

the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.Madonna.org

May 1, 2009

402.489.7102

The Madonna Independent, an employee newsletter of Madonna Rehabilitation Hospital, is published every other Friday by the Marketing and Public Relations department. To submit a story idea, news item, announcement or recognition information, contact Tami Rudder, editor, at 486-8606.

All story ideas, news items, announcements or recognition information must be submitted the Friday before the Independent is printed. **The deadline for the next issue is Friday, May 8.**

**The Independent can be viewed online at www.Madonna.org*

Madonna group makes special donation



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Voice activated devices increases independence



PAGE FOUR

Stroke survivor makes progress at Madonna

Dennis Suelter was a busy account executive who led a fast-paced life servicing his printing clients. An avid outdoorsman, Dennis, 60, also enjoyed hunting and fishing near his hometown of Salina, Kan. The active father and grandfather had no reason to suspect that he'd soon be a stroke survivor.

On Sunday evening, Jan. 11, 2009, Dennis chatted on the phone with his wife, Tracy, who was out of town.

The last thing he recalls telling Tracy was that he was calling it a night and heading to bed. When Dennis didn't show up for work the next morning and wasn't answering his home or cell phone, his boss became concerned and called Tracy. She quickly called neighbors who broke into their home and found Dennis unconscious on their bedroom floor where he'd laid 12-14 hours. "I remember my buddy standing over me saying he thought I had a stroke because my face was droopy," said Dennis.

Dennis was stabilized at Salina Regional Medical Center and spent nine days there before he transferred to Madonna Rehabilitation Hospital.

His son, Jason, who resides in Lincoln, knew about Madonna, and Tracy researched the hospital on the Internet. "I found Madonna was one of the three top rehabilitation facilities in the Midwest," said Tracy who felt confident Dennis was in the right place.

About 795,000 strokes occur in United States each year,¹ yet many people aren't aware of the symptoms. Dennis shared that "stroke" was a foreign word to him.

"I didn't know a thing about stroke," he admitted. Dennis got an informative lesson from his case manager, Nancy Hall, who explained that a stroke, or

cerebrovascular accident (CVA), is the sudden death of brain cells in a localized area due to inadequate blood flow. Dennis appreciated how Nancy used a graphic illustration of brain cells to define a stroke. "Nancy shared how my brain will figure out new routes to perform tasks," said Dennis.

The stroke damaged the left side of Dennis' body. "He couldn't sit or stand when he was admitted to Madonna," said Tracy. Dennis was

determined to regain his independence—to walk again and use his left hand. His biggest hurdle was getting his medication regulated to overcome the excruciating joint pain. Once doctors pinpointed the right combination of medication, Dennis began to sail through therapy.

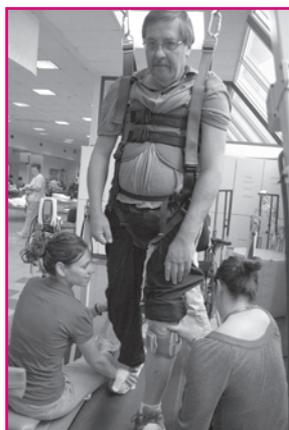
The Body Weight Support Treadmill Training (BWSTT) was a little intimidating to Dennis initially. "At first, I called it the 'dreadmill,'" Dennis recalled. The use of the Bioness L300™ was used in conjunction with the BWSTT sessions to stimulate Dennis' left leg muscles. Gradually, his leg circulation and strength increased. "It's great technology to get you working towards walking again," said Dennis.

On Feb. 25, Dennis transitioned to the outpatient program. In a recent session, Caroline Hadland, occupational therapist, laid a sponge on the table. She instructed Dennis to pick it up with his left hand. Dennis responded "I can't do that," and recounted how Caroline gently told him that phrase isn't used at Madonna. She encouraged him to mentally envision his left hand moving towards the sponge.

"I was cheering that hand on and, guess what? I got the sponge!" exclaimed Dennis.

"When I do leave, I will walk out those doors and button my shirt with my left hand."

—Dennis Suelter



Physical therapists Tara Tobia and Kari Mikelson assist Dennis Suelter as he uses the BWSTT to work towards walking again. The Bioness L300™ on his left leg helps stimulate the muscle.

CARF team proclaims Madonna as a "model program"



The Commission on the Accreditation of Rehabilitation Hospitals (CARF) was on site at Madonna April 16-17 and shared their closing comments to a packed room in the Sheridans on Friday afternoon. The surveyors were in agreement that it was their privilege to conduct Madonna's re-accreditation survey. The CARF team assessed Madonna's conformance to more than 3,000 standards relating to provision of care for both the Comprehensive Integrated Inpatient Rehabilitation and the Outpatient Medical Rehabilitation levels of care for the following specialty programs: Brain Injury Rehabilitation Program, Stroke Specialty Program, Spinal Cord System of Care and Pediatric Specialty Program.

The survey team was comprised of six professionals from rehabilitation hospitals across the United States. The surveyors were very consultative and explained they were hard-pressed to find any major deficiencies with Madonna's programs. The majority of the exit conference was spent extolling what they noted as "exemplary" commendations and "strengths" of Madonna.

CARF Administrative Surveyor, Elaine Rohlik, executive director of rehabilitation at WakeMed Hospital in Raleigh, N.C., stated in her opening remarks that "Madonna is one of the model rehabilitation programs in the U.S. and in Europe as well."

Exemplary comments from the team included:

- Madonna's leadership
- Strategic and integrated planning
- Facilities and renovations (specifically mentioned Independence Square, Pediatric unit, patient rooms and ProActive)

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Community Participation Group gets renewed

by Patrice F Haywood, M.Ed., CCC/SLP and Nicole Haak, MOT, OTR/L

Madonna's Community Re-Entry Group has a new name and outlook. The Community Participation Group (CPG) signifies the move from re-entry into the community to participation in what the world outside Madonna offers. The name change was a result of enhancing the group's core values and increasing participation in patients' life roles beyond Madonna.

CPG's purpose remains unchanged – to assist patients and their families in making a smooth transition into the community. The group also strives to improve cognitive function along with physical, social and communication skills needed in home and community settings.

Along with CPG's new outlook is a revised form. After meeting with each discipline and gathering suggestions on how to improve the program, a new form was developed to address the needs of the group. The form addresses the functional activities focused on in therapy that carry over to daily patient outings.

Patients participate in outings three times a week with other CPG members. The outings can range from trips to a local grocery store to shopping at Target. Group members design a menu, shop for groceries and every Friday, they prepare the lunch meal together.



Patrice Haywood, speech/language pathologist, [center] gets input from patients Dennis Tebbe [left] and Brayden Wiley [right] regarding Friday's lunch menu for the Community Participation Group.

Each patient benefits from the group in unique ways. Brayden Wiley was recovering from a traumatic brain injury she sustained in a car accident in early March. She joined the CPG group on several outings and appreciated the opportunity to challenge her cognitive thinking. "It definitely made me think on my

feet in a real-life situation," said Brayden. She had to figure out the cost of three apples and where to locate a card for her brother. "It was a fun environment to work on my thinking skills," Brayden added.

For more information on the CPG program, contact Patrice Haywood at ext. 8362 or Nicole Haak at ext. 8168.

Strike Out Stroke

June 13

In celebration of National Stroke Awareness, the 2nd Annual Strike Out Stroke baseball game between the Lincoln Saltdogs and the Sioux Falls Canaries will be Saturday, June 13. The first pitch will be thrown at 6:30 p.m. Nebraska stroke survivors, friends, family and supporters will cheer on the Saltdogs while distributing Strike Out Stroke educational materials and promotional items.

May is national Stroke Awareness Month. Stroke is the third leading cause of death in Nebraska, killing more than 1,000 Nebraska residents each year. A stroke can happen to anyone at any age. In fact, 20 percent of all stroke deaths in Nebraska occur among residents under the age of 75.

Warning signs for stroke include:

- Sudden severe headache with no known cause
- Sudden confusion, trouble speaking or understanding
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden numbness or weakness of face, arm, or leg especially on one side of the body
- Sudden trouble seeing and/or blurred vision

Not all warning signs occur in every stroke. Stroke is a medical emergency. If you experience any of these signs, call 9-1-1 immediately!

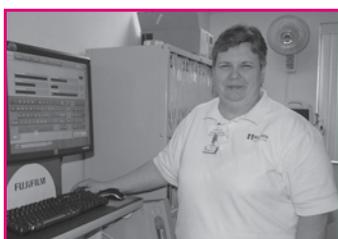
The Strike Out Stroke ballgame is one of several statewide events for Strike Out Stroke, a Nebraska public education campaign designed to raise awareness of stroke warning signs. Madonna Rehabilitation Hospital is one of the major sponsors of the season-long event. **To learn more about Strike Out Stroke, visit www.strikeoutstroke.org.**

Madonna's Pink Hat Society helps local program



Madonna's Pink Hat Society collected \$150 for the Lincoln Public School/Foodbank of Lincoln Backpack Program, which supplies students in need with a backpack of food for a weekend. Representatives of the Pink Hat Society, Helen Zimmerman, Kathleen Shephard and Charlotte Bushek presented the monetary donation to Randolph Elementary School students on April 20. Randolph Elementary is one of the Ventures in Partnership (VIP) schools.

Employee Focus: *Fun factoids about Liz*



Liz Edwards
Supervisor, Radiology Department
MRH employee for 12 years

I am a radiologic technologist and supervisor of radiology. I can use the portable X-ray machine in any patient's room. There's a lot of paperwork associated with each exam. I do the charging, coding and assist in the final report to physicians. I also assist scheduling exams for patients at local hospitals. I love working with the best people in Lincoln! I really enjoy working with Nick Roth in Radiology and my contact with all the other Madonna employees.

- 1 I have four children, including a daughter who is also a Madonna employee, and one granddaughter, Ruby.
- 2 My husband served in the U.S. Army, and we lived in West Germany for nine years. One of our daughters was born in Germany, the other in the Netherlands.
- 3 My favorite pastimes are reading and going to the movies.
- 4 I organize the overhead daily prayer and the prayer support groups at Madonna.

Employee clinic saves time and money

Madonna's employee clinic is available to all Madonna employees as well as employee family members who are enrolled in the hospital's insurance plan. This includes the employee's spouse and any children ages five and older.

The Madonna employee clinic is an urgent care service to provide treatment of minor medical conditions such as a sore throat, fever, upper respiratory condition, earache or skin rash. The clinic is not intended for emergency care, treating complex or chronic medical conditions or replacement of your family physician services.

The clinic is located in the Madonna Physicians Services building at 5445 South St., and same day appointments are usually available. For an appointment call Physician Services at 483-9531, Monday through Friday. The clinic is not open on weekends or evenings.

CARF, cont. from page 1

- Military involvement (i.e., Traumatic Brain injury evaluations)
- Display of patient success stories
- Family integration
- Brain injury program
- On-site housing (reasonable cost, allows family participation)
- Nursing and therapy teams (professional compassion, quality of care, dedication and commitment to Madonna's core values)
- Fitness and wellness at ProActive (specifically the adaptive equipment)
- Home assessments (Distance logistics don't deter a therapist. They will drive to a patient's house, video it and bring back to the team to formulate a discharge plan)

Strengths of Madonna highlighted by the CARF team included:

- Research Institute ("Simply outstanding")
- Community involvement (wellness, health, Life Changes program)
- Green initiative
- Injury prevention (staff and patients)
- Capital campaign
- Satisfaction survey (goal at 65 percent)
- Nursing "pathway to excellence" and number of "certified rehab nurses"
- Adaptive sports and recreation at ProActive
- Peer volunteers
- Program directors instrumental in community services (i.e. Stroke Support Group)
- Pediatric unit (Best care practices, only pediatric rehabilitation program in State of Nebraska)
- School re-entry
- Therapeutic Learning Center (a dedicated program, highly commendable)

The CARF surveyors applauded the overall positive attitude that prevails throughout the facility. They noted Madonna employees seem to truly enjoy their jobs and exhibit a high level of caring. "Healing occurs when caring is there; the more caring an environment is, the better a patient feels," said Elaine.

Kudos to all the staff who help differentiate Madonna as a national leader in the field of rehabilitation.



Residents of The Arbors enjoyed an informative session from the volunteers at Raptor Recovery. The local organization rehabilitates injured or orphaned raptors (birds of prey) and offers educational programs across the state.

Keep more of the money you earn

Madonna's flexible spending account (FSA) is a tax savings opportunity for employees who are eligible for benefits. You pay for eligible health care expenses with pre-tax dollars and lower the taxes that are taken out of your pay.

Using a health care FSA is like getting a discount on certain expenses, not because the expenses are less, but because you pay for them with money that has not been taxed.

You can use Madonna's FSA to get reimbursed for the following eligible expenses:

- Vitamins, herbs or nutritional supplements with medical support or documentation from your physician (It is only necessary to submit medical documentation one time for each type of vitamin, herb or supplement)
- Most over-the-counter medications (no physician's prescription is needed for these)
- Chiropractic care
- Acupuncture
- Massage therapy with medical support or documentation from your physician.
- Saline solution and contact lens cleanser
- Eye glasses and contact lenses
- Dental and vision care expenses
- Co-payments for prescriptions and doctor's office visits
- Deductibles
- Hearing aids
- Laboratory fees
- Most procedures or expenses that are medically necessary

The next opportunity to enroll in Madonna's FSA is coming up in May. More detailed information regarding enrollment will be outlined in future issues of *The Independent*. Contact Wendy Charlton in Human Resources at extension 6484 or 483-9484 with any questions.

"Raising Safe Kids: One Stage at a Time"

Tuesday, May 19, 3-6 p.m.

Salvation Army Community Center
1645 N. 27th Street

Activities for Everyone!

- Fire Safety House
- Simulated Rollover Crash
- Educational Displays
- Hands-on Demos
- Live Remote with B107.3

Prizes given away throughout the event.

Bring your family and enjoy an evening of fun, food and prizes! Join Safe Kids Lincoln-Lancaster County to learn how to keep your family safe this summer.

Presented by Safe Kids Lincoln-Lancaster County and its members.

Celebrating Nurses Week May 6-12

Nursing is an art; and if it is to be made an art, it requires an exclusive devotion as hard a preparation, as any painter's or sculptor's work; for what is the having to do with dead canvas or dead marble, compared with having to do with the living body, the temple of God's spirit? It is one of the Fine Arts: I had almost said, the finest of Fine Arts.

~Florence Nightingale, Nurse
1820-1910

Madonna applauds the high level of commitment, and tireless efforts of our nursing staff during a weeklong celebration May 6-12. Patients and their families are touched every day by the compassionate actions of Madonna's nursing staff that numbers 780 strong.

Registered nurses, licensed practical nurses, nurse aides, nurse liaisons – they all play a role in seeing that our patients get the highest level of care. It takes an extraordinary, dedicated nurse to work in a rehabilitation facility. Madonna is proud to salute each and every one of the nursing staff. Please join us in taking a moment this week to say "thank you" to a nurse for the difference they make at Madonna.

Throughout the week, there will be contests and prizes for the nurses. Mystery visitors will make surprise appearances and tokens of appreciation will be given to staff on the weekends. Scheduled activities during Nurses Week include:

- Thursday, May 7—College Fair 3-5 p.m. in the Sheridans
- Friday, May 8—Hat Day
- Tuesday, May 12—Madonna Child Development Center's "Salute to Nursing" parade
- Saturday, May 16—Sand volleyball tournament at Holmes Lake 12-4 p.m.
- Tuesday, May 19—MES: Real lives and real solutions

Your head is NOT a bowling ball!

But it weighs about as much, anywhere from 10-14 pounds. Craning your neck to view a computer screen too far away, bending it down to view a document places undue strain on your neck and shoulders. Avoid bending your neck in any direction while computing. Keeping your head straight could save your neck!

If you are having any troubles ergonomically with your work station, give me a call. We have specially trained individuals that can do an analysis of your station and make recommendations to improve things for you. Call Jody at ext. 6413 if you have any comments or questions.

> CALENDAR

- May 4** **NEO**
Madonna Retirement Choice 403(b) plan
Noon -1 p.m.
Flanagan B
- May 7** **Oz Principle Session**
9-11 a.m.
Lau
Call 6406 to register
College Fair
2:30-5 p.m.
Sheridans
- May 8** **Grand Rounds:**
Shoulder pain following spinal cord injury
Matt and Diane Ulmer
Noon-1 p.m.
Sheridans
1 CH for OT/PT
- May 11** **WHAM**
Paul Dongilli Legislative Updates
Noon-1 p.m. or 3:30-4:30 p.m.
Sheridans
- May 13** **StrengthFinders**
8 a.m.-Noon
Agee
Call 6507, 6406 or 6550 to register
- May 14** **Shoulder evaluations and treatment following a spinal cord injury**
Matt and Diane Ulmer
5-7 p.m.
Agee
2 CH for OT/PT
Blood and Medical Assist
7:30 a.m.-4 p.m.
Agee

Chapel Services

Catholic Mass is offered Monday, Tuesday, Thursday and Friday at 4 p.m., Wednesday and Sunday at 10:30 a.m. and Saturday at 4:30 p.m. The Worship Service is Thursday at 10:30 a.m. Hymn/Music Program is Sunday at 3:30 p.m.

May 3 Union College Choir

May 10 St. Michael's Choir

Do you belong to a group or congregation that hasn't performed at Madonna? We welcome new talent. Contact Steve Werner at ext. 6831 or swerner@madonna.org.

Dennis Suelter, cont. from page 1

Nearing the end of his outpatient treatment, Dennis is closing in on his goals. "I never realized how much a stroke could affect my life," he said. He's anxious to get back to a normal routine of home and work. "And when I do leave, I will walk out those doors and button my shirt with my left hand," stated Dennis confidently.

¹http://www.cdc.gov/Stroke/stroke_facts.htm

Health expenses continue to climb nationwide

Health plan expenses for employers across the nation, including Madonna, continue to climb. Various consulting firms predict that 2009 will mark another consecutive year of rises in employers' total health care costs.

Prescription costs are an increasingly large share of health plan costs.

Many employers are cost shifting, which means participants who use the health care plan pay a greater portion of the expenses through higher co-pays and deductibles. While planning for fiscal year 2009-2010, Madonna reviewed actual expenditures, medical trends and survey data to help determine premium rates and plan provisions. Madonna staff uses this data to keep premiums and benefits market competitive.

In budgeting for health plan expenses for the new plan year, it was determined there will be a 3-5 percent increase in Madonna's health plan premiums. Madonna is fortunate to be able to keep premium increases to a minimum, unlike many employers. Additional specific plan changes will be communicated in future articles in *The Independent*.

Any changes to benefit elections must be on the appropriate form and turned in to Human Resources by Friday, June 5, 2009 at 4:30 p.m.

Participants can make a difference in helping to control costs and premiums by practicing good health habits, using generic drugs and reviewing medical bills carefully. It is also very important that all employees

use Madonna services whenever possible. Employees are encouraged to take full advantage of the services offered here at Madonna, such as laboratory services, therapy, ProActive membership, etc. Watch for additional articles in future issues of *The Independent* regarding health plan expenses and services available to you.

Detailed information regarding Madonna benefits will be mailed to eligible employees' homes during May. Any changes to benefit elections must be on the appropriate form and turned in to Human Resources by Friday, June 5, 2009, at 4:30 p.m.

Contact Wendy Charlton, extension 6484, or Cindy Rohlmeier, extension 6814, in Human Resources with questions regarding your benefits.

Occupational therapists offer VOICE: Verbal Outlets to Independence by Controlling Environment

By Shannon Eckery, OTR/L and Lindsay Tuxhorn, OTD, OTR/L

Imagine yourself with limited movement of your arms, if any at all. You want to check your email, turn down the volume on your television, or answer the phone. How is this possible after sustaining an illness or injury leaving your arms and hands with limited capabilities? Occupational therapists (OTs) at Madonna are enhancing patients' quality of life through the use of voice-activated software and devices. Patients with limited mobility are able to increase their independence by the simple use of their voice to control the computer, television and phone.

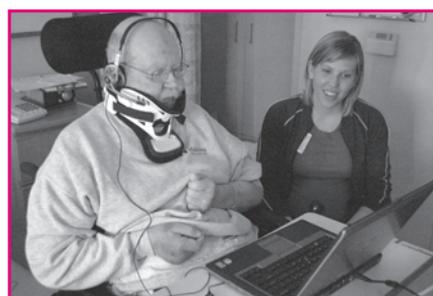
Patients at Madonna have access to Dragon Naturally Speaking™ (DNS) software, a program installable on any computer, which allows a person to navigate the Internet, dictate or edit in Microsoft programs and other Windows applications. Through detailed training sessions with their OT, patients learn how the use of their voice can help them reconnect with family/friends using the Internet, return to work related tasks and engage in leisure activities via the computer.

The Invoca Voice Operated Remote® is another tool that provides patients the freedom to control their television via voice. The OT assists the patient with the simple set-up of the desired voice commands to control volume, channel selection, and power of their television at Madonna or home.

Another option for patients to increase independence through the use of voice is the Ameriphone RC-200®. The high-tech phone allows patients to answer a call with a single word from as far as 40 feet away. Patients are also able to dial by using a scan function for numbers stored in memory.

Through the use of these voice activated tools, Madonna's OTs provide innovative options

for patients to control aspects of their environment after experiencing limited mobility. Patients have the opportunity to trial these devices and the option to purchase them for use at home, thereby increasing their independence and quality of life.



Patient Dr. Donald Gregory practices using voice-activated commands with the computer software Dragon Naturally Speaking (DNS) during a therapy session with Lindsay Tuxhorn, occupational therapist.

> WAY TO GOs

Way to Go **Colleen Spellman** for coordinating the Think First! event with Cedars to educate the youth in our community on SCI prevention. Thank you also for going above and beyond to progress our programs across the continuum in the use of assistive technology, as well as teaching the next generation of therapists. Your countless hours do not go unnoticed.

To **Matt Ulmer**, thank you for all the time and effort you took to conduct long term outcome surveys for our former patients and input the data into surveys so we can have the data we need to make our program better.

Thank you **Kathy Malcom** for assisting me with the peer volunteer program as well as SCI support group during these last few busy months, your time and effort is appreciated!

—Diane Ulmer
Spinal Cord Injury Program Manager

Congratulations to **Jennifer Doné** for being accepted into the University of Nebraska College of Pharmacy. Jennifer has worked as a Pharmacy Technician at Madonna while finishing her Pharmacy School prerequisites. She will start classes in Omaha this August. We look forward to continuing to work with her on weekends and during school breaks. She will make an excellent pharmacist, and we hope she considers Madonna's Pharmacy as a place to practice after graduation.

—Your co-workers in the Pharmacy

The TBI team would like to say a special thanks to **Scott Fandrich** for helping one of our patients to get to church on Easter Sunday. We all appreciated your willingness to help make her day a special one.

—Peggy Reisher
Social Worker

Radiology would like to thank **Sharon Gollehon** for her assistance. Sharon wrote a web browser instruction guide sheet for our employees to help them access viewing of radiology exams on our new system. It will be a great reference tool with its easy to follow directions. Thanks, Sharon!

—Elizabeth Edwards
Radiology Supervisor

Way to Go **TherapyPlus Northwest!** What a wonderful week we had April 13 -17. We are making up for the unusual slow down we experienced in March. Thanks to David Kennedy and Dustin Reinbold for their flexibility in meeting clinic needs at Main, Northwest and Downtown. Keep up the great teamwork, everyone!

—Jill Smith
TherapyPlus Northwest Clinic Manager

Congratulations to **Kristin LaPorta**, OTR/L, who received her CAPS certification (Certified Aging-in-Place Specialist). This designation identifies Kristin as one of the building industry's top professionals with skills and knowledge specific to home modifications for aging-in-place. Kristin is one of the occupational therapy department's home visit specialists. She inspects the patient's home and provides house modification ideas so the patient can make a safe transition home. Way to Go Kristin!

—Linda Storz
Inpatient OT Supervisor

Kara Burbach, RN, on SAR had a baby boy, Kale Thomas, on April 16. He weighed in at 8 lbs. 12 oz. and was welcomed home by sisters Addison and Sage. Congratulations Kara!

—From all your coworkers on SAR

Thank you, Madonna employees! Facility renovations, such as the new therapy practice spaces and equipment purchases and the recent acquisition of online digital imaging for radiology are all examples of employee generosity to the Capital Campaign. These enhancements would not be possible without the support of Madonna employees who have joined our friends in the community with gifts to the campaign. Your funds are working every day to help patients and families rebuild their lives. Thank you for your support!

—The Madonna Foundation

Way to go, **Melissa Starr**, for facilitation of the clean up of the LTACH physical therapy office. Thank you so much for your motivation!

—Sonya Irons
Inpatient Physical Therapist

Thank you to all the **Madonna Staff who assist the Telecommunications department**. Your help is appreciated each time you come down to pick up or deliver a telephone or look at a phone jack to see if it's working. The majority of the time, there is only one person in Telecommunications, and it's not easy to get telephones fixed immediately without asking for help. There are so many of you who do this with a smile, and we wanted to take time to say "thank you."

—Telecommunications Staff

The following is an excerpt from a letter sent to Marsha Lommel, Madonna CEO and President, from Dr. Tom Heiser. Dr. Heiser serves on the Medical Advisory Council for the Nebraska School Activities Association (NSAA).

I have been concerned about concussions in high school athletes in Nebraska from the standpoint of efforts made to evaluate athletes in practice or games who sustain some degree of head trauma. I thought the council should attempt to do more about this issue.

Last November I contacted Dr. Lori Terryberry-Spohr, Madonna Brain Injury Program Manager. We discussed our impressions of the degree of this problem. We arrived at a plan to determine what is presently being done throughout the entire state to evaluate these athletes on site at the time these injuries occur.

All Nebraska high school sport head coaches were surveyed. Dr. Terryberry-Spohr and I designed the survey, Madonna education department developed a method of having the survey on a Web site and tabulated the results. The Medical Advisory Council evaluated the results and subsequently came up with recommendations that have been sent to every high school head coach in the state. I think this has been a tremendous accomplishment which could not have been done without the assistance of Dr. Terryberry-Spohr and the education department.

The NSAA is extremely grateful to Madonna. We will probably never know how many young athletes this will protect. Many thanks to all at Madonna who were involved.

Best Regards,
Dr. Tom Heiser