

Healthy a publication of ALLINA HOSPITALS & CLINICS Communities™

MAGAZINE

Spring 2010



The groundbreaking for the new cancer center on the Unity campus was in December 2009. This fall, the new facility will open, bringing many advanced cancer care services together under one roof.

NEW CANCER CENTER

Care and comfort for cancer patients

Most people who have had cancer vividly remember the day they got their diagnosis, and the chain of events it started—more tests; lots of doctor appointments; a whole new vocabulary; a struggle to understand complicated information and make decisions; and treatments like chemotherapy, radiation or surgery.

All of that will be easier when the Virginia Piper Cancer Institute® (VPCI) opens in the new Fridley Medical Center on the Unity campus in late 2010. It will bring together teams of

cancer care specialists, technology, treatments and other resources in one comfortable, convenient place.

One-stop care

“It’s a dream come true,” says Connie Fiebiger, RN, patient care director at Unity Hospital. “We have always had great services, but in multiple locations on our campus. Now we’ll have even better services all under one roof, which is a great benefit for patients.”

The building has been designed with the comfort and needs of patients and their families in mind.

A fireplace, comfortable chairs, a library and a spa-like atmosphere will provide a healing environment for patients and families. Doctors and other caregivers will be able to work efficiently and coordinate their efforts.

The building is just part of a major commitment to providing the best cancer care. The resources of Allina’s VPCI, The Penny George

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Your Advanced Primary Stroke Centers

Both Unity and Mercy hospitals are now certified as Advanced Primary Stroke Centers by The Joint Commission.

This designation identifies hospitals that offer the full range of care required by stroke patients, from early identification to long-term rehabilitation.

“The majority of stroke patients come to our hospitals through the emergency departments, so the

critical processes of identifying stroke and quick treatment have to begin immediately,” says Kate Radmer, Unity Hospital’s regulatory lead and quality consultant. “This certification means that hospital staff are well prepared to care for any patients showing signs and symptoms of a possible stroke.”

In addition, Mercy Hospital’s Heart & Vascular Center is one of only three Minnesota hospitals with



Chest Pain Center accreditation. Stroke and heart patients in the Northwest Metro area can be assured that they will receive the highest quality specialty care to help minimize long-term effects. Both hospitals offer prevention education for the community and ongoing support for patients and families.

The Joint Commission’s Primary Stroke Center Certification Program was developed in collaboration with the American Heart Association and American Stroke Association.

Are you at risk for stroke?

More than 750,000 Americans will have a stroke—or brain attack—this year, and 160,000 cases will be fatal. Stroke is the third leading cause of death in the United States, behind heart disease and cancer. Through prevention, education and treatment, Mercy Hospital is working to lower these numbers and improve patients’

chances of recovering from stroke with fewer complications. Attend a stroke screening to find out if you are at risk.

■ **Saturday, May 22**

7-11 a.m.

Mercy Hospital, lower-level conference room in the Heart

and Vascular Center



Call 1-866-904-9962.

Achieving excellence in hip and knee surgery

Unity and Mercy hospitals receive Blue Distinction Center designation

Wondering where to have your hip or knee surgery? Check out Mercy and Unity hospitals.

Both were 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 surgeries and devices.

“This national distinction

recognizes the talent and expertise we have here with our surgical, nursing, rehab, anesthesiology and patient care staff,” says Tom O’Connor, president, Mercy Hospital.

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 selects Blue Distinction Centers with comments from a panel of expert doctors nationwide. For knee and hip



replacement, criteria include breadth of services, accreditation, experience and training of surgeons, volume of surgeries each year, quality management programs, tracking and evaluation of results, and more.

Note: Designation as Blue Distinction Centers® means 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.

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Cancer Center

—CONTINUED FROM FRONT PAGE

Institute for Health and Healing[®], the Sister Kenny[®] Rehabilitation Institute, and Minnesota Oncology will collaborate to offer the latest in cancer care.

The center will provide a full-service oncology clinic, with a variety of patient services, including genetic counseling, chemotherapy, and specialized holistic therapies and support services. Radiation therapy services will be available on the Unity Hospital campus.

Multidisciplinary teams

The VPCI multidisciplinary team approach to cancer care will be implemented at the new cancer center. For each type of cancer, a team that may include medical oncologists, surgeons, radiation oncologists, pathologists, radiologists and other caregivers will review cases and use their collective knowledge to create the best treatment plan for each patient.

The center will offer the best care in a healing environment.

These teams, each specializing in a specific type of cancer, work to provide better outcomes and faster recoveries. Doctors from Minnesota Oncology will have clinic hours at the cancer center in Fridley for patient convenience. Patients will often be able to see several of their doctors on the same day in the same place.

A guide for each patient

With the VPCI care model, nurse coordinators help guide patients through their diagnosis, treatment and continuing care.

“The nurse coordinators are experienced registered nurses who educate patients about their cancer, assist them in making



Nurse coordinators, like Marie Kramer, RN, (right) at the Virginia Piper Cancer Institute[®] at Abbott Northwestern Hospital, will help patients access care and information at the new cancer center at Unity Hospital.

appointments, communicate with doctors and answer their questions,” says Timothy D. Sielaff, MD, PhD, MBA, fellow of the American College of Surgeons, president, VPCI. “They help patients access all of the resources available to them. These individuals are an extremely valuable component of our patients’ ongoing experience at the Virginia Piper Cancer Institute.”

Holistic, integrative services

“Unity has long been known for supportive care, including support groups, massage and healing touch modalities, and other integrative care,” says Fiebiger. “The Penny George Institute for Health and Healing will expand those offerings at the new cancer center.”

The Sister Kenny Rehabilitation Institute will provide services to cancer patients at the center, helping them with lymphedema and other effects of cancer or cancer treatments.


Support groups and follow-up care for patients who have

completed their treatment will also be offered at the cancer center.

Building on quality care

The American College of Surgeons’ Commission on Cancer (CoC) has accredited Unity and Mercy hospitals’ cancer programs and has designated them Comprehensive Community Care Centers. Both programs are 2009 recipients of the CoC’s Outstanding Achievement Award.

They offer all of the services of comprehensive cancer care, including risk assessment and genetics counseling; cancer screening; diagnostic and interventional radiology; and treatment by surgery, radiation therapy and medical oncology. Ongoing care is provided for those in various stages of cancer, including remission. Care is given in both clinic and hospital settings.

For more information about  cancer care at Unity and Mercy hospitals, visit allina.com/cancer.



Surp

Early babies get

There is always an element of surprise and wonder when a baby is born. And even though each of her four energetic, healthy children had been born prematurely, Anna Vlasyuk still got a surprise when her fifth baby, Sophie, was born early, on Jan. 16.

With the pregnancy nearing a normal term, Vlasyuk and her doctor planned and scheduled the birth at Unity Hospital. The plans went down the drain when Sophie decided to arrive on her own schedule.

Concerned that she might not make it to Unity, Vlasyuk decided to go to Mercy Hospital, which was closer. It was an easy decision—Vlasyuk is a nurse in the Level II nursery there and knew most of the team working that night. So, although a little surprised, she was calm and confident, knowing her baby would receive excellent care.

Unity and Mercy hospitals both have Level II nurseries. Beyond basic newborn care, a Level II nursery has special equipment and nurses with additional training to care for babies with special needs.

The Level II nurseries are supervised by neonatologists from Children's Hospitals and Clinics of Minnesota, bringing their expertise to Unity and Mercy, and making transitions to advanced care at Children's smooth and efficient.

"We have a neonatology nurse practitioner (NNP) here and access to a neonatologist 24/7," says Susan Mesecar, NNP, Mercy Hospital.

Anna Vlasyuk, a nurse at the Level II nursery at Mercy Hospital, has had five premature babies, including her daughter Sophie. "I know how a parent feels when their child has complications," she says.

rise!

special care

“And a neonatologist from Children’s rounds at both Mercy and Unity every day,” she adds.

A preemie’s special needs

“Premature babies are not just smaller babies,” says Jeanne Mrozek, MD, medical director, Level II nursery at Mercy. “They have unique needs and require monitoring and observation by people who do it all the time.”

Premature babies (preemies) have special care needs like the following:

- **Warmth.** Full-term babies have enough body fat to keep themselves warm, but many preemies have not yet built up that reserve and can’t maintain their body temperature, even with blankets. “In the Level II nursery, incubators, isolettes or warmers keep the babies warm until they can maintain their own body temperature,” explains Mesecar.
- **Feeding.** Often, preemies are not able to eat on their own. “It’s only temporary until they can suck, breathe and swallow in the right order,” says Mesecar. Some preemies may be fed through a vein or a tube into their tummy for a while.
- **Apnea monitoring.** Apnea, when a baby stops breathing, is common in preemies. In the Level II nursery they are constantly monitored until their

brain, which controls breathing, matures and they can breathe on their own.

- **Respiratory issues.** Some preemies have breathing difficulties and may need oxygen or medicine. Babies who need a ventilator are transferred to Children’s for care.
- **Infection.** Premature babies are less able to fight germs, and sometimes need antibiotics.
- **Jaundice.** Babies often have jaundice, a yellowing of the skin, which is treated with special lights.

Children’s Hospital for advanced care

“Most babies can be cared for in the Level II nursery at Mercy or Unity hospitals and go home at about 38 weeks, when they have gained weight, can breastfeed or bottle feed, and can maintain their body temperature,” says Mesecar.

“If a baby requires a ventilator or has more health problems, we stabilize him or her and notify the team at Children’s Hospital.” The baby is cared for in a mobile intensive care unit on the way to Children’s.

Each baby at Children’s has a private room with accommodations for a parent to stay with him or her, and parents may spend as much time with their baby as they wish.

After a baby no longer needs the advanced care at Children’s, he or she may be transferred back to the Level II nursery at Unity or Mercy until ready to go home.

“Our goal is to send them home when they are medically ready, and to reduce the chance of them being readmitted later,” says Mrozek.

A warm, caring environment

To help provide comfort for preemies, the nurses had a “Be the Baby” training session that helped them understand how proper positioning and support of babies can make them more comfortable and help with their development. They also experienced how bright lights can make babies feel.

In the Level II nursery, parents are encouraged to spend as much time as they’d like with their baby.

“We’re a community hospital with a smaller staff in the Level II nursery,” Mesecar says. “The parents and nurses get to know each other. It’s very family-oriented and personal.”

Vlasyuk loves her work caring for premature babies and helping their families. “It’s so rewarding to see the babies grow and go home to their families,” she says.

It was watching the nurses caring for her premature babies that inspired Vlasyuk to become a nurse and work in the Level II nursery. “I saw how compassionate and caring they were, and I knew I wanted to do that myself,” she says.

For more information about the birth centers at Unity or Mercy, **Go!** see the *Healthy Communities* section at allinaunity.com or allinamercy.org.



Premature babies are monitored and receive special care in the Level II nursery.



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

Top-rated heart care

When you’re having a heart attack, saving minutes can save your life. The best thing you can do is call 911.

Mercy and Unity Hospitals and Allina Medical Transportation have a coordinated system to speed you to the catheterization (cath) lab at Mercy to open your blocked arteries. Evaluation and treatment starts in the ambulance. The Emergency Department team prepares you and notifies the cath lab at Mercy so they are ready to open your arteries as soon as you arrive.

You not only get fast care, you get some of the best care available anywhere. Mercy Hospital has been one of Thomson Reuters Top 100 Hospitals® for cardiovascular care for seven consecutive years. It has also been designated an Accredited Chest Pain Center by the Society of Chest Pain Centers.



Use of the LUCAS device could 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



Primary care locations

Primary care doctors provide several types of care, including:

- family medicine
- internal medicine
- obstetrics-gynecology
- pediatrics.

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

After-hours care



After-hours care locations

Allina Medical Clinic – Coon Rapids

763-780-9155

Monday-Friday: 5-9 p.m.

Saturday: Noon to 5 p.m.

Sunday: 9 a.m. to 3 p.m.

Emergency care

IN CASE OF EMERGENCY,
CALL 911.



Hospital locations

Unity Hospital

550 Osborne Road

Fridley, MN 55432

763-236-5000

allinaunity.com

Mercy Hospital

4050 Coon Rapids Blvd.

Coon Rapids, MN 55433

763-236-6000

allinamercy.org

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.

MyChart Your secure, online health connection

MyChart is an Internet tool that enables you to schedule and cancel appointments, manage your health information, review your test results, manage your child's health care and more—online, anytime! For more information or to sign up, talk to your clinic or visit allina.com/mychart.

**It's not the weight you lose,
it's the life you gain.**

Learn more about weight loss surgery.

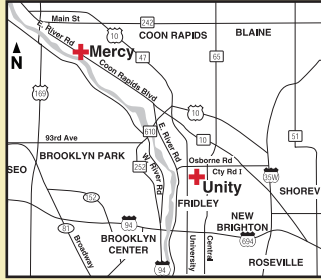
Unity Hospital's program empowers you with the personal support of dedicated bariatric surgeons, specialists, nutritionists and therapists, before and after surgery. The results are life changing. Attend a free intro session to learn more. Call 866-904-9962 or visit allina.com/classes.



How to find us:

Unity Hospital
550 Osborne Road
Fridley, MN 55432-2799

Mercy Hospital
4050 Coon Rapids Blvd.
Coon Rapids, MN 55433



Search for "Unity Hospital" and
"Mercy Hospital."



Follow us: @AllinaComm

Mark your calendar

Visit allina.com/classes 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

CAREGIVER EDUCATION AND SUPPORT

Faith Community Nurse Program

Call 763-236-4342 for more information.

GRIEF

Call Allina Grief Resources at 651-628-1752. Grief support groups are available for death, job and other losses, and for other life transitions.



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HEALTH IMPROVEMENT

Wellness/Health Improvement Program

- health screenings for business or community organizations, call 763-236-8041
- heart or stroke screenings (see Page 2) 1-866-904-9962
- supervised exercise programs—call 763-236-3535 (Unity) or 763-236-8024 (Mercy)
- yoga classes—call 763-236-8024
- healing touch—call 763-236-8024

Nutrition Education Classes

Call 763-236-8024. \$10

- Carbohydrate Counting
- Virtual Supermarket Tour
- DASH Diet

Cardiac Education Classes

Call 763-236-3535 (Unity) or 763-236-8024 (Mercy) for details.

- The Heart and Heart Disease
- Benefits of Exercise
- Heart-Healthy Nutrition
- Low-Sodium Strategies
- Medication Overview
- Risk Factors
- Strength Training
- Stress Management
- Weight Management

Community Education and Support Groups (Mercy)

Call 763-236-8024.

- Cardiac Club and Heart Failure Support Groups
- Lifestyle Support (meets first and third Friday of each month)

PREGNANCY, BIRTH AND PARENTING CLASSES

Call 1-866-904-9962.

- All About Babies, \$55
- Childbirth Preparation, \$105
- Breastfeeding Preparation, \$30
- Celebrating Families
- Changing Shapes™: Pregnancy Fitness, \$35
- Coping With Labor, \$55
- Expectant Father, \$30
- Childbirth Preparation: Twins, Triplets or More, \$105
- Infant and Child CPR, \$45
- Infant Massage, \$65
- New Brother/New Sister, \$30
- New Parent Connection, free
- Refresher: Childbirth Preparation, \$65
- Small Talk (sign language), \$30
- Vaginal Birth After Cesarean (VBAC), \$15

RESPIRATORY

Call 763-236-6877 for information, dates and fees.

- 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, locations and fees.

WEIGHT-LOSS SURGERY

Introduction to Weight-Loss Surgery

Unity Hospital's Bariatric Center offers free, introductory weight-loss seminars. Call 1-866-904-9962 or visit allina.com/classes for registration information.

Support Groups

Surgical weight-loss support groups meet in 12 locations. Call 763-236-2068 or go to allinaunity.com.

Find Your Weigh

Tuesdays, 6-7 p.m.

Unity Hospital Classroom C

An eight-session class for people who had weight loss surgery more than one year ago and need support getting back on track. \$80 Call 1-866-904-9962 or visit allina.com.

SUPPORT GROUPS

Brain Injury Support Group

Call 1-866-904-9962.

Stroke Support Group

Call 763-236-8050.