

the INDEPENDENT

A Newsletter for Madonna Rehabilitation Hospital

www.Madonna.org

October 2, 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, October 9.**

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

Patient gets back to nature



2009 Adaptive Sports and Recreation Fair



International speaker motivates staff during Rehabilitation Week



Jeff Doucette

In celebration of Rehabilitation Week, the nursing staff of Madonna Rehabilitation Hospital participated in presentations by international nursing speaker Jeff Doucette, MS, RN, CEN, NEA-BC, FACHE. Jeff

gave three one-hour sessions entitled "Great people, great results: creating and sustaining a superior work culture," "Management by walking can be hazardous to your health" and "Listen up—making workplace communication work."

Jeff is the associate operating officer for emergency services at Duke University Hospital in Durham, N.C. Prior to his current role, Jeff was the executive director and vice president of patient care services for Lee Memorial Health System in Fort Myers, Fla. Jeff has served in various staff and leadership roles in emergency, trauma, flight and critical care services.

As a national speaker, Jeff's teaching style offers encouragement and motivation. His stories are genuinely heartfelt, blending humor and inspiration.

Jeff is known for his ability to ignite and empower teams. Cinda Zimmer, Madonna's nursing educator coordinator, received positive feedback from staff who found the sessions educational and inspirational. Nursing colleagues from the community were also invited to the "Great people, great results" session. "People were very appreciative of the opportunity to enjoy such a dynamic presenter as Jeff," said Cinda.

Spirited toddler makes amazing gains

Brandon and Tiffany Verzal arrived late to work in the sports media department at Texas A&M University on April 3, 2008, because their 13-month-old daughter, Alexis, had just learned to run that morning. They were delighted to watch her race, giggling from room to room. Less than two hours after dropping her off at day care, they received a call that Alexis was limp and unresponsive. After immediately rushing to meet the ambulance, they discovered the shocking news that Alexis had suffered injuries at her daycare consistent with Shaken Baby Syndrome. The Verzals turned to the CARF accredited pediatric brain injury program at Madonna to help their daughter make the best possible recovery.

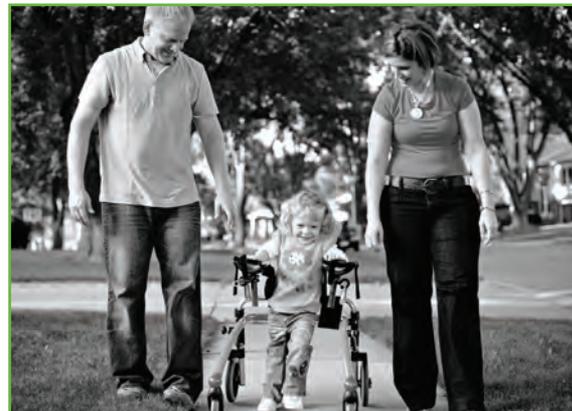
When Alexis arrived at Madonna on April 28, 2008, she couldn't see, talk, move or do anything independently. The girl whose angelic smile and growing vocabulary delighted family and friends was now like a rag doll left behind after a tea party.

Rehabilitation was hard. Unable to find words, Alexis would scream in frustration and pain as she worked in therapy. The progress seemed slow, but it was evident. Intensive, consistent rehabilitation helped Alexis' brain rebuild broken connections. With the extensive damage to her visual cortex, Alexis was blind when she arrived at Madonna.

But through innovative vision therapy using prism glasses, her unfocused eye movement became more purposeful, her eyes working in unison to look up at her parents' faces and watch her therapists.

Alexis delighted in the applause she earned for turning a book page or sitting up with support.

Though tragically injured, Alexis never lost her loving spirit and soon was charming other patients, families and staff at Madonna with her radiant grin and laughing blue eyes. Alexis worked tirelessly with her



Alexis' hard work and determination helped her progress to walking with assistance of a walker.

**Photo courtesy of Kabloom Studios*

Madonna pediatric therapy team, parents and grandparents to keep making progress, step by thousands of steps.

Today, she loves to sing Johnny Cash songs, talk about "Dora the Explorer," play with her puppies and zoom around in her walker. She is finally regaining many of the physical skills she effortlessly enjoyed up to the day she was hurt, though her right side continues to have less control and mobility than her left. Cognitively, Alexis is advanced for her age, as her pediatrician, and either of her grandmas, will tell you.

Alexis Verzal is one of four patients who will be honored at the 2009 Chair's GOAL Awards on Oct. 13, 2009.

A new documentary

Pathways

Follow four individuals finding their way from the tragedy of brain injury to new hope through rehabilitation.

Tuesday, Oct. 13
Sheridans
Noon-1 p.m.

Thursday, Oct. 15
Ross Media Arts Center
313 N. 13th, Lincoln, Nebraska
\$5 admission

Doors open at 5 p.m. for an appetizer and refreshment reception
Film begins at 6:30 p.m.

Nature lover back in his element after stroke

Jay Richards is a self-proclaimed nature lover. An avid outdoorsman, Jay opted for early retirement last September to devote more time hunting the 60 acres he and his wife, P.J., own near their hometown of McCook, Neb. The 64-year-old former medical supply salesman enjoyed the serenity of the land where he trained his yellow Labrador, Mazi.

On the morning of March 23, Jay's quiet world was rocked. Jay had hung up the phone from talking with his son, who had announced the birth of their first child. Jay attempted to pick up the phone again and found he could neither grip nor dial it. Home alone, Jay sensed immediately something was terribly wrong and sought out a neighbor who called 911.

The medical team at Community Hospital concluded Jay had sustained a debilitating stroke. Complications from post-stroke medication caused bleeding on Jay's brain. He was rushed to Good Samaritan Hospital in Kearney and underwent surgery to relieve pressure on his skull. Ironically, P.J., was attending a stroke conference in Lincoln when she learned of her husband's injury and abruptly left to be at his bedside. It was difficult to see her formerly healthy and independent spouse so impaired. "The stroke really knocked me for a loop," said Jay.

Two months later, Jay came to Madonna's Long Term Acute Care Hospital (LTACH). "I couldn't walk, talk or do anything for myself – it was very frustrating," said Jay.

After five weeks, Jay's status improved significantly and he transferred to Acute care. Through combined efforts of the nursing and therapy staffs, Jay's cognitive and physical skills gradually returned. Jay admitted he worked hard in therapy. "I wanted to do all the things I did before the stroke," Jay stressed.



Chandra Lukas, nurse aide, said Jay's courage and sense of humor contributed to the gains he made during his stroke rehabilitation at Madonna.

Chandra Lukas, a nurse aide on Acute, said she admired Jay's courage and felt his sense of humor really propelled him through the rough days. "Jay's love of the outdoors also came through in our daily conversations," said Chandra.

One of the highlights of Jay's therapy was the day Judy Harvey, clinical supervisor, arranged for him to visit the Audubon Spring Creek Prairie near Denton. Carol Olson, physical therapist, explained how Madonna's maintenance staff

loaned one of their golf carts so Jay could practice transfers and riding on uneven terrain. "Jay really loves nature, and it was great to see him out enjoying it again," said Carol. Jay agreed and felt the outing brought a sense of normalcy to his life. "Just being out on that prairie was positive therapy for me," recalled Jay.



Marion Langan, director of Audubon Spring Creek Prairie, gives Jay a personal tour of the 808-acre tallgrass prairie. Jay, a nature lover, claimed the outing brought a sense of normalcy to his life.

By the end of September, Jay began outpatient treatment with Madonna's Rehabilitation

Day Program. His goal is to be back home in McCook soon, savoring life with P.J. and watching Mazi romp through the autumn splendor on their acreage.

Debunking flu myths

Q: The seasonal influenza vaccine also protects me from H1N1 influenza.

A: NO. There will be a separate vaccine specific to the prevention of H1N1 influenza (swine flu).

Q: Can I get the flu from the seasonal influenza or H1N1 influenza vaccine?

A: NO. The shot administered at Madonna is an inactivated (dead) virus, so a person cannot get the flu from it.

Q: If I get the seasonal influenza vaccine now, won't it wear off and leave me at risk to contract the seasonal flu in February or March?

A: NO. Studies have shown that the vaccine does not seem to wane and will last throughout the year.

Be proactive about your health and get your seasonal influenza vaccination. Check the Madonna Intranet under, "Employee Health & Wellness" for clinic times. Jody Luzum, from Employee Health, will also be visiting departments to vaccinate employees.



St. Jane de Chantal Long Term Care Services had several employees, residents and family members who joined together to participate in the "Walk to Defeat ALS" on September 19. Amyotrophic Lateral Sclerosis (ALS) or "Lou Gehrig's disease," is a progressive neurodegenerative disease that attacks nerve cells in the brain and spinal cord resulting in muscle weakness, atrophy and often paralysis. This was the first year St. Jane had a team and they raised more than \$250!

Employee Focus: *Fun factoids about Sarah*



Sarah Koebernick, MPPT, GCS
Clinic Coordinator, Clinical Education
MRH Employee 8 years

I have been at Madonna more than eight years working as a "float" PT. I assist where needed when therapists are out for vacations or days off. Being a float therapist allows me the opportunity to work with a variety of patients throughout the hospital. I enjoy the constant challenge and feel blessed to work with so many awesome clinicians.

- 1 I have two different colored eyes.
- 2 I am a mom of three boys — sanity is coming to work.
- 3 I worked at Madonna during college as a physical therapy (PT) aide in the early 90s before attending PT school.
- 4 I have completed three half marathons with no desire to ever do a full.

Attention LPNs: It's license renewal time!

- All LPN licenses expire Oct. 31, 2009
- The renewal fee is \$123.
- You must have practiced 500 hours in the past five years.
- You must have 20 contact hours in the past two years.
- You can renew online at <https://nebraska.mylicense.com>.

If you haven't received your renewal notice, call the Nebraska Department of Health and Human Services at 471-4376.

If you are being audited, contact Marla Buresh in Human Resources at ext. 6084 to obtain a letter verifying information.

Madonna ProActive's LifeBalance for Heart recognized

The LifeBalance for Heart program at Madonna ProActive recently met the strict standards set by the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR) to promote health and prevent disease through AACVPR Program Certification.



(L to R) Kristi Eden, RN, CDE, Sheryl Pflug, RN, MSN, Monica Vandergriend, RN, BSN, Anthony Sobotka, CSCS, and Sharon Duffy, RN, MS, CRRN.

LifeBalance for Heart is a Phase II cardiac rehabilitation program that is Medicare-approved. It covers a variety of diagnoses including myocardial infarction (heart attack), open-heart bypass surgery, heart valve surgery and coronary stent placement. The program will be covered by most private health insurance plans with a physician referral.

The goal of the Program Certification and Recertification designation is to assure the facility is meeting the essential standards of care described in the 4th Edition Guidelines for Cardiac Rehabilitation and Secondary Prevention Programs. Each program is reviewed by the AACVPR National Certification Committee and the AACVPR Board of Directors for final approval. On Aug. 31, the committee presented ProActive's LifeBalance for Heart program with the certificate of achievement.

To meet the goals of participants, LifeBalance for Heart uses approaches found in traditional cardiac programs such as monitored exercise, progressive activity and education. As a complement to these traditional approaches, other techniques, including cardiac or chair-based yoga, behavior change counsel, relaxation techniques, heart healthy cooking and nutrition counseling are an integral part of the program.

As part of its vital role in the community, Madonna ProActive embraces the mission of AACVPR, which is to reduce morbidity, mortality and disability from cardiovascular and pulmonary diseases through education, prevention, rehabilitation, research and aggressive disease management, through its integrative medicine programs and facility memberships.

LifeBalance for Heart cardiac rehabilitation program, call 402-486-7730. For more information about Madonna ProActive membership call 402-420-0000, or stop in for a tour at 7111 Stephanie Lane (55th and Pine Lake Road), or visit the Web site: www.MadonnaProActive.org.

Switching from paper to computer

Madonna staff will see a big change when the ELMER pre-admissions assessment tool is finalized. In late June, work began to develop the tool that will move the pre-admission record from a paper assessment to an electronic record.

Nurse liaisons are anxious to streamline the current lengthy paper patient assessment. Cindy Arnold, RN, clinical informatics specialist, is one of the team working behind the scenes to help build the tool. The liaisons are designing the pre-admission note and offering feedback to help build the most user-friendly model.

For example, staff will simply click on a "pen and paper" icon to access the pre-admission screen. Staff will be able to key in information like a patient's preferred name or primary contact information. The design team is building in drop-down menus to make selection of patient information, like a patient's allergies, cultural issues and functional level, streamlined and efficient.

Cindy said the pre-admission record will be part of the new electronic medical record system for the nurse liaisons documentation in 2010.

Stay tuned for more ELMER updates in future issues of *The Independent*.

Troika Ranch Performance Preview

Saturday, Oct. 10, 2009
2-3 p.m.

Sheridans

FREE and open to the public

Learn how the Troika Ranch performance art company collaborated with the Madonna Institute for Rehabilitation Science and Engineering to develop software that helps people of all abilities create visual artwork from their movements. From the fusion of art and science, both organizations discovered innovative ways to use technology that could be used therapeutically and artistically.

You'll enjoy a sneak peak performance from "Loop Diver," a Madonna-sponsored event at the Lied Center for Performing Arts on Oct. 15 and 16.

Madonna staff will provide facility tours following the preview, showcasing our new renovations and offering a preview of "Pathways," the Madonna documentary on brain injury rehabilitation.

The event is free but pre-registration is appreciated at www.Madonna.org.

2009 Adaptive Sports and Recreation Fair highlights



Scuba, golf and power soccer and quad rugby were just a few of the offerings at the Fourth Annual Adaptive Sports and Recreation Fair held at Madonna ProActive on Sept. 20. Attendees were treated to a wide variety of sports and recreational activities for adults and children with physical challenges. Members of the Husker men's basketball team volunteered at the fair. "It was pretty interesting to know that there are so many sports for people with disabilities," stated Gabby Zeger, 10, from Elkhorn, Neb. Gabby was born with hydrocephalus and diagnosed with spastic diplegia/cerebral palsy when she was two-years-old. Gabby is involved in adaptive basketball and riding, but was excited to learn about the adaptive scuba. Her mother, Heather, praised the fair saying "I feel good knowing there are numerous opportunities available for Gabby."

> CALENDAR

- Oct 5** **NEO**
- Oct 6** **Grand Rounds**
Aging with Spinal Cord Injury
Diane Ulmer
Noon-1 p.m.
Sheridans
1 CH
- Oct 12** **LTC Mental Health Series-
Telehealth- Mental Illness
and the Right to
Refuse Treatment**
3-4 p.m.
Sheridans
Call 6550, 6476 or 6406
to register
1 CH
- Oct 13** **GOAL Awards**
Pathways Documentary
Noon-1 p.m.
Sheridans
- RES: The Basics of Chest
X-ray Interpretation**
Dr. Douglas Fiedler
5:30-6:30 p.m.
Call 6550, 6476 or 6406
to register
1 CH
- Oct 14** **Shoulder Pain Following
Spinal Cord Injury**
5:30-6:30 p.m.
1 CH (CH for OT/PT)
- Shoulder Evaluation and
Treatment following SCI**
Diane Ulmer and Matt Ulmer
6:30-8:30 p.m.
Sheridans
Call 6550, 6476, 6406
to register
2 CH (CH for OT/PT)
- Oct 15** **CPR Recertification**
9:30 a.m.-12:30 p.m. or 5-9 p.m.
Agee
Call 6550, 6476 or 6406
to register
- Pathways Documentary**
Ross Media Arts Center
313 N. 13
\$5 admission
Doors open at 5 p.m. for reception
Film begins at 6:30 p.m.

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.

Oct 4 Pius X Women's Choir

Oct 11 Nebraska Christian Men'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.

Wise use of the Emergency Room

According to some estimates, more than three-quarters of the people who visit an emergency room (ER) do not need to be there. Many of these patients are better candidates for a visit to an urgent care center or their physician's office.

Do you really need the ER?

Emergency rooms are typically located in hospitals and are staffed by medical doctors and personnel who use sophisticated equipment to handle life-threatening injuries and illnesses, and other serious medical conditions such as difficulty breathing or sudden severe pain. Patients at the emergency room are sorted, or triaged, according to the seriousness of their condition. People who go to the ER with relatively minor ailments often have to wait more than an hour to be seen. An emergency is defined as a condition that may cause loss of life or permanent or severe disability if not treated immediately. You should go directly to the nearest ER if you experience any of the following:

- Chest pain
- Shortness of breath
- Severe abdominal pain following an injury
- Choking
- Uncontrollable bleeding
- Confusion or loss of consciousness, especially after a head injury
- Poisoning or suspected poisoning
- Serious burns, cuts or infections
- Inability to swallow
- Seizures
- Paralysis
- Broken bones
- Shock

Using urgent care and physician office care

Urgent care centers are usually located in clinics, hospitals or are freestanding and, like emergency rooms, many offer after-hours care. Some physician offices are open extended hours and on weekends to provide continuity of care for their patients. Neither urgent care centers nor your physician's office are equipped to handle life-threatening situations. Rather, they handle instances with require immediate attention, those where delaying treatment could cause serious problems or discomfort. Some examples of conditions that require urgent care include: ear infections, severe sprains, urinary tract infections, vomiting and high fever (102° F and higher).

Urgent care centers are usually more cost-effective than ERs for the above situations. In addition, the waiting time is usually much shorter.

Most health plans, including Madonna's, will pay a higher benefit for urgent care centers than for ERs, meaning your out-of-pocket costs will be less if you visit an urgent care center or your physician's office. If you think you need to use an urgent care center, try to find one that is affiliated with Coventry Health Plans of Nebraska. For any questions regarding your benefits, contact Wendy Charlton in Human Resources at ext. 6484.

This article is for informational purposes only and is not intended as medical advice. For further information, contact a medical professional.

Source: SilverStone Group, Zynwave, Inc.

“Get in the Game” challenge #2: Any way you slice it

When was the last time you were challenged to eat pizza? Today is your lucky day! The second Fit for Work “Get in the Game” challenge focuses on a football favorite—pizza. The challenge should enlighten participants about different ingredient substitutions. The overall goal is nutritional awareness and balance.

Challenge materials can be found on the wellness bulletin boards in the Employee Lounge, outside the Commons Cafe, outside Employee Health and in the mailbox outside Michelle Welch's office at ProActive. Challenges can also be printed off the Madonna's Intranet on the Employee Health & Wellness page.

You need to finish Challenge #2 before the next live education event on Tuesday, Oct. 13 from 1:30-4:30 p.m. at Main Campus and Thursday, Oct. 15 from 1-2 p.m. at ProActive. Trade in your completed pizza challenge for an incentive, and be entered into a prize drawing.

Questions? Contact Brittany Baack at ext. 8611 or at bbaack@madonna.org

Soteria Spa staff earn advanced certification



(L to R) Naranjo, Densberger, Dennis, Jantzen, Baldonado and Schmitz

The number of Certified Spa Specialists at Soteria Spa has increased from two to six employees. Licensed Massage Therapists (LMT) Lori Schmitz and Morgan Baldonado, along with Licensed Estheticians Amy Densberger and Brandi Naranjo earned this advanced spa credentialing to join fellow Certified Spa Specialists and LMTs Kay Jantzen and B.J. Dennis.

The course, approved by the Nebraska Board of Massage Therapy featured instruction in hydrotherapy equipment, coordinating multiple services, designing day spa packages, client relations, hygiene, foot reflexology, facial massage, licensing laws, integrating aromatherapy into massage practices and ethics.