



**2017 Annual Report**

# Bremer County Health Department

## July 1, 2016-June 30, 2017

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### **MISSION**

The Bremer County Health Department promotes, protects and preserves health through leadership, service, education, prevention practices and partnerships.

### **VISION**

Building a Healthier Bremer County



# Governance

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The BCHD is governed by the Bremer County Board of Health, which consists of five members who donate their time to Bremer County under the authority of Chapter 137 of the Code of Iowa.

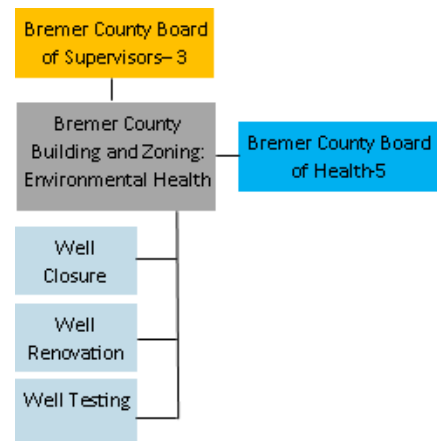
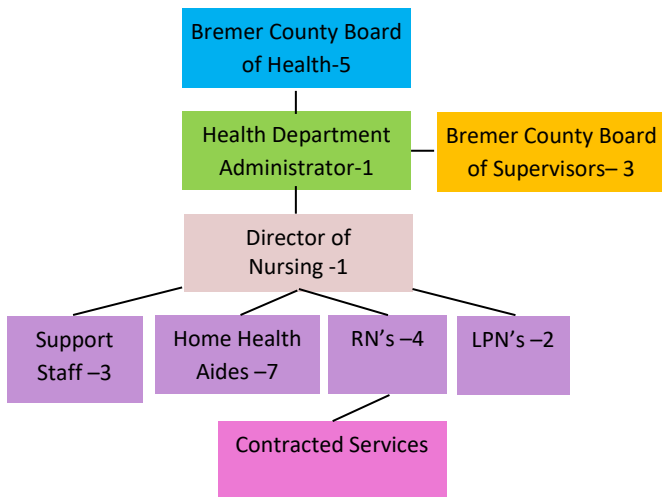
On August 17, 2015, the Bremer County Board of Supervisors passed and adopted a resolution to establish a county health department under the governance of the Bremer County Board of Health in order to better provide all services mandated in Iowa Administrative Code Chapter 80. It was resolved by the Board of Supervisors to remove Home Health from the Bremer County Enterprise, Community Based Services, and establish it as the new Bremer County Health Department, all being effective October 1, 2015.

### Bremer County Board of Health

- Sally Yungtum, Chair
- Dewey Hildebrandt- Vice Chair
- Courtney Bochmann, DO-Medical Director
- Terry Dehmlow
- Matt Sexton, DVM

### Bremer County Board of Supervisors

- Ken Kammeyer, Chair
- Dewey Hildebrandt
- Tim Neil



# Agency Overview

<p><b>Administrator</b> Lindley Sharp, MPH</p> <p><b>Director of Nursing</b> Katie Schwartz, BSN, RN</p> <p><b>Support Staff</b> Cathy Burzette- Billing/Fiscal Coordinator Kristinia Kielman- Administrative Assistant Mary Harms- Public Health Coordinator Kelly Lantow- Home Care Aide Coordinator Tami Thies- Biller/Coder</p> <p><b>Registered Nurses</b> Amanda Brandt Pat Colsch</p> <p>Megan Miller Marianne Nielsen Jessica Wilkens Nicole Wurzer</p>	<p><b>Licensed Practical Nurses</b> Chelsea Brase Kristen Manson</p> <p><b>Home Care Aides</b> Judy Barker Julie Copp Hilliary Eickhoff Stacey Kettwig Amy Koch Tiffanee Streich Sarah Westendorf Bonnie Wittenburg</p>	<p><b>Years of Service</b> Judy Barker- 9 years Amanda Brandt- 1 year Chelsea Brase- 4 years Cathy Burzette- &lt; 1 year Pat Colsch- 7 years Julie Copp- 5 years Hilliary Eickhoff- &lt;1 year Mary Harms- 27 years Stacey Kettwig- 23 years Kristinia Kielman- 3 years Amy Koch- 2 years Kelly Lantow- 6 years Kristen Manson- 3 years Megan Miller- 1 year Marianne Nielsen- 4 years Katie Schwartz- 5 years Lindley Sharp- 7 years Tiffanee Streich- &lt; 1 year Tami Thies- 6 years Sarah Westendorf- 1 year Jessica Wilkens- &lt; 1 year Bonnie Wittenburg- 5 years Nicole Wurzer- 4 years</p>
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## Welcomes and Farewells

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In July of 2017, the Bremer County Board of Health hired Interim Supervising RN, Katie Schwartz, to fill the permanent Director of Nursing position. The department is grateful for Katie and her dedication to the BCHD. In January of 2017, the BCHD welcomed Jessica Wilkens to the department. Jess was hired to fill an open registered nurse position and is a wonderful addition to our team.

In FY17 the BCHD bid farewell to the following employees as they started new chapters in their lives:

- Cathy Burzette– Support Staff
- Pat Colsch– RN
- Megan Miller– RN

## Retirements

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In February of 2017, Mary Harms retired from the BCHD after 27 years of service for Bremer County.

Mary was hired by Bremer County in February of 1990 as a home care aide. In 2010, when Bremer County created the county enterprise, Community Based Services Home Health, Mary continued her employment as the public health coordinator. With the creation of the BCHD in 2015, Mary continued to serve as the part-time public health coordinator for the departments homemaking services.

The BCHD wishes Mary all the best as she starts a new chapter in her life!



## Staff Achievements

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### 2017 Iowa Immunization Champion Award

Chelsea Brase was among seven winners of the 2017 Iowa Department of Public Health (IDPH) Iowa Immunization Champion Award, presented at the IDPH Immunization Conference on June 15 in Des Moines. “These individuals exemplify commitment to protecting the public health through immunizations,” said IDPH Immunization and Tuberculosis Bureau Chief Don Callaghan. “The dedication and service they demonstrate in every aspect of their job makes them ‘champions’ in the truest sense.”

Chelsea has shown exemplary leadership, worked collaboratively with various stakeholders to build and strengthen partnerships, implemented innovated strategies and advocated tirelessly on behalf of the health department in order to get the new immunization program up and running with the creation of the new department in 2015. One of Chelsea’s recent achievements is helping set in motion and raise awareness of the departments involvement in the federally-funded Vaccine for Children Program clinic the third Tuesday of every month from 9 AM to 5 PM at the Redeemer Lutheran Church in Waverly. Chelsea’s unwavering dedication to immunizations makes her a true public health and immunization champion.

The IDPH Immunization Conference focused on current immunization information and vaccine education for health care providers. The conference has grown from a group of about 20 local public health agency staff in 1994 to nearly 600 attendees this year from 12 states.



## Funding Sources

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- County Funding
- Iowa Managed Care Organizations
- Medicare
- Medicare HMOs
- Private Insurance
- Private Pay/Sliding Free
- Veterans Administrations

## Grants

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- Hospital Preparedness and Public Health Emergency Preparedness Grant
- Immunization Services Contract
- Local Public Health Services Grant
- 6-Year Public Health Emergency Preparedness Contract

## Contracted Services

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The BCHD contacts with the following agencies in order to provide rehabilitative services for our patients:

- Northern Iowa Therapy– Physical Therapy, Occupational Therapy and Speech Therapy
- Performance Rehab– Physical Therapy and Occupational Therapy
- Taylor Physical Therapy Associates– Physical Therapy and Occupational Therapy
- Waverly Health Center– Medical Social Worker and Speech Therapy



# Home Health Program

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The BCHD is a Medicare Certified Home Health Agency. The BCHD has experienced home health professionals available for our patient needs 24 hours a day, 365 days per year. Referrals are accepted from anyone who is eligible if the need exists. We serve a 30-mile radius from our office in Waverly.

## **Home Health Programs:**

**Skilled Nursing**– A Registered Nurse or Licensed Practical Nurse provides services under a physician’s orders such as: wound care, catheter or colostomy, blood draws, assistance with medication management, post-hospitalization follow-up, medication injections, etc.

**Home Care Aide**– Services may include bathing, shaving, dressing, range of motion exercises, and meal preparation from the help of an experienced home care aide.

**Homemaker**– Services may include light housekeeping, meal planning and preparation, shopping for food essentials, and laundry from the help of an experienced home care aide.

- **Skilled Nursing**
  - Total Number of Medicare Skilled Nurse Visits: 1,694
  - Total number of Medicaid/All Other Payors Skilled Nurse Visits: 3,278
  
- **Home Care Aide**
  - Total Number of Medicare Home Health Aide Visits: 1,249
  - Total Number of Medicaid/All Other Payors Home Care Aide Visits: 5,949
  
- **Homemaker & Respite**
  - Total Number of Homemaker Visits By All Payors: 1,867
  - Total Number of Respite Visits By All Payors: 54

## **Home Health In-Home Therapy:**

The BCHD contracts with local therapy agencies so that you are able to rehabilitate from the comfort of your own home. For a full list see page 7.

- **Physical Therapy**
  - Total Number of Medicare Physical Therapy Visits: 500
  - Total Number of Medicaid/All Other Payors Physical Therapy Visits: 332
  
- **Occupational Therapy**
  - Total Number of Medicare Occupational Therapy Visits: 201
  - Total Number of Medicaid/All Other Payors Occupational Therapy Visits: 93
  
- **Speech Therapy & Medical Social Worker**
  - Total Number of Medicare Speech Therapy Visits: 26
  - Total Number of Medicaid/All Other Payors Occupational Therapy Visits: 2
  
- Total Number of Medicare Medical Social Worker Visits: 2

## Loan Closet Program

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The BCHD offers a variety of medical equipment for individuals (both patients and non-patients) to loan out for up to a 5-month period. There is no cost to loan our equipment, but freewill donations in any amount are greatly appreciated for upkeep of the equipment.

Loan Equipment Use	
Bath Bench	10
Bath Chair	7
Commode	6
Raised Toilet Seat	9
Reacher	2
Toilet Safety Rails	5
Transfer Bench	10
Walker	16
Wheelchair	14
Other	2
<b>TOTAL</b>	<b>81</b>



# Community Health Needs Assessment & Health Improvement Plan

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By 2021, the goal of the BCHD is to increase Bremer County resident preparedness for natural and man-made disasters.

Throughout 2017, the BCHD made progress on this goal with several different emergency preparedness activities at the following events:

- Bremer County Community Partners Family Fun Fair on April 8, 2017.
- Summer Food & Explorer's Club in July of 2016
- Waverly Child Care in August 2016



# Communicable Disease Program

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The BCHD monitors Bremer County citizens from infectious disease through disease surveillance, investigation of acute outbreaks, and provides education and consultation to citizens on infectious diseases.

FY17 Confirmed Diseases in Bremer County	
Campylobacter	4
Cryptosporidiosis	1
Shiga Toxin-Producing E. coli	2
Giardia	3
Mumps	2
Salmonellosis	5
<b>TOTAL</b>	<b>17</b>

**Campylobacter** illnesses likely occur due to eating raw or undercooked poultry, or to eating something that touched it. Some are due to contaminated water, contact with animals, or drinking raw (unpasteurized) milk. People with Campylobacter infection usually have diarrhea (often bloody), fever, and abdominal cramps. The diarrhea may be accompanied by nausea and vomiting. These symptoms usually start within 2 to 5 days after exposure and last about a week.

**Cryptosporidium** lives in the intestine of infected humans or animals. An infected person or animal sheds Crypto parasites in the stool. Millions of Crypto germs can be released in a bowel movement from an infected human or animal. Shedding of Crypto in the stool begins when the symptoms begin and can last for weeks after the symptoms (e.g., diarrhea) stop. You can become infected after accidentally swallowing the parasite. Cryptosporidium may be found in soil, food, water, or surfaces that have been contaminated with the feces from infected humans or animals.

**Escherichia coli** (abbreviated as *E. coli*) are bacteria found in the environment, foods, and intestines of people and animals. Most *E. coli* are harmless and are actually an important part of a healthy human intestinal tract. However, some *E. coli* can cause diarrhea, urinary tract infections, respiratory illness, bloodstream infections, and other illnesses. The types of *E. coli* that can cause illness can be spread through contaminated water or food, or through contact with animals or people. Some kinds of *E. coli* bacteria cause disease when they make a toxin called Shiga toxin. The bacteria that make these toxins are called "Shiga toxin-producing *E. coli*," or STEC for short.

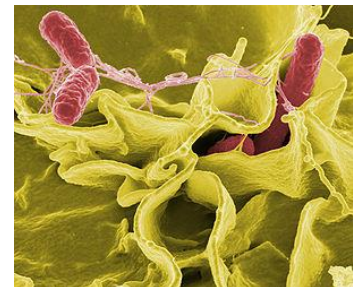
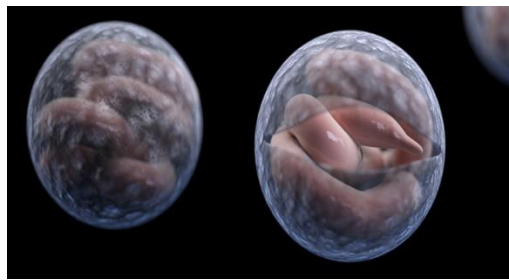
**Giardia** is a microscopic parasite that causes the diarrheal illness known as giardiasis. Giardia is found on surfaces or in soil, food, or water that has been contaminated with feces (poop) from infected humans or animals. Giardia is protected by an outer shell that allows it to survive outside the body for long periods of time and makes it tolerant to chlorine disinfection. While the parasite can be spread in different ways, water (drinking water and recreational water) is the most common mode of transmission.

## Communicable Disease Program continued...

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**Mumps** is a contagious disease caused by a virus. It typically starts with a few days of fever, headache, muscle aches, tiredness, and loss of appetite, followed by swollen salivary glands. You can protect yourself and your family against mumps with vaccination by receiving the Measles-Mumps-Rubella (MMR) vaccine.

**Salmonella** is a bacteria that makes people sick. Most people infected with Salmonella develop diarrhea, fever, and abdominal cramps between 12 and 72 hours after infection. Infection is usually spread by eating contaminated meat, eggs, or milk. Other foods may spread the disease if they have come into contact with manure. A number of pets including cats, dogs, and reptiles can also carry and spread the infection.



## Communicable Disease Program continued....

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On an annual basis, the BCHD completes immunization audits for all pre-schools, k-12 students, as well as children enrolled in day care services in Bremer County to assure compliance with the immunization laws as outlined in Iowa Administrative Code 641-7.

Schools Audited	Preschools Audited	Day Cares
Denver School District	Community Lutheran Preschool	Discoveries Learning Center-Carey Campus
Janesville School District	Janesville Preschool	Discoveries Learning Center-Waverly Campus
Nashua-Plainfield Intermediate School	Pleasant Street Preschool	Waverly Head Start
Sumner-Fredericksburg Elementary & High School	Readlyn Preschool	Precious Miracles
Tripoli School District	Redeemer Lutheran Little Lambs Preschool	Waverly Child Care & Preschool
Community Lutheran School	St. John Lutheran Preschool	
Readlyn Elementary	St. Paul's Lutheran Preschool	
Wapsie Valley High School	Tripoli Elementary Preschool	
Greenview Alternative School		
Waverly-Shell Rock Schools		

## Immunization Program

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The BCHD provides recommended immunizations to both children and adults at a reasonable cost.

The BCHD is a Vaccines for Children Program provider. The VFC program provides recommended immunizations to children through 18 years of age who are uninsured, underinsured, American Indian or Alaska Native, or Medicaid eligible.

FY17 Doses Administered		
Rotavirus	1	VFC
Meningo	1	VFC
Hib	1	VFC
DTP	1	VFC
Td/Tdap	1	NON-VFC
Influenza	447	NON-VFC
<b>TOTAL DOSES</b>	<b>452</b>	
<b>TOTAL PATIENT COUNT</b>	<b>450</b>	



## Foot Clinic Program

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Beginning April 5, 2017 the BCHD started offering foot clinics out of our health department office. In April, May and June of 2017, the BCHD saw 11 patients.

The purpose of the BCHD foot clinic program is to provide accessible, affordable foot health care to community residents with the goals of:

- Reduce preventable foot health problems:
  - Promote circulation and maintain skin integrity;
  - Prevent foot and nail problems and complications;
  - Encourage proper foot care and inspection on a regular, ongoing basis;
  - Promote mobility and continued physical activity by maintaining healthy feet;
- Provide nursing assessment so that foot problems may be referred for professional care;
- Make clinics available to individuals 55+ years of age and/or significantly disabled who have difficulty with their own foot care due to vision, agility, or whatever detriments may preclude regular foot care;
- Make clinics affordable for all incomes; charge, but do not refuse services based on inability to pay;
- Allow all community residents access to foot care by offering clinics at the Bremer County Health Department office or select surrounding community gathering centers.

# Bremer County Health Department

# FOOT CLINICS

## BEGINNING APRIL 5, 2017

The Bremer County Health Department will be offering foot clinics at our office the 1st Wednesday of every month. Minimum \$25 donation.

Call to schedule your appointment!  
319-352-0082

\*Walk-ins NOT available



Clinic is available to individuals 55+ years of age and/or significantly disabled who have difficulty with their own foot care due to vision, agility, or whatever detriments may preclude regular foot care

Clinics will be held at 403 3rd Street SE in Waverly

All Bremer County Health Department programs  
can be reached by phoning **(319) 352-0082**

Visit us online at: <http://www.co.bremer.ia.us>

Find us on Facebook: Bremer County Health Department

