

# Healthy **LIVING**





## Inside this Issue

### **2 TERRY SPARKS' SURGICAL AND WOUND CARE JOURNEY**

### **4 LETTER FROM THE CEO**

### **5 DCH FOUNDATION HOSTS 6TH ANNUAL KENTUCKY DERBY FUNDRAISER**

### **6 DR. MERLIN COULTER RETIRES**

### **7 NATIONAL SAFE SLEEP CERTIFICATION PROGRAM RECOGNIZES DCH**

### **8 POWER PATIENT LIFT PURCHASED FOR CORE CENTER**

## TERRY SPARKS' SURGICAL AND

By definition, a rash (or atopic dermatitis) is an ongoing condition that makes skin red and itchy. Most often it appears as patches on the hands, feet, ankles, neck, upper body and limbs. Most adults have had some type of rash in their lifetime. Terry Sparks assumed that the itchy rash on his back last October was nothing out of the ordinary. He soon found out it was anything but ordinary.

After ten days of dealing with the rash and other health issues, Terry's family took him to the DCH Emergency Room on October 26,

2020, to be evaluated. Terry was found to be septic and was admitted to the DCH Intensive Care Unit due to complications with his diabetes, as well as

a large abscess on his back. Dr. Jack Rostas, DCH General Surgeon, evaluated Terry that evening and performed a bedside procedure to drain this large abscess.

Terry received IV fluids and broad-spectrum antibiotics, and was taken the next day for an additional washout procedure. Terry had a resistant bacterial infection, requiring eight surgeries in eight days to irrigate the wound and debride what ended up being a large amount of involved skin and muscle. The DCH team carefully monitored his condition as he underwent multiple debridement sessions for this highly invasive and resistant bacteria. After gaining control of the infection, a negative pressure device was placed during his last operation to assist with healing and closure of his large wound. Terry was kept sedated and placed on a ventilator through his multiple procedures. He had an arterial line to monitor his blood pressure closely as he was critically ill.

After taking care of the immediate problem, Terry was transferred to a facility in Evansville where a tracheostomy was performed to help get him off the ventilator. A tracheostomy is a procedure in which an opening is made in the neck and a tube is placed into the windpipe to allow air to enter his lungs. He received on-going close follow up and complicated wound care along with long-term antibiotics. In January of 2021, Terry was back at home with home health care services.



### **COVER PHOTO**

Pictured are Nurse Practitioner Lori Day, Terry Sparks, and Dr. Jack Rostas, DCH General Surgeon

# WOUND CARE JOURNEY

Terry has no memory of most events during his hospitalization which lasted nearly eight weeks. He was sedated much of this time due to the pain he was experiencing. During his recovery, he developed pressure injuries on his sacral area and right heel because he was unable to move and reposition himself independently. He was evaluated at DCH Wound Care Center for ongoing treatment of the heel, back, and sacral wounds. Once evaluated at our facility, he was referred to Dr. David Northcutt, a podiatrist who treats patients at Daviess Community Hospital. Dr. Northcutt performed a debridement on Terry's heel to help begin the healing process. He was then followed post operatively at the DCH Wound Care Center and appropriate wound care was initiated.

Terry also still had a large wound on his back from the prior infection. As follow up, Terry's care was again turned over to Dr. Rostas, who performed a large skin graft. Skin from his thigh was harvested and then placed on his back to finally close the large wound. His sacral wound also required debridement which was done by Dr. Rostas, and negative pressure wound therapy was initiated.

Terry's path to wellness continued at DCH Wound Care Center where he saw Nurse Practitioner Lori Day. "He still had three very significant wounds," Lori recalls. "The skin graft was the largest one I had ever seen, and the pressure injuries needed extensive follow up and advanced wound care to heal."

Treatment for each of Terry's three wounds was specialized based on the location and severity of the wound. The skin graft on his back was treated with moist wound dressings and by keeping pressure off of the graft site. His sacral wound, which was the result of a pressure injury, was treated with antimicrobial dressings and negative pressure wound therapy (also called a wound vac) three times weekly, and with

diligent pressure reduction to the area. The wound on his heel also originated as a pressure injury was treated with antimicrobial wound dressings and special cellular tissue-based products along with offloading footwear.

In early March, Lori Day was pleased to inform Terry that his skin graft was completely healed on his back with 100% take. The other two wounds were progressing nicely as well but they will take time and constant attention due to the severity of the wounds.

Terry's family has been very supportive throughout his medical issues. His mother sent meals during the holidays to the hospital which were delivered by his brother. His stepfather has been his primary caregiver taking him to appointments, helping him with daily activities and even building a ramp so that Terry can enjoy the outdoors.

"It has been a long road these last few months," Terry said. "My worst fear was that they might have to amputate my foot. Now I look forward to the day when I can drive again and be able to do things I enjoy."

"What also has kept me going is that I want to be around to see the Dallas Cowboys win another Superbowl," Terry said with a smile.

"I can't say enough good things about the people who have cared for me these past few months," Terry said. The Wound Care Center staff have been wonderful."

Terry also has a great appreciation for his surgeon. "Without Dr. Rostas and the quick action he took, I probably wouldn't be alive today."

**Nurse Practitioner Lori Day**  
discusses treatment with  
Terry Sparks.







## FROM THE CEO:

***Prepared to Care*** was the 2021 theme for **Hospital Week** in honor of all employees that work in Healthcare. Ironically, the first National Hospital Day was celebrated 100 years ago in 1921 in response to the last global pandemic-the Spanish Flu of 1918. Here we are 100 years later in the middle of a pandemic caused by COVID-19. We all have faced many challenges, both professionally and personally, during 2020. Fortunately, life is getting back to a new normal with the development and impact of the vaccine and I am very optimistic about 2021!

Every day our employees and providers unite as a team and come prepared to care for patients and families during difficult moments. Team work is key in providing a safe environment for both patients and employees. It takes the entire team working collaboratively to achieve quality outcomes for our patients. Each member of our staff contributes to the culture of our organization. I want to thank our team members for creating a safe and compassionate culture at DCH!

This year, DCH selected employees that exemplify our **WE CARE** standards. Please join me in congratulating the following individuals that received the awards and represent the culture of DCH on a daily basis:

- *Willing Attitude* – Jennifer Suthard from the DCH Lab
- *Excellence in Customer Service* – Sharon Johnson, LPN from the DCH Health Pavilion
- *Communication* – Sara Niehoff, Speech Therapist from the DCH CORE Center
- *Accountability* – Anson Wagler from DCH EMS
- *Respect* – Maggie Daily from DCH Respiratory Therapy
- *Embrace Commitment* – Vickie Padgett from DCH Materials Management
- *We Care* – Jane Hughes, RN, from the DCH House Supervisor team

Thanks to all the employees for making a difference and coming to work every day ***Prepared to Care*** for our patients. We appreciate your dedication, compassion, and commitment to quality care that contributes to a positive patient experience.

Sincerely,



# DCH FOUNDATION HOSTS 6TH ANNUAL “KENTUCKY DERBY FUNDRAISER”

It was a beautiful, warm day in Southern Indiana on May 1st as the Daviess Community Hospital Foundation hosted their 6th Annual “Kentucky Derby Fundraiser”. A sellout crowd of 120 people were registered for the event with the purpose of raising money to support the Perinatal Navigator program at DCH.

Women were encouraged to wear hats or fascinators similar to those worn at the Kentucky Derby race at Churchill Downs. Men were also encouraged to wear a hat or tie that reflected the theme. Prizes were awarded for best Ladies Derby hat best Men’s Derby tie and/or hat. Winners were Amy Matteson for best hat/fascinator and Drew Fields for best tie/ensemble. Jen Houchins, DCH Marketing Coordinator, was on hand to capture the fun as guests posed in their Derby attire.

Foundation Board President Chasity Matthews welcomed guests and offered a prayer before the race and dinner. Event guests were seated at reserved tables where they watched the 147th running of Kentucky Derby on live television.

“Due to the growth of this event, we moved the festivities to the Ed Lee North Chapel in Washington,” stated Angie Steiner, DCH Foundation Director. “It turned out to be a perfect location with ample space to mingle, dine and dance. Our sincere thanks to Andy Arvin for donating this beautiful space to us for the event”. Steiner also noted that there were many activities to keep the guests occupied including bourbon tasting, Disinger Jewelry chances for a ladies ring, and viewing of the online auction items up for bid this year.

After dinner, guest speaker Shawna O’Kelley Brinson, RN shared information about the women and babies who have been, and will be, directly impacted by the proceeds from this year’s event.

The DCH Foundation has been very supportive of the DCH Women’s Health Center requests over the past several years with the help of donations from community members. Last fall, Desiree Lewis, RN, Perinatal Navigator, gave a very thorough and professional presentation to the Foundation Board regarding another great need in the Women’s Health Center which is to provide financial support to the ever-growing female population seeking prenatal care without insurance or money. In an effort to ensure that babies are born healthy despite the lack of insurance or public health funding, the Foundation Board approved the request to assist these patients in 2021.



**Committee Members (left to right): Pam Williams, Lynn Goodwin, Ericka Frances, Alicia Fields – DNP, Angie Steiner, Brandon Smith, Marsha Matteson**

The DCH Foundation has also funded “sleep sacks”, which are a safer sleep garment than blankets. This generous donation ensures that every baby born at DCH leaves the hospital with a sleep sack.

The Cradle Wall project continues to raise funds by medallions purchased in honor of babies born at DCH by their family members. These medallions have the actual footprint image from a child’s birth certificate and mounted on a display next to the DCH Nursery. Many families bring their children in to see the footprints as they grow older.

Funding was also provided in recent years for a laptop which is linked to a webcam at Ascension St Vincent in Evansville. This technology allows a mother to see her newborn in the NICU until she is released from the hospital and can travel to be with her baby.

Mike Head, President and CEO of Home Building Savings Bank, spoke about the bank’s commitment to support the event through a corporate sponsorship. Ascension St. Vincent – Evansville was also a sponsor of the event this year.

Tracy Conroy, CEO of Daviess Community Hospital thanked everyone in attendance for supporting this event.

“The Daviess Community Hospital Foundation has made a commitment to help provide support to the Perinatal Navigator Program,” stated Steiner. “I am thrilled to share that the funds raised this year for the Perinatal Navigator Program fundraisers total \$17,000.00. Donations are still being accepted as we know that the need is greater than what has been raised thus far.”

**Next year’s event will again be held on the first Saturday in May to coincide with the Kentucky Derby. For more information on the DCH Foundation efforts, please contact Angie Steiner at 812-254-8858 or [asteiner@dchosp.org](mailto:asteiner@dchosp.org).**

# DR. MERLIN COULTER RETIRES

How did a young physician from Marissa, Illinois wind up practicing in Washington, Indiana?

"In 1978, my wife and I were looking for a place to settle down and raise our family that was somewhere between where our two families lived," explained Dr. Coulter. "Once we determined that Daviess County was included in our criteria, we wrote to hospitals in the area."

Dr. Robert Heymann replied with a call one evening from a meeting of the hospital recruitment committee and invited Dr. Coulter to Washington for an interview. Dr. Marshall Seat and Washington Medical Clinic, Inc. held a community recruitment dinner for Dr. Coulter and gave him a tour of Washington. After discussing the opportunity with his wife, Dr. Coulter agreed to move to Washington and begin practicing family medicine.

Dr. Coulter joined a private practice and later became a partner with Dr. Marshall Seat, Dr. Robert Fraser and Dr. Horace Norton. Their offices eventually became the DCH Medical Clinic just east of the DCH Emergency Department entrance.

Dr. Coulter remembers how family medicine was much different when he first came to Washington. "In the old days, we all practiced as if we were one big group," he recalled. "We all covered for each and got to know each other very well."

He also remembers the days when all of the physicians took turns taking call for the Emergency Department before there were actual physicians on staff to cover emergencies. The doctors who lived in Washington Township were expected to take call for part of each week.

Office hours are not what they used to be either. Dr. Coulter remembers when the office stayed open until every patient who showed up was seen, even if the office staff, nurse and doctor had to stay past 6:00pm. Once the hospital established full-time ER care, the offices could close at 5:00pm.

Another part of his practice that has changed over the years was the type of medical care he provided.

"I delivered babies from 1979 – 1998 as a part of my practice," he recalled. "Nursing home patients and their care were a part of my practice from 1978 and increased to a larger percentage of my practice in 1998 as other physicians modified their practice to have less nursing home visits."

Dr. Coulter learned computer programming in 1967 while in college. In 1990, he used his knowledge of computers and a word processor to create a program to input and store patient information such as lab orders, prescriptions, and medical history. He created templates to simplify the process of entering data and then printing out the information to use in paper charts and orders and prescriptions. It was not until 2011 that the clinics and hospital moved from paper charts to an electronic medical record which made Dr. Coulter's original program obsolete.

While Dr. Coulter still loves practicing medicine, he says that the COVID-19 pandemic helped him decide to retire now. "The thing I will miss most is the interaction with patients."

He and his wife, Marva, look forward to spending more time with family and perhaps volunteering for local organizations.

Pictured are: Dr. Merlin Coulter and Nancy Devine, Chief Nursing Officer at DCH





# NATIONAL SAFE SLEEP HOSPITAL CERTIFICATION PROGRAM RECOGNIZES DAVISS COMMUNITY HOSPITAL



Daviess Community Hospital was recently recognized by the National Safe Sleep Hospital Certification Program as a “Silver Safe Sleep Leader” for their commitment to best practices and education on infant safe sleep.

The National Safe Sleep Hospital Certification Program was created by Cribs for Kids®, the only national infant safe sleep organization. Based in Pittsburgh, PA, Cribs for Kids is dedicated to preventing infant sleep-related deaths due to accidental suffocation. As a Nationally Certified Safe Sleep Hospital, Daviess Community Hospital is recognized for following the safe sleep guidelines recommended by the American Academy of Pediatrics (AAP), and providing training programs for healthcare team members, and family caregivers.

“Sleep-Related Death (SRD) results in the loss of more than 3,500 infants every year in the U.S.,” said Michael H. Goodstein, M.D., neonatologist and medical director of research at Cribs for Kids®. “We know that modeling safe infant sleep in the hospital and providing education to families has a significant effect on infant mortality. Cribs for Kids Hospital Certification Program is designed to recognize those hospitals that are taking an active role in reducing these preventable deaths.”

In recent years, Daviess County was shown to have the highest infant mortality rate in the state of Indiana (this data is based on an infant’s address of record, not where the infant was born).

Daviess Community Hospital physicians and obstetrics team take an active role in preventing as many infant deaths as possible through education. We focus on the importance of safe sleep starting in the hospital and carry that message to the community health fairs by providing safe sleep education and a safe sleep demonstration. Every baby born at Daviess Community Hospital is sent

home with a “sleep sack” so that the family can begin safe sleep practices right away.

The state of Indiana was able to decrease the infant mortality rate from 7.3 in 2017 to 6.8 in 2018 per 1,000 live births. We know that there is still much work to be done, but we are committed to do our part in prevention and education.

The National Safe Sleep Hospital Certification Program was created in partnership with leading infant health and safety organizations such as All Baby & Child, The National Center for the Review & Prevention of Child Deaths, Association of SIDS and Infant Mortality Programs, Kids in Danger, Children’s Safety Network, American SIDS Institute, Charlie’s Kids, CJ Foundation for SIDS, and numerous state American Academy of Pediatric chapters and health departments.

According to Judith A. Bannon, Executive Director and Founder for Cribs for Kids®, “The certification program launched in 2015 in Pittsburgh, PA, home of the Cribs for Kids® national headquarters. Hundreds of hospitals across the US are certified. We welcome Daviess Community Hospital to this expanding group of committed hospitals. This will have a profound effect on the saving babies’ lives.”

For more information on the Cribs for Kids® National Safe Sleep Hospital Certification program visit <https://cribsforkids.org/hospitalcertification/>

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Pictured left to right: Foundation Board members Ericka Frances, Alicia Fields, DNP; Dave Graber (DCH Director of Rehab Therapies), Jordan Sherman, Marilyn McCullough and Chasity Matthews.

The DCH Foundation recently approved a request from the CORE Center to purchase a Hoyer HPL 700 power patient lift.

“At the CORE Center, we have seen an increase in the number of post-Covid 19 patients that require a maximum assist of 2-3 therapists,” said Dave Graber, Director of Rehab Therapies at the CORE Center. “The Hoyer HPL-700 will provide optimal patient and therapy staff safety. We are very fortunate to add this piece of equipment at the CORE Center to provide the highest level of care for patients of all ages in our community.”