

ECP LAB

ECP (External Counter-pulsation) is a non-invasive therapy that is used as an adjunct or alternative to a surgical intervention, such as stents or bypass surgery. ECP may reduce the symptoms of chronic angina by stimulating the formation of small branches of blood vessels (collaterals), which circumvent the blocked arteries.

Air is pumped into a series of cuffs placed on the calves, thighs, and buttocks. The cuffs compress the lower extremities in sequence (like a wave) which increases blood flow back toward the heart.

A typical course of ECP Therapy consists of 35 one-hour treatments, which are usually offered five days per week over a period of seven weeks. Most patients describe the treatment as a vigorous massage. During the treatment, patients may watch television, visit with family, or even sleep.

Many patients see:

- Fewer angina attacks
- Less shortness of breath
- Less medication required
- Can do much more physically, such as walking, golfing, and gardening
- Life becomes more “normal”

Serving
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Jersey Community Hospital is a
67 licensed bed hospital located in the
west central part of Illinois.

Jersey Community Hospital
400 Maple Summit Road
Jerseyville, IL 62052

(618) 498-8396
(618) 498-8397 fax
www.jch.org

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Cardiopulmonary
Services

The Cardiopulmonary department is composed of several service areas. One area is **Respiratory Therapy**, managed by licensed, Certified Respiratory Therapists. Beginning with out-patient services such as Complete PFT's (Pulmonary Function Test), 6-minute walks, and Pulmonary Rehab. In-patient services consist of oxygen therapy, nebulizer treatments; and patient/family education for inhalers, flutter valves, and various pulmonary diseases. Critical patients have the therapist's expertise in drawing arterial blood gases and ventilator management. In addition, the therapists will assist the patient to go home with oxygen and nebulizers as needed.

Another service area is the **Cardiology division**. Technicians and Certified Cardiographic Technicians perform EKG's, 24 and 48-hr Holter Monitors, 30-day Event Monitors, and EEG's (Electroencephalogram). The JCH stress lab is managed by ACLS (Advanced Cardiac Life Support) Registered Nurses. A wide variety of stress tests are offered, including nuclear imaging and medicated studies. TEE's (Transesophageal Echocardiogram) are also done in the stress lab. Primary Care Physicians that have been trained in stress testing or a Cardiologist will be present during these tests. ECP (External Counterpulsation) Therapy is also done at JCH: See back column.

The third area combines both Cardiology and Respiratory Care, with its Cardiopulmonary Rehabilitation Unit. Rehab is a multi-disciplinary approach to promote wellness and a healthier lifestyle. The participant is given a progressive exercise prescription to improve endurance and reach their optimal target heart rate range, while maintaining O2 saturations above 90%. Some of the equipment used, are treadmills, recumbent bikes, and hand weights. Education on heart and lung function, medication, diet, and risk factor modification is also done. The physician, an R.N., and other medical professionals will participate as a team to promote optimal wellness.

Out-Patient Testing Services Available

- EEG's
- EKG's
- Event Monitors
- Holter Monitors
- ECP (External Counter Pulsation)
- Sleep Studies
- Pulmonary Function Testing
- Six-minute Walks
- Stress Testing
 - Regular
 - Nuclear Studies
 - Medicated Studies
- TEE's

Sleep Disorder Center

The JCH Sleep Center is a two-bed lab, with showers available for patient convenience. The lab is equipped with a computerized monitoring system that is state of the art digital equipment. The lab is staffed with certified polysomnographic technicians.

Monitoring sleep during an overnight sleep study is usually the only way to tell for sure whether or not someone has a sleep disorder. A sleep study records how the brain, lungs, heart and other parts of the body function while sleeping. The testing is painless, risk-free and usually takes one full night.

A very common sleep disorder is OSA (Obstructive Sleep Apnea). This life-threatening condition causes a person to stop breathing repeatedly during sleep. As a result, the body doesn't get enough oxygen, placing the person at risk for:

- High blood pressure
- Heart disease and Stroke
- Fatigue related vehicle/work accidents
- Decreased quality of life

The most common sign of OSA is snoring.

A common treatment for OSA is CPAP (Continuous Positive Airway Pressure). This equipment treats OSA by providing a gentle flow of air through a nasal mask to keep the airway open during sleep.

