

Well for life

Fall/Winter 2021



'As good as you hoped for'

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**Expanding surgical possibilities
for the lakeshore**

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Spectrum Health Urgent Care – Zeeland Earlier hours to serve you.

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Zeeland, MI 49464

Disclaimer

Well for life is a publication of Spectrum Health Zeeland Community Hospital intended to update the community about events and educate the community on a variety of health topics. The articles in this publication are meant to supplement, not replace, the advice and instruction of your physician. Good health practices include regular visits to your doctor. For help finding local physicians and advanced practice providers, visit findadoctor.spectrumhealth.org.

Well for life editor

Ashley Kiekintveld, communications specialist

For additional copies of this newsletter, contact us at 616.748.2834. An electronic version of Well for life can be found at spectrumhealth.org/zeelandclasses.

Point of view

When I interviewed for the role of regional market leader and president of Zeeland Community Hospital, I came away from the process feeling excited. I felt good about the people and the community, two measures that are vital to me when making an important family and career decision. Since arriving in West Michigan and settling into the work, every positive experience I had throughout the process has been reinforced by the genuine hospitality my family has received. It is evident that the Zeeland Community Hospital team exemplifies the "unity" in community.



It is that united team spirit that led to Zeeland Community Hospital being named a Fortune/IBM Watson Health 100 Top Hospital® for the sixth consecutive year. This national honor places our facility among the top 20 small hospitals in the nation for safety, quality and patient experience. Additionally, the team has received top marks in the Centers for Medicare & Medicaid Services 5-star quality rating, the Leapfrog Group safety grade A and the Economic Alliance of Michigan Patient Safety Award for excellence. These accolades recognize the team's consistent and intentional work to prioritize safety and quality because our community deserves the highest level of care.

Following through with the commitment to deliver the highest level of care, Zeeland Community Hospital is in phase two of an \$8.72 million facility expansion of the surgical services department. This mission-critical project will focus on high-tech modernizations, expanding capacity and exceptional patient experiences. This edition of Well for life will highlight details of the new space and share the many benefits the expansion will bring to our community, now and in the future.

After a challenging year, we are turning a corner toward a new normal and exciting time for health care on the lakeshore. This expansion is just one example of Spectrum Health's commitment to boldly reimagining the future of health in our southwest region and ensuring our community can receive exceptional health care close to home. Thank you for the warm welcome. I look forward to exploring how we can work together to improve health, inspire hope and save lives.

Sincerely,



Bill Hoefer, FACHE
President
Spectrum Health Zeeland Community Hospital



‘As good as you hoped for’

Halfway through her pregnancy, Alexa Kleinjans developed a sudden, intense pain. A team of doctors soon uncovered the cause—and a delicate solution.

After tucking their toddler and preschooler in for the night, Alexa Kleinjans and her husband, Brad, climbed into bed, ready for some peace and quiet after a busy August day. Minutes later, Alexa, 29, felt a sudden, piercing cramp on her left side that escalated to full-on, nausea-inducing pain. Fearing his wife’s pregnancy could be in jeopardy, Brad called his dad to come and stay with the sleeping children.

The couple made a hurried post-midnight trip to Spectrum Health Zeeland Community Hospital. There, the emergency department team admitted Alexa and sent her straight to the Family Birth Center, where doctors could evaluate her situation and monitor the baby.

The images showed a large cyst—more than 5 inches across—near her left ovary. The obstetrician on duty, Darla Olson, MD, called Alexa’s OB-GYN, Dawn DeWitt, MD, to discuss her treatment.

It seemed clear Alexa would need surgery to remove the cyst, but what would be the best route—make a large open incision or perform the procedure laparoscopically, with a few tiny incisions?

As the doctors discussed approaches, they called in their colleague Todd Van Heest, MD, an OB-GYN with expertise in advanced laparoscopic techniques. He reviewed the case and helped consider the options.

The team decided it made the most sense to proceed laparoscopically, placing the ports in locations that would avoid interference with the uterus.

“My doctors were just like, ‘We know this is going to be super-hard and scary, but ... we have to remove this so the rest of the pregnancy is OK,’” Alexa said.

Because of its weight and size, the cyst had twisted and turned on its axis, cutting off the blood supply to the left ovary. This

strangulation of the supply line had been the source of Alexa’s pain. Her left fallopian tube would have to come out.

Throughout the surgery, Alexa experienced no preterm labor. As her nurse told her when she woke up, the baby’s heartbeat remained steady throughout the procedure.

Tests on the cystic fluid came back clean, and she had a routine pregnancy until her scheduled cesarean section.

Just past 11 a.m. on Dec. 17, baby Abel Curtis Kleinjans arrived—a beautiful 9-pound bundle, just like his two older siblings.

Alexa admits to being nervous before the delivery, but with Abel home and healthy, she feels nothing but gratitude for the Zeeland Community Hospital team.

“Honestly, I would never want to go anywhere else,” she said. “We’re so thankful.”



Visit spectrumhealth.org/zeelandbirthingtour to take a virtual tour of our Family Birth Center.



Turn the page to learn how patients like Alexa and their families will benefit from the upcoming surgical services expansion.

Expanding surgical possibilities for the lakeshore

Celebrating an \$8.72 million investment in our community's health.



In 2006, Spectrum Health Zeeland Community Hospital moved into the current hospital building at Felch Street in Zeeland. During the past 15 years, we have been expanding services, acquiring advanced equipment, renovating spaces and modernizing most aspects of care to meet the progressing needs of the community. On Sept. 21, 2020, in partnership with the Spectrum Health

Foundation Zeeland Community Hospital and local donors, Zeeland Community Hospital broke ground on an \$8.72 million surgery expansion. This exciting project, which includes construction of a 9,100-square-foot addition, and renovation of an additional 5,000 square feet of existing space, is the largest facility expansion in the building's history and the first-ever change to the footprint of the hospital campus.

The new main floor, which encompasses the hospital lobby and surgical department, has been designed with specific attention to patient access, convenience and safety. The renovated lobby registration area will set a welcoming stage for the surgical experience.

Within the enhanced surgery department, there will be a private surgical waiting room, including a nourishment area for family or loved ones to wait comfortably. It will also feature private family consult rooms, a dedicated cesarean section procedure room and an expanded post-anesthesia care unit (PACU) with a dedicated PACU bay for obstetrics and

pediatrics. Additionally, there will be an expanded operating room that will feature leading-edge technology and equipment necessary for more sophisticated procedures.

One of the driving factors of the project planning was the critical need for a dedicated C-section suite. Currently, planned C-sections are routinely scheduled in one of three operating rooms. Emergent C-sections are completed on a priority basis, sometimes delaying other planned surgical cases.

The new C-section procedure room will be solely dedicated, prepared and ready for a scheduled or emergent C-section.

Reflecting a national shift from inpatient to outpatient care, surgeries that traditionally took days to recover in the hospital are now discharging the same day. Currently, more than 70% of surgical patient care at Zeeland Community Hospital occurs in an outpatient setting.

"Advancements in technology through the da Vinci® Surgical System (robotic surgery) and other improvements make common surgeries less invasive, allowing patients to heal quicker and at home where they would rather be," commented Thomas Visser, MD, Zeeland Community Hospital's chief of surgery. "Zeeland Community Hospital has worked hard to bring and keep those services local, so patients avoid traveling far from home."

In addition to patient benefits, the surgical team is looking forward to updated workstations, increased storage space for equipment and supplies and larger patient rooms to offer new families a more peaceful environment following a C-section.

"Our outstanding team is dedicated to providing safe, exceptional care to each surgical patient we treat," said Marnie

Pierce, surgical services manager, Zeeland Community Hospital. "To now have the facility upgraded to match the caliber of our caregivers is a dream. We're excited that leadership and the board recognized the need, and we can't wait to start working in this space."

The new addition is designed with today's patients in mind and will ultimately provide better and more efficient care to patients with greater convenience, more privacy and added safety measures. Benefits of this space align with and support the Spectrum Health mission of improving health, inspiring hope and saving lives. Construction is on track with anticipated completion by the end of 2021.



am benefits our patients by offering minimally invasive surgical technology

Project timeline.



Winter 2021
Construction complete

Grand opening of the new surgical space



Fall 2021
Interior waiting and team member areas constructed

Comfort and healing environmental elements installed



Summer 2021
Interior construction completed

5,000+ square feet of existing space renovated



Spring 2021
New addition completed

9,100-square-foot addition



Fall 2020
Construction began

The Sept. 21 groundbreaking ceremony kicked off the project



"I feel fortunate to live in a community that values quality of life and exceptional health care experiences. Being involved with the Zeeland Community Hospital surgery expansion is exciting because of the far-reaching impact on the health and economic prosperity of our community today, and into the future."

Sue DenHerder
Vice-Chair, Foundation Committee
Spectrum Health Foundation Zeeland



A healthy you

Introducing a Surgical Optimization Center for better outcomes

As part of our commitment to quality, Spectrum Health has created the Surgical Optimization Center (SOC) to prepare you and your surgical care team before your surgery. To ensure your safety and recovery, it is vital to have you as physically “fit” as possible prior to your procedure. Your fitness level, preoperatively, will enhance your recovery and get you back to work and your life faster.

The surgeon and their team will help determine which patients are appropriate for the SOC services. The SOC will assess adult patients, ages 18 and older, who have medically complex health issues and are undergoing a medium- to high-risk procedure. The SOC typically applies to surgical procedures and does not include any upper and lower scopes, eye procedures, and other procedures in which patients are receiving a local anesthetic.



What is optimization?

The goal of “optimizing” your health prior to surgery is to minimize your risk of postoperative complications, decrease length of stay in the hospital, reduce unplanned readmissions and enhance your overall health and surgical experience. It is also to provide a surgical care plan for the patient, surgeon, anesthesiologist, surgical team and primary care provider.



Your personal surgical plan

If your particular circumstances qualify you for SOC, you and the Zeeland Community Hospital SOC team will work together to create a plan for your surgery. This plan will guide you and everyone who cares for you before and during surgery.

- A complete medical assessment, including a review of your surgical, family and social histories.
- Education lets you know what to expect and how to prepare for your surgery.
- Medication review and instructions given prior to day of your surgery.
- We work with your surgical team and anesthesiologists to determine if additional testing is needed based on your medical history. This helps to avoid unnecessary tests and visits, and can save you time and money.
- Care management options if at-home assistance is needed during your recovery.
- Your completed comprehensive assessment will be sent to your surgeon and primary care physician with any recommendations, testing and medication management instructions.



Classes and events

August 2021 to December 2021

Based on federal and state regulations and for the safety of our community, these classes and events are subject to change. Please visit spectrumhealth.org/zeelandclasses or call 616.748.2834 for the most current dates, times and updates.

Virtual class options:

Most virtual classes use the Microsoft® Teams platform. Please visit spectrumhealth.org/zeelandclasses for dates, times and updates.

Childbirth and new parents

Telemedicine breastfeeding support

Individual appointment with an RN certified lactation consultant.

FREE

Postpartum adjustment support group

Meets every Tuesday from 7 p.m. to 9 p.m.

FREE

Childbirth: Mother and newborn care—online education with follow-up class

Includes two online programs, optional class and a Family Birth Center tour.

Infant massage

Helps babies sleep, reduces crying and increases bonding.

Pointers from a pediatrician

Meet with a pediatrician and learn the answers to common questions new parents have in the early weeks of their baby's life.

NEW
FREE

Infant car seat safety online

Learn the proper fit and installation to keep your infant safely secured. First Tuesday of every month.

FREE

Adult education

Tai chi and qi gong: Beginner and intermediate options

Enjoy gentle tai chi movements and healing Qigong breathing to improve health, balance and immunity.

Healing the whole you provider series

Join us for these Facebook events! Second Monday in August and October.

Nutrition

Take it & make it series

Taught by a registered dietitian to help make meal planning easier. You will be provided with class materials, ingredients and everything needed to meal prep at home. See website for monthly topics.

Think smart, eat smart online series

Overcome sabotaging thoughts, identify the reasons you eat and develop a plan to overcome those habits without relying on willpower alone. Self-paced so you can begin anytime.

Prevention

Boost your brain and memory class

Learn evidence-based practices that can reduce the risk of dementia and maintain cognitive health.

Quit 101: Tobacco and nicotine cessation

Develop a personalized quit plan, problem-solve, stay on track and learn about relapse prevention for any type of nicotine use.

Question, persuade, refer

QPR is for anyone looking to understand suicide, decrease stigma around suicide and provide help and support for anyone who may be having suicidal thoughts.

NEW
FREE

Mental health first aid

Training course that teaches participants about mental health and substance-use issues. Continuing education credits available for nursing.

In-person class options:

In-person classes follow safety guidelines and may have limited capacity. Please visit our website for dates, times and updates.

Childbirth and parenting

Breastfeeding support group

Sessions are held weekly.

FREE

Lactation consulting

Call 616.772.7530 for an appointment.

FREE

Childbirth for new parents Classes offered monthly

Expectant parents learn about and prepare for all the stages of childbirth. Write out Family Birth Center tour provided.

Introduction to breastfeeding

Breastfeeding techniques, nutrition and solutions to common problems discussed.

Childbirth: Mother and newborn care Follow-up class

Offered quarterly in conjunction with online class.

Nutrition

Fit & healthy families

Held outside at Outdoor Discovery Center in Holland. This program is for elementary-aged kids and their families. Series covers a variety of nutrition topics in hands-on, interactive ways like hiking, kayaking and dancing.

CPR and first aid

First aid and CPR new certification

First aid, CPR, AED and choking management for all ages.

First aid and CPR recertification

For individuals whose first aid and CPR certification is due, or has expired in the past 60 days.

Heartsaver CPR

For individuals needing only CPR, AED and choking management certification.

Events

Michigan blood drive Aug. 11 and Nov. 3

Visit versiti.org or call 616.748.2834.

Health and fitness

Healthy habits-one step at a time

Online support group available at facebook.com/groups/SHHealthyHabits

For anyone working toward achieving a healthy lifestyle. Led by an RD, this group meets weekly at local parks to walk and discuss healthy habits.

FREE

Zeeland Community Hospital is proud to share that the Blue Envelope School Program has earned the prestigious 2021 Michigan Health & Hospital Association Ludwig Community Benefit Award. With the foundational premise that "suicide is everyone's responsibility," this program teaches school team members how to respond at a moment's notice to a person who has thoughts of suicide. Congratulations to the team for developing this lifesaving community program!

Watson Health

100 Top
Hospitals® 2021

Building a healthier future, together

The Zeeland Community Hospital surgery expansion project has been funded in part by philanthropy from the generosity of our community. To date, we have raised more than half of our \$2.6 million goal. Now we need your support to cross the finish line! To help us get there, a generous donor has offered to match all contributions of \$50 or more—through Sept. 30.

All gifts of \$50 or more received through Sept. 30, 2021, will be recognized on a plaque near the surgical department. All donations, regardless of size, are generously received, sincerely appreciated and gratefully acknowledged for 100% tax deduction status.

To learn how you can support the new surgery expansion project at Zeeland Community Hospital, please contact Kris Palosaari at kris.palosaari@spectrumhealth.org or 616.970.7105, or visit give.spectrumhealth.org/zeeland/surgery.

Double your impact with the 100% donor match up to \$100,000!

"Children are our most precious assets, and they deserve to be brought into the world with the best medical care possible. For this reason, we are pleased to support the efforts of Zeeland Community Hospital to enhance their surgical department with a new, dedicated, state-of-the-art C-section surgical suite."

– Jim and Donna Brooks, community leaders and project supporters

 **Join the conversation. Follow us on Facebook.**

Search Facebook for **Spectrum Health Zeeland Community Hospital** to find out more about our services, events and ways to improve your health.

Spectrum Health complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex.
[81 FR 31465, May 16, 2016; 81 FR 46613, July 18, 2016]

ATENCIÓN: Si usted habla español, tiene a su disposición servicios gratuitos de asistencia lingüística.
Lláme al 1.844.359.1607 (TTY: 711).

(711: مكب ال او مصل ال فتاه مقر). 1.844.359.1607 مقر ب ل لصت ا. ن ا ج م ل اب ك ل رف ا و ت ت ي و غ ل ل ا د ع ا س ا م ا ل ا ت ا م د خ ن ا ف ، ن غ ل ل ا ر ك ا ث د ح ت ت ن ك ا ا ذ : ع ط و ح ل م