



OWATONNA
HOSPITAL

Allina Hospitals & Clinics

Healthy Communities™

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ALLINA HOSPITALS & CLINICS

MAGAZINE

Spring 2010



John Zoubek recovered from open-heart surgery, thanks to surgeons at Abbott Northwestern Hospital and his follow-up care with the cardiac rehab program at Sister Kenny® Rehabilitation Institute – Owatonna.

CARDIAC REHAB AT OWATONNA HOSPITAL

Put your heart in it

John Zoubek's goal for spring was to get out, get active and take care of his five-acre parcel of land.

It wasn't a small goal for someone who had open-heart surgery in November 2009, when he had two valve replacements and ablation at Abbott Northwestern Hospital, part of Allina Hospitals & Clinics.

When Zoubek was discharged from the hospital, he was told to enter a cardiac rehab program. Because his doctor in Faribault was retiring, he decided it was a good time to transfer his medical care to Owatonna, closer to his home in Medford.

He couldn't have been happier with his choice. "Everyone at the hospital seems to love their job and really care," he says, "especially in cardiac rehab."

At a low point emotionally, Zoubek started the cardiac rehab program at Sister Kenny® Rehabilitation Institute – Owatonna, formerly known as the Center for Rehab & Wellness at Owatonna Hospital, in December with some skepticism.

"I didn't think I needed it, but after a few weeks I could see that it was helping me physically and emotionally," Zoubek recalls. "Mary Trautman and Carleen Johnson were exceptional and made it so easy."

A personalized plan with goals

Zoubek's cardiac rehab program started out like most. "We discuss what they've been through, do a medical evaluation and zero in on problems," says Mary Trautman, RN, cardiac rehab nurse. "We agree on goals, and the patient chooses what type of exercise to do."

Program goals are to increase how well your heart works, reduce the risk for recurrence of symptoms, and help patients cope with stress and lifestyle changes and gain confidence after their heart event.

Cardiac rehab patients have varying needs, because rehab is prescribed for patients after heart attacks, bypass surgery, valve repair and replacement, and stent procedures. Sometimes doctors prescribe rehab for patients whose heart problems are discovered before they have heart damage.

"It doesn't matter where you had your surgery or heart care; we can provide your cardiac rehab right here," says Trautman. "We keep your doctors well informed with progress notes and call them if we see problems."

—CONTINUED ON PAGE 2

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Inside:

- 3 Blue Distinction Center
- 4 Complete women's health services
- 6 New tools for saving hearts



Mary Trautman, RN, a cardiac rehab nurse at Sister Kenny Rehabilitation Institute – Owatonna, places a blood pressure cuff on John Zoubek before starting his cardiac rehab workout.

Your heart

—CONTINUED FROM FRONT PAGE

A safe start

Carrying out an exercise plan customized for their condition, patients start out slowly and gradually increase their level of exertion. Their heart rate and rhythm and blood pressure are monitored before, during and after exercise.

“This is a place where they can exercise safely and get their strength and confidence back,” Trautman says.

Cardiac rehab is more than exercise. “We discuss lifestyle changes and diet and answer

their questions,” she adds. “Our Owatonna Hospital dietitian shows people how to eat really tasty food that’s good for their heart.”

With a whole wall of windows, a selection of exercise equipment and private areas for conversation, the Sister Kenny Rehabilitation Institute – Owatonna is a pleasant environment for cardiac rehab. “It was more like going to an exercise club than a hospital,” says Zoubek.

Owatonna Hospital’s cardiac rehab program is certified by the American Association of Cardiovascular and Pulmonary Rehabilitation. “This certification means that we meet ‘the gold standard’ for cardiac rehab care,” says Trautman.

For more information about

Caring doesn’t stop when you go home from the hospital

After you’ve gone home after a stay at Owatonna Hospital, the care doesn’t stop. Within 24 hours of your discharge, you may receive a call from the Allina Contact Center in the Twin Cities.

They’ll ask if you have questions about your discharge instructions or medicine and get you help with that, if needed. The caller will also ask about your experience in the hospital—what went well, and what could be improved.

The goal is to get your point of view about care at Owatonna Hospital. You can make suggestions and tell them about any employees who did an exceptional job for you during your stay.

“Calling our hospital patients is one way we’re working to personalize care,” says Dave Albrecht, Owatonna Hospital president. “It’s invaluable for us to connect with patients and hear firsthand about our care and the outstanding staff who provided it to them.”

Your comments go to hospital service excellence teams who create action plans to improve care. Also, employees that you single out as excellent receive recognition for doing a good job.

cardiac rehab at Owatonna

Go! Hospital, visit owatonnahospital.com, select *Hospital Services* and choose *Sister Kenny Rehabilitation Institute*. Or you may call 507-977-2150.

You do need a referral from your health care provider to begin cardiac rehabilitation.

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Dave Albrecht, president | Debra Brase, editor | Information in HEALTHY COMMUNITIES™ comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your health care provider. Models may be used in photos and illustrations. Copyright © 2010 Allina Health System and Coffey Communications, Inc. LHN24997h

Achieving excellence in hip and knee surgery

Owatonna Hospital named a Blue Distinction Center

Imagine walking or climbing up stairs without pain. If you can't, it might be time to talk about treatment options with your doctor. Or maybe you've already decided to have knee or hip replacement surgery. To help you choose a facility that has a proven commitment to providing quality care and better overall results for hip and knee surgeries, you don't have to go any farther than Owatonna Hospital.

Owatonna Hospital was recently named a Blue Cross and Blue Shield Association (BCBSA) Blue Distinction Center for Knee and Hip Replacement. Blue Distinction Centers for Knee and Hip Replacement provide complete knee and hip replacement services, including total knee replacement and total hip replacement surgeries. The program is part of The Blues'® efforts to collaborate with doctors and medical facilities to improve the overall quality and safety of specialty care.

"This national distinction recognizes the talent and expertise we have here with our surgical, nursing, rehab, anesthesiology and patient care staff," says Dave Albrecht, Owatonna Hospital president. "We know people have choices on where they receive their care. This designation confirms our commitment to make sure our patients receive a positive, high-quality care experience."

Research has shown that patients at Blue Distinction facilities spend less time in the hospital after surgery and have fewer hospital stays and fewer complications.

The BCBSA made its selections with comments from a panel of expert doctors nationwide.

Criteria include:

- being an established hospital or medical center that provides intensive care, emergency care, and a full range of patient support services
- accreditation by a national organization approved by the Community Measurement Standards
- the experience and training of hip and knee surgeons, including the number of surgeries they do each year
- having quality management programs, including surgery checklists, tracking and evaluating surgery results and how care was given
- using health care teams to coordinate care, including care needed after the patient leaves the hospital
- sharing decision making with



patients and their families, including patient education. For a complete summary of the criteria for becoming a Blue Distinction Center for Knee and Hip Replacement, visit bcbs.com/bluedistinction.

Note: Designation as Blue Distinction Centers® means that these facilities' overall experience and aggregate data met objective criteria established in collaboration with expert clinicians' and leading professional organizations' recommendations. Individual outcomes may vary. To find out which services are covered under your policy at any facilities, please call your local Blue Cross and/or Blue Shield Plan.

We're in good company

Other Blue Distinction Centers at Allina Hospitals & Clinics include:

- Blue Distinction Center for Knee and Hip Replacement: Abbott Northwestern Hospital (Minneapolis), Mercy Hospital (Coon Rapids), St. Francis Regional Medical Center (Shakopee), United Hospital (St. Paul) and Unity Hospital (Fridley) in 2010
- Blue Distinction Center for Spine Surgery: Abbott Northwestern Hospital and United Hospital in 2010
- Blue Distinction Center for Cardiac Care: Abbott Northwestern Hospital, Mercy Hospital and United Hospital in 2009
- Blue Distinction Center for Bariatric Surgery: Abbott Northwestern Hospital, United Hospital and Unity Hospital in 2008
- Blue Distinction Center for Complex and Rare Cancers: Abbott Northwestern Hospital in 2008.

Better health, better lives for women



Life can take a toll on a woman's body—having children, repetitive stress and lifting, obesity, and aging can all bring on symptoms that are uncomfortable, embarrassing or even signs of serious trouble. Sometimes the onset of these problems, like urine leakage or excessive or irregular bleeding, is gradual, and you get used to it.

“If you have these symptoms, ask your doctor about it,” urges Glenn Gaunt, MD, obstetrician-gynecologist (OB/GYN) at Owatonna Clinic – Mayo Health System. “You don’t have to suffer in silence. There are lots of options for treatment, and many of them don’t require the downtime and recovery that was required 10 years ago.”

If you have any of the symptoms described here, talk to your doctor.

Newer treatments are also appropriate for women of all ages, notes Gaunt. “We can often solve problems for women in their 80s or even 90s because procedures are minimally invasive and don’t require general anesthesia,” he says.

With three OB/GYN doctors who have the training and experience to solve women’s pelvic health problems, and the resources at the new Owatonna Hospital, most of these treatments are available in Owatonna.

“The operating rooms in the new hospital are superb,” Gaunt says. “With video-assisted, minimally invasive procedures, the surgeon

depends on good vision. At Owatonna Hospital the equipment is phenomenal, state-of-the-art, and provides very clear images of the surgery. And the staff is very experienced, so we can do new procedures.”

The following are some of the women’s health problems that can be treated at Owatonna Hospital.

Heavy or irregular bleeding

Heavy or irregular menstrual bleeding is a pelvic health problem that affects more than 10 million women. A normal menstrual bleeding cycle is every 24 to 35 days, lasting from two to seven days. If you have to change pads more than once an hour, the bleeding would be considered excessive. It can cause anemia and is sometimes a sign of cancer, so you should see your doctor if you have these symptoms.

A new treatment called ablation produces good results for 96 percent of women. A balloon is inserted into the uterus and filled with heated water. The heat causes the uterine lining to slough off, stopping the bleeding permanently. “With no cutting or stitches, it’s a good, permanent solution for women who don’t want to have children in the future,” says Gaunt.

Fibroids

Fibroids are noncancerous tumors in the uterine wall that can cause excessive menstrual bleeding, pelvic pain and frequent urination. They are common and often don’t cause problems or require treatment. “If



Glenn Gaunt, MD, OB/GYN, Owatonna Clinic – Mayo Health System, shows Ann Schroeder, RN, Owatonna Hospital Surgery Center, key features of a new surgical instrument being used by the clinic OB/GYN doctors. This instrument is one of several new devices in use at the hospital, which provides the latest in minimally invasive surgical techniques, offering greater patient comfort and faster recovery time.

symptoms are significant, fibroids may be treated with medicines or surgery,” Gaunt says.

Pelvic organ prolapse

When muscle tissue that holds pelvic organs in place becomes weak, the uterus, bladder or rectum can press on vaginal walls, causing discomfort, pressure and pain; a dropping or falling out sensation; urine leakage; and bowel problems. Up to 50 percent of women who have given birth have some degree of prolapse.

“There are several surgical techniques to repair pelvic organ prolapse,” Gaunt says. “We tend to use traditional, tried-and-true methods that have long-term results.”

Incontinence

In a roomful of women ages 40 to 60, more than one-fourth of them are hoping that a good laugh isn’t going to cause an embarrassing leakage of urine. Many women feel that it’s just part of aging and they have to put

up with it. In a study reported by the National Women’s Health Resource Center, more than 50 percent of women with stress incontinence symptoms had never discussed it with their doctor.

Biofeedback, bladder retraining, pelvic floor exercises, electrical stimulation and diet changes can improve or cure incontinence in 80 to 85 percent of women. The Sister Kenny® Rehabilitation Institute – Owatonna (formerly the Center for Rehab & Wellness at Owatonna Hospital) offers a variety of treatment options. A doctor’s referral is required.

For some women, surgery is the answer. “With new ‘sling’ procedures, surgery is same-day with a high success rate,” Gaunt says. “And with improvements in materials, it’s a more permanent fix. Most women will only need to have this surgery once.”

Band-Aid hysterectomies

More than 600,000 hysterectomies

are performed each year in the United States, most often to treat fibroids, as well as excessive menstrual bleeding, uterine prolapse and other conditions. “Newer laparoscopic techniques require less recovery time, are less stressful and are better cosmetically,” Gaunt says. “Women are very busy, and with these procedures they can go home and get back on their feet faster.”

Gaunt and other OB/GYN doctors now perform laparoscopic hysterectomies at Owatonna Hospital. The surgery is performed through three small incisions. The surgeon uses special surgical tools inserted through two of the small incisions. A camera inserted into the third incision projects images onto a high-definition monitor to guide the surgeon.

Get a diagnosis

“If you’ve been tolerating symptoms, come in and have an evaluation,” Gaunt says.



Charles Lick, MD, and Sara Adams, RN, Buffalo Hospital Emergency Department, demonstrate the LUCAS™ device, which is used to perform chest compressions during CPR.

Just like CPR—only better

The LUCAS™ device takes a lifesaving technique to the next level

Allina hospital emergency departments at eight of our 11 hospitals, as well as Allina Medical Transportation ambulances, have a new tool in the battle against cardiac arrest. The LUCAS™ device is an innovative machine designed to help the health care team perform the steady, regular chest compressions required to meet American Heart Association (AHA) cardiopulmonary resuscitation (CPR) guidelines.

“We’ve been doing CPR in this country for more than 45 years with little to no impact on cardiac arrest survival rates,” explains Charles Lick, MD, Buffalo Hospital Emergency Department medical director and medical director for Allina Medical Transportation. “We used to focus on clearing the airway and giving the patient more oxygen,

but in 2005, the AHA determined that we need to focus on performing better chest compressions, to move that blood around and keep those organs working.

“We know that CPR is very difficult to do well, even by professional rescuers,” Lick says. “Plus it’s hard to do CPR well for prolonged resuscitations. A machine doesn’t get tired; it is consistent, and consistency is key.”

Part plunger, part suction cup, the LUCAS device circulates blood and oxygen to keep vital organs alive. Lick explains that the LUCAS device performs compressions to the chest at the rate of 100 compressions per minute, based on AHA guidelines. Emergency personnel monitor the patient and provide the oxygen.

Lick predicts that use of the LUCAS will help more patients

Cool tools to save your life

If you have sudden cardiac arrest or a heart attack, Owatonna Hospital uses three important tools to quickly restore blood flow to your heart and brain, giving you a better chance of surviving.

The LUCAS device (see main story) performs CPR more consistently and effectively than a person can. Used along with the LUCAS device, the ResQPOD® is a fist-sized device that is placed on a breathing tube for CPR. It rapidly doubles blood flow and dramatically increases the effectiveness of CPR.

Emergency personnel also use a cooling technique for cardiac arrest patients. Cooling the body has been shown to preserve heart muscle, preventing further damage. It also preserves brain function during a critical time when oxygen flow to the brain has been slowed down. Patients have less chance of brain damage when the cooling technique is used.

Call 911 for emergency heart care!

Use of the LUCAS device will help more patients survive cardiac arrest. Plus, it keeps medical personnel’s hands free for other tasks.

have successful results after cardiac arrest. “I firmly believe that we are going to save more lives with this machine,” he says. “We can do much better CPR with LUCAS than we can with human intervention.” Lick explains that for one group of Allina ambulance patients who had non-flatline heart rhythm, LUCAS has shown an 18 percent survival improvement.

Primary care



Owatonna Healthcare Campus

Owatonna Clinic – Mayo Health System
2200 26th St. N.W.
507-451-1120 or 1-800-628-2538

To find a primary care doctor near you, visit allina.com/doctors or call 1-800-877-7878.

Urgent care



Urgent-care locations

Owatonna Clinic
Monday-Sunday: 8 a.m. to 8 p.m.
507-451-1120

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital listings

Owatonna Hospital
2250 N.W. 26th St.
Owatonna, MN 55060
507-451-3850

Abbott Northwestern Hospital
800 E. 28th St.
Minneapolis, MN 55407
612-863-4000

Patients have the right to choose their providers for primary, urgent and emergency care. This listing may not include all medical providers in your area.

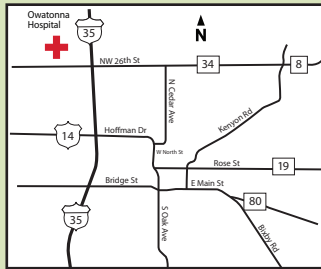
Phone directory

Administration.....	507-977-2320
Billing	1-800-859-5077
Emergency Department.....	507-977-2100
Foundation	507-977-2562
General Information/Operator.....	507-451-3850
Marketing and Communications.....	507-977-2330
Owatonna Home Care & Hospice	507-446-0936
Owatonna Pharmacy Care.....	507-977-2020
Pink Pantry, Coffee & Gift Shoppe.....	507-977-2777
Release of Medical Information.....	507-977-2300
Same-Day Surgery	507-977-2277
Sister Kenny® Rehabilitation Institute – Owatonna .	507-977-2150
Volunteer Services	507-977-2778
To reach a patient room	507-451-3850



How to find us:

2250 N.W. 26th St.
Owatonna, MN 55060



Search for "Owatonna Hospital"



Follow us: @AllinaComm.

Mark your calendar

For more healthy living events and ideas, visit allina.com.

COMMUNITY HEALTH EDUCATION

Parenting news

Each month, receive the pregnancy, birth and early parenthood information that's right for you. Starting with preconception and continuing through the first three months of parenthood, each issue is customized to your due date or your child's birth date.

Here's how to sign up:

1. Go to allina.com/pregnancy.
2. Select the *Pregnancy & Parenting eMagazine* button in the lower left.

PRENATAL, NEWBORN AND CHILDREN'S PROGRAMS

Many of the following programs are offered in collaboration with Owatonna Hospital, Early Childhood Family Education, Steele



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County Public Health and Owatonna Clinic.

Birth, Babies & Beyond

First-time parents learn how to get ready for the birth of their child and begin the parenting journey.

Call 507-444-7900 for dates and times and to register, or visit owatonnahospital.com and select *Classes, events and support*. \$60.

Amazing Newborn Clinic

Tuesdays, 12:30-2 p.m.

Roosevelt Community School

Free clinic where babies are weighed and parents' questions are addressed. Breastfeeding guidance is provided. Drop in anytime the clinic is open.

WELLNESS PROGRAMS FOR SENIORS

Chair Aerobics

- Mondays and Fridays, 10:30-11:15 a.m., Senior Place \$10/month or \$1.25/class
- Tuesdays and Thursdays, 3:30-4:15 p.m., Cedar Place Free

Get an aerobic workout with members of Sister Kenny® Rehabilitation Institute – Owatonna. It includes warm-ups, exercises, stretches and cool downs.

Call 507-977-2150 for more information.

Weight Training for Seniors

Mondays, Wednesdays and Fridays, 8:30-9:30 a.m. and 3:15-4:15 p.m. Senior Place

A staff member from Sister Kenny® Rehabilitation Institute – Owatonna leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. \$25/month.

Call 507-977-2150 for more information.



Ladies—don't be embarrassed anymore. See Page 4.