



Medical Nutrition Therapy (MNT)

With your doctor's referral, Kirby Medical Center offers medically oriented individual and group nutritional health counseling.

Our registered dietitians perform thorough, individualized nutrition assessments and develop well-balanced nutritional and lifestyle goals for patients with a variety of conditions. They also provide one-on-one counseling sessions for weight loss, diabetes and heart disease for all ages. Areas of nutrition therapy include:

- Cardiovascular disease (including high cholesterol, hypertension, anticoagulation therapy and congestive heart failure)
- Diabetes
- Gastrointestinal issues
- Food allergies
- Kidney disease
- Nutritional management of cancer
- Prenatal and postnatal nutrition
- Sports nutrition
- Weight loss/gain

Topics covered during initial and follow-up sessions include:

- Meal planning
- Recipe modification
- Label reading
- Vitamin and mineral recommendations
- Food choice reviews
- Weight change monitoring
- Behavior modification techniques

Diabetes Self-Management Education (DSME)

Achieve blood glucose control and increase your knowledge for diabetes self-care

DSME is a complementary service to medical nutrition therapy and may be ordered by your physician at the same time as medical nutrition therapy to focus on the management of diabetes. Accredited by the Academy of American Diabetes Educators, Kirby Medical Center's DSME program provides overall guidance on all aspects of diabetes self-management to achieve hemoglobin A1c goals and develop superior skills for diabetes self-care. Research indicates that MNT combined with DSME improves outcomes and decreases complications of diabetes. Initial and follow-up training is offered. Please contact (217) 762-1830 for more information.



ADDRESS

1000 Medical Center Drive
Monticello, IL 61856

PHONE

(217) 762-2115

WEBSITE

KirbyHealth.org

EMAIL

kirby@kirbyhealth.org



Therapy Services



Kirby Therapy Services

After illness, injury or surgery, rehabilitative therapy is the way forward to better overall health. Both inpatient and outpatient rehabilitation programs are offered at Kirby Medical Center, and services are provided by highly experienced, licensed and accredited therapists and support teams in a warm and compassionate environment.

Physical Therapy

For patients who have had an illness, injury or surgery that affects physical ability, physical therapy may help. Kirby physical therapists assist patients of all ages and fitness levels achieve their maximum level of physical mobility and function.

Working on an inpatient or outpatient basis, we'll evaluate and determine a treatment plan based on individualized needs and goals. Services include:

- Therapeutic exercise
- Soft tissue manipulation
- Gait training
- Modalities such as heat, ice and traction
- Pain management

Occupational Therapy

For those recuperating from physical or mental illness, occupational therapy encourages rehabilitation through the performance of everyday activities. Working with both children and adults, Kirby occupational therapists and assistants use a variety of approved and effective treatments to improve daily abilities and activities, including getting dressed, bathing and cooking, for better safety and greater independence.

Speech Therapy

Communication-based speech therapy at Kirby Medical Center provides strategic evaluation, assessment, education and motivation to guide both children and adults toward success. By working with a licensed speech pathologist on an inpatient or outpatient basis, patients get the support they need to produce speech that is understandable.

Swallow-based programs and modified consistency diets are available for patients with swallowing disorders.

Pulmonary Rehabilitation

Pulmonary rehabilitation is an outpatient program designed to help those living with lung disease breathe easier. Program providers include an exercise physiologist and a registered nurse, with consultation by a respiratory therapist.

Phase II is an exercise program that meets twice per week to provide treatment and information regarding important topics such as respiratory anatomy and physiology, breathing retraining, bronchial hygiene, relaxation methods, nutrition, oxygen delivery and respiratory medication instruction.

Phase III is a maintenance program for people who have completed Phase II or have qualifying respiratory disorders.



Cardiac Rehabilitation

Offered as a combination of physical exercise, education and counseling, cardiac rehabilitation is an outpatient program designed to help cardiac patients become more physically fit and better understand heart disease and how to minimize risk of future complications.

Phase II is an exercise program that meets three times per week for people who have had a cardiac event. The program includes heart-monitored exercise, risk factor modification, dietary consultation and lifestyle change.

Phase III is a maintenance program for people who have completed Phase II or have appropriate risk factor modification needs.

Women's Health Therapy Services

Women who have experienced childbirth or had a hysterectomy or bladder surgery may benefit from physical therapy services designed specifically to address women's health issues.

Designed to decrease pain and improve quality of life, women's health therapies treat a variety of conditions, including:

- Urinary dysfunction
- Bladder leakage or bladder prolapse
- Painful intercourse
- Muscular pelvic floor laxity
- Abdominal pain, pelvic pain or low back pain