You spoke, and we listened! To help meet your request for more convenience, MHP has expanded Walk-In hours at the Medical Group.

Family Nurse Practitioner Eva Sietsema has discontinued her primary care medical practice to serve as the lead provider for Walk-In. Walk-In is now available Monday through Friday from 7 am to 8 pm; Saturday from 7 am to 5 pm; and Sunday from 11 am to 5 pm. Walk-In will also be available most holidays from 9 am to 3 pm.

Walk-In services are offered on the lower level of the Medical Group; best accessed through Entrance #4 on the north side of our medical campus. Patients will be checked in until 15 minutes prior to the scheduled closing time.

According to MHP CEO Jay Christensen, Walk-In is focused on acute issues, one per visit, for patients 6 months and older. “Walk-In is designed to treat non-emergent injuries and illnesses; things that need prompt medical attention but do not need the level of care provided in an emergency department.”

Walk-In is designed to offer easy access with prompt and professional care for times when an appointment with your regular provider is not available. No appointment is needed and patients are treated on a first come-first served basis, unless there is a medical emergency.

Walk-In is not intended to replace routine care with your primary care provider and it is not a substitute for emergency care. Typical reasons to use Walk-In include sprains and strains, sore throats, earaches, rashes, colds and coughs, fever, body aches, minor infections, minor burns and cuts, vomiting and diarrhea.

“Regular visits with your primary care provider are important because your provider is familiar with your overall health, taking into account your history and existing medical conditions,” Jay explained. “If you do not have an established primary care provider, we have a professionally strong Medical Staff that would be honored to care for you and your family.”

Look us up on the web: mahaskahealth.org

MHP Medical Group expands Walk-In for those times you need care but it’s not an emergency.

The Walk-In provider will coordinate with your primary care provider for ongoing care needs. The goal with Walk-In is to quickly provide you with the immediate medical care you need so you can get on your way.

Continued on page 3
“At Mahaska Health Partnership, our family is striving to offer a more efficient and convenient healthcare experience for you and your family.”

For the cost of standard office visit co-pay, you can get the medical assessment you need without the added cost of emergency or urgent care clinics.

To help clarify appropriate uses for Walk-In services, consider these treatments:

STDs - Yes, we do treat sexually transmitted diseases at Walk-In. Rest assured that we treat your medical information with a high degree of confidentiality and discretion.

Pap Smears - No. Walk-In is not intended to replace routine care appointments with your primary care provider.

Allergies - We can treat the acute symptoms of seasonal allergies such as coughing, sneezing, itchy eyes, runny noses, etc. For more in-depth allergy treatment and preventive care, please contact MHP Medical Group – Allergy with Allergy Specialist Melissa Lamb, ARNP-BC.

In addition to Melissa’s full time practice, Allergy, Asthma and Sinus Care Specialist Dr. Ravinder Agarwal visits from Des Moines twice a month to work alongside Melissa.

Medication Refills - No. It is not appropriate to utilize Walk-In if you need a refill of maintenance medications, such as blood pressure or cholesterol pills. Please discuss these needs with your primary care provider.

Medication prescriptions - Not all medications can be prescribed by Walk-In providers.

For example, medications prescribed for long-term pain, maintenance prescription refills (such as blood pressure or cholesterol meds), narcotics or controlled substances (anxiety or ADHD meds) cannot be prescribed at Walk-In. Please discuss these needs with your primary care provider.

Medical treatment for minor illness or injury, patients 6 months and older.

Hours
No appointment needed, first come-first serve

Monday thru Friday: 7 am to 8 pm
Saturday: 7 am to 5 pm
Sunday: 11 am to 5 pm
Most Holidays: 9 am to 3 pm

Patients will be checked in until 15 minutes prior to scheduled closing time.

Call us at: 641.676.WALK (9255)

Typical Treatments
- Sore throat
- Earache
- Fever
- Sudden rash
- Allergic reactions
- Cough or cold
- Minor cuts or burns
- Minor infections
- Sprains or strains
- Vomiting or diarrhea

Location
MHP Medical Group 1229 C Ave. East, Entrance #4 Oskaloosa, IA

The MHP Walk-In is designed to provide you with prompt, personal and professional medical care. We treat your minor injuries and illnesses; things that need prompt medical attention but DO NOT need the level of care provided in an Emergency Department.

Patients frequently seek the services of a hospital emergency department for ailments and injuries that could be treated more economically, and just as effectively, in a primary care office setting.

However, life-threatening emergencies, such as a heart attack or a serious head injury, require a visit to the Emergency Department.

Reasons you may need to seek emergency care:

- Chest pain, difficulty breathing or shortness of breath
- Serious or severe injuries, burns, electrical shock, contamination, trauma
- Uncontrolled bleeding
- Vaginal bleeding during pregnancy
- Coughing or vomiting blood
- Altered mental state (confusion)
- Suicidal thoughts or feelings
- Stroke symptoms
- Sudden numbness or weakness in the face, arms or leg, especially on one side of the body
- Sudden confusion or trouble speaking or understanding, trouble seeing in one or both eyes
- Sudden trouble walking
- Dizziness
- Loss of balance or coordination
- Sudden severe headache with no known cause
- Seizure
- Weakness/dizziness/fainting/unconsciousness
- Poison ingestion or overdose
- Severe vomiting or suspected food poisoning
- Abdominal pain
- High fever that does not get better with medicine

In case of life-threatening emergencies, please call 911.

Upcoming Events

Mahaska Health Partnership

Birth Center: 641.672.3170
Pre-registration required for all classes. Call or register online at mahaskahealth.org.

- Prenatal and Lamaze January 5 and 12, 2016
  April 4 and 11, 2016
- Prenatal and Lamaze Weekend February 7, 2016
  May 15, 2016
- Breastfeeding March 8, 2016
  June 7, 2016

Hospice Services: 641.672.3260

- Coffee and Conversation Meets in the MHP Hospice Serenity House Conference Room.
  January 5, 2016
  February 2, 2016
  9:30 – 10:30 am

Public Health: 641.673.3257

- Walk-In Flu Clinics
  Mondays 8:00 am – 10:00 am
  Thursdays 2:00 – 4:00 pm
  Public Health offices, Entrance #1, Level 3
- Men’s and Women’s Health Clinic
  January 5, 12 and 19, 2016
  February 2, 9 and 16, 2016
- Children’s Immunization Clinic
  January 8, 2016
  February 5, 2016
  9:00 – 11:30 am and 1:00 – 3:30 pm
- WIC and Maternal Health, Dental Hygienist
  1.800.390.5293
  Fellowship Bible Church
  1000 A Ave. W
  Sunday School Building
  January 20 and 27, 2016
  February 17 and 24, 2016
- Behavioral Health Services: 641.672.3159
  - Mental Health First Aid
  Friday, Feb. 19, 2016
  8:00 am – 5:00 pm
  CEUs will be offered, pre-registration due by Feb. 5

Call or register online at mahaskahealth.org.

Upcoming Events
As we ring in the New Year at Mahaska Health Partnership, we continue our efforts to make healthcare personal for you and your family.

To help meet patient demand for same day access to providers at the Medical Group, we began offering expanded Walk-In services in November. The response has been very positive, and people continue telling us how much they appreciate getting medical care when it fits their schedule. While Walk-In does not replace your primary care provider, it offers easy access with prompt medical care for the times when an appointment with your provider is not available.

To accommodate the expanded Walk-In services, some provider offices were moved, including OB/GYN Specialist Jeffrey Fowler, DO. Dr. Fowler is now seeing patients on Level 2 of the Medical Group. With this move, all delivering physicians are located in close proximity of each other.

Access to care will also improve with the addition of Family Practice Physician Case Everett, MD, in February. Dr. Everett is originally from New Sharon and is excited to come home to build his primary care and obstetrics practice. He is currently finishing up his residency in Kansas City.

In other exciting news, MHP Surgical Services performed their first of many surgical cases in early December with the da Vinci Xi Surgical System. This equipment represents the most advanced surgical robot currently available and furthers MHP’s mission to link the science of medicine with the humanity of compassionate care.

Our highly skilled surgeons are practicing in a first-rate facility with staff that consistently achieves greater than the 90th percentile rank for patient satisfaction. We are grateful to the MHP Board of Trustees for approving the acquisition of this advanced technology to enhance the outstanding surgical services already offered at MHP.

We have a lot to look forward to in 2016. You and your loved ones can take comfort in knowing our caring providers and staff are simply a phone call away. Whether your need is emergent or routine, requires surgery or you are growing your family; our MHP family wants to be with you every step of the way. From the MHP family to yours, we wish you a healthy and happy 2016.