

# ABBOTT NORTHWESTERN HOSPITAL

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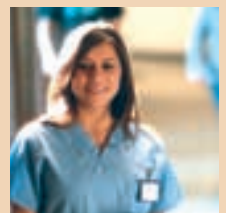
**TRACKING PROGRESS:** Accompanied by Scott Anseth, MD, a patient recovering from knee replacement surgery marks his progress in meeting daily exercise goals.



**2** Community benefit reaches beyond the bedside



**4** Early detection of breast cancer saves lives



**8** Nurses are here to care for you at every step

## JOINT REPLACEMENT CENTER

# A life-changing surgery

**W**HILE CULINARY EXPERTISE is the main qualification to be a chef, it certainly isn't the only one. For example, you're also required to work long hours on your feet.

In fact, that's what led Mike Schmidtbauer, 58, to Abbott Northwestern Hospital's Joint Replacement Center.

A nagging knee injury made working as a chef increasingly difficult for Schmidtbauer. Then his knee buckled three times in one day, and he learned that he would be unable to return to work until his knee was repaired.

### PATIENT-CENTERED APPROACH

Joint replacement surgery has long been done at Abbott Northwestern, but the Joint Replacement Center, which opened last

year, has adopted a new approach. It aims to provide thorough preparation for patients and families; aggressive pain management; early rehabilitation; and responsive, compassionate care—all focused on helping patients recover as quickly as possible.

For Schmidtbauer, that translated to being “treated like a king. I've been hospitalized before, and nothing compares to the care I received at Abbott Northwestern,” he says.

It began with the presurgery class he attended with his wife.

“They walked us through the procedure and told us what to expect,” Schmidtbauer says. His wife was encouraged to spend the first night at the hospital with him and was involved in his recovery as his coach.

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**ABBOTT NORTHWESTERN HOSPITAL**  
Allina Hospitals & Clinics

# Going beyond the bedside



**A**BBOTT NORTHWESTERN Hospital is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside as its team of dedicated employees provides community benefit to improve the health status of the communities it serves.

## WHAT IS COMMUNITY BENEFIT?

Community benefit is a planned, coordinated and measured organizational approach to identifying and responding to the health needs of the community.

“As a not-for-profit organization, Allina knows that the health of the communities in which we operate is essential to Allina’s mission and strategy,” says Penny Wheeler, MD, chief clinical officer.

One way Allina is giving back to the community is through its new Center for Healthcare Innovation at Allina. The Center researches new care models and treatments to transform health and health care and advance Allina’s strategic vision to improve patient care and serve as a catalyst for change in health care locally and nationally. Two key initiatives of the Center are the Backyard Initiative, which

Community benefit is a coordinated approach to local health needs.

seeks to improve the health and health care of residents of a portion of south Minneapolis, and the Heart of New Ulm, which strives to eliminate heart attacks in the community of New Ulm, Minn., within 10 years. The Center will continue to develop innovations to improve the health of the communities served by Allina Hospitals & Clinics.

## HOW MUCH HAS ALLINA GIVEN BACK TO THE COMMUNITY IN 2008?

Allina’s total 2008 investment was nearly \$404 million, which is approximately 15 percent of Allina’s total operating expense. Abbott Northwestern has contributed \$51 million to benefit the health of the community.

Of the Allina total contribution, \$156 million provided community benefits designed to lessen the health care burden for everyone in the community, as defined by two leading national organizations, Catholic Health Association and VHA. This includes charity care, which is care for patients who are unable to pay, who have no

health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services.

“At both the Allina and local level, we’re proud of the community benefit services we provide,” says Ellie Zuehlke, Allina’s director of Community Benefit. “We strive to partner with our communities to improve health and wellness of their members while providing care to all who need it.”

Community benefits provided by Abbott Northwestern Hospital include:

- community health classes
- participation in the Everybody Wins! reading program
- charitable/in-kind donations to local not-for-profits and events
- delivering hot meals to the homebound
- fund drives for community health and social service organizations
- coalition-building with community and business groups on neighborhood events
- staff time for Train to Work, English as a Second Language classes and the Step Up program.

For more information about Allina community benefit, visit [allina.com/community](http://allina.com/community). ❖





**A group therapy session gets under way at the Joint Replacement Center.**

## A life-changing surgery

—Continued from front page

“We involve the family so they understand what challenges the patient will face and will feel confident about their ability to help care for the patient at home,” says Scott Anseth, MD, the orthopedic surgeon who operated on Schmidtbauer.

Support and encouragement also came from fellow patients. Group therapy is an important part of the program, Anseth says. “The patients share their experiences and go through it as a team.”

Anseth notes that instead of treating patients like they are sick, the Joint Replacement Center treats patients “more like injured athletes. They get up and get dressed every day, have meals together and participate in therapy together.”

### PAIN CONTROL

As part of their patient-centered approach, Joint Replacement Center surgeons and anesthesiologists have collaborated to find the best

combination of pain management strategies.

“Our philosophy is that if you can control the pain early on, you can start therapy and rehabilitation sooner—and that leads to a better outcome and quicker recovery,” Anseth says. “We are committed



**Specialized therapy facilities allow joint replacement patients to practice activities of daily living, such as getting into and out of an automobile, before they are discharged.**

to making the surgery as close to pain-free as possible.”

Like many patients with joint problems, Schmidtbauer was accustomed to pain.

“The pain I experienced after surgery was nothing compared to the pain I was in before surgery,” he says.

A special catheter was inserted near his knee that delivered pain medicine directly to the joint. This catheter remained in place throughout his hospital stay.

After three weeks, the pain was minimal, and by six weeks, Schmidtbauer felt fully recovered.

### BETTER RECOVERIES

The new approach is making a difference in patients’ recoveries. Before the Joint Replacement Center opened, 50 percent of patients were sent to skilled nursing facilities after discharge from the hospital. That rate has decreased to 20 to 25 percent of patients.

“That’s a huge step,” Anseth says. “If our patients can go directly home after the hospital, it’s clearly beneficial for them. The reason I do joint replacement surgery is that it is a life-changing surgery. For someone like Mike, who is missing work because of pain, it allows him to get a good portion of his life back. Others in their 70s and 80s think their best years are behind them—all of a sudden, they are traveling and getting back out into the community with family and friends.”

For more information about the Joint Replacement Center, call 612-775-4609, e-mail [jointreplacementcenter@allina.com](mailto:jointreplacementcenter@allina.com) or visit the



*Healthy Communities Magazine* page at [abbottnorthwestern.com](http://abbottnorthwestern.com). ❖



# Make a promise

Early detection of breast

**H**ERE'S A pledge that's well worth making: "I'll make an appointment to talk to my doctor about breast cancer screening."

You might be too busy to get to it today. That's OK.

So how does tomorrow look?

Why the urgency? When it comes to breast cancer, early detection offers women the best chance of surviving the disease, according to the American Cancer Society (ACS). There are some things that increase your risk for

## Your mammogram:

Women who get timely mammograms are enlisting a powerful tool to guard against breast cancer.

These tests can help spot breast cancer early, long before it causes symptoms, when treatment works best.

After your mammogram, a radiologist will examine your images for any abnormal areas.

These images can reveal tissue changes, including:

**Calcifications.** These mineral deposits appear as white spots on

# mise

cancer truly matters

breast cancer, such as your age or having close relatives with the disease. But at the same time, most women who get breast cancer don't have any risk factors at all, says the ACS.

That's why talking with your doctor is so important—you can discuss your personal risk and decide what's best for you.

Is your 40th birthday around the corner?

If so, talk to your doctor about beginning regular mammograms to screen for breast cancer. If you're overdue for one, schedule it as soon as possible.

## What are doctors looking for?

a mammogram. Larger spots are usually harmless changes, often related to aging. However, groups of tiny, white specks are sometimes signs of cancer.

**Masses.** Various lumps and masses may also be found, including fluid-filled cysts or other noncancerous growths. The size, shape and edges of a mass can be important. For example, noncancerous masses often have well-defined edges, rather than irregular ones.

## High standards, excellent care

The Piper Breast Center of Abbott Northwestern Hospital's Virginia Piper Cancer Institute is accredited by the National Accreditation Program for Breast Centers (NAPBC) and is the first breast center in the state to earn this distinction.

NAPBC is a consortium of professional organizations dedicated to improving care and monitoring for patients with diseases of the breast. NAPBC-accredited programs demonstrate a commitment to providing the best possible care for patients with breast disease.

"We've assembled the staff, technology and support services that ensure quality care and screening for patients with breast health concerns or breast cancer," says Deborah Day, MD, medical director of the Piper Breast Center. "It's an honor to receive this accreditation, which means we meet rigorous standards that contribute to excellent care."

For more information, visit the *Healthy Communities Magazine* page



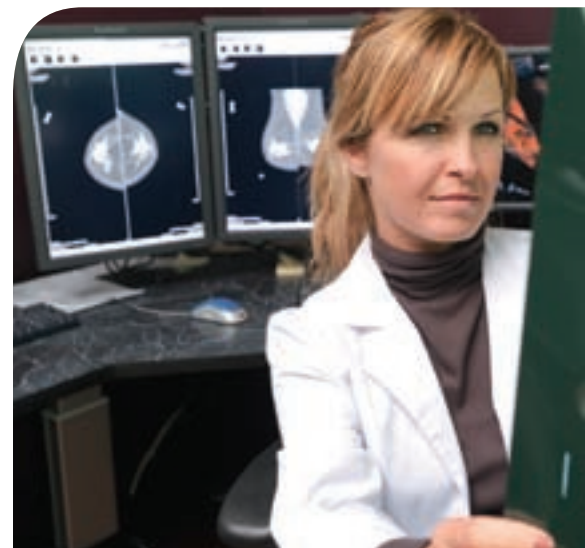
at [abbottnorthwestern.com](http://abbottnorthwestern.com) or call the Piper Breast Center at 612-863-3150.

### Advice for younger women.

Even if you're in your 20s or 30s, you can take steps to protect yourself. Become familiar with how your breasts look and feel, and report any changes to your doctor. And be sure to have regular medical visits that include breast exams by your doctor.

### A little reminder

You can go to the ACS website at [www.cancer.org](http://www.cancer.org) and enter "mammogram reminder" in the search box to access a service that can send a screening reminder by e-mail to you or a loved one. ❖





# ABBOTT NORTHWESTERN

To register or for more information, visit [allina.com](http://allina.com) or call Allina Class Registration at 1-866-904-9962.



## HEALTH CLASSES, COMING EVENTS

Visit [allina.com/classes](http://allina.com/classes) or call 1-866-904-9962.

### CANCER

*Offered by the Virginia Piper Cancer Institute:*

**Brain Tumor (with the Neuroscience Institute)**

Call 612-863-3732.

**Breast Cancer**

**Coping With Change (esophageal, gastric, head and neck cancer support group)**

**I Can Cope**

**Look Good, Feel Better**

**Program for Women Newly Diagnosed With Breast Cancer (structured series of four sessions)**

**Prostate Cancer**

### HEALTH IMPROVEMENT

**Aphasia Support Group**

**Stress Reduction Biofeedback Program**

### HEART AND LUNG

**Heart Failure Support Group**

**Heart Transplant Support Group**

For people on the heart transplant waiting list and their families.

**Women's-Only Cardiac Support Group**

Call 612-863-3816.

### PENNY GEORGE INSTITUTE FOR HEALTH AND HEALING®

*Please call 612-863-3333 to register for events and classes at the George Institute.*

**Acupuncture**

**Drum Circle**

**Herbal Therapies**

**Mindfulness-Based Stress Reduction**

**Nutritional Support for Specific Health Concerns**

**Physician Consultation**

**Yoga**

### NEUROSCIENCE

*Offered by the Neuroscience Institute:*

**Brain Tumor (with Virginia Piper Cancer Institute)**

Call 612-863-3732.

**Parkinson's Disease**

Call 612-863-5850.

### PREGNANCY, BIRTH AND PARENTING

**All About Babies**

**Birth and Parenting Preparation**

**Breastfeeding Preparation**

**Expecting Multiples**

**Infant and Child CPR**

**Infant Massage**

**New Brother/New Sister**

### STROKE

*Offered by Sister Kenny® Rehabilitation Institute:*

**Stroke Support Group**

For stroke survivors and family members. Call 612-863-4996.



If you do not find the program or class you're looking for in this listing, call Allina Class Registration at 1-866-904-9962 for information about offerings at other Allina hospitals or visit [allina.com/classes](http://allina.com/classes).

VOLUNTEER!

### Do you have high blood pressure?

Abbott Northwestern Hospital's Penny George Institute for Health and Healing® is seeking study volunteers ages 55 and over for a systolic blood pressure study. If you have high systolic blood pressure (typically the top number recorded in a blood pressure reading) but normal or low diastolic blood pressure, you may be eligible to participate in this stress-management training study. A physical examination, blood tests and



training are provided at no cost. Participants will be compensated for time and travel. Call Amber Fyfe-Johnson at 612-863-9865 for more information.

# WESTERN HOSPITAL

Registration at 1-866-904-9962.

## VISION

*Offered by the Phillips Eye Institute:*

### Refractive Surgery: Is It for You?

## VOLUNTEER OPPORTUNITIES

Volunteer orientation takes place every second Wednesday. For more information, please call Volunteer Services at 612-863-4281.

## WEIGHT-LOSS SURGERY

*Please call 612-863-7501 for information about weight-loss surgery support groups. All groups welcome people who have had or are considering weight-loss surgery at Abbott Northwestern or at other hospitals. Support groups include an educational presentation and are facilitated by a professional.*

### LAP-BAND® Support Group

For individuals who have had or are considering LAP-BAND® surgery. Meets monthly.

### Renewal and Renewal Halves Support Groups

For individuals who have had or are considering Roux-en-Y gastric bypass surgery. Renewal Halves is for partners or family members of Roux-en-Y patients. Both groups meet monthly.

### Therapeutic Support Group

For individuals who have had weight-loss surgery and need the guidance of a licensed psychologist to assist in regaining focus and eliminating barriers to a successful weight-loss journey. Meets monthly. Fee is \$15 per session.

## COMING EVENTS

### Treatment Options for Rheumatoid Arthritis and Osteoarthritis

**Presented by:** Abbott

Northwestern Hospital's Joint Replacement Center

**Presenters:** Scott Anseth, MD; Jody Hargrove, MD; and Deborah Sales Maysack

**Date:** Wednesday, Sept. 9, 1-3 p.m.

**Location:** Creekside Community Center, 9801 Penn Ave. S., Bloomington

**To register:** Call 651-644-4108. Co-sponsored by the Arthritis Foundation.

### The Aging Eye

**Presented by:** The Phillips Eye Institute Foundation's Kirby Puckett Education Center and the Low Vision Center

**Description:** This free public forum features physicians from the Phillips Eye Institute who will address glaucoma, cataracts, intraocular lens implants, macular degeneration, low vision and retinopathy. A question and answer session will follow.

**Date:** Saturday, Oct. 3, 9 a.m. to noon

**Location:** Heilicher Auditorium at Phillips Eye Institute, 2215 Park Ave., Minneapolis

**For information:** Call 612-775-8964. Limited to 100 attendees.



# Nurses: Caring for you

NURSES ARE AN ESSENTIAL PART OF YOUR HEALTH CARE TEAM



**W**ITH WHATEVER type of health care you need, quite often a nurse will be there to see you through.

Nurses are an integral part of any health care team. Abbott Northwestern Hospital's nurses assist in providing treatment and also help educate and support patients and their families.

So no matter where you find yourself—from the doctor's office to the hospital—nurses are with you each step of the way. Here are some types of nurses that you might meet.

Nurses  
are here for  
you every  
step of the  
way.

**Registered nurses (RN)** perform a range of duties in the course of caring for patients and may oversee other patient care staff.

RNs can specialize in any number of fields, from diabetes management to home health care, from pediatrics to geriatrics.

**Clinical nurse specialists (CNS)** work with nurses to advance their practice and provide expertise to make system-wide changes to improve care.

**Certified registered nurse anesthetists (CRNA)** care for patients having surgery, focusing on patient safety and comfort around the delivery of anesthesia.

**Nurse-midwives** have advanced training to provide primary care for women, including gynecological exams, family planning, prenatal care, labor and delivery, and neonatal care.

**Nurse practitioners (NP)** have completed graduate level courses to become nurse practitioners. They commonly specialize in fields such as women's health, family practice medicine and pediatrics. NPs can often provide primary care services, including performing exams, diagnosing and treating illnesses, as well as prescribing medicine. ♦

## Nurses earn national recognition

The American Nurses Credentialing Center (ANCC) has awarded Magnet Recognition Program® status to Abbott Northwestern Hospital, making it one of only 334 hospitals nationwide—less than five percent of all U.S. hospitals—that have been designated Magnet™ facilities.

According to the ANCC, Magnet hospitals consistently achieve better patient outcomes than non-Magnet hospitals by delivering increased patient-nurse interaction; shorter lengths of patient stay; lower patient mortality rates; higher patient satisfaction rates; and higher nurse retention, recruitment and job satisfaction rates.

"This is a tremendous honor for our nurses," says Terry Graner, vice president of Patient Care Services for Abbott Northwestern. "We have known for a long time that our nurses are exceptional. This award elevates that understanding to a national level."