

MERCY *and* UNITY HOSPITALS

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“Having quality, one-to-one time with your child doesn’t need to happen all at once,” says Andrew Peik, MD, pediatric hospitalist, Mercy Hospital. “In fact, breaking it up into 15- or 30-minute segments throughout the day can be more beneficial.”

Here are some other pointers on staying involved in your child’s life, from the AAP and other expert sources:

Pour on the love. Every day, tell your child, “I love you.” Give lots of hugs and kisses.

Actively listen. Pay attention when your child talks. Prove you’re listening by asking questions.

Provide safety. Comfort your child when he or she is scared. Show that you’ve taken steps to protect him or her.

Maintain order. Keep a regular schedule of meals, naps and bedtimes. If you need to

change things up, be sure to tell your child ahead of time.

Nurture change. Help your child adapt to changes. Be honest about major adjustments in the family, such as another baby or a move.

Be consistent. Set rules and consequences that match your child’s maturity level. Adjust the rules as your child grows. Remember, only the rules you enforce will matter. So say “yes” when you can, and make “no” stick.

Give praise. Rather than focusing on what your child does wrong, tune in to what he or she does right. Then offer compliments. ♦

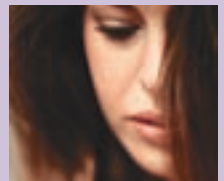
Attention, please

YOUR CHILD NEEDS YOU—TIPS FOR BEING THERE

FORGET THE latest toy—what kids want most from their parents is attention.

That’s why it’s important to have plenty of together-time with your child. Share activities like reading, walking, playing, even cleaning house. Your focused attention helps assure your child of your love.

In fact, just one hour of quality time means more than an entire day of being in the same house but in separate rooms, according to the American Academy of Pediatrics (AAP).



3 There’s help for you if you’ve been sexually assaulted



4 Take Heart Anoka County



6 Teens tripped up by prescription and OTC drugs





Mercy Hospital receives local and national honors for exceptional patient care

Recently, Mercy Hospital in Coon Rapids received acknowledgment at the local and national level for providing exceptional patient care. Below are a list of the awards.

Exceptional Leadership Award—Acute Care: Allina Hospitals & Clinics presented Mercy this award for accomplishing goals that are essential for Allina to achieve its mission. Mercy Hospital achieved the highest overall optimal care score at 95.65 percent. In addition, Mercy increased its Pneumonia optimal care score by 62.5 percent, achieved the highest Acute Myocardial Infarction (AMI) optimal care score of

the three major cardiovascular centers, and had highest Heart Failure optimal care score across all hospitals in the Allina system.

Nationally recognized as a distinguished hospital for clinical excellence. Out of 5,000 eligible hospitals in the country, Mercy is one of 16 hospitals in Minnesota, and one of three in Allina, ranking in the top 20 percent for low mortality and complication rates.

Nationally recognized as a distinguished hospital for patient safety. Mercy ranks in the top 5 percent of the nation's hospitals for performance in 13 patient-safety indicators. ❖



Tropical fruit smoothie

This drink refreshes, especially in hot weather. Makes 2 servings in 2 simple steps.

Ingredients

- 1 15-ounce can crushed pineapple with juice
- 1 cup low-fat plain yogurt
- 1 banana
- 8 cubes of ice
- 1 cup of orange juice

Directions

- Combine the first four ingredients in a blender.
- Blend, adding the orange juice, until the fruit reaches the consistency you like.

Nutrition facts Recipe serves 2

Calories 313
 Total fat 3g
 Saturated fat 1g
 Trans fats 0g
 Cholesterol 7mg
 Sodium 92mg
 Carbohydrate 68g
 Protein 9g

go! For more healthful eating ideas, visit www.allina.com.



Unity Hospital's remodeled Family Care Unit

At Unity Hospital, the newly remodeled Family Care Unit features warm, rich colors with textured wallpaper, tile and wood floors, and unique wall artwork to create a homelike atmosphere. The family lounge, with its soothing colors and new furnishings creates a family-centered environment.

The unit includes obstetrics, pediatrics and a Special Care Level II Nursery that has seven bassinets and all private cubicles.

"Our neonatal nurse practitioners provide 24-hour coverage in collaboration with neonatologists from Children's—Minneapolis," says Marcia Hauck, nurse manager. "This has truly enhanced the family

care-centered program."

The pediatric wing has a central color theme, new furniture including comfortable upholstered recliners, ceiling mobiles and a DVD/VHS player in each room. Two mini-nurses' stations serve the 10 pediatric rooms. An under-the-sea-themed procedure room features a vivid-colored wall mural of fish and colorful exotic fish decorations. And there are many interactive toys, books, puzzles and movies for the children to enjoy.

"Our staff pride themselves in providing an exceptional experience for each and every patient," Hauck says.

The entire unit offers excellent security, with camera surveillance and authorized access control.

For more information about the Family Care Unit, call 763-236-3400. Watch for an open house announcement this summer. ❖

If it happens to you

YOU DESERVE PROFESSIONAL CARE AND ATTENTION

TOO OFTEN we believe this myth: Sexual assault happens to *other people*. We don't want to imagine the possibility that it could happen to us or someone we care about. It is the most underreported crime, yet every two minutes someone in America is sexually assaulted. Sexual assault takes many forms, including attacks such as rape or attempted rape, as well as any unwanted sexual contact or threats.

Fortunately, sexual assault support services have grown exponentially over the past three decades. While victims may still be reluctant to report, evidence suggests that they are receiving care more often. Perhaps that is due in part to the success of programs like the Sexual Assault Nurse Examiners (SANE) program based at Unity Hospital in Fridley.

"Who can you turn to? Who can you trust if you've been sexually assaulted?" asks Karine "Chip" Zakroczymski, SANE program manager. "Our SANE nurses give victims their complete attention in the emergency department and make every effort to minimize any potential shame a victim might feel. We offer information and education so patients can make informed choices regarding services."

Early intervention—accessing medical services within 72 hours of a sexual assault—is the key to minimizing the health care risks associated with sexual assault, including sexually transmitted

diseases and injury. SANE programs offer victims comprehensive, individualized medical attention, including forensic examinations (collecting evidence that may be used in court) and referring victims to supportive services in the community. All services are confidential, except for cases in which mandated reporting laws apply, such as child sexual abuse.

"What saved me was that first conversation with the SANE nurse, over the phone, helping me figure out what to do, what my options were," says Nancy*, who called after being sexually assaulted. Nancy came to the hospital for an exam to gather evidence and to get medications for prevention of sexually transmitted infections. "My SANE nurse was caring and compassionate. She reassured me that it wasn't my fault—and I really needed that support. I think anyone who has experienced sexual assault does."

Unity's SANE program provides services at Mercy, Unity, United and Buffalo hospitals within Allina Hospitals & Clinics, and also at Children's Hospital—St. Paul.

"We are grateful for these hospitals' support; however, we are always in need of additional supplies and equipment that are beyond the budget of well-meaning hospital systems," says Zakroczymski. While the SANE program is funded in part through participating hospital and clinic budgets, funding rarely keeps

SANE program services for sexual assault care are confidential.

pace with demand. Tax-deductible donations are welcome, and can

be made through the Mercy & Unity Hospitals Foundation by calling 763-236-8199.

SANE professionals are also available for educational and training opportunities at no charge. For information about community-based education services, please contact Karine Zakroczymski at 763-236-4172 or karine.zakroczymski@allina.com.

You can also access supportive, nonmedical sexual assault advocacy services by calling the Anoka County Volunteer Sexual Assault Advocates at 763-427-1212.

For myths and facts about sexual assault, see the article on Page 8. ❖

*Not her real name

Take Heart

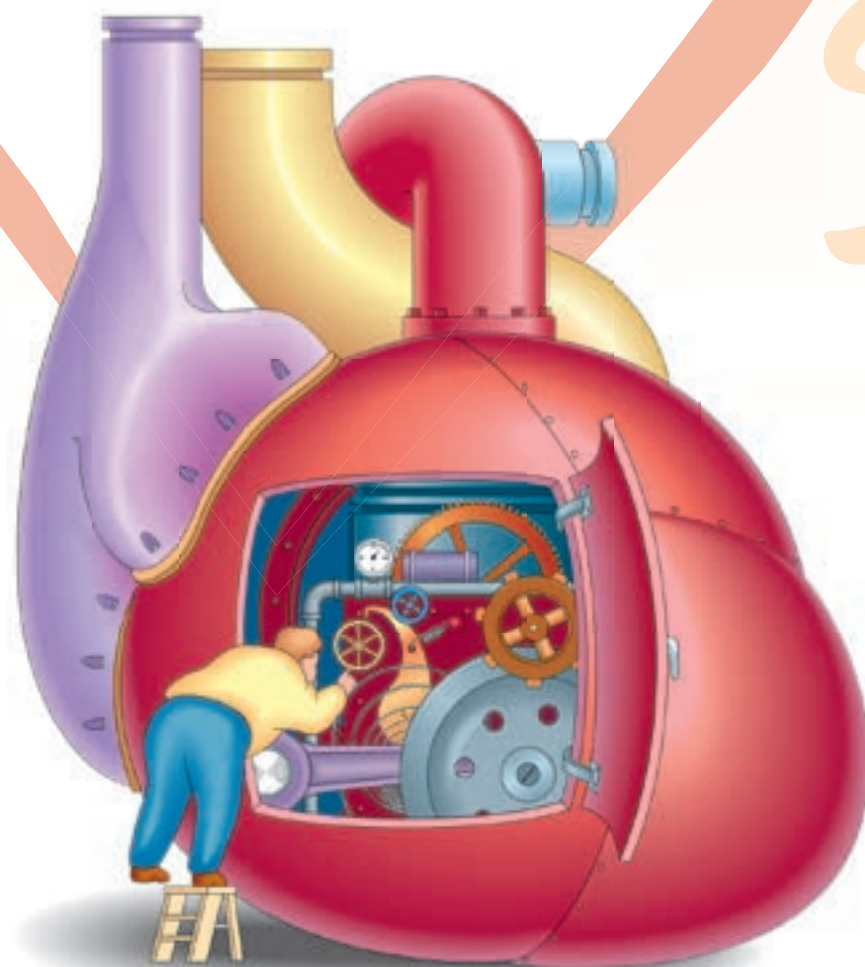
Our goal: Increasing survival

SUDDEN CARDIAC ARREST—when the heart suddenly and unexpectedly stops beating—is the No. 1 killer of men and women in the United States, killing an estimated 350,000 people every year, which is more than car crashes; firearms; house fires; AIDS; and breast, prostate and colorectal cancer combined. Every year in Anoka County and the surrounding area, more than 300 people have cardiac arrest.

Currently, the survival rate for sudden cardiac arrest is approximately 5 percent. A new national initiative, Take Heart™ America, is bringing doctors, nurses, paramedics and community leaders together to dramatically increase the number of people who survive cardiac arrest. Take Heart America hopes to quadruple the survival rate to 20 percent during the next two years in four demonstration sites across the country.

Greater Anoka County area is one of the four Take Heart America demonstration sites, thanks to the commitment of Mercy and Unity hospitals. “We are very excited at this opportunity to support such an important effort,” says Julie Nelson Gotham, executive director of the Mercy & Unity Hospitals Foundation.

There are five key techniques



“Applying CPR is a relatively easy thing to learn and to do, and can double a person’s chance of survival,” says Jeffrey Chambers, MD, cardiologist, Metro Cardiology Consultants.

Anoka County

Survival rates after sudden cardiac arrest

proven to increase survival rates from sudden cardiac arrest. These elements will guide Take Heart Anoka County:

- Building community awareness and enlisting citizens to battle this public health threat. Residents of greater Anoka County will be informed and challenged to take part in Take Heart America efforts.
- Teaching CPR to community members using the American Heart Association's Family & Friends™ CPR Anytime™ program and a user-friendly education kit.
- Continuing to place AEDs (automatic external defibrillators) in public settings throughout the community and informing 911 emergency dispatchers of their locations. An AED is a portable

therapies provided by hospitals after a sudden cardiac arrest victim is resuscitated. Take Heart Anoka County will work with Mercy and Unity to ensure optimal treatment for sudden cardiac arrest survivors.

"The Take Heart America program links relatively simple technologies in an across-the-board community initiative," says Jeffrey Chambers, MD, cardiologist, Metro Cardiology Consultants. "Applying CPR is a relatively easy thing to learn and to do, and can double a person's chance of survival."

If successful, the north metro approach will serve as a model for other communities nationally and internationally to increase survival rates. The Mercy & Unity Hospitals Foundation has committed to

Take Heart America hopes to quadruple the survival rate for people who have sudden cardiac arrest to 20 percent during the next two years in four demonstration sites across the country.

device used to restore normal heart rhythm to patients in cardiac arrest.

- Continuing to improve professional rescuers' CPR techniques, use of AEDs and other methods of responding to sudden cardiac arrest victims.
- Optimizing treatment and

raising nearly \$500,000 to support this effort.



For more information or to make a donation, contact Julie Nelson Gotham, executive director of the foundation, at 763-236-8198, or visit www.allinamercy.com or www.allinaunity.com. ❖



Be a lifesaver!

Learn CPR so you can be prepared if you witness someone in sudden cardiac arrest. The American Heart Association's Family & Friends™ CPR Anytime™ course is available to schools, businesses and churches—any community group ready to take the important step of learning the essentials of cardiopulmonary resuscitation. The kit is easy to use, and can be shared with others when your group has completed the training.

For information about CPR training, please contact Susan Nygaard, Take Heart Anoka County program manager, at 612-262-4946 or susan.nygaard@allina.com.

Contribute financially. For more than 35 years, Mercy and Unity hospitals have given thousands of people a chance for a healthier life. Grateful patients, their friends and families have given back to the hospitals and the communities they serve through contributions to the hospitals' foundation. One-time donations, annual pledges, memorials, donations of stock or other transferrable holdings are welcome and greatly appreciated.

For more information or to make a donation, please contact Julie Nelson Gotham at 763-236-8198 or julie.gotham@allina.com. Mercy & Unity Hospitals Foundation is a not-for-profit organization.

Generation

RX

TEENS TRIPPED UP BY PRESCRIPTION AND OVER-THE-COUNTER MEDICATIONS

Hmmm. Whatever happened to those pain medications that were left over after the minor surgery you had last year or the Ritalin® your child used to take?

If teens—your own or someone else’s—have access to your medicine cabinet, you’d better check it out. Prescription drugs, often from mom and dad’s medicine cache, have become the latest trend in teen drug abuse. One in five teens has abused a prescription painkiller, and one in 11 has abused over-the-counter (OTC) medications like cough syrup, according to a study by the Partnership for a Drug-Free America™. Pain relievers such as OxyContin® and Vicodin® are the most commonly abused prescription drugs by teens. And many are stolen right from home.

FREE AND EASY

Kids abuse drugs for many of the same reasons they always have—acceptance by peers, escape from the problems of life, and getting high. Some use drugs to improve their concentration, as a study aid. Now they are choosing prescription drugs

more often than street drugs, and it’s no wonder.

It’s so easy and cheap to get the drugs. More than 57 percent of teens say prescription pain relievers are easy to get from parents’ medicine cabinets. They also get them from friends, and can learn about or purchase prescription medications on the Internet.

MAINSTREAM MISCONCEPTIONS

The Partnership for a Drug-Free America study uncovered several teen misconceptions about the drugs. Almost a third of teens believe prescription pain relievers

are not addictive. Kids think they are safe. And drug-related websites refer to “responsible” and “safe” use, even as they explain how many pills to take and how to snort or inject them to get high.

IT’S NOT SAFE

Prescription and OTC drug side effects can include lack of motor control, severe vomiting, stomach pain, life-threatening respiratory arrest, rapid heart rate and frightening hallucinations.

“Although these drugs are safe in prescribed doses, they can cause death in the large doses kids take,” says Jill Funk, MD, pediatrician at Fridley Children’s and Teen’s.

During the past 10 years, the number of teens getting treatment for addiction to prescription pain relievers has increased by more than 300 percent.

TALK TO YOUR KIDS ABOUT DRUGS

Teens whose parents have discussed drugs with them are half as likely to abuse them, but only one-third of parents have had the conversation with their kids. Talk with your kids. For tools and tips, visit www.timetotalk.org, a Partnership for a Drug-Free America website. ❖

Don't be an accidental supplier

“Monitor and lock up your medications and dispose of medications that you no longer use,” recommends Jill Funk, MD, pediatrician at Fridley Children’s and Teen’s.

The preferred method is to put them in a sealable container or bag, mixed with some unpleasant substance like used coffee grounds or kitty litter, and throw them in the trash. Flushing them down the toilet is no longer recommended as medications pollute drinking water. Visit www.whitehousedrugpolicy.gov/drugfact.



COMMUNITY HEALTH EDUCATION *and* SUPPORT GROUPS

*Programs with a fee are noted with an asterisk. Unless another number is noted, call Medformation® at 612-262-3333 or visit www.allina.com for information about these activities. Several of these programs are offered in cooperation with local and national associations.



CANCER

Cancer Resource Center

Call 763-236-4040 (Unity) or 763-236-6060 (Mercy).

Breast Cancer Support Group

Cancer and the Family

Living With Cancer

Look Good, Feel Better

Prostate Cancer Support

Renewing Life

GRIEF

Grief support groups are available for adults; teens; children; preschoolers; for pregnancy and infant loss; for death of a spouse, child or parent; and for death by suicide or violence.

HEALTH IMPROVEMENT

Community Heart Screening

Community heart screening and follow-up education.

■ Peripheral Vascular Disease Screening, Unity

Thursday, Sept. 18, 8 a.m. - 3 p.m.
Boardroom

■ Peripheral Vascular Disease Screening, Mercy

Thursday, Sept. 25, 8 a.m. - 3 p.m.
Mercy Classroom A & B

Wellness/Health Improvement Program

Health or fitness testing, individual consultation and educational presentations on a variety of topics to employees and other groups, provided on-site at the workplace. For more information, call 763-236-8041.

Blood Pressure Screenings
Heart or Stroke Screening*
Monitored Exercise Programs*
Women's Heart Program*

HEART

Cardiac Club

Cardiac Education Classes

- Low-Sodium Strategies
- Heart-Healthy Nutrition
- Risk Factor Evaluation
- Benefits of Exercise
- Stress and Relaxation
- Medication Information
- Life Changes

CPR Courses

Mended Hearts

PREGNANCY, BIRTH & PARENTING CLASSES

- All About Babies*
- Birth and Parenting Preparation*
- Breastfeeding Preparation*
- Celebrating Families
- Changing Shapes™: Pregnancy*
- Expectant Father*
- Expecting Multiples*
- Infant and Child CPR*
- Infant Massage*
- New Brother/New Sister*
- New Parent Connection
- Pregnancy After Infant Loss
- Refresher: Birth and Parenting*
- Small Talk (sign language)*
- Vaginal Birth After Cesarean (VBAC)*
- Yoga Fitness*
- The Parent Review

A free, e-mail newsletter for expectant and new parents. Go to www.theparentreview.com/unityhospital or www.theparentreview.com/mercyhospital.

RESPIRATORY

Breath of Mercy (COPD support)

Respiratory Health (Unity)

F.A.M.E. (Focused Asthma Management Education)*

Lung Power (pulmonary rehab)*

Respiratory Screening/Counseling*

TOBACCO CESSATION*

Freedom From Smoking*

Call 763-236-8008 for dates, times and locations.

WEIGHT-LOSS SURGERY

Unity Hospital's Bariatric Center of Excellence offers free, introductory sessions led by experts from the Center. Sessions scheduled this spring are held in Classroom B at Unity. Call Medformation® at 612-262-3333 for dates, times and to register. Or visit www.allinaunity.com and look for Unity's Bariatric Center under *Featured Programs*.

Support Groups

Surgical weight-loss support groups meet in 12 different locations; call 763-236-2068 or go to www.allinaunity.com for more information.

A second group, Find Your Weigh, is designed for surgical weight-loss clients who want to stay on track. Tuesdays, 4:30-5:30 p.m. Unity Hospital Boardroom (lower level)

OTHER

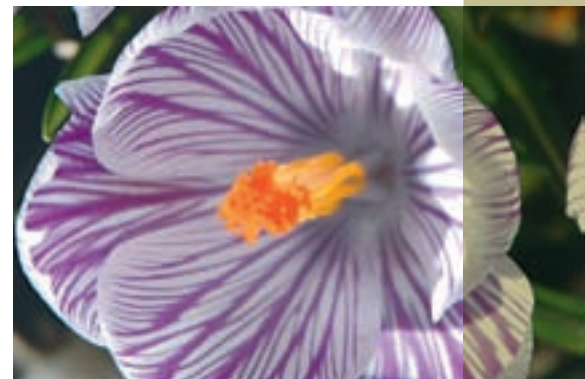
Arthritis and Fibromyalgia

Brain Injury Support Group

Diabetes Care Education Classes*

Stroke Support Group

Ostomy Support Group



To register or for more information, call Medformation® at 612-262-3333 or visit www.allina.com.

Myths & facts

From Minnesota Coalition Against Sexual Assault

MYTH: Sexual assault is serious but a rare crime in the United States.

FACT: Unfortunately, sexual assault is quite common. Approximately one in four girls and one in 10 boys will be sexually assaulted before age 18; approximately one in three women and one in seven men will be sexually assaulted at some point in their lives.

MYTH: Only young, attractive women and girls are sexually assaulted.

FACT: Anyone can be a victim of sexual assault; anyone can be an assailant. Victims can be attractive women and girls and can also be infants, elderly women or men.

MYTH: A person cannot be sexually assaulted by his or her partner or spouse.

FACT: Sexual assault is a crime regardless of the relationship between the victim and offender or whether there is an ongoing sexual relationship between them.

MYTH: Most sexual assaults occur between strangers.

FACT: Assaults by strangers are statistically the rarest kind of sexual assault; at least 70 percent of all sexual assaults are committed by someone the victim knows.

MYTH: People who are drunk or high have no one to blame but themselves if they are sexually assaulted.

FACT: The use of alcohol and other drugs is often a part of sexual assault scenarios. Whether voluntarily or involuntarily intoxicated, neither the victim's nor the perpetrator's alcohol or

other drug use is an acceptable defense in a sexual assault criminal case.

MYTH: Most sexual assault is spontaneous and happens when people become so sexually aroused they are unable to stop themselves.

FACT: Sexual assault is less about sexual contact and more about hurting, overpowering, or otherwise humiliating another person. Most sexual assaults are not spontaneous but are, in fact, planned ahead of time.

Turn to Page 3 to learn how to get help if you have been sexually assaulted.



MYTH: Some people ask to be sexually assaulted by their behavior or the way they dress.

FACT: This myth asks us to blame the victim. No one asks or wants to be raped or assaulted. Sexual assault is always the responsibility of the perpetrator.

MYTH: Victims often falsely report sexual assault.

FACT: The Federal Bureau of Investigation reports that less than 2 percent of all sexual assault reports are false. ❖

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