across the country to measure and monitor performance across a variety of areas impacting hospital operations and finance.

Back Home Again in Indiana

As Decatur County Memorial Hospital introduces plastic surgery into its service offerings, the hospital also welcomed Jacob Grow, M.D. to its staff in November.

For Dr. Grow, it's a bit of a homecoming. A native of Columbus, Indiana, he graduated from Wabash College and Indiana University School of Medicine before completing a six-year residency in plastic surgery at the University of Kansas Medical Center in Kansas City. The next stop was the Cleveland Clinic where he completed a highly coveted aesthetic fellowship focusing on cosmetic surgery of the face, breast and body. He returned to the area to practice at Southern Indiana Aesthetic & Plastic Surgery in Columbus and has enlarged his practice to include DCMH.

“ I can care for patients in their communities without them having to travel to Indianapolis or Cincinnati. ”

- Dr. Jacob Grow

While it's been a bit of a long and winding road to get back home, Dr. Grow had known from a young age he wanted to be a surgeon, and even before entering medical school he knew he wanted to pursue plastic surgery.

“Plastic surgery is a unique field,” he explains. “We work with patients of all ages and on all areas of the body. It's

not all cosmetic. It varies from treating face trauma and reconstruction after cancer to burns and cleft palates on newborns. I enjoy that aspect.”

As a native of southeastern Indiana, Dr. Grow is committed to providing accessible and outstanding care to patients. “Most plastic surgeons practice in large metropolitan areas. I'm hopeful I can care for patients in their communities without them having to travel to Indianapolis or Cincinnati,” he says.

Dr. Grow is optimistic that by working within the community, and building those patient-doctor relationships, patients can enjoy optimal results from their procedures. “It is essential to create a trusting relationship with a surgeon. Meeting someone you can trust, developing a mutual respect and allowing for communication about the procedure and realistic outcomes,” he says. “That's really the case for *all* surgeries and is when you get the best outcomes.”

Dr. Grow makes a concerted effort to earn and keep that trust. “I only offer procedures that I believe in and ultimately will give the result a patient is looking for,” he says. “There are so many products and modalities out there that promise so many things. I think a lot of people get duped into thinking there's some magic treatment for all problems. My goal is to tell patients what *WILL* be a successful treatment and educate them about a realistic outcome.”

It's a Family Affair at DCMH

And he's not alone. His wife is Dr. Krista Grow, a native of Batesville, Indiana who is an emergency room physician at Decatur County Memorial Hospital. Meeting his wife during med school, the



Plastic Surgeon Dr. Jacob Grow and his wife and ER physician Dr. Kristin Grow

two did a couples' match residency (a couple applies together for a residency at the same hospital) in Kansas and likewise, both went on to Cleveland. When they returned to Indiana, it only seemed natural that they continue co-working. “Jacob is so meticulous, caring, detail-oriented and methodical. I find it enjoyable to work in the same hospital system. He's the smartest and best person I know, and I am proud and confident every single time I refer a patient to him,” says wife Krista. “I, on the other hand, enjoy the fast paced, erratic life of the ER. I often meet people on some of the worst days of their lives, but I feel blessed and honored to make an impact in those moments.”

“She's my better half for sure and is great at what she does,” he says.

The couple has two children – 3 and 1½ years old – and, like many young families, are thrilled to have grandparents nearby to provide a bit of a break for two busy working professionals.

Feel it in my gut

The idiom, feel it in my gut, has been present for centuries. It is derived from the belief that many emotions and feelings seem to originate from the stomach area, also called the gut.

What could be causing my tummy troubles, and how do I know if I should make an appointment with my healthcare provider?

Heartburn. Gas. Bloating. Diarrhea. Constipation. They're not the topics we typically love discussing—but if they're affecting your life, don't keep it to yourself. If you "feel it in your gut," make an appointment with your healthcare provider who can determine if your symptoms are warning signs of a serious gastrointestinal problem that requires treatment.

When to Call Your Doctor

Everyone experiences the occasional bout of tummy troubles, especially if we are under stress or eat something that doesn't quite agree with us. However, if symptoms persist, or disrupt your daily activities, it's time to see the doctor.

Serious gastrointestinal (GI) symptoms require prompt medical attention. These include:

- Blood in your stool
- Change in bowel habits
- Persistent heartburn (acid reflux)
- Difficulty swallowing
- Incontinence
- Nausea or vomiting (especially if you have blood in your vomit)
- Unexpected weight gain or loss

GI Diagnoses

Acid Reflux/GERD

Caused when stomach acids back up—or reflux—into the esophagus, acid reflux can damage the lining of your esophagus and cause heartburn. When chronic, uncontrolled heartburn or gastroesophageal reflux disease (GERD) occurs, it can lead to esophageal inflammation and—in certain cases—an increased risk of cancer of the esophagus.

Diverticulosis/Diverticulitis

Diverticulosis—small outpouchings in the lining of the gastrointestinal tract—is common among older people but usually produces no symptoms. Diverticulitis develops when one of the outpouchings

becomes inflamed or infected. A prescription for antibiotics is the first line of treatment.

Irritable Bowel Syndrome

IBS is second only to the common cold as a reason for calling in sick to work, according to the American College of Gastroenterology. Symptoms—painful cramps, bloating and constipation or diarrhea—often worsen with stress, although the exact cause of IBS is not known. There is no single treatment regimen; dietary changes help some people, and fiber supplements may be used as well. Research in the past decade has led to the development of new medications to treat IBS.

Hiatal Hernia

This is a condition in which a portion of the stomach protrudes upward into the chest through an opening in the diaphragm. It may account for some acid reflux symptoms. Most people who suffer from this common condition require no treatment, but laparoscopic surgical repair can be an option if symptoms are severe.

Inflammatory Bowel Disease (IBD)

As the name indicates, IBD—which includes both ulcerative colitis and Crohn's disease—occurs when the bowels (intestines) become inflamed. There's a genetic predisposition to these conditions but no one specific cause.

Ulcers

An ulcer occurs when an area of the intestine is eroded. The majority of ulcers occur as a result of an infection by the bacteria *Helicobacter pylori* (*H. pylori*) and can typically be treated effectively with antibiotics. The other common cause of ulcers is nonsteroidal anti-inflammatory agents, which include aspirin, ibuprofen and arthritis medications.

Colorectal cancer (CRC)

More than half of all GI cancers are cancers of the colon and rectum. CRC is the fourth most frequently diagnosed

cancer. The good news is that screening reduces deaths from CRC. You can actually lower your risk for developing CRC by not smoking, eating a healthy diet, and getting regular exercise. The U.S. Preventive Services Task Force recommends adults at average risk begin screening at age 50 (45 for African Americans). The frequency of screening depends on the type of test.

Treatment Options

Keep a record of your symptoms, including what you ate and when your symptoms occurred. This will help your doctor make an accurate diagnosis.

Depending on the specific digestive disorder, your physician may recommend one or more of these treatments:

- Making lifestyle changes, such as maintaining a healthy weight and reducing stress.
- Altering your diet to avoid foods that aggravate your digestive system.
- Taking over-the-counter or prescription medication to ease symptoms.
- Undergoing surgery to treat an underlying condition.



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720 N. Lincoln Street
Greensburg, IN 47240

 www.dcmh.net

UPCOMING EVENTS

MARCH

Breastfeeding & Prenatal Class March 5
8:00 a.m. - 11:30 a.m. OB Classroom
Please visit our website at www.dcmh.net or
register for the class by calling (812) 663-1240

Cancer Care Support Group March 8
5:00 p.m. - 6:30 p.m. Cancer Center
Contact Cancer Care at (812) 663-1301 for more
information

Diabetes Education March 22 & 29
9:00 a.m. - 11:00 a.m. OB Classroom
To register, call (812) 663-1341

Spirit of Women Lunch N' Learn March 24
"Look Out Below" with Dr. Treska YMCA
and Dr. Israel, 12:00 p.m. - 1:00 p.m.
To register, call (812) 663-1325

Heartsaver CPR Class March 28
5:30 p.m. - 8:30 p.m. DCMH
To register, visit www.heart.org

APRIL

Diabetes Education April 5
9:00 a.m. - 11:00 a.m. OB Classroom
To register, call (812) 663-1341

Breastfeeding Class April 6
8:00 a.m. - 11:30 a.m. OB Classroom
Please visit our website at www.dcmh.net or
register for the class by calling (812) 663-1240

Easter Egg Trail April 9
12:30 p.m. - 3:30 p.m. Begin at DCMH
(see ad to the left)

Cancer Care Support Group April 12
5:00 p.m. - 6:30 p.m. Cancer Center
Contact Cancer Care at (812) 663-1301 for more
information

Heartsaver CPR Class April 25
5:30 p.m. - 8:30 p.m. DCMH
To register, visit www.heart.org



HOP ALONG ON OUR

Easter
EGG TRAIL

APRIL 9

12:30-3:30 PM
MULTIPLE STOPS

FREE BASKET AT DCMH | FREE TREATS | DCMH DOOR PRIZES



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Memorial Hospital

DAILY NEWS

Covering Decatur, Franklin, Ripley and Rush counties

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