



2018 Annual Report

Bremer County Health Department

July 1, 2017-June 30, 2018

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

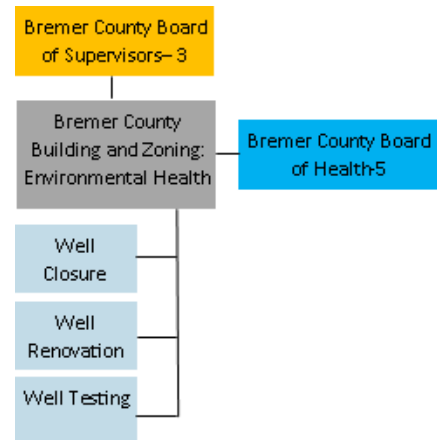
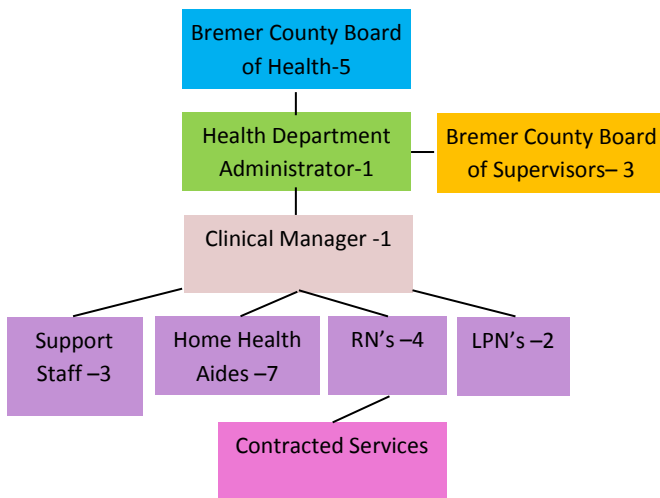
The BCHD is governed by the Bremer County Board of Health, which consists of five members who donate their time to Bremer County under the authority of Chapter 137 of the Code of Iowa.

Bremer County Board of Health

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

Bremer County Board of Supervisors

- Dewey Hildebrandt, Chair
- Ken Kammeyer
- Tim Neil



Agency Overview

Administrator	Home Care Aides
Lindley Sharp, MPH	Judy Barker
	Madison Brewer
Clinical Manager	Julie Copp
Katie Schwartz, BSN, RN	Hilliary Eickhoff
	Stacey Kettwig
Support Staff	Amy Koch
Kristinia Kielman- Administrative Assistant	Sarah Westendorf
Kelly Lantow- Home Care Aide Coordinator	Bonnie Wittenburg
Tami Thies- Biller/Coder	
Registered Nurses	
Amanda Brandt	
Marianne Nielsen	
Jessica Wilkens	
Nicole Wurzer	
Licensed Practical Nurses	
Chelsea Brase	
Nicole Geerts	
Kristen Manson	



Welcomes and Farewells

At the end of FY18, the BCHD welcomed Madison Brewer and Nicole Geerts to the department. Madison was hired to fill an open home care aide position and Nicole was hired to fill an open nurse position.

In FY18 the BCHD bid farewell to the following employees as they started new chapters in their lives:

- Marianne Nielsen
- Jessica Wilkens
- Bonnie Wittenburg

Staff Achievements

In FY18, Judy Barker was recognized by Bremer County for ten years of service to the county. Chelsea Brase was recognized for five years of service to the county.



Funding Sources

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

Grants

- Bremer County Community Foundation grant
- Hospital Preparedness and Public Health Emergency Preparedness Grant
- Immunization Services Contract
- Local Public Health Services Grant

Contracted Services

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

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: 1624
 - Total number of Medicaid/All Other Payors Skilled Nurse Visits: 2588

- **Home Care Aide**
 - Total Number of Medicare Home Health Aide Visits: 1111
 - Total Number of Medicaid/All Other Payors Home Care Aide Visits: 4729

- **Homemaker & Respite**
 - Total Number of Homemaker Visits By All Payors: 1468
 - Total Number of Respite Visits By All Payors: 30

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 6.

- **Physical Therapy**
 - Total Number of Medicare Physical Therapy Visits: 561
 - Total Number of Medicaid/All Other Payors Physical Therapy Visits: 423

- **Occupational Therapy**
 - Total Number of Medicare Occupational Therapy Visits: 241
 - Total Number of Medicaid/All Other Payors Occupational Therapy Visits: 160

- **Speech Therapy & Medical Social Worker**
 - Total Number of Medicare Speech Therapy Visits: 35
 - Total Number of Medicaid/All Other Payors Occupational Therapy Visits: 11

- Total Number of Medicare Medical Social Worker Visits: 4

Home Health Achievements

HomeCare Elite is an annual compilation of the most successful home care providers in the United States. HomeCare Elite recognizes the Top 100 and Top 500 providers nationwide and the home health program of the Bremer County Health Department was recognized on the Top 500 Agency list for 2017.


ABILITY **HEMOCARE ELITE**

Your agency has been selected as one of the top 500 home health agencies in the United States.

Award of Excellence

BREMER COUNTY HEALTH DEPARTMENT

WAVERLY, IA



ABILITY Network



2017 TOP 500 AGENCY
ABILITY **HEMOCARE ELITE**



DecisionHealth / Home Health Line

 **ABILITY**

DecisionHealth

Loan Closet Program

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	
Walker	16
Cane	5
Wheelchair	7
Bath Chair	9
Bath Bench	10
Knee Scooter	4
Commode	4
Raised Toilet Seat	5
Toilet Rails	7
Reacher	2
Grab Bars	3
Sock Aide	2
TOTAL	74



Community Health Needs Assessment & Health Improvement Plan

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

Throughout 2018, 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 7, 2018.
- Summer Food & Explorer's Club in July of 2017
- Waverly Child Care in July of 2017



Communicable Disease Program

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.

FY18 Confirmed Diseases in Bremer County	
Campylobacter	3
Shiga Toxin-Producing E. coli	1
Hepatitis B chronic	2
HIB	1
Lyme	8
Mumps	1
Pertussis	3
Q Fever Chronic	1
Salmonella	8
Shigella	1
TOTAL	29

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.

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.

Hepatitis B Chronic is a serious liver infection caused by the hepatitis B virus (HBV). For some people, hepatitis B infection becomes chronic, meaning it lasts more than six months. Having chronic hepatitis B increases your risk of developing liver failure, liver cancer or cirrhosis — a condition that permanently scars of the liver. Most adults with hepatitis B recover fully, even if their signs and symptoms are severe. Infants and children are more likely to develop a chronic (long-lasting) hepatitis B infection. A vaccine can prevent hepatitis B, but there's no cure if you have the condition. For individuals infected, taking certain precautions can help prevent spreading the virus to others.

Communicable Disease Program continued...

HIB disease is a serious bacterial infection in young children caused by the bacteria *Haemophilus influenzae* type b, most commonly meningitis (infection of the covering of the spinal cord and brain). Some persons who recover from Hib meningitis may have long-lasting brain and nerve problems. Hib can also cause blood infections, pneumonia, arthritis, and infections in other parts of the body. In some instances, Hib disease may cause death. Hib is spread through the air after an infected person coughs or sneezes, especially if he/she does not cover their mouth or nose. There are several Hib vaccines available and should be given to young children beginning at 2 months old to prevent the disease.

Lyme disease is an illness that is spread by infected ticks. It may affect the skin, nervous system, heart and joints. Most cases occur in June and July. Lyme disease can be prevented by wearing long-sleeved shirts, long pants, and high socks when in tall grass and wooded areas. "Tick checks" every two to three hours is also a good practice when spending lots of time outdoors. Using tick repellents containing the ingredients DEET can also be applied.

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.

Pertussis (whooping cough) is a disease caused by bacteria. It causes severe spells of coughing which can interfere with eating, drinking and breathing. Pertussis can lead to pneumonia, convulsions, inflammation of the brain (encephalitis) and sometimes death. Pertussis is spread through the air after an infected person coughs or sneezes. Other people breathe in infected droplets. Pertussis may be prevented through routine immunization, properly covering your mouth with coughing or sneezing, and washing your hands frequently. Pertussis can occur at any age.

Q-Fever is a disease caused by the bacteria *Coxiella burnetii*. This bacteria naturally infects some animals, such as goats, sheep, and cattle. *C. burnetii* bacteria are found in the birth products (i.e. placenta, amniotic fluid), urine, feces, and milk of infected animals. People can get infected by breathing in dust that has been contaminated by infected animal feces, urine, milk, and birth products. Some people never get sick; however, those who do usually develop flu-like symptoms including fever, chills, fatigue, and muscle pain.

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.

Shigellosis is an infection of the gut caused by the bacterium, *Shigella*. People infected with Shigella may have mild to severe diarrhea, fever, and painful bloody, mucus stools. Some infected people may not

have any symptoms. Shigella is found in the stool (poop) of an infected person. It is very easily spread by close contact with an infected person or eating contaminated food or drinking contaminated water. Once one person in the family is ill it is common for other family members to become ill.

Communicable Disease Program continued....

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		

Emergency Preparedness

The Bremer County Health Department is member of the Sub-Service Area-6B Preparedness Partnership. The SSA-6B is a multiagency and multiagency group of response entities. SSA-6B includes the Northeast Iowa counties of Allamakee, Black Hawk, Bremer, Buchanan, Fayette, Grundy, Howard and Winneshiek. The purpose of the Preparedness Partnership is to work together to promote, consolidate and collaborate in a unified manner to prepare for, respond to, and recover from emergencies affecting the region. The Preparedness Partnership is tasked with:

- Developing a system of traditional and non-traditional partners to build and sustain public health and healthcare capacities that support day-to-day operations and response efforts associated with Emergency Support Functions 8 and the health components of other ESFs.
- Identifying and collaboratively reviewing discipline specific (public health, hospital, Emergency Medical Services [EMS]) needs/risk assessments within the service area to identify and address risks affecting the system.
- Identifying public health and healthcare system resources/services and collaborating to ensure optimal utilization and acquisition of those resources/services to address needs affecting the system.
- Developing and coordinating planning efforts of the service area partners to increase efficiency and effectiveness in implementing day-to-day and emergency response efforts.
- Evaluating and conducting training needed to implement system development activities, eliminating redundancy in training efforts and sustaining existing training competencies.
- Identifying and coordinating exercise needs to effectively achieve program and entity exercise requirements.
- Engaging in quality and performance improvement activities to improve efficiency of the public health and healthcare system through data driven review of provided care, after-action report reviews, development of improvement plans, and measuring progress of improvement implementation.



The Bremer County Health Department donated two brand new automated external defibrillators (AEDs) to the Bremer County Sheriff's Office through Public Health Emergency Preparedness Grant funding. This will be part of a 5-year project to equip all Bremer County Deputy's with AEDs to carry with them while they are on duty.

Immunization Program

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.

FY18 Doses Administered		
Hep B	2	VFC
HPV	1	VFC
Meningo	7	VFC
MMR	2	VFC
Polio	2	VFC
Td/Tdap	2	VFC
Varicella	4	VFC
Hep B	10	NON-VFC
Influenza	442	NON-VFC
Td/Tdap	4	NON-VFC
TOTAL DOSES	476	
TOTAL PATIENT COUNT	456	



Foot Clinic Program

In FY18 the BCHD saw 87 patients between its Waverly and Sumner foot clinics.

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.



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

