

# HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING + SPRING 2010



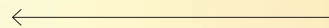
Salina Regional  
Health Center



## BACK IN THE GAME

SPECIALIZED  
TREATMENT FOR  
HAND INJURIES

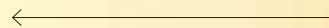
PAGE 8



## GUARDIAN ANGEL

THE LATEST  
DEFENSE FOR  
ESOPHAGEAL  
CANCER IS  
HALO

PAGE 12



## IT'S GENIUS

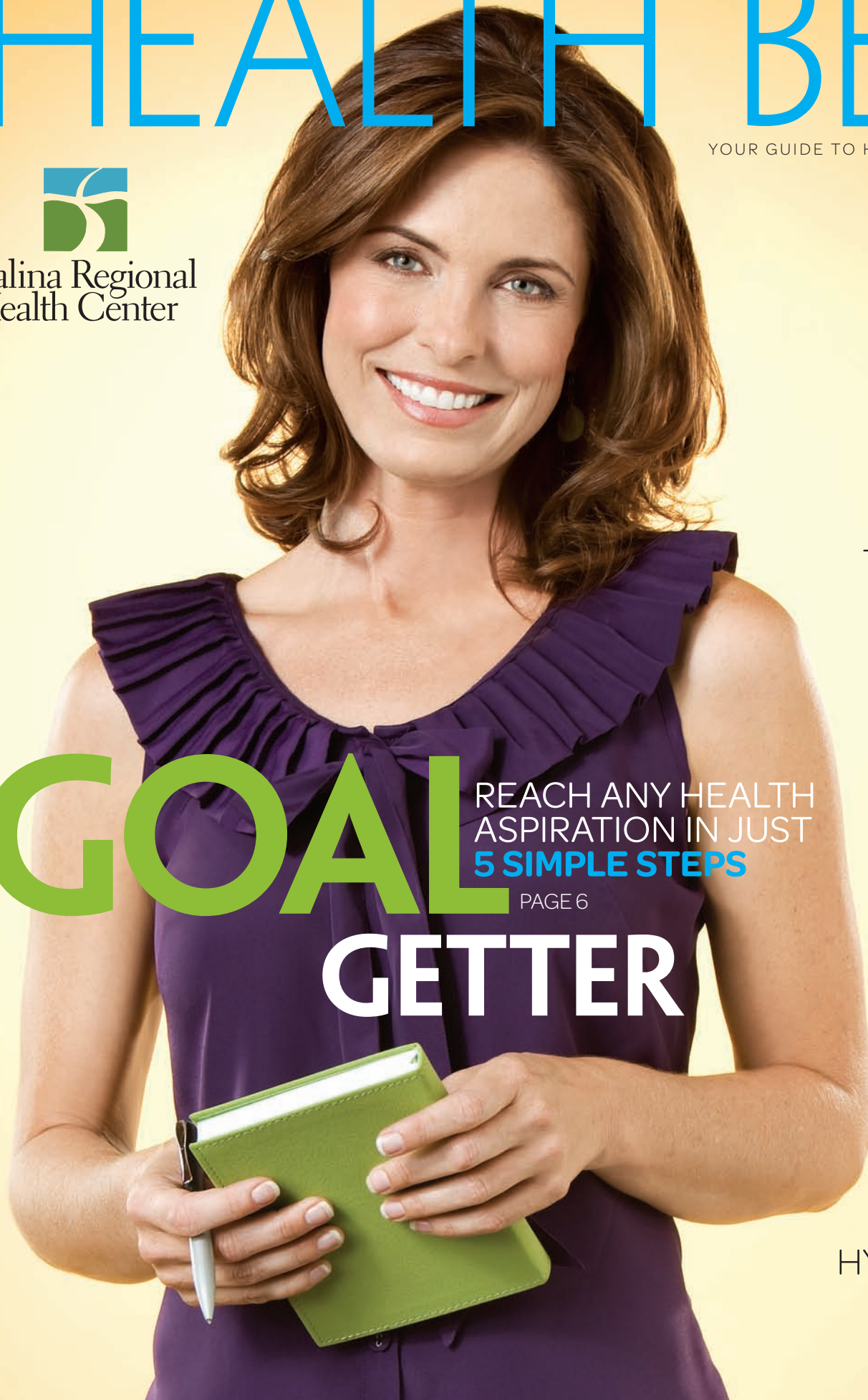
DA VINCI  
ROBOT MAKES  
HYSTERECTOMIES  
EASIER

PAGE 10

# GOAL GETTER

REACH ANY HEALTH  
ASPIRATION IN JUST  
**5 SIMPLE STEPS**

PAGE 6







*Surgeons control every movement of the robotic arms.*

# Truly revolutionary

## A SURGEON'S DREAM. A PATIENT'S FRIEND.

Imagine surgeries that result in less pain, smaller incisions and scars, and faster recoveries.

Salina Regional Health Center proudly introduces the da Vinci Surgical System, state-of-the-art technology that gives surgeons masterful control over four robotic arms, the precision to access smaller areas, and the ability to see everything at 5X larger than life. da Vinci offers North Central Kansans the option for less-invasive gynecological, prostate, and other general surgeries. Ask your physician if the da Vinci surgical system is right for you.

[www.srhc.com](http://www.srhc.com)



*Greater vision for greater precision.*

 Salina Regional  
Health Center

*Confidence for the Good Life*



# A Commitment to Our Community

I am one of those fortunate people who really do like their job. Each day presents something new for a marketing department. So when I'm asked what I like most about my job, it's sometimes hard to come up with just one thing.

If I had to name one thing, I would have to say that the best part of my job is working alongside 1,200 other people who truly make a difference in this community. Not only do Salina Regional Health Center employees provide care for our patients, they are also out in the community providing health education, serving on community boards, donating their time and resources to those in need and truly making a difference in so many lives.

That is why you will find in each issue of *Health Beat* a department called "In the Community" (see page 14). We hope you enjoy reading these stories as much as we enjoy sharing them with you. For example, in this issue you'll find a story about our Santa's Helpers program. Salina Regional employees helped 32 less fortunate families this past holiday season by making sure there would be Christmas presents under the tree. Another example is our support of the United Way. During a down economic time, increasing our pledges over last year seemed like a daunting task. However, we did and employees donated \$113,065 to the cause through Salina Regional Health Foundation incentives. Salina Regional Health Center employees are also currently uniting together to build a Habitat for Humanity home. Other examples of our community involvement include Project Salina, Smoky Hill River Festival, Relay for Life, Back to School Fair and so many others too numerous to mention.

In our next issue of *Health Beat*, we will share with you our Community Benefits Report, which highlights some of these programs.

Creating a healthy community is what we do. It's what our employees believe in. It's what we do best. And it's that commitment to our community that I like best about my job.

*Beth Vinson*

Beth Vinson  
Director of Marketing



### EXTRAS IN THIS ISSUE

Be on the lookout for these icons throughout this magazine for more information you can find online, in a podcast or by making a phone call.

## HEALTH BEAT

Health Beat Editors:  
Beth Vinson,  
Marketing Director

John Berggren, Public  
Relations Coordinator

Content Editor:  
Kathryn Stewart

Art Director:  
Kay Morrow

Production Manager:  
Laura Marlowe

V.P./Creative Services:  
Beth Tomkiw

Design Director:  
Marc Oxborrow

Production Technology  
Director:  
Mary Winters

Imaging Specialist:  
Dane Nordine

Cover Art:  
Jeff Newton

*Health Beat*® is published four times annually by McMurtry, 1010 E. Missouri Ave., Phoenix, AZ 85014. Volume 15, Number 2 © 2010 McMurtry.

The material in *Health Beat* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

For permission to reprint any portion of this magazine, give us a new address, let us know that you are receiving more than one copy or if you would prefer not to receive *Health Beat*, call 888-626-8779.



## TABLE OF CONTENTS

### FEATURES

#### 6 STICK TO THE PLAN

You are just five steps away from reaching your goals—learn the power of planning.

#### 8 IN GOOD HANDS

A local basketball star gets back in the game with an assist from occupational therapy.

#### 10 DREAM MACHINE

Da Vinci offers a more comfortable alternative to open hysterectomy.

### DEPARTMENTS

4 HEALTHY HAPPENINGS

14 IN THE COMMUNITY

15 SUNFLOWER HEALTH NETWORK NEWS





## CERTIFIED FOR A GOOD NIGHT'S SLEEP

Salina Regional's Sleep Disorders Center has received a five-year reaccreditation from the American Academy of Sleep Medicine, affirming that the program meets the highest standards for care. The accreditation process involves a detailed inspection of the center's facility and staff, including an evaluation of testing procedures, patient contacts and physician training.

If you or a loved one is feeling tired or has trouble staying awake during the day, it could be a sign of a serious sleep disorder. A simple test can monitor your sleeping patterns, determine any abnormalities and help physicians develop a plan for treatment that can have you feeling more productive and alert during the day.



**Feeling  
Drowsy  
Lately?**

Ask your doctor if a sleep study at Salina Regional's Sleep Disorders Center might help you, or call **785-452-7649** for more information.

# Pharmacists' Role Vital

In December, U.S. Rep. Jerry Moran accepted an invitation to tour Salina Regional's pharmacy and see firsthand the role pharmacists have in providing safe and effective healthcare. The hospital also announced a new commitment to advance education opportunities for pharmacists in the state through a planned postgraduate pharmacist residency program at Salina Regional.

Kansas only has six hospitals currently offering pharmacy residency programs, causing many students to pursue training elsewhere. Salina Regional's program plans to accept two residents a year beginning in 2012.

"If pharmacists have to leave the state to complete their training, then they may not ever come back," says Linda Radke, Pharm.D., Salina Regional's pharmacy clinical coordinator. "Residents who train in a rural area are much more likely to stay in a rural area when they go out into practice."

Rep. Moran agrees, saying, "It's always a challenge to get professionals to live in rural areas. There are eight counties in Kansas that have no pharmacies."

Radke also spoke in support of a national movement to require pharmacy technicians to complete an accredited pharmacy technician training program and receive certification by the Pharmacy Technician Certification Board. All pharmacy technicians at Salina Regional are PTCB-certified.



Linda Radke, Pharm.D., took U.S. Rep. Jerry Moran on a tour of the hospital pharmacy in December.

## HOSPITALISTS COORDINATE CARE

Salina Regional began providing a hospitalist service last fall for patients receiving care at the hospital. Hospitalists are physicians who specialize in managing all aspects of a patient's care while in the hospital. The service is most often used when patients do not have a primary care physician in Salina.

Since hospitalists work solely on inpatient care, they are often more available to meet with patients and family members, and many patients find they are able to go home more quickly. Once patients are able to leave, hospitalists work with the patients' primary physician to establish all follow-up care needed to complete a successful recovery.



*Hospitalists Richard Brown, M.D., and Jon Richards, M.D., are two of the physicians on staff specializing in care for hospital patients.*

## Stay in the Driver's Seat

Many things in life get better with age. Unfortunately, vision isn't one of them. According to the American Optometric Association, vision change and eye diseases increase as we age, which can make for dangerous conditions for the 30 million senior drivers in the United States. Here's how to keep eyesight in check and stay safe behind the wheel.

- + Get checked.** An annual eye exam will help eye prescriptions stay current and catch any developing problems.
- + Proceed with caution.** Take your time at intersections and be sure to look both ways. If nighttime glare

# 137,085

Number of twin births in the United States in 2006.

Odds of a baby being born premature each year in the United States.



Percentage increase of multiple births in the United States from 1996 to 2006.

# 23



Source: March of Dimes

## CANCER CENTER RECOGNIZED FOR LEADERSHIP

The American Cancer Society (ACS) has recognized the Tammy Walker Cancer Center at Salina Regional Health Center for its cancer control efforts in north central Kansas with the Harold P. Freeman Service Award. The award was developed by the ACS to honor individuals, groups, organizations or companies who demonstrate exemplary achievement in the areas of saving lives, diminishing suffering or improving quality of life from cancer in underserved, at-risk communities.

The cancer center was recognized for its Avon breast health program that provides training to nurses who provide clinical breast exams at health departments in 12 counties around the region. The program also provides education and referrals for low-cost or free mammograms.



*Tammy Walker Cancer Center*

bothers you, drive only during daylight hours.

- + Take an upper-level class.** Senior driving courses can teach you how to compensate for vision changes that may affect your driving.

## KEEP YOUR EYE ON DANGER

Vision is not only important to your safety on the road, but also in your home. Falls are the leading cause of injury and death for people over 65, and poor vision is one cause. Visit [www2a.cdc.gov/podcasts/player.asp?f=8521](http://www2a.cdc.gov/podcasts/player.asp?f=8521) to download a free podcast.



SPRING 2010 | 5

# STICK TO THE PLAN

Only **five steps** stand between you and your dreams

BY JILL SCHILDHOUSE

PHOTOGRAPHY BY  
JEFF NEWTON

It's already spring, and I haven't even made a dent in my New Year's resolution. And it's no wonder—resolutions are easy to make and easy to break. Why? Because, like most people, I didn't take the time to develop a proper plan. I was really hoping that by simply saying on Dec. 31, "Next year I'm going to lose 10 pounds," it would happen. But my scale proves otherwise. And for good reason.

"A goal without a plan is just a wish," says Sharmen Lane, self-improvement expert and author of *The 7 Secrets to Create Your Fate* (AuthorHouse, 2007). "Setting your goals is one thing, but reaching them is entirely another. There is a lot more to goals than simply setting them once. Just like going to the gym, you don't work out one time, get the body you want and then say, 'Yippee, glad that's over.' This, like many things, is a process."

Whether you're looking to stop smoking, get in shape, eat more vegetables or conquer any other goal, the following five-step plan will set you up for success.

➔

1

## DEFINE YOUR GOAL

What is the end result you desire? Come up with something that's clear and definable. The more ambiguous it is, such as "I want to be healthier," the harder it will be to achieve.

Lane recommends phrasing your goals in a positive manner. "Don't say, 'I want to lose 10 pounds,' because you're just focusing on loss and the things being taken away from you," she says. "Instead, say, 'I want to weigh 130 pounds.'"

Once you've crafted your goals, write them down to make them more real.

2

## EXPLORE YOUR OPTIONS

In this stage, identify what is required to meet your established goal so you can create a plan. "See the end in mind first, then back into it," suggests Lane. Look at all the possibilities and then choose the ones that best meet your needs.

The question you need to answer is: What will it take to meet this goal? For instance, if you want to lose weight, your options may include reading books on nutrition, meeting with a registered dietitian, hiring a personal trainer, spending time at a weight-loss spa or undergoing a surgical procedure.

3

## DEVELOP A PLAN AND SHARE IT

Now it's time to put a concrete plan of action in place. "Break your goal down into manageable chunks," Lane says. "If you want to weigh 150 pounds in 12 months, then you know you need to lose X amount each month. This makes it easier to achieve."

Next, write down the steps in the order they should be completed. While this may change along the way, at least you have a road map with which to start.

Lane suggests sharing your plan with others. "The more people you share your goal with, the more likely you are to stay on track and accomplish it, because it keeps you honest," she explains. "The reason people keep their goals a secret is so nobody knows when you don't achieve it. This is just setting yourself up for failure."

4

## TAKE ACTION

OK, here's the step you've been waiting for. The planning is over, and it's time to roll up your sleeves and get to work. So look at your calendar, pick a start date within one month from now (because if you wait too long, you'll lose your drive) and commit to that date.

Once the action stage begins, refer often to your written plan. Finally, make sure you complete a task—no matter how big or small—that moves you closer to your goal each day. "I believe you need to take action every single day so you will always be making progress and won't lose momentum," Lane says.

5

## MEASURE SUCCESS AND MAKE ADJUSTMENTS

Schedule regular check-ins with yourself to determine your progress. Are you getting closer to your goal each day? If so, Lane suggests giving yourself milestone rewards along the way to keep you motivated to stay on track. Just be sure your reward doesn't contradict your goal. In other words, don't treat yourself to an ice cream cone for losing 10 pounds; instead, buy a new, size-smaller outfit.

If you aren't making the progress you want to, determine why. According to Lane, perhaps you need more support, weren't specific enough about your goals, aren't following the plan as closely as necessary or got so attached to your road map that you didn't make tweaks along the way as needed. Be honest with yourself and refocus on what you need to do next. Your needs might change as you progress through your action plan, so be sure to keep your plan current. ➔



# HEALTHY STARTS

Once you learn the five-step process to reaching any goal, it's time to get down to business. Here are some tips to get you started on your own health goal:

**Weight loss.** To lose a pound, you'll need to burn about 3,500 calories. Sound like a lot? Not if you divide and conquer. Break it down into bite-size pieces: If you burn 500 more calories a day than you eat, you'll lose about a pound a week.

**Stop smoking.** More than 70 percent of U.S. smokers say they want to quit, but only 4 to 7 percent succeed when they try it without help, according to the American Cancer Society. Quit-smoking medicines and nicotine replacements can double your chances of success, the organization says. Talk with your doctor about what might work for you.

**Eat more fruits and vegetables.** Hate the thought of sitting down to a salad for dinner? Instead, try incorporating produce into the foods you already enjoy. For instance, top cereal with berries or bananas, stir-fry your favorite veggies into an omelet, or mix your favorite fruits into a smoothie.

## Commit Yourself



If you're ready to stick to your commitments, then **visit [stickk.com](http://stickk.com)** to take a free contract out on yourself. Its founders say that using a "commitment contract" can more than triple your chances of success. The site also offers you a referee to monitor and verify your progress and a variety of communities in which you can find supporters to cheer you on.

# 35

Percentage of people who break their New Year's resolutions by the end of January, according to an annual survey by FranklinCovey, a global consulting and training company.



# IN GOOD HANDS

Local basketball star gets back in the game with an assist from occupational therapy



*Cathy Wade receives an ultrasound treatment from Val Forrester.*

**Bethany College** junior forward Cathy Wade has always had an interest in sports medicine and has even thought about becoming a physician assistant in orthopedics. After all, the star athlete has become pretty familiar with sports medicine since entering college.

Wade, a Midwest City, Okla., native, broke her right wrist during a fall her freshman year. She was placed in a cast and little was thought of it. The same thing happened again her sophomore season causing her to miss the last 15 games. After getting placed in a cast

again it was apparent that there was much more wrong than a simple broken bone.

## STEADY PROGRESS

Wade underwent five surgeries last summer to reconstruct ligaments of the thumb, remove scar-tissue damage and place pins to realign bones that had healed improperly. In September, she started seeing Salina Regional's Val Forrester, an occupational therapist and Certified Hand Therapist.

Initially, the two worked on restoring Wade's range of motion in her wrist and thumb. She couldn't make circles with her thumb and had very little grip strength. Therapy progressed using heat and cold treatments, forms of massage, customized splints for protection and iontophoresis—a modality that uses electrical

current to deliver anti-inflammatory medication into stiff muscles and joints.

"At first I thought about applying for a medical red shirt this year, but we made steady progress," Wade says. "I thought for a while I was just going to have to be left-handed and I really worried about shooting free throws."

Wade missed the preseason and first two games, but was cleared to play. Two-thirds of the way through the season she was leading the conference in free-throw percentage and had a 27-point performance against McPherson College and a 26-point effort against Tabor College.

## HIGHLY SPECIALIZED CARE

To become a Certified Hand Therapist, one must meet rigid requirements including five years of clinical experience and 4,000 hours in direct practice of hand therapy before sitting for the comprehensive board exam.

"You have to have an advanced knowledge of hand, wrist, elbow and shoulder anatomy and physiology and be familiar with the surgical processes used by orthopedists to become certified," Forrester says. "It's really a highly specialized career path to take."

Having that expertise available locally is a great benefit to patients, says Salina orthopedist Byron Grauerholz, M.D.

"Surgery is only half of the equation for regaining function when it's necessary," Grauerholz says. "The other half is getting good





*Despite a heavily wrapped hand, Bethany College junior Cathy Wade scored 26 points against Tabor College in January. Photo courtesy of Larry Harwood*

rehab and having a therapist who has a good understanding of what needs to be accomplished. Hand therapy is very complicated. There is a lot of communication that takes place between the therapist and the doctor. Patients may see a therapist two or three times a week during a recovery, and they may only see a doctor every other week. So, the therapist has a big role to play throughout the process.”

### **MANY TYPES OF INJURIES TREATED**

Hand therapists see all types of injuries ranging from broken bones, amputations and work-related crush injuries to burn victims and cancer patients.

“A lot of what I see is work-related injury, both cumulative injury and traumatic,” Forrester says. “Sometimes the injury is the result of making the same type of movement over and over again or sometimes a worker gets their hand caught in a piece of machinery.”

Therapy is specially designed for each patient to restore range of motion and strength and regain feeling. In the case of a job-related injury, special equipment is used to replicate tasks a worker must routinely perform as part of the job.

Therapists also play a role in determining disability for the state by using a series of tests to evaluate loss of function.

With cancer patients, swelling, or lymphedema, is a common side effect from treatment because the lymphatic system has become compromised. When this occurs the lymphatic vessels do not drain fluids from the extremities properly. Patients with lymphedema undergo specific massage techniques and exercises to relieve the swelling. Wade had the opportunity to shadow Forrester between semesters this winter in addition to receiving her own weekly treatments.

“I’ve found that everything involved with hand therapy is very interesting,” she says. “I think I want to be a hand therapist now.”

# Dream MACHINE

BY JOHN BERGGREN



*Ruth Lewellyn, Concordia, was able to return to her job in medical records just six days after surgery.*

## da Vinci offers more comfortable alternative to open hysterectomy

Now, women who are not candidates for a vaginal hysterectomy because their uterus has become too enlarged have a new, less invasive alternative to open hysterectomy with Salina Regional Health Center's robotic da Vinci Surgical System.

With da Vinci, obstetrician/gynecologists use four small incisions (versus the one large incision in the abdomen required for an open procedure). Instruments are placed inside the patient through the small incisions and connected to the robotic arms of the da Vinci System. Once inside, the surgeon takes a seat at a computer console where a highly magnified, 3-D view allows a clear look at the surgical field, while hand and foot controls are used to manipulate the instruments.

### WHY DA VINCI IS BETTER FOR YOU

The precision of the technology allows for less blood loss and scarring of the patient, which translates to significantly less pain, less chance for infection, shorter hospital stays and quicker recovery times.

"Typical recovery times after open hysterectomy are four to six weeks including a two- to four-day hospital stay," says Chris Graber, M.D., a Salina obstetrician/gynecologist. "With da Vinci, patients typically go home the next day after surgery and have a recovery time of two to four weeks."

### A ROBOT CAN DO THAT?

Ruth Lewellyn, Concordia, underwent a da Vinci hysterectomy a few days after Christmas to eliminate menopausal bleeding. She hadn't even heard of the new technology until Graber recommended it.

"At first when I heard they used a robot I thought, wow, how's that going to work?" Lewellyn says. "But it ended up working out great."

Lewellyn was able to go home the next day after the procedure with only minimal discomfort. Within six days she was feeling well enough to go back to work at her job in medical records at Sunset Home in Concordia.

"In the hospital they had a morphine pump hooked up for pain and I barely felt the need to use it," Lewellyn says. "My job is mainly desk work—nothing physically strenuous. I was sent home with prescriptions for extra-

"With da Vinci, patients typically go home the next day after surgery and have a recovery time of two to four weeks."





strength Motrin and Percocet, but I never filled the Percocet. I felt some pressure and cramping, but never any sharp pain.”

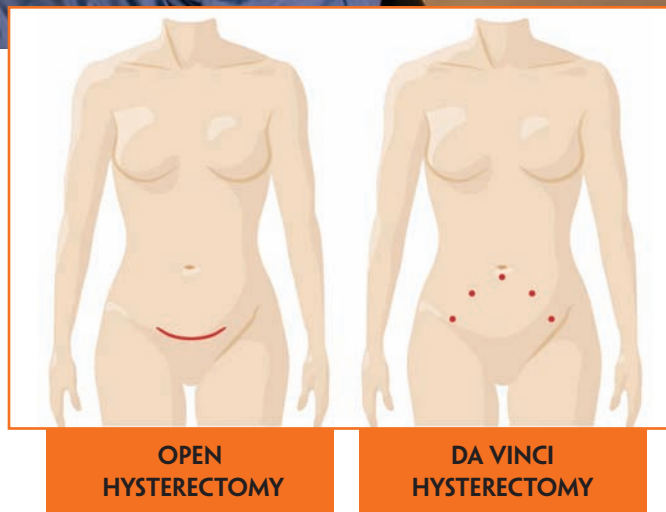
### MANY WOMEN WILL BENEFIT

While da Vinci will not replace vaginal hysterectomy, which removes the uterus through the vagina, it is a preferred option to traditional open procedures.

“Unless a patient has had previous abdominal surgeries and there is a lot of scar tissue present, the da Vinci can be used in most every other case,” says Merle “Boo” Hodges, M.D., a Salina obstetrician/gynecologist. “The magnification and precision this technology allows is amazing, and we’re able to do everything through these tiny incisions.

“But everyone should understand the correct term for this type of procedure is ‘robot-assisted surgery,’” Hodges says. “The surgeon controls every movement of the instruments inside the patient and makes every decision. It’s just a new, really great tool that we have.”

Lewellyn agrees that the results are amazing. “I would recommend any woman who has this option for hysterectomy go for it,” she says. “I’m very happy with the results.”



OPEN  
HYSTERECTOMY

DA VINCI  
HYSTERECTOMY

Endoscopic  
procedure  
offers latest  
in esophageal  
cancer  
defense

# Win by a NECK

BY JOHN BERGGREN



Frequent indigestion, heartburn or reflux can be more serious than a consequence of eating certain foods. People with gastroesophageal reflux disease (GERD) are at an increased risk for developing a condition called Barrett's esophagus, which can lead to cancer.

A new endoscopic procedure available at Salina Regional can remove precancerous tissue related to Barrett's esophagus and reduce the risk for developing esophageal cancer.

## WHAT IS BARRETT'S ESOPHAGUS?

In people with GERD, stomach acid and enzymes enter the esophagus causing heartburn, regurgitation and chest pain. Over time this can damage the esophageal lining and cause normal cells to undergo a genetic change and transform into Barrett's cells. Barrett's cells are vulnerable to further changes that may develop into cancer.

It's estimated that Barrett's esophagus affects about 3.3 million adults in the United States. About 44 percent of U.S. adults experience symptoms of GERD on a monthly basis, while 18 percent experience symptoms weekly. As a result of prolonged GERD, Barrett's esophagus occurs in about 13 percent of men age 50 and older.

## A NON-INVASIVE TREATMENT

This winter Salina Regional Health Center implemented the Barrx HALO endoscopic technology, which uses an "ablation" technique to precisely apply heat to precancerous esophageal tissue making it no longer viable. Once the Barrett's tissue is removed from the esophagus, new, healthy

tissue regrows in its place. Clinical studies have demonstrated that precancerous tissue can be completely eliminated with HALO ablation technology in more than 98 percent of patients.

Similar to a diagnostic upper endoscopy, HALO treatment is done on an outpatient basis and under conscious sedation. Patients usually have no recollection of the procedure at all.

With the HALO System, a sizing balloon is first used to size the esophagus followed by a correctly sized ablation catheter, which is inflated at the point where the Barrett's tissue is located. The treatment is highly precise, sparing surrounding healthy tissue, and causes few side effects.

"Until this technology became available we had to take a wait-and-see approach," says Paul Johnson, M.D., a Salina gastroenterologist. "Now, instead of following along and simply monitoring Barrett's esophagus, we can be proactive and remove the risk of it ever developing into esophageal cancer."

"Cancer of the esophagus is usually a terminal diagnosis, and many people die within a year. Anything we can do to reduce the risk is huge."

## TAKING GERD SERIOUSLY

Almost everyone has symptoms of GERD from time to time. But people with severe GERD, like those who must use medicine every day to battle the condition and have done so for a long period of time, should see a physician about being screened for Barrett's esophagus.

"It's not feasible to screen everyone with GERD, because it's so widespread," Johnson says. "However, people with severe symptoms and a long-standing history of the disease and those who have trouble swallowing food or unexplained weight loss should undergo regular screening." ➔



*A catheter is used to treat the precise location of suspect precancerous tissue.*



# On Your SIDE

For victims of sex crime,  
Salina provides support  
and a new law provides  
more options

BY JOHN BERGGREN



*SANE/SART co-coordinators Karen Groot and Susan Reinert*

The sobering statistics are that one in every three to four women and one in every six men will be victims of sexual assault during their lifetime. But, only 12 percent of these crimes are ever reported to authorities.

Salina Regional's Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART) provides 24/7 sexual assault care to 29 counties in north central and northwestern Kansas. Many victims are referred by area law enforcement agencies, but Kansas law now allows adult victims to seek SANE/SART care without notifying the police.

"Many victims don't feel comfortable reporting to law enforcement because they fear doing so could put them at an even greater risk," says Karen Groot, R.N., SANE-A, SANE-P. "We can collect evidence that is anonymously held by the Kansas Bureau of Investigation for up to five years should victims later decide to file charges for a crime."

## EVIDENCE COLLECTION WITH A HOLISTIC APPROACH

Groot and co-coordinator Susan Reinert, R.N., SANE-A, SANE-P, are accredited by the International Association of Forensic Nurses for evidence collection on adult, adolescent and pediatric patients making them two of only 217 nurses in the world who carry the pediatric accreditation. Upon admission to the service, pictures are taken with a high resolution Secure Digital Forensic Imaging camera for identification purposes and to document any injuries present. Swab samples and hair samples are collected for possible DNA evidence.

Throughout the entire examination, nurses offer counseling, reassurances, support and information to assist the healing process. They provide medications and referrals for follow-up care and work closely with patient advocate agencies like the Domestic Violence Association of Central Kansas and Child and Parenting Services to make sure the psychological and social needs of patients are met.

"While the body is our crime scene and we have a very important job to do, both Susan and I feel like this job is a calling or a ministry in a way," Groot says. "The nature of this job can be very hard on you, but helping these patients during such a troubling time in their lives is critical."

Sexual assault victims who don't seek SANE/SART and patient advocate agency support are much more likely to suffer from posttraumatic stress disorder, excessive alcohol or drug use and suffer from other illnesses.

"People who are victimized and don't receive help tend to become victims again and again because they make bad choices in life again and again," Reinert says.

## COURT TESTIMONY PROVES VITAL

In 2009 Salina Regional's SANE/SART nurses provided 211 consultations, 90 forensic exams and testimony in 47 active court cases. Many times DNA evidence collected as a result of a forensic examination and testimony provided are critical for conviction.

"In cases where one side says nothing happened or one claims consent, then having DNA evidence or physical evidence contrary to consent can be damaging to a defense," says Tom Drees, Ellis County Attorney in Hays. "In today's world juries expect to see forensic and physical evidence if they're going to give a conviction. Having a trained, qualified person able to testify to this type of evidence adds a lot of value towards these types of cases." ❏

## PRESERVING EVIDENCE

Salina Regional's SANE/SART program will collect evidence up to five days or 120 hours after an assault, but the sooner exams are conducted the more likely forensic evidence can be found. These tips should be followed to the best of one's ability to help preserve as much evidence as possible:

- + Do not drink any liquids.
- + Do not brush your teeth or use mouthwash.
- + Do not take a shower or bath.
- + Do not douche.
- + Do not change clothes.
- + Do not urinate or have a bowel movement.
- + Bring any other items related to the assault with you or turn them over to law enforcement.

## HOW TO REACH US

SANE/SART Unit phone: **785-452-7095**

Salina Regional Emergency Department  
phone: **785-452-7095**



# United in Giving

SALINA EMPLOYEES INCREASE NUMBER  
OF DONORS BY 10 PERCENT THIS YEAR



*Salina Regional Health Center employees kick off the Salina Area United Way's "Think We Before Me" campaign.*

Each fall Salina Regional employees and volunteers pool their resources in support of the Salina Area United Way campaign. Special drawings, informational displays and ambassadors within every hospital department help ensure all within the health center hear the compelling support the Salina Area United Way provides in the community.

This year campaign organizers realized the economic uncertainty might make it difficult to gain the levels of financial support seen in previous years. So, instead of focusing on the amount individuals might give, they set out to increase their donor base in an attempt to get more people involved than ever before.

"Instead of depending on donors who support us every year, we wanted to get more support for them by getting more people involved," says Andy Martin, executive director of the Salina Area United Way. "It was a really great fit for our 'Think We before Me' campaign and the people in this community."

Salina Regional set out to increase its donor base by 10 percent over the previous year. An extra incentive from the Salina Regional Health Foundation helped bring support for the cause to levels never seen before.

The Foundation offered a challenge grant by matching 50 percent of all funds employees raised and an additional \$2,500 grant if the increased participation goal was met. Employees rose to the challenge by meeting the participation goal and raised \$73,710.17 through payroll deduction and cash gifts. With the Foundation incentives, a total of \$113,065.26 was given to the Salina Area United Way this year.

"The employee-led campaigns at the hospital have been outstanding," Martin says. "Over the last three to four years the hospital contribution has made up about 10 percent of our overall fundraising efforts." —By John Berggren

## SANTA GETS HELP, TOO

As the holiday season nears, employees tend to trade in their scrubs for red attire with white trim. Through the Santa's Helpers program, families struggling to make ends meet are identified by Heartland Programs and hospital employees. The families are then anonymously matched with departments at the hospital whose members work to put Christmas presents under the tree.

This year employees assisted 32 less fortunate families. In all, 125 people, including 19 single parents and 80 children, received gifts with the help of the Santa's Helpers program.

"The amount of support by hospital departments is huge—almost overwhelming at times," says Mandy Stephenson, a family consultant with Heartland Programs. "The families are so incredibly grateful for the gifts. A lot of them wouldn't have been able to celebrate Christmas with gifts without this support otherwise."



*Gerilyn Deiderich and Jeanine Gunn help gather presents for the Santa's Helpers program.*





## NURSING SURVEY GUIDES IMPROVEMENT INITIATIVES

Results from a nursing satisfaction survey conducted by the Bi-State Nursing Workforce Innovation Center last year for hospitals in the Sunflower Health Network are being used as a guide by each organization to improve nursing recruitment and retention efforts and improve patient safety.

The survey asked 29 questions about items ranging from manager and peer support to perceptions about individual workload and overall job satisfaction. Peer support was found to be very high throughout the network and surveyed nurses felt like their co-workers were very competent in caring for their typical patient population. Nurses also said they felt comfortable having one of their family members cared for by staff members on their unit.

The greatest opportunities for improvement across network hospitals were shown to be in manager support and communication. In response to this, the Sunflower Health Network has developed a management academy for nurse managers to learn communication and management skills and develop specific projects to be implemented in their respective facilities.

"Healthcare is notorious for taking excellent clinicians and making them managers," says Kiley Floyd, administrator at Osborne County Memorial Hospital. "Sometimes we need to take our nurse leaders and offer them management training to give them the tools they need to do their jobs effectively."

Patricia Goad, vice president of nursing at Memorial Hospital in McPherson, agrees, saying communication is a key to maintaining safe and happy work environments.

"We conduct surveys like this to improve patient safety and find ways to improve recruitment and retention of quality nurses in the future."

## Abilene Family Fun Fest, Wellness Fair Set For June 4 and 5

Abilene's Memorial Health Foundation will host the third annual Flour Power Family Fun Fest June 4 and 5 at the Abilene Fairgrounds. Proceeds for this year's event will benefit Memorial Hospital's Imaging Services Department in its efforts to provide digital mammography.

The event features fun activities for the whole family, ranging from a barbecue cook-off, car show and talent show to musical entertainment and many other items of interest. On Saturday the hospital also hosts a Fit and Fine Wellness Fair as a companion activity. The wellness fair provides a variety of free health screenings and health information.

Visit [mhsk.org](http://mhsk.org) for all the details on the Flour Power Family Fun Fest and Fit and Fine Wellness Fair.



*A burnout competition and health fair were part of last year's Flour Power Family Fun Fest.*

COMPASSIONATE CARE. ADVANCED MEDICAL TECHNOLOGY.

# *Beating cancer takes a lot of support.*



*Mary Jadow and husband Tom*

***Mary Jadow noticed a strange lump, and a biopsy confirmed her worst fears.*** Mary had cancer. She relied on the team from Salina Regional and the Tammy Walker Cancer Center to help her beat it. Aggressive treatments of chemotherapy and leading-edge IMRT radiation therapy eliminated the cancer. Today, she's cancer free. Having access to the right technology was very important to Mary. Just as important were the compassionate support and positive, caring attitudes of her family, friends and her medical team. Together, they helped Mary sustain the fight, and win. Now, she counts every day as a blessing.

 **Salina Regional  
Health Center**

*Confidence for the Good Life*

***Tammy Walker***  
CANCER CENTER

[www.srhc.com/services/cancer](http://www.srhc.com/services/cancer)



# HEALTH BEAT

YOUR GUIDE TO HEALTHY LIVING + SPRING 2010



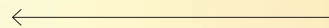
Salina Regional  
Health Center



## BACK IN THE GAME

SPECIALIZED  
TREATMENT FOR  
HAND INJURIES

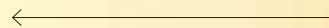
PAGE 8



## GUARDIAN ANGEL

THE LATEST  
DEFENSE FOR  
ESOPHAGEAL  
CANCER IS  
HALO

PAGE 12



## IT'S GENIUS

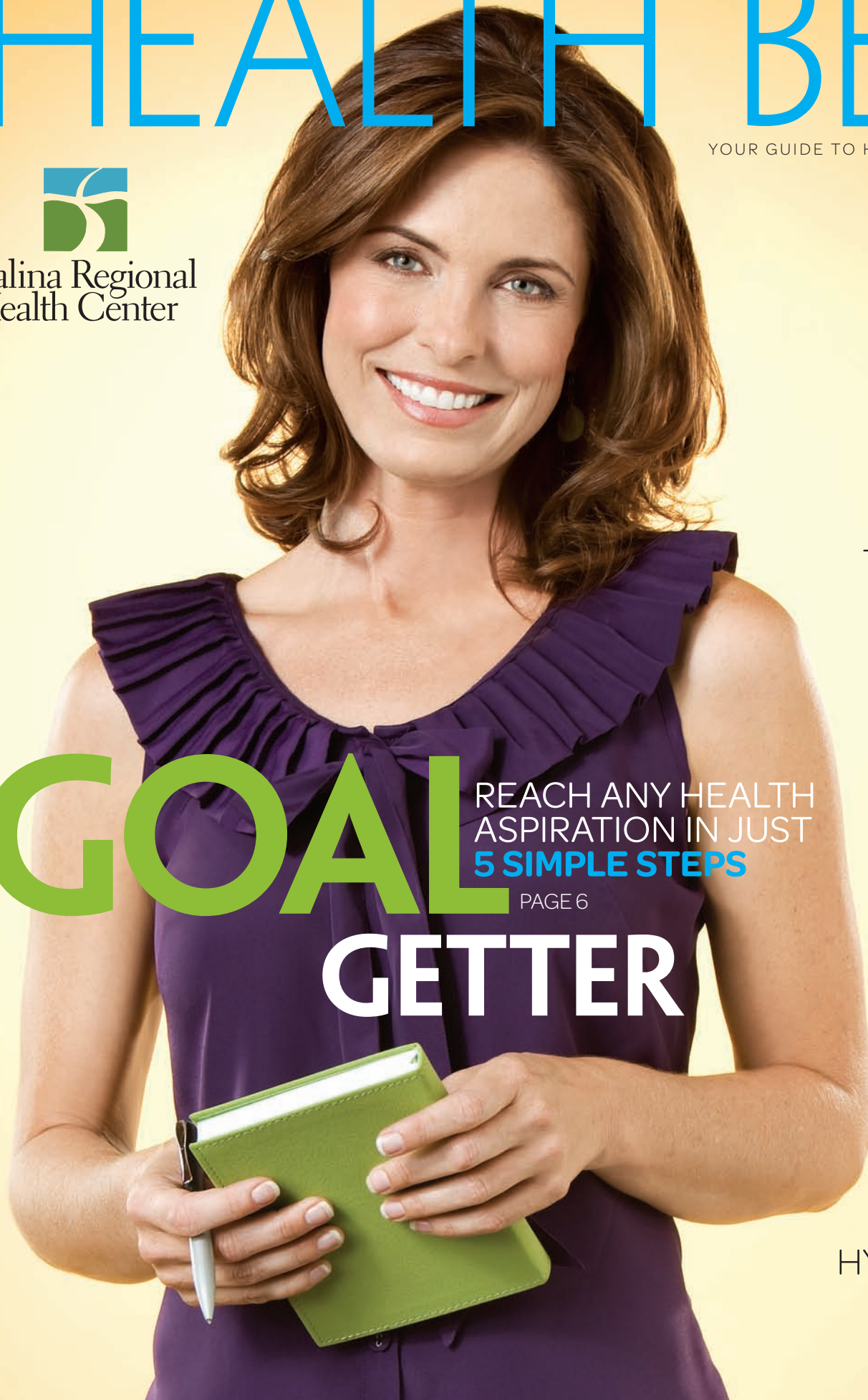
DA VINCI  
ROBOT MAKES  
HYSTERECTOMIES  
EASIER

PAGE 10

# GOAL GETTER

REACH ANY HEALTH  
ASPIRATION IN JUST  
**5 SIMPLE STEPS**

PAGE 6







*Surgeons control every movement of the robotic arms.*

# Truly revolutionary

## A SURGEON'S DREAM. A PATIENT'S FRIEND.

Imagine surgeries that result in less pain, smaller incisions and scars, and faster recoveries.

Salina Regional Health Center proudly introduces the da Vinci Surgical System, state-of-the-art technology that gives surgeons masterful control over four robotic arms, the precision to access smaller areas, and the ability to see everything at 5X larger than life. da Vinci offers North Central Kansans the option for less-invasive gynecological, prostate, and other general surgeries. Ask your physician if the da Vinci surgical system is right for you.

[www.srhc.com](http://www.srhc.com)



*Greater vision for greater precision.*



Salina Regional  
Health Center

*Confidence for the Good Life*





## A Commitment to Our Community

I am one of those fortunate people who really do like their job. Each day presents something new for a marketing department. So when I'm asked what I like most about my job, it's sometimes hard to come up with just one thing.

If I had to name one thing, I would have to say that the best part of my job is working alongside 1,200 other people who truly make a difference in this community. Not only do Salina Regional Health Center employees provide care for our patients, they are also out in the community providing health education, serving on community boards, donating their time and resources to those in need and truly making a difference in so many lives.

That is why you will find in each issue of *Health Beat* a department called "In the Community" (see page 14). We hope you enjoy reading these stories as much as we enjoy sharing them with you. For example, in this issue you'll find a story about our Santa's Helpers program. Salina Regional employees helped 32 less fortunate families this past holiday season by making sure there would be Christmas presents under the tree. Another example is our support of the United Way. During a down economic time, increasing our pledges over last year seemed like a daunting task. However, we did and employees donated \$113,065 to the cause through Salina Regional Health Foundation incentives. Salina Regional Health Center employees are also currently uniting together to build a Habitat for Humanity home. Other examples of our community involvement include Project Salina, Smoky Hill River Festival, Relay for Life, Back to School Fair and so many others too numerous to mention.

In our next issue of *Health Beat*, we will share with you our Community Benefits Report, which highlights some of these programs.

Creating a healthy community is what we do. It's what our employees believe in. It's what we do best. And it's that commitment to our community that I like best about my job.

*Beth Vinson*

Beth Vinson  
Director of Marketing



### EXTRAS IN THIS ISSUE

Be on the lookout for these icons throughout this magazine for more information you can find online, in a podcast or by making a phone call.

## HEALTH BEAT

Health Beat Editors:  
Beth Vinson,  
Marketing Director

John Berggren, Public  
Relations Coordinator

Content Editor:  
Kathryn Stewart

Art Director:  
Kay Morrow

Production Manager:  
Laura Marlowe

V.P./Creative Services:  
Beth Tomkiw

Design Director:  
Marc Oxborrow

Production Technology  
Director:  
Mary Winters

Imaging Specialist:  
Dane Nordine

Cover Art:  
Jeff Newton

*Health Beat*® is published four times annually by McMurry, 1010 E. Missouri Ave., Phoenix, AZ 85014. Volume 15, Number 2 © 2010 McMurry.

The material in *Health Beat* is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

For permission to reprint any portion of this magazine, give us a new address, let us know that you are receiving more than one copy or if you would prefer not to receive *Health Beat*, call 888-626-8779.



## TABLE OF CONTENTS

### FEATURES

#### 6 STICK TO THE PLAN

You are just five steps away from reaching your goals—learn the power of planning.

#### 8 IN GOOD HANDS

A local basketball star gets back in the game with an assist from occupational therapy.

#### 10 DREAM MACHINE

Da Vinci offers a more comfortable alternative to open hysterectomy.

### DEPARTMENTS

4 HEALTHY HAPPENINGS

14 IN THE COMMUNITY

15 SUNFLOWER HEALTH NETWORK NEWS



## CERTIFIED FOR A GOOD NIGHT'S SLEEP

Salina Regional's Sleep Disorders Center has received a five-year reaccreditation from the American Academy of Sleep Medicine, affirming that the program meets the highest standards for care. The accreditation process involves a detailed inspection of the center's facility and staff, including an evaluation of testing procedures, patient contacts and physician training.

If you or a loved one is feeling tired or has trouble staying awake during the day, it could be a sign of a serious sleep disorder. A simple test can monitor your sleeping patterns, determine any abnormalities and help physicians develop a plan for treatment that can have you feeling more productive and alert during the day.



**Feeling  
Drowsy  
Lately?**

Ask your doctor if a sleep study at Salina Regional's Sleep Disorders Center might help you, or call **785-452-7649** for more information.

# Pharmacists' Role Vital

In December, U.S. Rep. Jerry Moran accepted an invitation to tour Salina Regional's pharmacy and see firsthand the role pharmacists have in providing safe and effective healthcare. The hospital also announced a new commitment to advance education opportunities for pharmacists in the state through a planned postgraduate pharmacist residency program at Salina Regional.

Kansas only has six hospitals currently offering pharmacy residency programs, causing many students to pursue training elsewhere. Salina Regional's program plans to accept two residents a year beginning in 2012.

"If pharmacists have to leave the state to complete their training, then they may not ever come back," says Linda Radke, Pharm.D., Salina Regional's pharmacy clinical coordinator. "Residents who train in a rural area are much more likely to stay in a rural area when they go out into practice."

Rep. Moran agrees, saying, "It's always a challenge to get professionals to live in rural areas. There are eight counties in Kansas that have no pharmacies."

Radke also spoke in support of a national movement to require pharmacy technicians to complete an accredited pharmacy technician training program and receive certification by the Pharmacy Technician Certification Board. All pharmacy technicians at Salina Regional are PTCB-certified.



Linda Radke, Pharm.D., took U.S. Rep. Jerry Moran on a tour of the hospital pharmacy in December.



## HOSPITALISTS COORDINATE CARE

Salina Regional began providing a hospitalist service last fall for patients receiving care at the hospital. Hospitalists are physicians who specialize in managing all aspects of a patient's care while in the hospital. The service is most often used when patients do not have a primary care physician in Salina.

Since hospitalists work solely on inpatient care, they are often more available to meet with patients and family members, and many patients find they are able to go home more quickly. Once patients are able to leave, hospitalists work with the patients' primary physician to establish all follow-up care needed to complete a successful recovery.



*Hospitalists Richard Brown, M.D., and Jon Richards, M.D., are two of the physicians on staff specializing in care for hospital patients.*

## Stay in the Driver's Seat

Many things in life get better with age. Unfortunately, vision isn't one of them. According to the American Optometric Association, vision change and eye diseases increase as we age, which can make for dangerous conditions for the 30 million senior drivers in the United States. Here's how to keep eyesight in check and stay safe behind the wheel.

- + Get checked.** An annual eye exam will help eye prescriptions stay current and catch any developing problems.
- + Proceed with caution.** Take your time at intersections and be sure to look both ways. If nighttime glare

# 137,085

Number of twin births in the United States in 2006.

Odds of a baby being born premature each year in the United States.



Percentage increase of multiple births in the United States from 1996 to 2006.

# 23



Source: March of Dimes

## CANCER CENTER RECOGNIZED FOR LEADERSHIP

The American Cancer Society (ACS) has recognized the Tammy Walker Cancer Center at Salina Regional Health Center for its cancer control efforts in north central Kansas with the Harold P. Freeman Service Award. The award was developed by the ACS to honor individuals, groups, organizations or companies who demonstrate exemplary achievement in the areas of saving lives, diminishing suffering or improving quality of life from cancer in underserved, at-risk communities.

The cancer center was recognized for its Avon breast health program that provides training to nurses who provide clinical breast exams at health departments in 12 counties around the region. The program also provides education and referrals for low-cost or free mammograms.



*Tammy Walker Cancer Center*

bothers you, drive only during daylight hours.

- + Take an upper-level class.** Senior driving courses can teach you how to compensate for vision changes that may affect your driving.

## KEEP YOUR EYE ON DANGER

Vision is not only important to your safety on the road, but also in your home. Falls are the leading cause of injury and death for people over 65, and poor vision is one cause. Visit [www2a.cdc.gov/podcasts/player.asp?f=8521](http://www2a.cdc.gov/podcasts/player.asp?f=8521) to download a free podcast.



SPRING 2010 | 5

# STICK TO THE PLAN

Only **five steps** stand between you and your dreams

BY JILL SCHILDHOUSE

PHOTOGRAPHY BY  
JEFF NEWTON

It's already spring, and I haven't even made a dent in my New Year's resolution. And it's no wonder—resolutions are easy to make and easy to break. Why? Because, like most people, I didn't take the time to develop a proper plan. I was really hoping that by simply saying on Dec. 31, "Next year I'm going to lose 10 pounds," it would happen. But my scale proves otherwise. And for good reason.

"A goal without a plan is just a wish," says Sharmen Lane, self-improvement expert and author of *The 7 Secrets to Create Your Fate* (AuthorHouse, 2007). "Setting your goals is one thing, but reaching them is entirely another. There is a lot more to goals than simply setting them once. Just like going to the gym, you don't work out one time, get the body you want and then say, 'Yippee, glad that's over.' This, like many things, is a process."

Whether you're looking to stop smoking, get in shape, eat more vegetables or conquer any other goal, the following five-step plan will set you up for success.

➔

1

## DEFINE YOUR GOAL

What is the end result you desire? Come up with something that's clear and definable. The more ambiguous it is, such as "I want to be healthier," the harder it will be to achieve.

Lane recommends phrasing your goals in a positive manner. "Don't say, 'I want to lose 10 pounds,' because you're just focusing on loss and the things being taken away from you," she says. "Instead, say, 'I want to weigh 130 pounds.'"

Once you've crafted your goals, write them down to make them more real.

2

## EXPLORE YOUR OPTIONS

In this stage, identify what is required to meet your established goal so you can create a plan. "See the end in mind first, then back into it," suggests Lane. Look at all the possibilities and then choose the ones that best meet your needs.

The question you need to answer is: What will it take to meet this goal? For instance, if you want to lose weight, your options may include reading books on nutrition, meeting with a registered dietitian, hiring a personal trainer, spending time at a weight-loss spa or undergoing a surgical procedure.

3

## DEVELOP A PLAN AND SHARE IT

Now it's time to put a concrete plan of action in place. "Break your goal down into manageable chunks," Lane says. "If you want to weigh 150 pounds in 12 months, then you know you need to lose X amount each month. This makes it easier to achieve."

Next, write down the steps in the order they should be completed. While this may change along the way, at least you have a road map with which to start.

Lane suggests sharing your plan with others. "The more people you share your goal with, the more likely you are to stay on track and accomplish it, because it keeps you honest," she explains. "The reason people keep their goals a secret is so nobody knows when you don't achieve it. This is just setting yourself up for failure."

4

## TAKE ACTION

OK, here's the step you've been waiting for. The planning is over, and it's time to roll up your sleeves and get to work. So look at your calendar, pick a start date within one month from now (because if you wait too long, you'll lose your drive) and commit to that date.

Once the action stage begins, refer often to your written plan. Finally, make sure you complete a task—no matter how big or small—that moves you closer to your goal each day. "I believe you need to take action every single day so you will always be making progress and won't lose momentum," Lane says.

5

## MEASURE SUCCESS AND MAKE ADJUSTMENTS

Schedule regular check-ins with yourself to determine your progress. Are you getting closer to your goal each day? If so, Lane suggests giving yourself milestone rewards along the way to keep you motivated to stay on track. Just be sure your reward doesn't contradict your goal. In other words, don't treat yourself to an ice cream cone for losing 10 pounds; instead, buy a new, size-smaller outfit.

If you aren't making the progress you want to, determine why. According to Lane, perhaps you need more support, weren't specific enough about your goals, aren't following the plan as closely as necessary or got so attached to your road map that you didn't make tweaks along the way as needed. Be honest with yourself and refocus on what you need to do next. Your needs might change as you progress through your action plan, so be sure to keep your plan current. ➔



# HEALTHY STARTS

Once you learn the five-step process to reaching any goal, it's time to get down to business. Here are some tips to get you started on your own health goal:

**Weight loss.** To lose a pound, you'll need to burn about 3,500 calories. Sound like a lot? Not if you divide and conquer. Break it down into bite-size pieces: If you burn 500 more calories a day than you eat, you'll lose about a pound a week.

**Stop smoking.** More than 70 percent of U.S. smokers say they want to quit, but only 4 to 7 percent succeed when they try it without help, according to the American Cancer Society. Quit-smoking medicines and nicotine replacements can double your chances of success, the organization says. Talk with your doctor about what might work for you.

**Eat more fruits and vegetables.** Hate the thought of sitting down to a salad for dinner? Instead, try incorporating produce into the foods you already enjoy. For instance, top cereal with berries or bananas, stir-fry your favorite veggies into an omelet, or mix your favorite fruits into a smoothie.

## Commit Yourself



If you're ready to stick to your commitments, then **visit [stickk.com](http://stickk.com)** to take a free contract out on yourself. Its founders say that using a "commitment contract" can more than triple your chances of success. The site also offers you a referee to monitor and verify your progress and a variety of communities in which you can find supporters to cheer you on.

# 35

Percentage of people who break their New Year's resolutions by the end of January, according to an annual survey by FranklinCovey, a global consulting and training company.



# IN GOOD HANDS

Local basketball star gets back in the game with an assist from occupational therapy



*Cathy Wade receives an ultrasound treatment from Val Forrester.*

**Bethany College** junior forward Cathy Wade has always had an interest in sports medicine and has even thought about becoming a physician assistant in orthopedics. After all, the star athlete has become pretty familiar with sports medicine since entering college.

Wade, a Midwest City, Okla., native, broke her right wrist during a fall her freshman year. She was placed in a cast and little was thought of it. The same thing happened again her sophomore season causing her to miss the last 15 games. After getting placed in a cast

again it was apparent that there was much more wrong than a simple broken bone.

## STEADY PROGRESS

Wade underwent five surgeries last summer to reconstruct ligaments of the thumb, remove scar-tissue damage and place pins to realign bones that had healed improperly. In September, she started seeing Salina Regional's Val Forrester, an occupational therapist and Certified Hand Therapist.

Initially, the two worked on restoring Wade's range of motion in her wrist and thumb. She couldn't make circles with her thumb and had very little grip strength. Therapy progressed using heat and cold treatments, forms of massage, customized splints for protection and iontophoresis—a modality that uses electrical

current to deliver anti-inflammatory medication into stiff muscles and joints.

"At first I thought about applying for a medical red shirt this year, but we made steady progress," Wade says. "I thought for a while I was just going to have to be left-handed and I really worried about shooting free throws."

Wade missed the preseason and first two games, but was cleared to play. Two-thirds of the way through the season she was leading the conference in free-throw percentage and had a 27-point performance against McPherson College and a 26-point effort against Tabor College.

## HIGHLY SPECIALIZED CARE

To become a Certified Hand Therapist, one must meet rigid requirements including five years of clinical experience and 4,000 hours in direct practice of hand therapy before sitting for the comprehensive board exam.

"You have to have an advanced knowledge of hand, wrist, elbow and shoulder anatomy and physiology and be familiar with the surgical processes used by orthopedists to become certified," Forrester says. "It's really a highly specialized career path to take."

Having that expertise available locally is a great benefit to patients, says Salina orthopedist Byron Grauerholz, M.D.

"Surgery is only half of the equation for regaining function when it's necessary," Grauerholz says. "The other half is getting good





*Despite a heavily wrapped hand, Bethany College junior Cathy Wade scored 26 points against Tabor College in January. Photo courtesy of Larry Harwood*

rehab and having a therapist who has a good understanding of what needs to be accomplished. Hand therapy is very complicated. There is a lot of communication that takes place between the therapist and the doctor. Patients may see a therapist two or three times a week during a recovery, and they may only see a doctor every other week. So, the therapist has a big role to play throughout the process.”

### **MANY TYPES OF INJURIES TREATED**

Hand therapists see all types of injuries ranging from broken bones, amputations and work-related crush injuries to burn victims and cancer patients.

“A lot of what I see is work-related injury, both cumulative injury and traumatic,” Forrester says. “Sometimes the injury is the result of making the same type of movement over and over again or sometimes a worker gets their hand caught in a piece of machinery.”

Therapy is specially designed for each patient to restore range of motion and strength and regain feeling. In the case of a job-related injury, special equipment is used to replicate tasks a worker must routinely perform as part of the job.

Therapists also play a role in determining disability for the state by using a series of tests to evaluate loss of function.

With cancer patients, swelling, or lymphedema, is a common side effect from treatment because the lymphatic system has become compromised. When this occurs the lymphatic vessels do not drain fluids from the extremities properly. Patients with lymphedema undergo specific massage techniques and exercises to relieve the swelling. Wade had the opportunity to shadow Forrester between semesters this winter in addition to receiving her own weekly treatments.

“I’ve found that everything involved with hand therapy is very interesting,” she says. “I think I want to be a hand therapist now.”

# Dream MACHINE

BY JOHN BERGGREN



*Ruth Lewellyn, Concordia, was able to return to her job in medical records just six days after surgery.*

## da Vinci offers more comfortable alternative to open hysterectomy

Now, women who are not candidates for a vaginal hysterectomy because their uterus has become too enlarged have a new, less invasive alternative to open hysterectomy with Salina Regional Health Center's robotic da Vinci Surgical System.

With da Vinci, obstetrician/gynecologists use four small incisions (versus the one large incision in the abdomen required for an open procedure). Instruments are placed inside the patient through the small incisions and connected to the robotic arms of the da Vinci System. Once inside, the surgeon takes a seat at a computer console where a highly magnified, 3-D view allows a clear look at the surgical field, while hand and foot controls are used to manipulate the instruments.

### WHY DA VINCI IS BETTER FOR YOU

The precision of the technology allows for less blood loss and scarring of the patient, which translates to significantly less pain, less chance for infection, shorter hospital stays and quicker recovery times.

"Typical recovery times after open hysterectomy are four to six weeks including a two- to four-day hospital stay," says Chris Graber, M.D., a Salina obstetrician/gynecologist. "With da Vinci, patients typically go home the next day after surgery and have a recovery time of two to four weeks."

### A ROBOT CAN DO THAT?

Ruth Lewellyn, Concordia, underwent a da Vinci hysterectomy a few days after Christmas to eliminate menopausal bleeding. She hadn't even heard of the new technology until Graber recommended it.

"At first when I heard they used a robot I thought, wow, how's that going to work?" Lewellyn says. "But it ended up working out great."

Lewellyn was able to go home the next day after the procedure with only minimal discomfort. Within six days she was feeling well enough to go back to work at her job in medical records at Sunset Home in Concordia.

"In the hospital they had a morphine pump hooked up for pain and I barely felt the need to use it," Lewellyn says. "My job is mainly desk work—nothing physically strenuous. I was sent home with prescriptions for extra-

"With da Vinci, patients typically go home the next day after surgery and have a recovery time of two to four weeks."





strength Motrin and Percocet, but I never filled the Percocet. I felt some pressure and cramping, but never any sharp pain.”

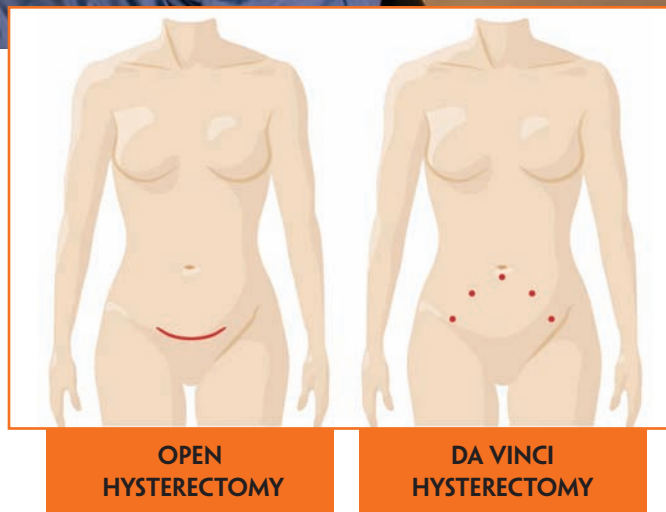
### MANY WOMEN WILL BENEFIT

While da Vinci will not replace vaginal hysterectomy, which removes the uterus through the vagina, it is a preferred option to traditional open procedures.

“Unless a patient has had previous abdominal surgeries and there is a lot of scar tissue present, the da Vinci can be used in most every other case,” says Merle “Boo” Hodges, M.D., a Salina obstetrician/gynecologist. “The magnification and precision this technology allows is amazing, and we’re able to do everything through these tiny incisions.

“But everyone should understand the correct term for this type of procedure is ‘robot-assisted surgery,’” Hodges says. “The surgeon controls every movement of the instruments inside the patient and makes every decision. It’s just a new, really great tool that we have.”

Lewellyn agrees that the results are amazing. “I would recommend any woman who has this option for hysterectomy go for it,” she says. “I’m very happy with the results.”



OPEN  
HYSTERECTOMY

DA VINCI  
HYSTERECTOMY

Endoscopic  
procedure  
offers latest  
in esophageal  
cancer  
defense

# Win by a NECK

BY JOHN BERGGREN



Frequent indigestion, heartburn or reflux can be more serious than a consequence of eating certain foods. People with gastroesophageal reflux disease (GERD) are at an increased risk for developing a condition called Barrett's esophagus, which can lead to cancer.

A new endoscopic procedure available at Salina Regional can remove precancerous tissue related to Barrett's esophagus and reduce the risk for developing esophageal cancer.

## WHAT IS BARRETT'S ESOPHAGUS?

In people with GERD, stomach acid and enzymes enter the esophagus causing heartburn, regurgitation and chest pain. Over time this can damage the esophageal lining and cause normal cells to undergo a genetic change and transform into Barrett's cells. Barrett's cells are vulnerable to further changes that may develop into cancer.

It's estimated that Barrett's esophagus affects about 3.3 million adults in the United States. About 44 percent of U.S. adults experience symptoms of GERD on a monthly basis, while 18 percent experience symptoms weekly. As a result of prolonged GERD, Barrett's esophagus occurs in about 13 percent of men age 50 and older.

## A NON-INVASIVE TREATMENT

This winter Salina Regional Health Center implemented the Barrx HALO endoscopic technology, which uses an "ablation" technique to precisely apply heat to precancerous esophageal tissue making it no longer viable. Once the Barrett's tissue is removed from the esophagus, new, healthy

tissue regrows in its place. Clinical studies have demonstrated that precancerous tissue can be completely eliminated with HALO ablation technology in more than 98 percent of patients.

Similar to a diagnostic upper endoscopy, HALO treatment is done on an outpatient basis and under conscious sedation. Patients usually have no recollection of the procedure at all.

With the HALO System, a sizing balloon is first used to size the esophagus followed by a correctly sized ablation catheter, which is inflated at the point where the Barrett's tissue is located. The treatment is highly precise, sparing surrounding healthy tissue, and causes few side effects.

"Until this technology became available we had to take a wait-and-see approach," says Paul Johnson, M.D., a Salina gastroenterologist. "Now, instead of following along and simply monitoring Barrett's esophagus, we can be proactive and remove the risk of it ever developing into esophageal cancer."

"Cancer of the esophagus is usually a terminal diagnosis, and many people die within a year. Anything we can do to reduce the risk is huge."

## TAKING GERD SERIOUSLY

Almost everyone has symptoms of GERD from time to time. But people with severe GERD, like those who must use medicine every day to battle the condition and have done so for a long period of time, should see a physician about being screened for Barrett's esophagus.

"It's not feasible to screen everyone with GERD, because it's so widespread," Johnson says. "However, people with severe symptoms and a long-standing history of the disease and those who have trouble swallowing food or unexplained weight loss should undergo regular screening." ➡



*A catheter is used to treat the precise location of suspect precancerous tissue.*



# On Your SIDE

For victims of sex crime,  
Salina provides support  
and a new law provides  
more options

BY JOHN BERGGREN



*SANE/SART co-coordinators Karen Groot and Susan Reinert*

The sobering statistics are that one in every three to four women and one in every six men will be victims of sexual assault during their lifetime. But, only 12 percent of these crimes are ever reported to authorities.

Salina Regional's Sexual Assault Nurse Examiner/Sexual Assault Response Team (SANE/SART) provides 24/7 sexual assault care to 29 counties in north central and northwestern Kansas. Many victims are referred by area law enforcement agencies, but Kansas law now allows adult victims to seek SANE/SART care without notifying the police.

"Many victims don't feel comfortable reporting to law enforcement because they fear doing so could put them at an even greater risk," says Karen Groot, R.N., SANE-A, SANE-P. "We can collect evidence that is anonymously held by the Kansas Bureau of Investigation for up to five years should victims later decide to file charges for a crime."

## EVIDENCE COLLECTION WITH A HOLISTIC APPROACH

Groot and co-coordinator Susan Reinert, R.N., SANE-A, SANE-P, are accredited by the International Association of Forensic Nurses for evidence collection on adult, adolescent and pediatric patients making them two of only 217 nurses in the world who carry the pediatric accreditation. Upon admission to the service, pictures are taken with a high resolution Secure Digital Forensic Imaging camera for identification purposes and to document any injuries present. Swab samples and hair samples are collected for possible DNA evidence.

Throughout the entire examination, nurses offer counseling, reassurances, support and information to assist the healing process. They provide medications and referrals for follow-up care and work closely with patient advocate agencies like the Domestic Violence Association of Central Kansas and Child and Parenting Services to make sure the psychological and social needs of patients are met.

"While the body is our crime scene and we have a very important job to do, both Susan and I feel like this job is a calling or a ministry in a way," Groot says. "The nature of this job can be very hard on you, but helping these patients during such a troubling time in their lives is critical."

Sexual assault victims who don't seek SANE/SART and patient advocate agency support are much more likely to suffer from posttraumatic stress disorder, excessive alcohol or drug use and suffer from other illnesses.

"People who are victimized and don't receive help tend to become victims again and again because they make bad choices in life again and again," Reinert says.

## COURT TESTIMONY PROVES VITAL

In 2009 Salina Regional's SANE/SART nurses provided 211 consultations, 90 forensic exams and testimony in 47 active court cases. Many times DNA evidence collected as a result of a forensic examination and testimony provided are critical for conviction.

"In cases where one side says nothing happened or one claims consent, then having DNA evidence or physical evidence contrary to consent can be damaging to a defense," says Tom Drees, Ellis County Attorney in Hays. "In today's world juries expect to see forensic and physical evidence if they're going to give a conviction. Having a trained, qualified person able to testify to this type of evidence adds a lot of value towards these types of cases." ❏

## PRESERVING EVIDENCE

Salina Regional's SANE/SART program will collect evidence up to five days or 120 hours after an assault, but the sooner exams are conducted the more likely forensic evidence can be found. These tips should be followed to the best of one's ability to help preserve as much evidence as possible:

- + Do not drink any liquids.
- + Do not brush your teeth or use mouthwash.
- + Do not take a shower or bath.
- + Do not douche.
- + Do not change clothes.
- + Do not urinate or have a bowel movement.
- + Bring any other items related to the assault with you or turn them over to law enforcement.

## HOW TO REACH US

SANE/SART Unit phone: **785-452-7095**

Salina Regional Emergency Department  
phone: **785-452-7095**



# United in Giving

SALINA EMPLOYEES INCREASE NUMBER  
OF DONORS BY 10 PERCENT THIS YEAR



*Salina Regional Health Center employees kick off the Salina Area United Way's "Think We Before Me" campaign.*

Each fall Salina Regional employees and volunteers pool their resources in support of the Salina Area United Way campaign. Special drawings, informational displays and ambassadors within every hospital department help ensure all within the health center hear the compelling support the Salina Area United Way provides in the community.

This year campaign organizers realized the economic uncertainty might make it difficult to gain the levels of financial support seen in previous years. So, instead of focusing on the amount individuals might give, they set out to increase their donor base in an attempt to get more people involved than ever before.

"Instead of depending on donors who support us every year, we wanted to get more support for them by getting more people involved," says Andy Martin, executive director of the Salina Area United Way. "It was a really great fit for our 'Think We before Me' campaign and the people in this community."

Salina Regional set out to increase its donor base by 10 percent over the previous year. An extra incentive from the Salina Regional Health Foundation helped bring support for the cause to levels never seen before.

The Foundation offered a challenge grant by matching 50 percent of all funds employees raised and an additional \$2,500 grant if the increased participation goal was met. Employees rose to the challenge by meeting the participation goal and raised \$73,710.17 through payroll deduction and cash gifts. With the Foundation incentives, a total of \$113,065.26 was given to the Salina Area United Way this year.

"The employee-led campaigns at the hospital have been outstanding," Martin says. "Over the last three to four years the hospital contribution has made up about 10 percent of our overall fundraising efforts." —*By John Berggren*

## SANTA GETS HELP, TOO

As the holiday season nears, employees tend to trade in their scrubs for red attire with white trim. Through the Santa's Helpers program, families struggling to make ends meet are identified by Heartland Programs and hospital employees. The families are then anonymously matched with departments at the hospital whose members work to put Christmas presents under the tree.

This year employees assisted 32 less fortunate families. In all, 125 people, including 19 single parents and 80 children, received gifts with the help of the Santa's Helpers program.

"The amount of support by hospital departments is huge—almost overwhelming at times," says Mandy Stephenson, a family consultant with Heartland Programs. "The families are so incredibly grateful for the gifts. A lot of them wouldn't have been able to celebrate Christmas with gifts without this support otherwise."



*Gerilyn Deiderich and Jeanine Gunn help gather presents for the Santa's Helpers program.*





## NURSING SURVEY GUIDES IMPROVEMENT INITIATIVES

Results from a nursing satisfaction survey conducted by the Bi-State Nursing Workforce Innovation Center last year for hospitals in the Sunflower Health Network are being used as a guide by each organization to improve nursing recruitment and retention efforts and improve patient safety.

The survey asked 29 questions about items ranging from manager and peer support to perceptions about individual workload and overall job satisfaction. Peer support was found to be very high throughout the network and surveyed nurses felt like their co-workers were very competent in caring for their typical patient population. Nurses also said they felt comfortable having one of their family members cared for by staff members on their unit.

The greatest opportunities for improvement across network hospitals were shown to be in manager support and communication. In response to this, the Sunflower Health Network has developed a management academy for nurse managers to learn communication and management skills and develop specific projects to be implemented in their respective facilities.

"Healthcare is notorious for taking excellent clinicians and making them managers," says Kiley Floyd, administrator at Osborne County Memorial Hospital. "Sometimes we need to take our nurse leaders and offer them management training to give them the tools they need to do their jobs effectively."

Patricia Goad, vice president of nursing at Memorial Hospital in McPherson, agrees, saying communication is a key to maintaining safe and happy work environments.

"We conduct surveys like this to improve patient safety and find ways to improve recruitment and retention of quality nurses in the future."

## Abilene Family Fun Fest, Wellness Fair Set For June 4 and 5

Abilene's Memorial Health Foundation will host the third annual Flour Power Family Fun Fest June 4 and 5 at the Abilene Fairgrounds. Proceeds for this year's event will benefit Memorial Hospital's Imaging Services Department in its efforts to provide digital mammography.

The event features fun activities for the whole family, ranging from a barbecue cook-off, car show and talent show to musical entertainment and many other items of interest. On Saturday the hospital also hosts a Fit and Fine Wellness Fair as a companion activity. The wellness fair provides a variety of free health screenings and health information.

Visit [mhsk.org](http://mhsk.org) for all the details on the Flour Power Family Fun Fest and Fit and Fine Wellness Fair.



*A burnout competition and health fair were part of last year's Flour Power Family Fun Fest.*

COMPASSIONATE CARE. ADVANCED MEDICAL TECHNOLOGY.

# *Beating cancer takes a lot of support.*



*Mary Jadow and husband Tom*

***Mary Jadow noticed a strange lump, and a biopsy confirmed her worst fears.*** Mary had cancer. She relied on the team from Salina Regional and the Tammy Walker Cancer Center to help her beat it. Aggressive treatments of chemotherapy and leading-edge IMRT radiation therapy eliminated the cancer. Today, she's cancer free. Having access to the right technology was very important to Mary. Just as important were the compassionate support and positive, caring attitudes of her family, friends and her medical team. Together, they helped Mary sustain the fight, and win. Now, she counts every day as a blessing.

 **Salina Regional  
Health Center**

*Confidence for the Good Life*

***Tammy Walker***  
CANCER CENTER

[www.srhc.com/services/cancer](http://www.srhc.com/services/cancer)