

## St. Anthony Introduces Advanced Anesthesia Practices for Better Patient Experience



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- Advanced Anesthesia Practices at SARH
- Girls Night Out!

### Mission

*St. Anthony is inspired by faith and committed to excellence.*

*We are dedicated to improving the health of the people we serve.*

*We will lead in providing high quality, high value healthcare services responsive to the needs of our patients and the region.*

*We are committed to the health ministry of our sponsors, the Franciscan Sisters of Perpetual Adoration.*

### Vision

*As a faith-based regional provider, St. Anthony will continue to be the recognized leader in mission focus, quality care and fiscal strength in Iowa.*

### Mantra

*Health, Healing and Hope*

Exciting advancements in surgery and anesthesia are being utilized at St. Anthony Regional Hospital – the use and expansion of anesthesia blocks, combined with Exparel, which is a local, long-lasting anesthetic injection. What does this mean for patients at St. Anthony? For a host of surgeries, including orthopedics, C-sections, hysterectomies, hernia repairs and more, it means quicker recovery. This also means less time in the hospital, more manageable pain and less risk of opioid dependency.

“We are always looking for ways to be more progressive with state-of-the-art anesthesia. We are doing that today by utilizing a multimodal pain management approach; that is, combining either a transverse abdominis plane [TAP] or erector spinae plane [ESP] block with a long-lasting anesthesia, Exparel,” said Ed Cutler, MSN, CRNA, St. Anthony Anesthesia Director. “Pain management is a complex process. The anesthesia team works to manage several nerve receptors to control post-operative pain. This helps to minimize adverse effects, while improving patient comfort and satisfaction.”

Though Exparel has been around for many years, it was previously used only for orthopedic surgeries. However, with advancements in technology, surgeons at St. Anthony, including OB/GYN Charles Svensson, M.D. and Urogynecologist Maria Hernandez, M.D., have collaborated with the anesthesia team to utilize the technology for additional procedures. In fact, since his arrival at St. Anthony in February 2017, Dr. Svensson has utilized the anesthesia team’s multimodal approach on numerous hysterectomies and C-sections.

“In my many years in medicine, I have never seen patients recover from surgery so well – and it is all because of the anesthesia blocks and Exparel.” said Dr. Svensson, who explained how Exparel allows a slow release of the anesthesia over a greater period of time. This equates to up to 72 hours of pain relief versus the traditional six hours.

“By the time the anesthesia wears off, patients find the pain to be much more tolerable,” Dr. Svensson said. “Even following any type of abdominal surgery or laparoscopic incision, patients are recovering much more quickly, getting up on their feet and moving around.”

One of those patients is Susan Van Erdewyk of Carroll, who underwent hysterectomy surgery this past November at the age of 52. A mother of three, Van Erdewyk experienced heavy cycles, fibroids and benign issues before seeking guidance from Dr. Svensson.

Matt Earl, CRNA, St. Anthony, who introduced the ESP block to the hospital, performed Van Erdewyk’s block and anesthesia injection.

“This is still a really new procedure in our department,” Cutler said. “Matt went to a conference and brought back this technology, introducing this particular block. This type of dedication to evolving our procedures and taking a look at how we can best help our patients speaks volumes for our medical staff, and their commitment to the hospital and patients in west central Iowa.”

Following the hysterectomy, Van Erdewyk shares that she experienced minimal pain and only relied on over-the-counter medications for pain management. She got up during the night, and by the next morning was able to function without the catheter. A mere 24-hours after surgery, she was dressed and ready to go home.

Cutler said. “The less pain patients experience, the more quickly they are able to get back on their feet, in turn reducing the risk for respiratory issues and blood clots; spend time at home where they can heal more quickly; and cut down on costs associated with trips to the hospital.”

Dr. Svensson removed the staples two weeks after Van Erdewyk’s surgery; and six weeks after her hysterectomy, she was cleared without restrictions.

“Most of the time, procedures like this can result in post-operative pain,” Dr. Svensson said. “Susan’s case was a significant surgery that resulted in nearly an outpatient procedure. Dr. Hernandez and I have experienced great success with these blocks and Exparel anesthesia. Patients are doing fabulous on it – and it’s not just a one-time success.”

Today, St. Anthony performs nearly 100 percent of all abdominal, hysterectomy and C-section procedures utilizing the multimodal approach.

## **St. Anthony to Host Second Annual Girls Night Out, March Community Program**

St. Anthony Regional Hospital is excited to host its second annual, free community event for women, entitled *Girls Night Out!* This session is part of St. Anthony's "To Your Health" community education series. The program will be held at the Carrollton Centre in Carroll on Wednesday, March 21. Guests can socialize and shop vendor booths beginning at 5:00 p.m., followed by the program at 6:30 p.m.

"Women play a key role in the vitality of their families and our communities," said Suzy Feigofsky, M.D., of the Iowa Heart Center located at St. Anthony. "By setting aside time to talk specifically about women's health issues, it is our goal to let the women of west central Iowa know that we, as health care providers, are here to listen and to help."

The event, geared towards women's health, will engage women of all ages in candid conversation about a variety of topics, such as balancing schedules, energy levels, body image, and personal health. Dialogue is encouraged, and attendees are able to submit anonymous questions prior to and during the event. Guests may email questions to [education@stanthonyhospital.org](mailto:education@stanthonyhospital.org).

"This is an opportunity to make women's health a priority, in a fun, friendly environment," said Michelle Heim, D.O., McFarland Clinic. "We hope to discuss a variety of topics in a comfortable setting, to educate and encourage women to make their health a priority in 2018 and beyond."

St. Anthony team members will be onsite to lead discussion and a question and answer session, including Feigofsky; Tina Flores Schechinger, M.D., of the St. Anthony Clinic; and Heim of the McFarland Clinic.

"As women, it's easy to fall into our daily routines and allow our health concerns to take a backseat," Flores said. "By bringing attention to the importance of women's health, it is our goal to spark discussion and improve the well-being of women in our community."

Social hour with vendor sales will begin at 5:00 p.m., followed by programming and a question and answer portion from 6:30 to 8:00 p.m. To register for the free community event, call St. Anthony Regional Hospital at (712) 794-5243.



# WELCOME

## **New Employees**

Cody Wells—Rehab  
Baylen Mikkelsen—Rehab

Kendra Millermon—F&N

### **Our Condolences to:**

Kenzie Wycoff (Clinic) for the loss of her Grandmother.  
Karli DeMoss (F&N) for the loss of her Father.  
Randy & Dale Eischeid (IT) for the loss of their Aunt.



#### *Adult Medicine*

Mark Collison, M.D.

#### *Family Medicine*

Patrick Courtney, M.D.

Tina Flores Schechinger, M.D.

David Nystrom, D.O.

Shelley Diehl, PA-C

Hope Jensen, ARNP

*Gynecology/Urology*

Maria Hernandez, M.D.

#### *OB/GYN*

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Charles Svensson, M.D.

#### *Pediatrics*

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