

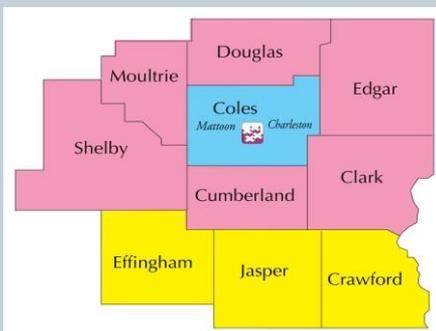
# Sarah Bush Lincoln

Trusted Compassionate Care

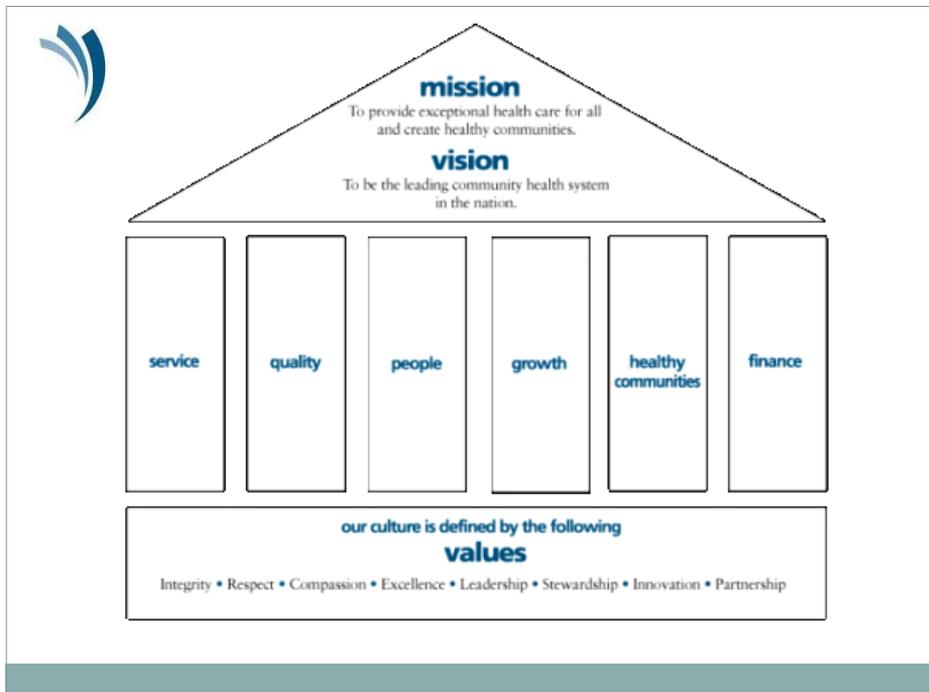


SARAH BUSH LINCOLN HEALTH CENTER  
1000 HEALTH CENTER DRIVE  
MATTOON, ILLINOIS 61938  
(217)258-2525 OR (217) 348-2525

## SBL Geographic Service Areas



- Internship: Mattoon, IL
- Home health services extend to the surroundings 19 counties in East Central and Southern Illinois.
- Active and consulting medical staffs include approximately 175 providers representing 28 specialties.



## Sarah Bush Lincoln Values

- **Mission:** To provide exceptional health care for all and create healthy communities
- **Vision:** To be the leading community health system in the nation
- **Culture defined by values...**
  - Integrity
  - Respect
  - Compassion
  - **Excellence**
  - Leadership
  - Stewardship
  - Innovation
  - Partnership

## The biggest small hospital you've ever seen!

- 129-bed, not-for-profit regional hospital
- Accredited by The Joint Commission
- 145 providers representing 28 specialties
- Employs 2,160 area residents



## Hospital Departments

- Adult Care Unit
- Regional Cancer Center
- Outpatient Surgery Center
- Women's and Children's Services
- Pediatric Unit
- Close Observation Unit
- Level II Perinatal Unit
- Behavioral Health Services
- Sleep Disorders Center
- Cardiac Catheterization and Rehabilitation
- Radiology and Imaging Services
- Laboratory
- Reference Laboratory
- In Home Medical
- Durable Medical Equipment
- Lincoln Land Home Health and Hospice
- Lifeline
- Sarah's Homemakers

## Sarah Bush Lincoln Clinics

- Arcola Clinic
- Arthur Clinic
- Casey Clinic
- Charleston Clinic East  
Family Practice
- Charleston Family Practice
- Effingham Clinic
- Family Medical Center
- Internal Medicine
- Neoga Clinic
- Newton Clinic
- Rancho Clinic
- Shelbyville Clinic
- Sullivan Clinic
- Toledo Clinic
- Walk-in Clinics
  - Mattoon
  - Charleston
  - Tuscola



## Cancer Center

- **Regional Cancer Center**
  - \$15.4m project 21,000 square feet
  - 17 individual chemotherapy areas
  - 270 new cancer cases, annually
  - 5,500 cancer center visits, annually
  - 26% growth in medical oncology visits



## SBL Heart Center



- **First Floor**
  - cardiac cath lab
  - 15 exam rooms for the cardiac and pulmonary clinic
  - Cardiac rehab gym
  - stress testing
  - echo testing
  - pulmonary function testing
  - EKG
  - nuclear medicine
- **Second Floor**
  - 20 Medical Surgical Beds to Hospital



## Center for Healthy Living



- **120-day Healthy Living Medical Exercise program**
  - Custom exercise and lifestyle program to help achieve goals and manage chronic illness
- **Ultimate goal is to instill lifelong healthy behaviors that foster independence & encourage participants to transition to a long-term community based exercise program**
- **Educational classes**
- **Consultation with dietitian**



## SBLHS Library

- Provides over 13 online databases
- Evidence based books and journals
- Up-To-Date, disease specific information for physicians
- Continuing Education Materials
- Provides CareNotes handouts to patients
- Currently under renovation to expand services



## Hospital Communication

- **Daily Charge**
  - Hospital Announcements
  - Department Announcements
  - Safety Tips
  - Special Events
  - Healthy Living Tips
- **Communication Board**
- **Town Hall Meetings**



## 38 Years of Graduate Student Interns

- Original EIU Site
- Since 1980
- 116 Graduate Students
- Undergraduate Students



## Staff

- Food and Nutrition Services
  - 67 Employees
- Food Service Supervisors
  - 5 Supervisors
- Clinical Staff
  - 4 Clinical Dietitians

## Internship- 3 Sections



## Food Service Management

- Food Production
  - Room Service Dining
  - Basement Bistro
  - Special Event
- Procurement /Purchasing
- Safety and Sanitation
- Management
- Special Projects



## Basement Bistro

- Hospital Cafeteria
  - Serving employees and visitors
- Fresh Start Items
- Grab-and-Go
- Salad Bar
- Bistro Creations Bar
- Cycle Menu



## Fresh Start Food Discount

Do Quality	Don't Qualify
Skim Milk	2% and Whole Milk
Baked potato chips	Regular potato chips
100 Cal Oreo cookies	Oreo cookies
Plain Vegetables	Buttered Vegetables
Egg Substitute	Regular Eggs
Regular Chicken Breast	Marinated Chicken Breast
Mashed Potatoes	Mashed Potatoes/Gravy
Fresh/Canned Fruits	Pies
Juices	All soda, coffee, tea



## Food Service

- **Theme Meal**
  - Menu/ Standardized Recipes
  - Decorations
  - Marketing
  - Lunch, Dinner, Night Shift
- **Catering Event**
  - Menu items
  - Standardize recipes
  - Production



## Community Nutrition/Education

- IDHS
- WIC
- Peace Meal- Senior Nutrition
- Candy Camp in Effingham
- School Nutrition Education
- Weight Management clinics
- Healthy Communities

**Peace Meal**  
Senior Nutrition Program





- SBL committed to creating healthy communities. Part of mission and important part of strategic plan
- Healthy Communities Department has deployed several programs to help reduce the rate of obesity
  - Jump Start Day Camp
  - Fit Girls
  - Cooking Classes
  - Kickstart
  - Body Electric
  - Kidsfest
  - Project Fit America



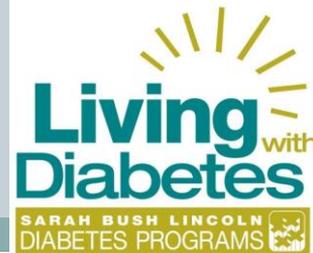
## Healthy Directions

- Program combining healthy diet, behavior modification and exercise
- Offered by SBL Dietitian
- Promotes lifetime of sustained and health weight
- Individual RD assessment
- Weekly group meetings
- Intern involvement



## Living with Diabetes

- Exercise and education program for people with diabetes
- Work one-on-one with an RD and RN, both CDE's
- Participants learn more about diabetes, get more physical exercise, learn healthy eating habits
- Goals: improve quality of life and prevent or delay complications of diabetes
- Intern involvement



## Clinical Nutrition

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Screening &amp; Assessment</li> <li>• Maternal/Pediatric</li> <li>• Weight Management               <ul style="list-style-type: none"> <li>• Healthy Directions</li> <li>• HMR</li> <li>• Center for Healthy Living</li> </ul> </li> <li>• Mental Health</li> <li>• Diabetes</li> <li>• Cardiovascular/Pulmonary</li> </ul> | <ul style="list-style-type: none"> <li>• Gastrointestinal</li> <li>• Surgery</li> <li>• Nutrition Support</li> <li>• Oncology/HIV-AIDS</li> <li>• Renal</li> <li>• Staff-Relief</li> </ul> |
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## Inpatient MNT

- **Cerner Charting**
  - New computer system coming in 2017
- **Computerized nutrition risk evaluation**
- **Nutrition Care Process**
- **Comprehensive nutritional assessments**
- **Patient education**
- **Multidisciplinary rounds**
- **Observe procedures**
  - Swallow evaluation
  - Colonoscopy
  - Surgery
  - TPN or PICC insertion
  - Cardiac Cath
  - Tour of Lab
  - Cancer Center Treatments

## Outpatient MNT

- **Patient education and follow-up**
  - Diabetes
  - Cardiovascular
  - Renal
  - Weight management
  - Other





**Countless opportunities**

**Extraordinary Community**

**Friendly Environment**

*Thank you for choosing Sarah Bush!*

*Any questions?*