



OWATONNA
HOSPITAL

Allina Hospitals & Clinics

Healthy Communities™

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ALLINA HOSPITALS & CLINICS

MAGAZINE

Fall 2010

Try the best, and get some rest

Sleep lab offers
peace and quiet

Hospitals can be famous for being difficult places to get some sleep. The new Owatonna Hospital is different—right down to the quiet, restful rooms where sleep studies are conducted.

When you enter the Sleep Lab at Owatonna Hospital, you'll feel more like you've entered a hotel than a hospital. Located on the first floor, away from the inpatient care areas on second floor, it's quiet and private. The only people there are the registered sleep technicians and sleep study patients.

Make yourself at home

Each sleep study patient gets a private room with a private bathroom and shower.

"One of the symptoms of sleep apnea is snoring," says Jason Stoen, respiratory therapist and supervisor in the Respiratory Care Department and Sleep Lab. "The sleep rooms have sound insulation between rooms, so people don't have to be self-conscious about that. A great deal of effort has gone into



The Sleep Lab at Owatonna Hospital features private, hotel-like rooms. Heather Krenke, registered sleep technician, explains the CPAP machine, which treats sleep apnea, the most common sleep disorder.

making the sleep lab experience as different from a hospital experience as possible—more like a nice hotel stay." Instead of a hospital bed, there is a bed like patients might have in their homes.

For people who are in the habit of watching a little TV before turning in, there is a lounge with a television.

"Our sleep lab at the old hospital was functional, but at the new hospital we designed a space that really meets our patients' needs," Stoen says. The lab meets accreditation standards for sleep labs. Owatonna Hospital will apply for accreditation this year—which is not currently required of sleep centers and labs. Formerly staffed by outside agencies, the

Sleep Lab is now staffed by Owatonna Hospital employees.

Getting your sleep is important

While not sleeping well may not sound that serious, poor sleep has been associated with several everyday life problems, such as fatigue, irritability, confusion and poor reaction time. It is also linked with some serious health concerns such as increased risk for stroke and heart disease. The fatigue caused by poor sleep can cause accidents, job

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Rest

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problems and relationship issues.

“The National Sleep Foundation reports 100,000 sleep-related vehicle crashes per year, resulting in 1,500 deaths,” Stoen says. “The cost of lost productivity, accidents and other results of sleeplessness is estimated at \$14 billion per year.”

Signs of sleep problems

“Often, a person doesn’t know they have a sleep problem—their spouse is disturbed by their loud snoring or gasping sounds, although they may not be aware of it themselves,” says Stoen. Excessive sleepiness and fatigue during the day, falling asleep doing normal activities, and feeling unrefreshed when you wake in the morning are also signs of sleep disorders.

A typical sleep study

Sleep studies are done to diagnose sleep problems and get them treated correctly. Many common sleep problems are related to abnormal breathing. Sleep apnea, repeatedly stopping breathing during sleep, is the most common sleep disorder identified by sleep studies.

If your doctor orders a sleep study for you, someone at the Sleep Lab will call and schedule it. Depending on your normal sleep schedule, it can be scheduled at night or during the day.

You’ll be asked to bring any items that you want to make yourself comfortable. You’re encouraged to ask your doctor about bringing a sleep aid such as Ambien CR® to your study in case testing anxieties come up and you can’t sleep.

“A pill to take as needed is much less expensive than a repeat sleep study,” Stoen says.

For a night study, you’ll arrive around 8:30 p.m., register at the emergency entrance registration desk and be escorted to your room. The registered sleep technician will explain continuous positive airway pressure (CPAP) machines to you and fit you for treatment. CPAP is a common treatment for sleep apnea, and you may be awakened to try the CPAP machine and go back to sleep. The machine delivers a measured amount of compressed air to a face mask to keep the airways open for breathing.

The technician will attach more than 20 leads to your body to measure breathing, eye movement, snoring, brain function, heart function, blood oxygen, chest and stomach movement, chin muscle movement, and arm and leg movement.

As you sleep, the technician,

who is seated in another room, will privately monitor these measurements and watch you with a video camera as you sleep.

After about two hours of sleep, if it becomes clear that you may have sleep apnea, the technician will wake you to put the CPAP machine mask on. He or she will continue to take measurements after you have gone back to sleep. The technician may be able to determine the correct settings for your CPAP treatment that same night, saving you a second night of study to determine the correct treatment pressures for you.


“Despite sleeping in a strange place with wires connected to them, some people wake up after a few hours of sleep with the CPAP machine and are amazed at how good they feel,” Stoen says. “They don’t expect to feel so much better after just one night of good sleep.”

The Sleep Lab at the new Owatonna Hospital is quiet and restful to ensure the most accurate results.

If you or your partner is having difficulty sleeping, talk to your doctor about a sleep study.

You can also take an online photo tour of our Sleep Lab in the new Owatonna Hospital. The Sleep Lab photo tour includes instructions about how to get to the Sleep Lab on the first floor of the hospital, as well as a glimpse into what’s involved in a sleep study and what the bedrooms look like. Go to owatonnahospital.com, select *Hospital Services*, select *Sleep Lab* under *Featured Services*.

Patients are referred to the Sleep Lab by their doctors. For more about getting a better night’s sleep,

 see your doctor, or visit allina.com/sleep.

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New therapy is making a splash!

Water plays a huge role in our lives. Now Sister Kenny® Rehabilitation Institute – Owatonna is using water to help patients improve mobility and strength.

“Aquatic therapy complements the total care of our patients,” says Linda Hoffman, occupational therapist and manager of Sister Kenny Rehabilitation Institute – Owatonna. “The warm water relaxes muscles and improves range of motion, while the water supports the body.”

Water also reduces stress on joints and provides resistance, making motion and activity more comfortable than on land.

Other benefits of aquatic therapy include:

- improved muscle strength and tone
- decreased swelling of muscles
- increased circulation
- increased strength and endurance
- increased range of motion and flexibility.

Who can aquatic therapy help?

Water’s unique properties make it a versatile treatment for a wide range of conditions, including:

- back problems
- knee and ankle injuries
- joint replacement surgery
- stroke
- multiple sclerosis
- Parkinson’s disease
- fibromyalgia
- balance deficits and disorders.

An overhead lift makes it possible for patients with limited mobility to safely enter and exit the pool.

Another unique feature of the therapy pool is the underwater treadmill.

“The treadmill gives injured athletes the opportunity to continue to train for their sport without pain while the injury heals,” says Jason Jacobs, physical therapist and athletic trainer with Sister Kenny Rehabilitation Institute – Owatonna.

Is it right for you?

If you think aquatic therapy may help you, talk to your doctor or physical therapist for a referral. To learn about all of Sister

Kenny Rehabilitation Institute –
Go! Owatonna’s therapy services, visit owatonnahospital.com.



The new therapy pool at Sister Kenny Rehabilitation Institute – Owatonna is helping bodies heal.

Owatonna Hospital leads nation with new surgery method

Surgery is rarely something to look forward to, but you can anticipate a much more pleasant experience when you have colon or major hernia or other abdominal surgery at Owatonna Hospital. Owatonna Hospital is one of the first community hospitals in the country to adopt a new protocol—a step-by-step process for the patient, surgeon and hospital staff—that shortens hospital stays by half and also omits aspects of surgery that patients dread the most.

These surgeries used to require days of strictly limited food intake beforehand, a complete “cleaning out” with laxatives the day before, heavy use of painkillers in the hospital, IVs and tubes after surgery, no food for a long time after surgery,

and six or more days of recovery in the hospital with more at home. And it could be painful.

Now, with the new Enhanced Recovery Protocol, the basic steps for surgery are easier:

- a thorough education on the surgery for the patient and family members
- eating a normal diet, even the day before surgery
- no laxative preparation
- a high-carbohydrate drink before surgery
- an epidural pain killer instead of high doses of narcotics
- walking four hours after surgery and being out of bed eight hours a day after the day of surgery
- drinking shortly after surgery and eating the same day or next day.

As a result of these steps and other changes in the operating room, you’ll probably go home from the hospital in three days instead of six or more, you’ll feel less pain, your body will be able to heal faster, and you’ll feel better overall. You’ll also have a reduced chance of deep vein blood clots and respiratory problems.

“It makes sense that this protocol would work, and there was lots of evidence from Europe that this is better for patients,” says Keith Paley, MD, surgeon at Owatonna Clinic – Mayo Health System, who championed the Enhanced Recovery Protocol. “The old way, the starvation diet and laxative preparation made people weak, tired and dehydrated, setting them up for a more difficult recovery. Heavy use of narcotic painkillers made it difficult for patients to walk, and painkillers and lack of activity make it difficult for the bowels to work properly. Every day they stayed in bed, they lost strength, and this protocol prevents that.”



Keith Paley, MD, surgeon at Owatonna Clinic – Mayo Health System, and Sharon Syverson, RN, Owatonna Hospital nurse supervisor, discuss a patient’s care plan using Allina’s electronic medical record after the patient’s colon resection surgery.

Teamwork makes

How did Owatonna Hospital come to be a leader in the United States in adopting this protocol? Keith Paley, MD, surgeon at Owatonna Clinic – Mayo Health System, had a conversation with a doctor from Europe who was doing a fellowship at Mayo Clinic–Rochester. Paley was

Karen Binstock (left) and Susan Rhodes enjoy a walk in Owatonna's Central Park during a work break. Rhodes recovered quickly after abdominal surgery this spring at Owatonna Hospital. Owatonna Hospital won an award for an Enhanced Recovery Protocol that reduces hospital stays and recovery time for abdominal surgery patients.



Narcotic painkillers also make it hard to breathe deeply or cough, making patients more susceptible to pneumonia. With the new protocol, an epidural painkiller—much like the one used for childbirth, but given in a different location—doesn't interfere with breathing or bowel functions. It also doesn't produce the "spaced out" sensation that makes walking and other activities difficult and unsafe.

The Enhanced Recovery Protocol has shortened hospital stays for colon or major hernia and other abdominal surgeries from six days to three.

Easier than expected

Patients choose whether to use the new or old method on surgeries for which both options are available. As part of the protocol, patients must be willing to drink a high-protein supplement

twice a day, get up and walk soon after surgery, stay up and active in the hospital, and track their food and activity.

Sharon Rhodes opted to have the new protocol when she had colon surgery in March to relieve diverticulitis. "It was much easier than I expected," she says. "I was surprised at how little pain I had, and I recovered very quickly."

She recalls walking the same day, and walking the days after her surgery. "The epidural worked very well, and I could have it with me when I walked around in the hospital," Rhodes says. "I was off the epidural for a half day before I went home, and I was comfortable and felt ready to go home."

Rhodes had follow-up visits with Paley, her surgeon, a few days after going home, a week later and several weeks after that. In less than

a month, she was back to work at Federated Insurance in Owatonna.

Innovator of the Year Award from Minnesota Hospital Association

The Minnesota Hospital Association put their stamp of approval on the protocol, awarding Owatonna Hospital the 2009 Innovator of the Year in Patient Care award for implementing the new protocol. In addition, New Ulm Medical Center, part of Allina Hospitals & Clinics, has also implemented the new protocol this year.

Owatonna Hospital has been using the protocol for three years. Data show that on the average, the Enhanced Recovery Protocol has reduced the hospital stay for these surgeries from six and half to three days and almost eliminated blood clots and respiratory problems.

Go! For more information, visit owatonnahospital.com.

was plenty of evidence that this produced good results," Paley says. "It would reduce waste and didn't require new equipment—only logistics work and education." A team was put together to figure out how to make the protocol work in Owatonna.

Sharon Syverson, RN, Medical Surgical manager at that time, was a leader on the team that included nurses, dietitians,

doctors, pharmacists and anesthesia staff. "Each department looked for the best way to support the patients' healing, and we created our own adaptation of the European protocol," she recalls. "We produced a booklet to help patients understand the process and set their expectations. We did a lot of education with staff and prepared everybody to work in this new way."

it possible

interested, did further investigation and thought that Owatonna Hospital should consider trying it.

Paley met with leaders at Owatonna Hospital and Owatonna Clinic and showed them his findings. "At both organizations, we're supportive of evidence-based medicine, and there

ALLINA'S COMMUNITY BENEFIT

Going beyond the bedside

Owatonna Hospital is a part of Allina Hospitals & Clinics, whose mission reaches beyond the bedside as its team of dedicated employees works to improve the health status of the communities it serves.

What is community benefit?

“As a not-for-profit organization, Allina’s mission extends beyond providing exceptional health care to patients, improving the health of the communities we serve,” says Ellie Zuehlke, Allina Hospitals & Clinics community benefit director. “Community benefit is a planned,

coordinated and measured approach to identify and respond to the health needs of our communities.”

What Allina gave back in 2009

Allina’s total 2009 community investment was \$420 million, which is approximately 15 percent of Allina’s total operating expense. Owatonna Hospital has contributed more than \$6 million to benefit the health of the community.

Of Allina’s total contribution, \$171 million provided community benefits to lessen the health



care burden for people in the communities Allina serves. This includes charity care, which is caring for patients who are unable to pay or have no health insurance or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services. For Owatonna Hospitals, this contribution amounts to \$2.4 million.

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

Owatonna Hospital’s community benefit work includes participation in the Children’s Safety Fair; exercise classes, such as Senior Weight Training and Senior Chair Aerobics; childbirth education classes; on-call certified athletic trainers at high school and other sporting events; charitable and in-kind donations to local not-for-profit organizations and event sponsorships; health professional education for student nurses and doctors; and meeting space for not-for-profit organizations.

For more information about Allina’s investment in community benefits, visit us online at allina.com/community.

Owatonna Hospital estimated annual community benefit

	2009	2008	2007
Cost of providing charity care	\$422	\$455	\$195
Costs in excess of Medicaid payments	248	146	267
Medicaid surcharge	447	445	392
Minnesota Care tax	699	668	614
Community services	196	234	227
Subsidized health services	19	9	17
Education and work force development	119	185	186
Research	0	0	-
Cash and in-kind donations	266	162	176
Community building	26	27	53
Other community benefit costs	2	7	6
Total cost of community benefit (as defined by CHA/VHA guidelines)	\$2,444	\$2,338	\$2,133
Percent of total operating expenses	6%	7%	6%
Costs in excess of Medicare payments	1,424	1,446	847
Other care provided without compensation (bad debt)	1,563	984	1,682
Discounts offered to uninsured patients	574	807	764
Taxes and fees	1	9	11
Total value of community contributions	\$6,006	\$5,584	\$5,437
Percent of total operating expenses	15%	16%	16%
Total operating expenses	\$40,188	\$35,874	\$34,355

Dollars are presented in thousands.

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.

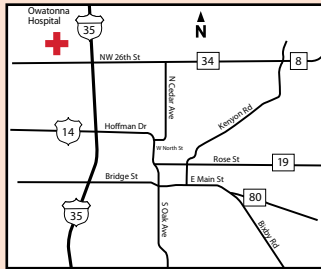
Phone directory

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 County Public Health and Owatonna Clinic.



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Owatonna, MN 55060

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.

