

healthier you

winter 2008–09 | www.frhs.org

STAY ACTIVE TO HELP
MANAGE BLOOD SUGAR

HOW SEAT BELTS
HELP SAVE LIVES

EATING SMART
AROUND THE
HOLIDAYS

Resolve to
be healthy

FAITH REGIONAL HEALTH SERVICES IS NOW
TOBACCO-FREE, COMMITTED TO YOUR HEALTH



WELCOME | NEW PRESIDENT AND CEO

The board of directors of Faith Regional Health Services and the Lutheran Community Hospital Association (LCHA) recently appointed James Sinek as the new president and chief executive officer of Faith Regional Health Services. Sinek brings to the organization a wealth of experience and expertise in health care.

“Mr. Sinek’s previous accomplishments in health care will help Faith Regional implement its strategic plan of becoming a regional referral center,” said Steffan Lacey, M.D., president of Faith Regional’s board of directors.

STRONG EXPERIENCE

Since 1990, Sinek has held management positions at hospitals in Iowa and Arizona. He most recently served as president of Verde Valley Medical Center, which is a 110-bed, two-campus hospital in Arizona. While there, he helped Verde Valley reach its best financial performance in its history, assisted the recruitment of 25 additional physicians, and helped gain national recognition for the hospital’s heart program.

“We have the utmost confidence in Jim’s ability to help Faith Regional grow and continue its tradition of excellence in health care,” said John Dinkel, president, LCHA.

WELL-QUALIFIED

Born and raised in Iowa, Sinek earned his bachelor’s degree in business administration from Buena Vista College in Storm Lake, IA. He earned a master’s degree in health and hospital administration at the University of Iowa, and a law degree from Creighton University in Omaha. He is married and has two children, ages 8 and 9.

“The management team and employees welcome Jim Sinek,” said Mike Hammond, interim CEO at Faith Regional. “We look forward to working with him as we continue the positive growth the organization has experienced in the past, and as we respond to the exciting opportunities in health care in the future.”

Sinek started his new role at Faith Regional in November 2008.



NEW TOBACCO-FREE POLICY IS NOW ACTIVE

On November 20, 2008, Faith Regional Health Services joined other Nebraska hospitals by becoming a tobacco-free facility. Prior to going tobacco-free, the hospital followed a policy that prohibited the use of tobacco products in hospital buildings. The new policy enhances the existing policy by including parking lots (and parked vehicles) and surrounding grounds of all properties owned by Faith Regional. It applies to all employees, volunteers, students, patients, visitors, vendors and contractors.

CLICK IT — DON'T RISK IT!

Did you know that being thrown from a vehicle in a motor vehicle crash quadruples your chances of injury? That’s why Faith Regional has joined the *Click It — Don’t Risk It* campaign sponsored by the Nebraska Coalition to Save Lives Through Safety Belt Usage. The campaign works to increase safety belt usage in Nebraska.

Volunteers at Faith Regional support the seat belt campaign by increasing visitor and employee awareness to buckle up as well as by performing random seat belt checks on hospital property. Their goal is to help minimize the chance for injury in motor vehicle crashes.



DISCOVERY HEALTH: Help Your Child Cope with Stress

Stress can affect children, too — even before they’re old enough to talk. When stressed, children may show changes in behavior or mood, cling to parents, or have problems sleeping. Stressed older children may resist going to school or doing homework. Major changes, such as the death of a loved one, can trigger stress in any child. To learn how to help your children cope with stress, visit www.frhs.org and click on the “Discovery Hospital” icon. Select the “Special Topics” link, then click on the letter “S” to find “stress and children.”

2700 WEST NORFOLK AVE., NORFOLK, NE 68701 www.frhs.org

WOODLAND PARK MEDICAL CLINIC OPENS ITS DOORS

Patients in Norfolk and surrounding communities can now receive medical treatment at the new Woodland Park Medical Clinic. Since opening its doors in August, the clinic has treated patients from a variety of areas.

“Our patients have come from several surrounding communities, including Madison, Randolph, Tilden, Wayne, and Wisner,” said Gina Bartling, L.P.N., Woodland Park Medical Clinic.

“The [new office location] provides services and convenience for people who live in the Woodland Park area, as well as surrounding communities.”

—Stephanie Blome, A.P.R.N.,
Woodland Park Medical Clinic

“Patients from the Woodland Park community are very grateful to have a medical clinic with extended hours located in their neighborhood.”

MEET THE TEAM

The medical team at Woodland Park Medical Clinic includes:

■ **Charles Harper Jr., M.D.**, studied internal medicine at the University Nebraska Medical Center (UNMC) and is board-certified in internal medicine. He specializes in the prevention and treatment of adult conditions, including diabetes, hypertension, chronic obstructive pulmonary disease, and high cholesterol.

■ **Nancy Trimble, physician assistant (PA)**, is a graduate of UNMC, where she earned her master’s degree in PA studies. She specializes in family medicine and treats a variety of patients at the clinic.

■ **Stephanie Blome, nurse practitioner (APRN)**, is a graduate of Wichita State University, where she received her master’s degree in nursing.

“It is exciting to be a part of a new practice with a staff of very dedicated and fun-loving people,” Blome said. “The [new office location] provides services and convenience for people who live

in the Woodland Park area, as well as surrounding communities.”

VISITING THE CLINIC

The Woodland Park Medical Clinic is open weekdays, from 7 a.m. to 7 p.m., and from noon to 6 p.m., on Saturday and Sunday.

The Woodland Park Medical Clinic offers lab and X-ray services on site. The clinic is located at 94 Market Place, just off of Highway 35, in Norfolk. Walk-in patients are welcome, but patients can also call **(402) 844-8222** to make an appointment.



USING TECHNOLOGY TO ENSURE PATIENT SAFETY

Everyone in a hospital setting — from patients and visitors to physicians and staff — is concerned with health and safety. That’s why Faith Regional Health Services continues to find new ways to ensure that safety is never compromised. Recently, Faith Regional’s nursing units implemented new equipment and technology to help staff accurately dispense medications and provide the best possible care.

THE FIVE ‘RIGHTS’

A system called medication administration check (MAK) gives nurses the ability to verify a patient’s identity and medication every time the patient gets a dose of medication. The system is designed to ensure the five “rights” of medication administration: right patient, right medication, right dose, right route, and right time.

“The MAK system strengthens our efforts to meet patient safety goals from The Joint Commission, a non-profit organization that accredits health care organizations throughout the United States,” said Lisa Walters, chief nursing officer, Faith Regional Health Services. “These goals include improving the accuracy of patient identification, the effectiveness of communication among caregivers, and the safety of using medications.”

IMPROVING ACCURACY

The MAK system helps improve safety by reading electronic bar codes on each medication and on arm bands worn by patients.

Each arm band has a unique bar code for each patient. Before a nurse can dispense any medication, he or she must scan the bar codes using a handheld scanner. If the bar codes match, the administering nurse gets a confirmation that he or she can dispense the medications. The MAK system alerts the nurse if there is an error, such as an incorrect dosage amount or the wrong medication.



CAREFUL TRACKING

The system records information each time a patient gets a medication. This information is stored in an electronic record that is accessible to nursing and pharmacy staff. Having this data on hand helps improve communication and accuracy when dispensing medication. Through the MAK system, a nurse can also view details about a patient’s care, such as when the patient last received a particular medication, in what dosage, and who administered it.

“We are concerned about the ongoing safety and health of our patients,” said Brenda Hokamp, director of nursing, Faith Regional Health Services. “We have made a commitment to look at processes and new technology to provide safer, more efficient ways to deliver care.”

With at least 1.5 million preventable adverse drug events attributed to medication errors every year in the U.S., it is as crucial as ever for more aggressive patient safety efforts in health care.



Focus on Excellence. Quality is a top priority at Faith Regional Health Services. We value the key role it plays in providing cost-effective services and improving patient safety. To learn more about our efforts, visit us online at www.frhs.org and click on the “Quality Initiatives” link.

VESTIBULAR THERAPY HELPS YOU GET BACK ON YOUR FEET

Balance skills are a critical element needed to perform everyday tasks. But for some people, the ability to balance can be difficult, frustrating, or even frightening to master. A new vestibular therapy program from Faith Regional's Rehabilitation Services may help individuals who have a vestibular disorder and suffer from imbalance or dizziness.

FINDING RELIEF

Vestibular disorders can cause dizziness, vertigo, imbalance, hearing changes, nausea, fatigue, anxiety, difficulty concentrating, and other symptoms, with potentially devastating effects on a person's day-to-day functioning, including work and relationships with family and friends.

"Individuals with vestibular dysfunction may feel that their symptoms are merely annoying, or symptoms may be so intense that it keeps them from performing normal daily activities," said Sheri Sheriff, P.T., outpatient therapy manager.

BALANCE PROBLEMS

The vestibular, or balance, system in the body includes parts of the inner ear and

nervous system that control equilibrium, balance, and orientation. Vestibular disorders can disrupt this system as a result of many conditions, including benign paroxysmal positional vertigo (BPPV), migraines, vestibular neuritis, medications toxic to the ear, or head injuries or concussions.

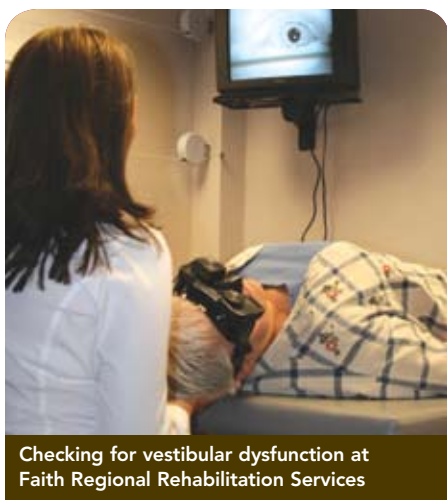
Treatment begins with an extensive evaluation by a licensed physical therapist specifically trained in vestibular therapy. The therapist takes into account a person's medical condition, lifestyle, and individual needs to determine the best plan of care. Therapy includes an exercise-based rehabilitation program that incorporates specific exercises to improve balance, eye-head coordination, and fitness level while reducing vertigo, gait, and postural control. Some vestibular disorders, such as BPPV, can be treated within only one or two visits, while other diagnoses may take a few weeks to improve.

"We are excited to offer this very effective treatment that was previously not available in the area," Sheriff said. "Patients can now get this type of treatment right here in Norfolk."

SEE YOUR DOCTOR FIRST

It is important to remember that many factors can result in dizziness and imbalance. Individuals not likely to benefit from vestibular therapy include those who experience dizziness as a result of low blood pressure or as a side effect of their medication. A physician referral is required for vestibular therapy, which is specifically designed for individuals with a vestibular problem.

For more information or to learn whether you or someone you know could benefit from vestibular therapy, call Faith Regional Rehabilitation Services at **(402) 644-7396**.



Checking for vestibular dysfunction at Faith Regional Rehabilitation Services

DON'T LET VERTIGO TURN YOUR WORLD AROUND

Is something making your head spin? You may have a case of vertigo. This type of dizziness generally gives a sense that you're moving when you're actually still. Usually a symptom of an inner ear imbalance, vertigo can interfere with standing or walking.

GETTING TO THE SOURCE

One of the most common causes of inner ear imbalance is a syndrome called benign paroxysmal positional vertigo (BPPV). This condition develops when mineral crystals in the inner ear detach and move around, sometimes after a head injury or viral infection. Doctors can treat this problem by moving the head in a way that causes the troublesome crystals to reattach.

EXERCISES MAY HELP

If you have BPPV, you may be able to lessen symptoms yourself. Try the following exercise three times a day for 10 minutes. Warning: You should get dizzy while you're doing it — otherwise, it won't work. It may take several days or weeks to be effective.

- Sitting on the edge of a bed, turn your head to the left.
- Lie down quickly on your right side with the back of your head resting on the bed. Wait for dizziness to subside.
- Sit up straight. Again, wait for dizziness to stop. This may take 20 to 30 seconds.
- Turn your head to the right, then lie down quickly on your left side.



6 WAYS TO EAT HEART-SMART OVER THE HOLIDAYS

'Tis the season to share winter cheer with friends and family. But with all those cocktail parties, holiday dinners, and long-distance trips to visit relatives, it can be difficult to eat heart-smart. These tips can help you enjoy the holidays without over-indulging or sacrificing.

1. Make it healthy — and fun. Be a health-conscious host by serving nutritious treats such as popcorn or nuts like almonds, walnuts, and pecans. For a festive look, set out the bite-sized snacks in brandy snifters or fluted champagne glasses.

2. Avoid junk snacking. Before going out to shop, visit relatives, and shop some more, make sure you pack healthy snacks — such as low-fat cheese sticks and whole-grain crackers, or yogurt and a piece of fruit — to keep your energy high and your mood jolly.

3. Be spicy — not salty. Limit cured meat, such as ham and bacon, and

foods packed in salty brine, like pickled vegetables and olives. Curb salty condiments, too, such as horseradish, ketchup, barbecue sauce, and those with monosodium glutamate (MSG). Instead, enhance foods with herbs, spices, lemon, lime, vinegar, and salt-free seasoning blends.

4. Make family recipes healthier. Start a new family tradition by putting a healthier spin on too-rich recipes. Here are a few easy substitutions: Replace cream with fat-free evaporated milk. Cook soup stock with a small amount of turkey breast or skinless chicken thigh instead of neck bones. Substitute fruits and veggies for some of the bread in your stuffing.

5. If you drink, do so in moderation. It's OK to enjoy a little red wine with dinner.

FREE PRE-DIABETES CLASS

February 9, 4 to 6 p.m.

Estimates show that nearly 40 percent of adults have pre-diabetes. Take this free class to learn more about pre-diabetes and what lifestyle changes you can make to help prevent diabetes and other health problems. The class will also cover topics such as healthy weight, nutrition, cholesterol, high blood pressure, and glucose levels. The class will be taught by Michelle Zwiener, certified diabetes educator, and Renae Kauth, registered dietitian at Faith Regional. To learn more or register for the class, call (402) 644-7348.

Small amounts of alcohol actually may raise your levels of “good” cholesterol, called HDL. Moderate drinking, which you shouldn't exceed, is defined as one drink per day for women and two per day for men. That's 12 ounces of beer, 5 ounces of wine, or 1.5 ounces of 80-proof hard liquor.

6. Create new holiday traditions. There are great resources available for festive — and healthy — treats for the holiday and year-round.



Learn More. Go online to find *Keep the Beat: Heart Healthy Recipes*, a free booklet published by the National Heart, Lung, and Blood Institute. To download it, go to www.nhlbi.nih.gov and type “Keep the Beat” into the search box.

VACCINATIONS **How can I prevent shingles?**

A If you've ever had chickenpox, you're a candidate for shingles. The same virus that causes chickenpox is responsible for shingles. The virus can lie dormant in nerve roots for years. It can reactivate if your immune system is weakened by stress, infection, or other health issues. The result: a painful, blistering rash with lingering aftereffects.

Shingles usually heals by itself within a month. However, if shingles appears on the face, serious — and sometimes permanent — vision and hearing problems can occur. To help speed up the healing process and avoid complications, it's important to see your doctor right away. Prescription pain relievers, ointments, and other medications can provide relief.



There's a relatively new shingles vaccine specifically for older adults — and experts now strongly advise that adults ages 60 and older get this vaccine. A study in the *New England Journal of Medicine*

showed that the new vaccine cut the risk for shingles in half among adults age 60 or older. Talk with your doctor to find out if you need the shingles vaccination or any other immunizations.



PRE-DIABETES **How can I manage high blood sugar?**

A Whether you want to prevent diabetes or manage it better, it's best to keep active. In fact, physical inactivity has greatly contributed to the rise in the prevalence of type 2 diabetes in recent years.

Fortunately, an inactive lifestyle can be reversed. By going from inactive to active, people may be able to control — and prevent — type 2 diabetes. As little as 30 minutes of brisk walking, biking, or other moderate exercise several times a week can lower your blood sugar level. Regular exercise also improves the way your body breaks down carbohydrates and uses insulin.

Be sure to pace yourself. If you're new to exercise, a 10-minute walk may be

enough to start. Then gradually add on minutes and increase the intensity. Use caution, though. You should be able to hold a conversation while you are exercising. If you have difficulty breathing or feel faint during or after exercise, you're exercising too hard.

People with either type 1 or type 2 diabetes need to be especially diligent about blood sugar monitoring before and after exercise. Low blood sugar is common during or after exercise — even hours after a workout.

Before you start an exercise program, talk with your doctor. He or she can fill you in on any other precautions that you may need to take.

HOLIDAY REMEMBRANCE TREE

Looking for a way to remember and honor your loved ones this holiday season? Faith Regional Health Services Foundation offers a beautiful opportunity to remember and celebrate someone special in your life. You can sponsor an ornament on our Holiday Remembrance Tree, which will be displayed on the West Campus throughout the holiday season. The tree is decorated with ornaments that bear the names of friends and loved ones for whom individuals wish to express loving memories or sentiments.


Donation cards and remembrance ornaments are available at the foundation office in the Skyview Medical building at 110 North 16th St. Or call Diane at (402) 644-7301. A suggested gift of \$25 gets a name on the tree. However, all donations will be accepted in the spirit in which they are given.



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 **NEED TO FIND A DOCTOR?** Find a physician easily on our Web site at www.frhs.org/physiciandirectory.html.

MARK YOUR CALENDAR



SEE MORE CLASSES AT WWW.FRHS.ORG/HRC_CLASSES.HTML.

Check out the many opportunities we offer for improving and preserving good health, or call Faith Regional's Health Resource Center at **(402) 644-7348**.

MARK YOUR CALENDAR

At Faith Regional Health Services, our focus is on you and your family's health. Check out the many opportunities we offer for improving and preserving good health or call Faith Regional's Health Resource Center at **(402) 644-7348**. Please call to verify dates and times. Classes and support groups are subject to change without notice.

EVENTS

CHILD PASSENGER SAFETY SEAT INSPECTIONS

December 2, January 6, and February 3, 5 to 8 p.m., Norfolk GM Auto Center; December 27, January 24, and February 28, 1 to 5 p.m., Norfolk Fire Division. Call the Faith Regional Obstetrics Department at **(402) 644-7520** to schedule an appointment.

WOMEN'S EXPO — \$5 ADMISSION

January 23, 4 to 8 p.m.; January 24,

9 a.m. to 4 p.m., DeVent Center. This event showcases products and services for women of all ages. It includes inspirational speakers, health information, cooking demonstrations, a style show, decorating ideas and more. Call **(402) 844-2996** for more information.

CLASSES

BIG KIDS & BABIES — \$5 PER CHILD

BREAST-FEEDING CLASS — \$30

CHILDBIRTH EDUCATION — \$50

REFRESHER CHILDBIRTH — \$30

For more information or to register, call Faith Regional Women and Children's Services at **(402) 644-7520**.

HEALTHY U CLASSES

Call **(402) 644-7348** to register for a Healthy U class.

LIVING WITH HEART FAILURE — FREE

December 4, 7 to 8 p.m., Health Resource

Center. The last session of this free series of classes helps you learn to manage heart disease. Call **(402) 644-4411**.

LOOK GOOD, FEEL BETTER PROGRAM — FREE

January 20, 9 a.m. to noon, Madison Room. This American Cancer Society program is for women who are undergoing cancer treatment. Learn about makeup techniques, skin care, nail care, and options related to hair loss. All attendees get a free cosmetics kit.

FREEDOM FROM SMOKING — \$100

Wednesdays, Feb. 4 to March 18, 6:30 to 7:30 p.m., Madison Room. This weekly series of smoking-cessation classes will help attendees learn to manage nicotine addiction, avoid automatic behaviors of smoking, and find healthy alternatives.

SELF-HELP AND SUPPORT GROUPS

For a listing of support groups available and schedules, please call **(402) 644-7348** or visit www.frhs.org/hrc_classes.html.

FOR A COMPLETE LIST OF CLASSES AND SUPPORT GROUPS, VISIT OUR WEB SITE AT WWW.FRHS.ORG.

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