

OWATONNA HOSPITAL

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Cool new technology. Gretchen Lake (left) and June Schafer, registered vascular technologists, show off the vascular ultrasound equipment at Owatonna Hospital that evaluates the body's circulatory system.



2-3

Saving 5 million lives



4-5

Designing a healing environment



7

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Ultrasound is ultracool

WHAT SOUND WAVES CAN TELL YOUR DOCTOR ABOUT YOUR HEALTH

BATMAN would dig it. It looks like a high-tech device with a television screen—and uses technology similar to the sonar that bats use to navigate and zero in on their prey.

But it's not out of a comic book—it's modern medicine. It's today's vascular ultrasound, and it can tell your doctor quite a lot about the health of your circulatory system.

It might even help save your life by finding problems that could lead to a stroke or heart attack.

WHAT IS VASCULAR ULTRASOUND?

Ultrasound uses high-frequency sound waves to show what's going on in your body. Unlike the static snapshot of an X-ray, ultrasound images are moving. They can be seen

in real time, recorded or captured as still images.

Two types of ultrasound can be used to view your circulatory system in motion:

Vascular ultrasound allows your doctor to see your body's veins and arteries—the structure of your blood vessels—in black-and-white images.

Doppler ultrasound shows the movement of blood through those vessels in color.

When these two imaging techniques are combined, your doctor can:

- see how quickly—or slowly—blood is moving through your vessels, organs and tissue
- get an idea of the diameter of your blood vessels
- find areas where blood flow is obstructed
- identify blood clots, plaque or other potential problems.

—Continued on Page 8

Saving 5 Million Lives

WHEN IT COMES TO SAFE, quality health care, you probably want to know whether your hospital is doing the right things—and doing them well.

A couple of years ago, the Owatonna Hospital staff decided to focus on improving care for patients with three life-threatening conditions—heart attack (acute myocardial infarction), congestive heart failure and pneumonia. They teamed up with the Owatonna Clinic–Mayo Health System to form the Joint Quality & Safety Committee, a group charged with researching, developing and implementing patient-focused treatment efforts.

The results of their work have been impressive and made it an easy transition to join the Institute for Healthcare Improvement’s (IHI’s) national *5 Million Lives Campaign*, which has the goal of protecting patients from 5 million incidents of medical harm over two years.

The IHI’s new *5 Million Lives Campaign* builds on the success of the *100,000 Lives Campaign*, in which Owatonna Hospital and 3,100 other hospitals across the U.S. worked together to reduce deaths by



Ready when needed. The goal of Owatonna Hospital’s Rapid Response Team is to respond to a spark before it becomes a fire. They provide emergency bedside assessment and care to patients in the hospital. Pictured from left are Simon Mittal, MD, hospitalist, Owatonna Clinic; Tad Fair, RN, Owatonna Hospital; Steve Ommen, respiratory therapist, Owatonna Hospital; and Christina Walton, RN, Owatonna Hospital.

implementing six “best” medical practices. Six more improvements have been added to help hospitals nationwide provide safer patient care.

Owatonna Hospital and Owatonna Clinic are implementing the following 12 interventions as part of their participation in the *5 Million Lives Campaign*:

- prevent methicillin-resistant *Staphylococcus aureus*, or staph, infections
- reduce harm from high-alert medications
- reduce surgical complications
- prevent pressure ulcers
- deliver reliable, evidence-based care for congestive heart failure
- accept feedback and support from the hospital board of trustees
- deploy rapid response teams
- deliver reliable, evidence-based care for acute myocardial infarction

SPEAK UP for your own health care

To complement the *5 Million Lives Campaign*, a program called SPEAK UP was developed by The Joint Commission to encourage patients to be their own best advocates.

The best way to make sure you have an advocate when you can’t speak for yourself is to complete an

advance directive, which is a legal document that outlines your wishes so that your family members and doctors can honor them. In your advance directive, you can designate who will speak for you and what types of care you want or don’t want to receive.



Make sure your doctors and family members each have a copy. The forms are free at www.owatonnahospital.com under *Patient/Visitor Information*, or you can find them on the American Hospital Association’s “Put it in Writing” Web site at www.putitinwriting.org.

- prevent adverse drug events
- prevent central line (IV) infections
- prevent surgical site infections
- prevent ventilator-associated pneumonia.

Owatonna Hospital has been recognized by VHA, Inc., for its successes in reducing readmissions for patients with congestive heart failure and reducing pneumonia infections for people who need ventilators while in the hospital. The VHA is a national health care provider alliance of more than 2,400 not-for-profit health care organizations.

Some skeptics have dismissed the results of the hospital's quality and safety initiatives, saying that a program like Owatonna's could never work in a big-city hospital.

"It's not about size," says Dorothy Erdmann, Owatonna Hospital president. "It's a matter of perspective. Our numbers speak for themselves, and we're very proud of them because it means we're delivering the best health care available."

"The patients we care for are our neighbors, and they expect and deserve the best care we can give them, regardless of if it's in Owatonna or the Twin Cities," says Brian Bunkers, MD, chairman of the Joint Quality & Safety Committee and CEO of Owatonna Clinic-Mayo Health System.

YOU CAN GIVE US A HAND

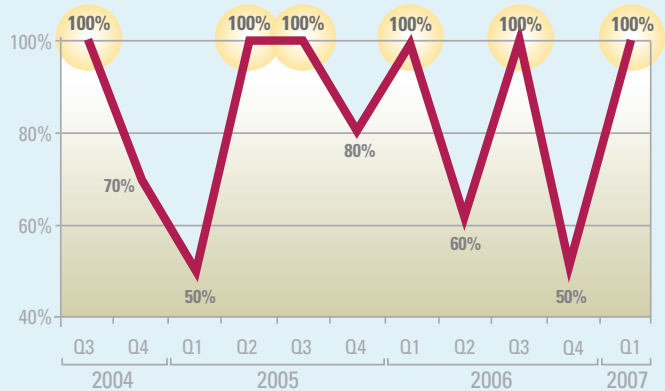
There are many things you can do to help us keep you safe during a hospital stay.

- Learn about your treatment plan and know the signs and symptoms of common complications for someone with your condition.
- Ask questions about your treatment, medications or any other part of your care that you don't completely understand.
- Fill out a universal medication form and bring it with you to the hospital to help prevent harmful interactions during your treatment. Download and print your own *My Medicine List* at www.mn.patientsafety.org.
- Don't be afraid to ask a caregiver to wash his or her hands or to put on gloves before performing any type of patient care.

Visit our Web site at www.owatonna-hospital.com for more information about our goal of saving 5 million lives. Select *5 Million Lives Campaign* to download IHI fact sheets about six common complications and how you can help prevent them. ❖

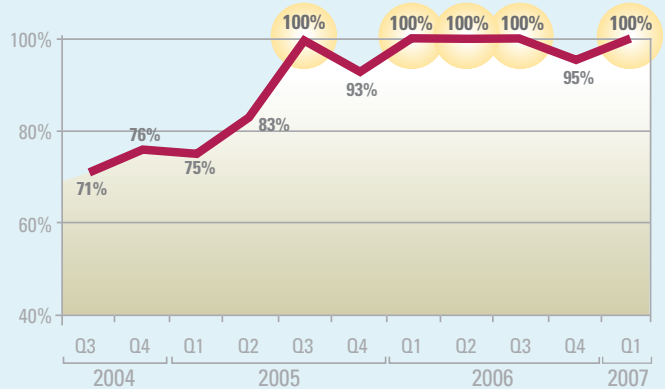


Owatonna Hospital: Charting optimal care*



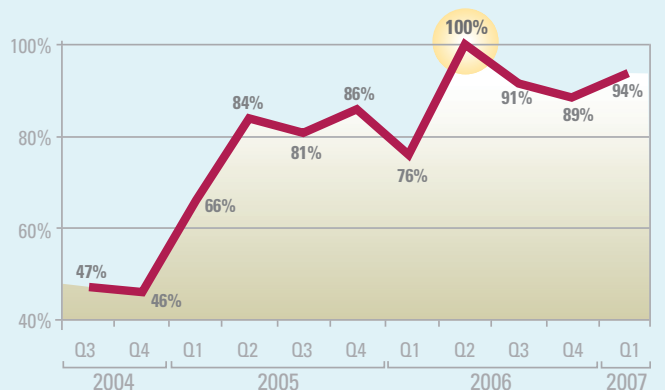
Heart Attack:

Owatonna Hospital has provided optimal care for heart attacks to 100 percent of patients for six quarters since 2004.



Congestive Heart Failure:

Owatonna Hospital has provided optimal care for congestive heart failure to 100 percent of patients throughout most of 2006 and into 2007.



Pneumonia:

Since 2004 Owatonna Hospital has steadily increased its score on providing optimal care for pneumonia.

*Optimal care is defined as patients receiving all appropriate, evidence-based treatment for their medical conditions.

Creating healing environments



A look at the future. An artist's rendering shows the southwest view of the future hospital's main entrance. The n



Healing design. The new private patient rooms will be designed using healing architectural design principles. An artist's rendering of a potential room shows the use of ample natural light, colors of nature, wood accents and soothing artwork.

OWATONNA'S NEW HOSPITAL IS DESIGNED FOR OPTIMAL HEALING

GIVEN THE CHOICE, most of us would rather be at home than in a hospital. But when we have to be in the hospital, a private room makes us feel more at home. And that can help us heal.

NATIONAL RESEARCH SUPPORTS PRIVATE ROOMS

National studies have shown that warm, homelike environments within a hospital setting can positively affect the healing process. They are more restful and soothing, and patients in such settings don't request as much pain medication, tend to get out of bed sooner and even leave the hospital faster.

Research shows that private patient rooms reduce the chance

of cross-infection because patients aren't sharing a bathroom and are not exposed to additional airborne germs from other patients or visitors.

TAKING A LESSON FROM SUCCESS

How do these research findings affect Owatonna Hospital and our patients? Owatonna Hospital is incorporating many of the successful healing design elements used at other health care facilities into the design of our new hospital. In the new hospital, all acute rooms will be private.

"The new rooms, called same-sided private rooms, will be laid out identically to help reduce errors, increase efficiency for nursing staff, and allow caregivers to respond quickly and consistently to individual patient needs," says Dave Albrecht, head of the hospital construction project



New hospital is scheduled to open in mid-2009.

and assistant administrator.

The benefits of private rooms are many.

“Our private patient rooms will offer comfortable space for family and visitors without disturbing other patients and their families,” Albrecht says. “If you’ve ever spent time in a semi-private room, you know that another patient’s TV or listening habits do not always match your own, which can result in frustration or loss of sleep.”

More privacy also allows doctors and nurses to speak more candidly about illnesses and treatment options.

The private rooms include:

- extra space for family members, with pull-out daybeds for overnight stays

- large windows to provide natural light and views to the outside
- technology for electronic medical records
- private bathrooms with built-in safety features.

Warm, homelike environments within a hospital setting can positively affect the healing process.

COMFORT FOR FAMILIES

The needs of family members and visitors will also be reflected in the new hospital’s design. Families will have access

to private conference rooms in the Community Resource Center for discussions, research and medical consultations. They can spend quiet time in the Reflection Center or gather in larger, more family-friendly waiting rooms with access to phones, a view to the outside and Internet connections. ❖

Help us expand the dream

As we began preparing for the construction of the new hospital, we asked more than 500 community members what they’d like to see in the new hospital. Several themes emerged, with respondents wanting more than just a hospital.

In response, five special projects were designed, each with an estimated cost in addition to the cost of the new hospital.

Owatonna Commons. You’ll immediately feel at home with an entrance that houses comfortable chairs, open spaces and artwork and offers access to nature. Estimated cost: \$442,250

Professional Education Center. Working with area colleges and universities, the center will be designed to train the next generation of health professionals. Expert-led training will feature conferencing and a hands-on simulation lab. Estimated cost: \$855,500

Community Resource Center. The center will focus on disease prevention and recovery and provide on-site access to medically accurate resources for patients, visitors and staff. Estimated cost: \$609,000

Rehab Center enhancements. The enhancements will provide access to exercise equipment, a therapeutic whirlpool, a therapeutic walking path and more. Estimated cost: \$946,000

Reflection Center. Artistic glass, a sound system and other calming features will make this an ideal place to celebrate a birth, pray with family members, contemplate next steps or grieve a loss. Estimated cost: \$156,000

HELP SECURE LOCAL CARE

Allina Hospitals & Clinics has committed \$46 million to build the new hospital in Owatonna. Owatonna Hospital seeks \$3 million in philanthropic contributions to ensure that the five special projects are fully funded.

For more information about how you can get involved, call 507-444-6085.

OWATONNA HOSPITAL

PRENATAL, NEWBORN, 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.

Birth, Babies & Beyond **\$55**

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.

Refresher Childbirth Class **\$25**

This one-day class is designed for those who have previously attended a childbirth class within the past three to five years. Call **507-444-7900** for dates and times and to register.

Sibling Preparation Classes

Second Tuesday of each month, 6:30-7:30 p.m., Free

This class is designed for children ages 2 to 6 whose parents are expecting a new baby. Call **507-444-6032** to register.

Amazing Newborn Clinic

Tuesdays, 12:30-2 p.m.

Roosevelt Community School

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

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 Owatonna Hospital's Center for Rehab & Wellness. It includes warm-ups, exercises, stretches and cooldowns. Call **507-455-7631** 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

\$18 to \$27/month, sliding fee

A member from Owatonna Hospital's Center for Rehab & Wellness leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. Call **507-455-7631** for more information.

Parkinson's Community Forum

Thursday, Oct. 18, 6:30 p.m.

St. Joseph's Catholic Church, 512 S. Elm St., Owatonna

Shelly Svoboda, MD, neurologist and medical director of the American Parkinson's Disease Association, will speak about Parkinson's awareness, medications and how to manage the disease. Patients, caregivers and family members are encouraged to attend. To register, call **507-774-7648**. The Parkinson's Support Group is hosted by the Owatonna Healthy Seniors Program. For more information, call **507-455-7648** or **507-774-7648**.

5th Annual Women's Health Day

"Bringing Joy Through the Journey"

Saturday, Oct. 27, 8:45 a.m.-1 p.m.

Holiday Inn Hotel & Suites

\$10

Enjoy a morning focused on women's health and nutrition. Includes a light breakfast, coffee, shopping, and health education presentations by local medical experts and national keynote speaker Mary Jo Paloranta. Purchase tickets at Owatonna Hospital or Owatonna Clinic-Mayo Health System.





RECIPE OF THE WEEK

Start each week with a fresh, healthy addition to your menu when you sign up for www.allina.com's Recipe of the Week e-mail. Each recipe you receive has its own nutrition label, complete with per-serving information about calories, fat content, cholesterol, and key vitamins and minerals.



To sign up, go to the *Be Healthy* section of www.allina.com and select *Health e-newsletters*.

Delish! Salmon orzo salad

Made with orzo pasta, cool cucumbers, packaged salmon and lemon, this is a dish to delight even the pickiest palate. Enjoy as the main fare or as a side dish.

INGREDIENTS

- 1 cup dried orzo
- 7 ounces foil-packed (precooked) pink salmon, flaked
- ½ cucumber, diced
- 2 green onions, thinly sliced

- ½ cup fat-free or light mayonnaise
- 1 teaspoon grated lemon zest
- 2 tablespoons fresh lemon juice
- 1 teaspoon dried dillweed, crumbled
- ½ teaspoon lemon pepper

INSTRUCTIONS

Prepare the orzo following package directions, omitting salt and oil. Drain in a colander and rinse thoroughly with cold water. Transfer to a medium-size bowl. Let cool for 10 minutes. Gently stir in the salmon, cucumber, onions, mayonnaise, zest, lemon juice, dill and lemon pepper.

Serve immediately, or cover tightly and refrigerate for up to three days. You can boost the nutritional value of this dish by substituting whole-wheat orzo.

Nutrition facts	Recipe serves 4
Calories	254
Total fat	2.5g
Saturated fat	1g
Cholesterol	18mg
Sodium	508mg
Carbohydrate	39g
Protein	15g

Source: American Heart Association

FITNESS PROGRAMS

Weekly Sports Clinics with Certified Athletic Trainers
Mondays, 7-8 p.m., West Hills Fitness Center, 502 Dunnell Drive
\$15/15-minute consultation

Whether you're a weekend warrior or high school athlete, getting answers about how to prevent and treat sports

injuries is now easier than ever with weekly sports clinics offered through Owatonna Hospital and Owatonna Parks and Recreation. Certified athletic trainers T. C. Carlyle and Jen Lorenzo work one-on-one with clients to answer questions about individual fitness programs, prevention and treatment of sports injuries,

conditioning for a specific sport, or relieving current aches and pains. Student athletes 18 and younger must be accompanied by a parent or provide written parental consent.

Appointments are encouraged. Call 507-444-4290.

Owatonna community resources for exercise

FITNESS CENTERS

- MC Fitness 507-451-8833
- Anytime Fitness 507-456-8587
- Curves for Women . . . 507-455-4060
- SNAP Fitness 507-455-3500
- Park & Rec/West Hills . . 507-444-4290

WATER AEROBICS

- Community Education . . 507-444-7900
- West Hills 507-444-4290

WALKING

You can pick up a trail map at the Parks and Recreation Department at 540 West Hills Circle or online at www.ci.owatonna.mn.us/services/parkrec/trails.php.

SENIOR EXERCISE PROGRAMS

- Sponsored by Owatonna Hospital's Center for Rehab & Wellness*
- Senior Weight Training . . 507-455-7631
- Chair Aerobics 507-455-7631

SWIMMING

- Owatonna Country Club (seasonal) 507-451-5942
- West Hills 507-444-4290

TAI CHI

- Senior Place 507-444-4280

YOGA

- Yoga & Wellness Center . . 507-390-0279
- Community Education . . 507-444-7900

PILATES

- Yoga & Wellness Center . . 507-390-0279
- Community Education . . 507-444-7900

Ultrasound is ultracool

—Continued from Page 1

The images can be used to both find and treat diseases that put you at high risk for heart attack or stroke, such as atherosclerosis or peripheral arterial disease.

NOW CLOSER TO YOU

Owatonna Hospital has been providing vascular ultrasound services for several years on a limited schedule through a mobile unit from the Minneapolis Heart Institute. But Owatonna Hospital now has onsite equipment and registered vascular technologists (RVT) performing the ultrasounds in conjunction with the Owatonna Clinic–Mayo Health System.

By having RVTs available at the hospital 24 hours a day, seven days a week, patients have better access to care when and where they need it.

“Our patients have a doctor read the results, make a diagnosis and recommend a treatment program

the same day,” says Gretchen Lake, RVT at Owatonna Hospital. “This results in excellent patient care in Owatonna.”

HOW IS IT PERFORMED?

For most ultrasound examinations, you will be asked to lie on an examining table.

A clear gel will be applied on the skin over the area to be examined. This helps the ultrasound’s transducer make good contact with the skin.

Vascular ultrasound can tell your doctor a lot about your circulatory system.

The transducer is a handheld device that is moved over the skin and sends sound waves into your body. It also receives the returning echo, which is translated into an image on the ultrasound machine’s screen.

If you listen closely during a Doppler ultrasound, you might be able to hear the changes in pitch as your blood flow is measured by the sound waves.



To learn more about various imaging procedures, including ultrasound, check out the Allina Web site at www.allina.com/vascular. ❖

Sources: Radiological Society of North America; Society for Vascular Surgery



Secondhand smoke—no safe amount

First, the news you know: Cigarette smoke can be deadly.

Second, the news you may not: Even smoke that isn’t from your own cigarettes is extremely dangerous.

Known as secondhand smoke, it’s been linked to heart disease and lung cancer. In children, it also has ties to sudden infant death syndrome, ear infections and severe asthma.

No amount of secondhand smoke is safe, according to the U.S. Centers for Disease Control and Prevention.

To protect yourself and your family from this health hazard:

- Don’t allow people to smoke in your home or your car.
- Ask people not to smoke around you or your children.
- Avoid places where smoking is allowed.

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