

*Join the over 500
babysitters who have
graduated from the
Safe Sitter® Program
at Columbus
Community Hospital.*

Call now to register for our next
two-day babysitting course at
Columbus Community Hospital.

920-623-1276

Pre-registration required.

Cost: \$50

Space is limited to 10 students.
Students must attend 9 a.m to
2 p.m. both days.

**Scholarships are available,
courtesy of the Kiwanis Club
of Columbus.**

SafeSitter®
designed for youth
11 and over

Driver Safety Program

offered for those 50 and over

A Driver Safety Program for drivers age 50 and over will be offered on behalf of AARP and CCH on April 6 from 9 a.m. to 2 p.m. at the hospital in the Diamond Room

Participants will learn the current rules of the road, defensive driving techniques, how to operate a vehicle safely in today's increasingly challenging driving environment, and how to accommodate common age-related changes in vision, hearing, and reaction time.

Those completing the class may be eligible to receive an insurance discount or a discount on roadside assistance plans.

Pre-registration is required. Contact Chris DeLapp at 623-1276.

Cost is \$15 for AARP members
(AARP membership card required)

\$20 for non-members

All books and materials are provided by AARP.
Coffee and lunch will be provided.

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If you no longer wish to receive this publication please respond to pwalker@cch-inc.com or 920-623-1280.



Above, Andrea Utrie, a custom knee replacement success story, dances at the Fred Astaire Dance Studio in Madison, WI.

Introducing *Custom* 3D Knee Replacements

Often people suffering from chronic knee pain put off having a knee replacement due to fear of having a major surgery. But when the pain becomes too severe to enjoy everyday activities such as walking, biking, or even spending time with family, it may be time to seek the opinion of an orthopedic surgeon.

New technology, state-of-the-art equipment, and refined surgical procedures are now available to provide patients with the option of having a custom knee replacement rather than a traditional knee replacement.

A custom knee replacement uses 3D technology to provide a personalized fit to conform to the patient's knee. In a traditional knee replacement, the surgeon must fit the knee to the implant.

"The custom knee provides a total restoration of your normal anatomy before a patient had arthritis. Patients say it feels more natural, it moves more naturally," says Matthew Niesen, MD, Joint Fellowship trained orthopedic surgeon at Columbus Community Hospital (CCH) and Prairie Ridge Health Clinic.

Andrea Utrie, a recent patient of Dr. Niesen, has been married 45 years, has four children and five grandchildren. She and her husband, David, enjoy spending time with grandchildren, going for walks, kayaking and dancing. Her knee pain started about 2 ½ years ago and slowly became debilitating to her lifestyle.

"It was difficult to do anything, much less dancing," she explained. "I noticed the pain when I was climbing stairs and going for a walk. Then my balance seemed to be a bit off. My knee was swelling and ice and anti-inflammatories were not even touching the pain. It was at the point where I couldn't even sleep at night."

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Custom care at the Prairie Ridge Center for Orthopedic Excellence

Continued from front page

Why Do Patients Choose Columbus Community Hospital?

JOINT REPLACEMENT SURGERY RESULTS

IMPROVED QUALITY OF LIFE

Our patients are generally back to normal activities 6 weeks after surgery.

90% Mild to no **PAIN** when walking
vs. National Average = 78%

90% Mild to no **DIFFICULTY** getting in/out of car
vs. National Average = 76%

EXCELLENT PATIENT EXPERIENCE

Our patient satisfaction scores are EXCELLENT when compared to other national hospitals.

Overall Satisfaction

Columbus Community Hospital **92%**
National Average 83%

Definitely Recommend

Columbus Community Hospital **95%**
National Average 84%

RAPID RECOVERY AND TRANSITION BACK HOME

Our patients leave the hospital sooner, and more go directly home vs. a rehab facility.

of Days in the Hospital

Columbus Community Hospital **2.1**
National Average 2.34

% of Patients That Go Directly Home

Columbus Community Hospital **89%**
National Average 82%

LOW COMPLICATION RATE IN HOSPITAL

Our rate of complications is LOW (including infection, blood clots, severe bruising, severe headaches).

Columbus Community Hospital **0.0%**

National Average **0.7%**

Our patients walk an average of **495 ft** before going home!

Our hospital data is based on hip and knee surgeries performed during October 2015 - September 2016.

National average data is based on the MarshallSteele surveys collected from patients at post-operative office visits, hospital reported data in MarshallSteele database, and Medicare and Commercial insurance claims. Underlying Work© 2014, Stryker Performance Solutions. All rights Reserved. Modifications © 2016. 2016-11v1.

DR. ROBERT COE
DR. MATTHEW NIESEN
Prairie Ridge Health Clinic
Columbus - (920) 623-1200
Beaver Dam - (920) 356-1000
www.PrairieRidgeHealthClinic.net

Well into the future
1515 Park Avenue • Columbus, WI 53925
(920) 623-2200

As avid dancers, Andrea and David attend classes at Fred Astaire Dance Studio in Madison and participate in dance competitions on a regular basis. “I was getting very bowlegged, so I started to develop a limp. One of the last dance competitions we did was in February and I literally had to be carried off the floor,” said Andrea.

Andrea began researching options. “I had no idea there was such a thing as a custom knee replacement until I spoke with Dr. Niesen,” she said. “A custom knee made sense to me because it would conform to my body and the recovery time would be less.”

Dr. Niesen explains that a traditional knee replacement is equivalent to purchasing a suit off the rack in a store, “It may be your size, but not a perfect fit.” A 3D custom knee replacement is equivalent to a tailored suit, according to Niesen. “It is truly custom made to fit you perfectly.”

CCH’s Prairie Ridge Center for Orthopedic Excellence Program is one of three facilities in the state offering custom 3D knee replacements.

The surgery is being offered by Robert Coe, MD and Dr. Niesen, both orthopedic surgeons at CCH.

“The 3D custom total knee is as close to the original knee joint as is technically possible today,” says Dr. Coe. “No two are exactly alike.”

According to Dr. Niesen, typically patients are

80% recovered after just six weeks. “I have seen significant increase in range of motion – full extension with 130-140 degrees, which is what you would see in 18 to 25-year-old patients with no arthritis,” he explained.

Just nine weeks after Andrea had her surgery, she was back to dancing.

“I had two goals. One was to get back on the dance floor and the other was to get in and out of a kayak,” said Andrea. “My surgery was June 27 and I was able to go to a kayaking event on Aug. 21. I was very excited that I was able to get in and out of the kayak without any pain.”

What’s the first step in having a knee replacement? Seek the opinion of a physician. “When a patient decides they would like a knee replacement, I guide them through the risks and benefits,” said Dr. Niesen. “I allow them to make the choice. I want them to be happy with the knee for a long time.”

“I would recommend the surgery to anyone sooner than later. I feel like I’ve been able to reclaim my life and I’m happier than ever,” said Andrea.

For more information regarding custom knee replacements, visit columbuscommunityhospital.org or call 920-623-1342.

A message from

John Russell, President/CEO



In 2016, we remained focused on expanding access to providers while maintaining and increasing our standards to provide high-quality, compassionate, accessible care throughout our hospital and clinics.

Our third Prairie Ridge Health Clinic (PRHC) is now open in Marshall, providing primary care services to a community of about 4,000 people. Kris Braker, Family Nurse Practitioner, and her team are excited to bring our collaborative, relationship-focused culture to the Marshall community.

We are privileged to add Kate Skaggs, MD, OB/GYN, to the team of physicians providing childbirth services at Columbus Community Hospital (CCH). Dr. Skaggs will also see patients at PRHC in Columbus. Mothers now have the choice of six different physicians for their birthing experience. CCH is also one of only two hospitals in the Madison area to offer the option of delivering by water birth.

Our Emergency Department achieved and maintained the 95th percentile or higher in overall patient satisfaction for a 12-month period, earning the team the Press Ganey Guardian of Excellence Award for patient experience. This distinction, along with our relationship with Madison Emergency Physicians, Board Certified in Emergency Medicine, and our certified ER nursing team, means our patients are assured the highest level of care in the emergency department, including specialized care for cardiac and stroke emergencies, advanced airway management and pediatric emergencies.

Orthopedic services continue to grow as a result of our high patient satisfaction scores and rapid patient recovery time driven by our dedicated joint replacement team at the Prairie Ridge Center for Orthopedic Excellence. We are proud to be one of only three facilities in Wisconsin to offer 3D custom knee replacements. This advancement in joint replacement technology and refined surgical procedures brings our program to the next level.

As we enter 2017, we look forward to taking care of you. Whether you attend one of our support groups, serve as a caregiver to a friend or family member, or see us as a patient, your health and wellness is our motivation. We invite you to visit us, meet our team members, and learn about our services.

Yours in good health,

John Russell

John Russell
President/CEO

Do 1 thing

Each year millions of Americans resolve to better themselves by making a New Year's resolution. This year, why not make a resolution to be prepared?

Take the proper steps to prepare for loss of water, power, heat, shelter, and communication, when disasters happen. The first step – visit Do1Thing.com.

Do 1 Thing is a non-profit organization that wants to help build stronger communities. The website, Do1Thing.com, offers a 12-step, once a month program in an effort to prepare individuals, businesses, and communities for all hazards and to become disaster resilient. When community members are prepared, emergency responders can help more people. When people are prepared themselves, they can help their neighbors.

Learn more by visiting Do1Thing.com

Spring Into a New You!

A special day for women only.

Saturday, April 22 8 a.m. to 11:30 a.m.

at Columbus Community Hospital

Featuring presentations by:

Gary Galvin, MD, General Surgeon - Probiotics

Kate Skaggs, MD, OB/GYN - Women's Health

Janet Wiegel, Alzheimer's & Dementia Alliance of Wisconsin - Memory Loss

CCH Executive Chef Melissa Osterhoff - Cooking Demonstration

CCH Dietitian Rachel Selm, RD, CD - Quick Healthy Meals for 1 or 2 People

\$10 per person
includes welcome gift
and breakfast

Exhibits offering resources, products and services for women will be available throughout the day.

To register or for more information call 920-623-1280 or pwalker@cch-inc.com



Pedal Days 2017

Destinations:

Monday, May 15, 5-7 p.m.

Columbus Community Hospital

Tuesday, May 16, 5-7 p.m.

St. Jerome School

(Co-sponsored by Columbus Area Senior Center)

Wednesday, May 17, 5-7 p.m.

Columbus Public Library

Thursday, May 18, 5-7 p.m.

Columbus Elementary School

Friday, May 19, 5-7 p.m.

Columbus Recreation Department

Bike Rodeo

Saturday, May 20, 9 a.m.-12 p.m.

Columbus Aquatic Center Parking Lot

Bring your friends, family and your bike to the Second Annual Pedal Days in beautiful Columbus, WI. Columbus Community Hospital along with our partners, the Columbus Senior Center, the Columbus Public Library, the Columbus School District and the City of Columbus Recreation Department, invite you to bike to a destination each day of the week with the culmination of these activities at a bike rodeo on Saturday, May 20. At each destination, participants will receive a sticker to put on a supplied passport. Each sticker is redeemable for a door prize ticket at the bike rodeo May 20, 9 a.m. to 12 p.m., at the Columbus Aquatic Center parking lot.

Snacks, beverages, information about biking, and more will be provided at each destination.

If you have questions please do not hesitate to contact one of the activity representatives:

Chris DeLapp - Columbus Community Hospital 920-623-2200

Kim Lang - Columbus Senior Center 920-623-5918

Cindy Fesemeyer - Columbus Public Library 920-623-5910

Cori Denk - Columbus School District 920-623-5950

Amy Jo Meyers - Columbus Recreation Department 920-623-5936

Basic Life Support Programs



Heartsaver CPR & AED

The American Heart Association Heartsaver CPR course is modular and teaches lay rescuers how to recognize and treat life-threatening emergencies, including cardiac arrest and choking for an adult, child and infant victims. Students also learn to recognize the warning signs of heart attack and stroke in adults and breathing difficulties in children. This program is designed for first time students and renewal students.

Cost: \$45

Heartsaver First Aid

The American Heart Association Heartsaver First Aid class provides the skills to effectively assess and maintain life from the crucial minutes immediately following an emergency until the arrival of emergency medical services personnel. The course also provides corporations with the complete health and safety training solution, First Aid, CPR and AED. The Heartsaver First Aid course has been developed using the same evidence-based process as all American Heart Association Emergency Cardiovascular Care courses.

Cost: \$45

Cancer Support Group

For more information contact **Cathy Butterbrodt** at (920) 623-6434 cbutterbrodt@cch-inc.com.

The Columbus Community Hospital Cancer Support group meets every other month at the Columbus Public Library (223 James Street in Columbus) and is open to anyone dealing with cancer. Family and support members are welcome to attend.

FREE

Thursday, April 13
6 - 7 p.m.

Thursday, June 8
6 - 7 p.m.

Thursday, August 10
6 - 7 p.m.

Alzheimer's Support Group

An educational support group for family members assisting loved ones who have memory loss or dementia.

The group is a place where family members come to learn more about the disease; share tips, knowledge, and concerns; and discover resources and strategies that can help.

For more information contact **Chris DeLapp** at Columbus Community Hospital at 920-623-1276.

FREE

Thursday, March 9
10 a.m.

Thursday, April 13
10 a.m.

Thursday, May 11
10 a.m.

Thursday, June 8
10 a.m.

Women & Childbirth Services

Two-Night Childbirth Class

Designed to provide an overview of essential birth and newborn care concepts, while being convenient for busy schedules. We recommend taking the course 4-8 weeks prior to your due date.

6 - 8:30 p.m. Two Consecutive Days

Call for class dates and to register.

Breastfeeding & Baby Care Class

Gain the confidence you need. Offered through our Women & Childbirth Services Department, the course will help you get a great start to breastfeeding and reviews the basics of newborn care. Mothers and partners are encouraged to attend.

6:30 - 8:30 p.m.

Call for class dates and to register.

Did you know? Columbus Community Hospital has a lactation consultant to assist you with questions regarding breastfeeding your baby. To learn more call 920-626-2347 or email jyoung@cch-inc.com.

Siblings Class

This special class is designed for children expecting a new sibling. Your child or children will learn about new babies and how they can help with their new brother or sister. Children will get a chance to visit the department, meet the staff and tour the rooms.

FREE

Call for class dates and to register.

To schedule a tour of the birthing and water birth suites, please call 920-623-1299 or email rsvendsen@cch-inc.com.



Visit our web nursery at www.columbuscommunityhospital.org look under Quick Links

To register for any of our CCH Women and Childbirth classes and for class cost information, contact our Education Department at (920) 623-1276.

ATTENTION! If you speak English, language assistance services, free of charge, are available to you. Call 3395. ATENCIÓN! si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 3395. LUS CEEV! Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu rau 3395.

Guardians of Excellence

The Emergency Team at CCH



The Columbus Community Hospital (CCH) Emergency Services Team recently received the Press Ganey 2016 Guardian of Excellence Award for patient experience.

The Guardian of Excellence Award is given to organizations which have achieved and maintained a 95th percentile or higher in overall patient satisfaction throughout a 12-month period.

“Delivering consistent high quality patient care is a team sport,” said LuAnn Reuter, RN and CCH Emergency Department Manager. “Our ER team is dedicated and committed to the community. We strive to provide compassionate, connected care.”

Reuter and Adam Tuite, MD, CCH Emergency Department Medical Director, accepted the national award at a special presentation giving by Press Ganey in Orlando, FL.

“Our goal is to treat everyone who walks through our doors like they are family,” said Dr. Tuite. “It is a privilege to deliver care to the residents of Columbus and the surrounding communities, but the fact that our patients are happy with the delivery of care is icing on the cake.”

The CCH Emergency and Urgent Care Department offers 24/7 services to community members in a 25-mile radius and sees about 1,100 patients a month. Reuter says the service area is increasing, due to the short wait times for urgent care services at CCH.

“We want to make sure that our patients have a meaningful experience and that is achieved through a strong commitment from our ER team,” said Reuter.

The CCH Emergency Department is staffed by Madison Emergency Physicians, board certified in Emergency Medicine. Board certified means patients are assured the highest level of care in the emergency department, including specialized care for cardiac and stroke emergencies, advanced airway management and pediatric emergencies.

The CCH Emergency Department nursing team is certified in adult and pediatric trauma (TNCC and ENPC), ACLS, BLS, and PALS.

For more information regarding the Guardian of Excellence Award, visit www.pressganey.com.

For more information regarding CCH Emergency and Urgent Care Services, visit www.columbuscommunityhospital.org or call 920-623-2200.

Meet

Kate Skaggs, MD, OB/GYN



Kate Skaggs, MD, OB/GYN, was raised in Oconomowoc, WI and completed her undergraduate degree, medical school and residency at the University of Wisconsin-Madison.

"My first job out of residency was with Physicians Plus for 6 years, where I also maintained my associate professorship with the UW-Madison," said Dr. Skaggs. "I then joined the team at Watertown Memorial Hospital, where I learned the challenges and special joy of working in a rural setting. I then practiced for 10 years in Colorado at the Vail Valley Medical Center."

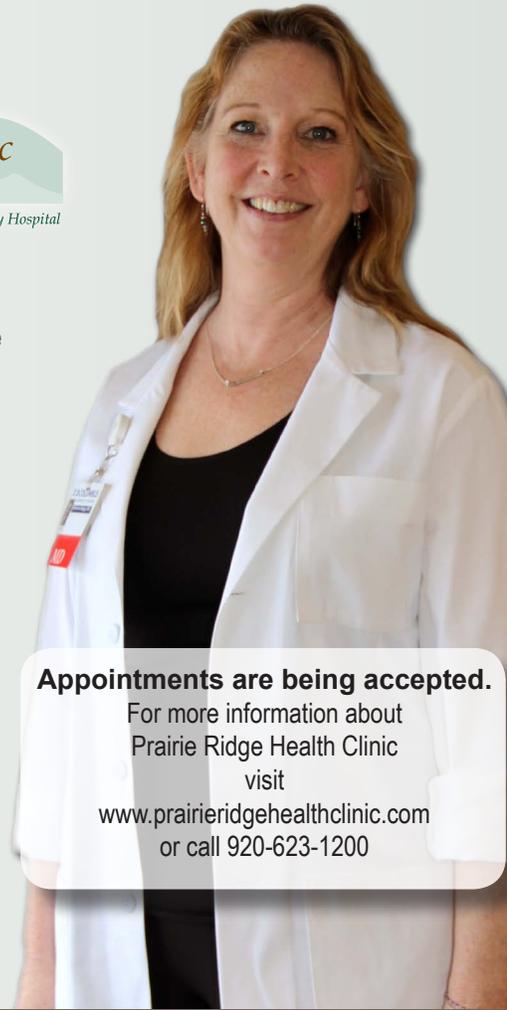
"I started at Columbus Community Hospital and fell in love with it. Never have I met a more caring and outstanding team at a community hospital," said Dr. Skaggs.

Dr. Skaggs offers a full array of women's healthcare services with special interest in high and low risk pregnancy with natural birth options, as well as the ability to provide highly skilled emergency care.

She also offers options for birth control and menopausal needs, as well as preventative healthcare with bone and heart health, for women from their teens to later years. Her surgical experience includes Urogynecology.

Dr. Skaggs has special training in bereavement (including perinatal loss, cancer loss and family losses) and difficult life transitions (such as menopause, illness and the special needs of caregivers).

"I've been happily providing personalized and experienced care for women of all ages for 24 years," said Dr. Skaggs. "I'm grateful to be welcomed to Columbus Community Hospital!"



Appointments are being accepted.

For more information about
Prairie Ridge Health Clinic
visit

www.prairieridgehealthclinic.com
or call 920-623-1200

Prairie Ridge Health Clinic is a provider for more than 50 insurance plans, including Dean Health Plan, Physicians Plus, Unity, WPS, Blue Cross Blue Shield, Employer's Health, The Alliance, WEA, and United Healthcare.



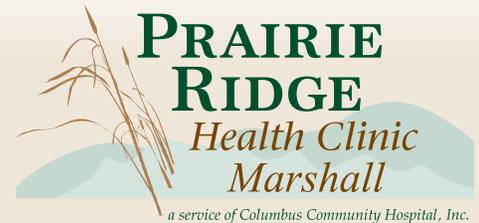
Kris Braker, FNP

Nurse Practitioner - Masters in Nursing, University of Wisconsin-Oshkosh

Registered Nurse - Bachelors of Nursing, University of Wisconsin-Milwaukee

Member of the Wisconsin Nurses Association, American Nursing Association, American Association of Nurse Practitioners

Now Open



On January 9, Columbus Community Hospital opened a new clinic, featuring family practice services, at 301 West Main Street in Marshall. The Marshall clinic marks the third location for Prairie Ridge Health Clinic (PRHC), which opened its doors in Beaver Dam and Columbus in 2014.

Kris Braker, Family Nurse Practitioner, and her team provide high quality, relationship based care to patients from pediatrics to geriatrics. Her dedication to rural health, excellent clinical skills, and commitment to the community make her a perfect fit for Marshall and the surrounding communities.

An array of services are available from wellness and prevention to the treatment of short-term acute illness and the management of chronic disease.

Appointments are being accepted. For more information about Prairie Ridge Health Clinic in Marshall, visit www.prairieridgehealthclinic.com or call 608-655-8181.