FROM HIP TO HEART REHABILITATION: WHEN INDEPENDENCE MATTERS MOST

“I’m an independent man, and I want to stay that way,” says Russell Trego, Jr., 58, of McAlisterville. This is a common sentiment among many people facing rehabilitation after an injury, illness or surgery.

Russell recently fell at home and broke his hip. When it was time for rehabilitation, he chose HealthSouth Nittany Valley Rehabilitation Hospital in Pleasant Gap.

“Two years ago I was at HealthSouth to get strong after a long hospital stay left me feeling weak and unsafe to live alone,” says Russell. “In 18 days, I went from being in a wheelchair to walking out on one crutch. That’s why I’m here again.”

Rehabilitation after hip surgery did not begin easily for Russell.

“The first day in therapy, the pain was so bad that I wanted to give up. I thought I would never walk again,” says Russell. “But, my aunt Mary said some things to me that were very motivating. I live alone, and I don’t want to be a burden to anyone, especially my children.”

Russell, who has four children and seven grandchildren, says that instead of fighting the pain, he learned to go to another place in his mind.

“I imagined that I was with my grandson and granddaughter, and it worked,” he said. “I was able to deal with the pain and move forward in my therapy.”

In addition to a broken hip, Russell has a heart failure diagnosis.

“At HealthSouth, when a patient is admitted for rehabilitation (for whatever reason), and that patient has a heart failure diagnosis, they also get the benefit of our Heart Failure Program,” says Amy Adams, Russell’s case manager.
Two therapists at HealthSouth Nittany Valley Rehabilitation Hospital recently completed the STAR Clinician® certification. The oncology survivorship specialty certification provides healthcare professionals with advanced knowledge and skills related to the care and rehabilitation of the cancer survivor.

Tracy Everhart, OTR/L, is an occupational therapist and the outpatient therapy services manager. She has 20 years of experience in occupational therapy, and has been with HealthSouth Nittany Valley for seven years. Sharon Rose is a physical therapist with 34 years of experience in physical therapy and 21 years at HealthSouth Nittany Valley.

Both therapists are part of HealthSouth’s outpatient rehabilitation for the oncology patient. The team treats cancer-related conditions, including cognitive decline, dizziness, fatigue, numbness, pain, speech changes and weakness. In addition to occupational and physical therapists, the team may include a case manager, a psychologist, a dietitian and a speech language pathologist.

“Our experienced team of therapists provides rehabilitative care that helps cancer survivors function at the highest level possible,” says Susan Hartman, CEO of HealthSouth Nittany Valley. “Our specialized services for the cancer patient include lymphedema therapy, nutritional counseling, functional capacity assessments, driving screens and treatment for pain.”

Following targeted goals and therapies, HealthSouth Nittany Valley’s program addresses patient and family needs; enhances the patient’s functional abilities; educates the patient, family and caregivers; offers ongoing psychosocial support; and provides follow-up and referrals to other resources.
Quality Update

Heart Failure Program and Readmission Prevention

As the only post-acute provider licensed as an acute rehabilitation hospital in the Centre region, HealthSouth Nittany Valley Rehabilitation Hospital has an important role in supporting efforts to keep patients healthy and in the community.

HealthSouth Nittany Valley has earned The Joint Commission Disease-Specific Care Certification in Heart Failure Rehabilitation, and contributes to readmission prevention in the community. The Heart Failure program uses guidelines established by the Institute for Healthcare Improvement (IHI) and the American Heart Association (AHA).

Quality indicators for the Heart Failure program includes the use of the teach-back method to educate patients about their water pill, foods to avoid, signs and symptoms to report, and daily weight monitoring and reporting. The weight-monitoring process is taught during admission using the scale that the patient will use at discharge. A “Road to Recovery” tool ensures engagement of patient and family in the care plan and the patient is followed post-discharge for 30 days to monitor readmission rates.

The HealthSouth CMI was higher than the national average, indicating a higher acuity patient at admission.

FIM® score change was 3.5 points above the region and 4.5 points above the nation, indicating significant functional gains.

Length of Stay for all programs averaged 12.8 days, less than both the regional and the national averages. The combination of lower LOS and higher FIM® score gains has resulted in Length of Stay Efficiency better than the region and the nation.

Discharge to Community is better than both the region and the nation.

Discharge to Acute was slightly higher than the region and nation due to an outlier month in Quarter Three 2013.

A Summary of Clinical Outcomes for Quarter Three 2013

<table>
<thead>
<tr>
<th>Dimension of Care</th>
<th>HealthSouth Nittany Valley Average</th>
<th>HealthSouth PA Average</th>
<th>UDSMR® National Average</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMI</td>
<td>1.40</td>
<td>1.30</td>
<td>1.33</td>
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<tr>
<td>FIM® Score Change</td>
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<tr>
<td>Length of Stay</td>
<td>12.80</td>
<td>13.40</td>
<td>13.70</td>
</tr>
<tr>
<td>Length of Stay Efficiency</td>
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<td>2.90</td>
<td>2.67</td>
</tr>
<tr>
<td>Discharge to Community %</td>
<td>75.70</td>
<td>73.80</td>
<td>72.50</td>
</tr>
<tr>
<td>Discharge to Acute %</td>
<td>12.50</td>
<td>10.80</td>
<td>10.80</td>
</tr>
</tbody>
</table>
Nurses use the “teach-back method” to educate patients about daily weights and what weight gains to report, foods to avoid, the name of their water pill, and other signs and symptoms to share with their healthcare providers.

Case managers also ensure that a heart failure patient has a follow-up appointment with their primary care doctor.

“We call the patient four days after discharge, and again 30 days after discharge,” says Amy. “That follow-up after the patient is discharged helps prevent re-admission to the hospital.”

Patients with a heart failure diagnosis also participate in their rehabilitation goals through the “Road to Recovery” board in their rooms. Nurses and patients change the board as patients achieve milestones and reach goals.

Russell’s goals include walking again, living independently at home and successfully monitoring his heart failure diagnosis.

“My dad always told me that ‘no’ is not in your vocabulary, so I always try my best.”

HealthSouth Nurse Jackie Tepsic, LPN, adds, “Russell’s positive attitude is what makes him a great candidate for rehabilitation. He never says ‘no’ and is willing to try anything to get better. That’s what helps a patient like Russell go home again.”

HealthSouth Nittany Valley’s Heart Failure Program includes a monthly support group, which is open to the public and held on the fourth Monday of every month at 4 p.m.

at HealthSouth Nittany Valley. The group is led by Traci Curtorillo, CRRN®, nurse manager and the Heart Failure Program champion. For more information, call 814 359-3421 or 800 842-6026, or visit NittanyValleyRehab.com.

“Everyone at HealthSouth is so nice and helpful; they motivated me,” says Russell. Standing, from left, are three of HealthSouth’s employees who cared for Russell: Jackie Tepsic, LPN; Steve Uberti, PTA; and Amy Adams, case manager. Russell, seated between two of his grandchildren, is excited to be going home again.

HealthSouth Nittany Valley Patient Russell Trego, Jr. is on his way home following rehabilitation after hip surgery.

RECRUITMENT CORNER
Join Our Expanding Team
HealthSouth has experienced a surge in patient census over the past year, requiring us to add staff in several key areas to maintain a consistent higher hospital capacity. Please share this recruitment corner information with friends and business partners who may have the skill set we are looking for to fill one of our additional positions.

• Full-time, Part-time, and per diem registered nurse
• Inpatient Certified Occupational Therapy Assistant (COTA)
• Per Diem rehabilitation nursing technician
• Weekend nursing supervisor
• PRN rehabilitation liaison

Don’t Stop There—Explore!
With patient stories, newsletters, events and support group information updated regularly, there’s always something new!

Visit NittanyValleyRehab.com and click on the “Tour” link under “Our Hospital” for a virtual tour.

TAKE A TOUR OF OUR HOSPITAL FROM HOME
Mary Madigan, RN, is our latest addition to the HealthSouth Nittany Valley rehabilitation liaison team. Mary is familiar with the HealthSouth family; she was employed as an LPN in the 1990s at HealthSouth Nittany Valley and was able to obtain her RN with the HealthSouth Tuition Reimbursement Program. Leaving HealthSouth due to relocation, Mary pursued many paths during her nursing career, having worked in hospice, home health and medical surgical nursing.

Mary is a wife, mother and grandmother. She enjoys spending time with her grandchildren here in State College and her leisure time is spent at her home in Ohio. She and her husband, Dennis, are part of Ohio’s maple sugaring industry. They reside on their 46-acre farm in Kinsman, Ohio. Mary’s hobbies include her horses, family, pets and gardening. She also has a burning passion for music. She is excited to return to HealthSouth Nittany Valley and be a part of an exceptional marketing team.

HealthSouth Nittany Valley recently received two distinct honors at HealthSouth’s annual meeting and awards banquet held in the fall in Boston, Mass. Chief Executive Officer Susan Hartman accepted both the 2013 President’s Circle Award and the Marketing Team of the Year Award for HealthSouth Nittany Valley Rehabilitation Hospital.

HealthSouth Nittany Valley is one of only 10 hospitals in HealthSouth’s nationwide network of 103 rehabilitation hospitals to receive the President’s Circle Award. This distinction recognizes the hospital’s outstanding performance in development of clinical programs, quality of patient care services, employee retention and overall operational excellence.

“I am extremely proud that we received these awards among so many successful HealthSouth hospitals,” Hartman says. “It is a very rare achievement to receive the President’s Circle award for two consecutive years. This is just further proof of our employees’ commitment to serving our growing patient population and to providing some of the best patient outcomes in the industry.”

This is the hospital’s first Marketing Team of the Year award.
INTRODUCING TWO NEW OUTPATIENT THERAPISTS

Mary Gorham, PT
Mary received her Bachelor of Science in Health Science from Lock Haven University. She has also earned her Doctorate in Physical Therapy from Slippery Rock University.

Christine Vuchenich, OTR/L
Christine earned her Bachelor of Science in Kinesiology from Pennsylvania State University. She has also received her Master of Occupational Therapy from the University of Pittsburgh.

Both Mary and Christine recently joined our staff and are working at the Pleasant Gap Outpatient Facility treating our current patient population.

REHABILITATION FOR THE CANCER SURVIVOR

Cancer, and the treatments for cancer, can have a significant impact on daily life. When we consider cancer care, we think of things like surgery, radiation therapy and chemotherapy. But, there’s another critical component – one that can help cancer survivors return to life after treatment: rehabilitation.

In a study of 1,325 cancer patients with the ten most prevalent cancers, 63% reported the need for at least one rehabilitation service, 43% reported the need for physical therapy (most frequently reported need), and 40% reported unmet needs.*

In the Centre region, HealthSouth Nittany Valley Rehabilitation Hospital is meeting those rehabilitation needs. Our hospital’s Outpatient Clinic in Pleasant Gap has an interdisciplinary therapy program that provides compassionate, comprehensive rehabilitation for cancer survivors. “Comprehensive cancer services can help speed recovery, shorten hospital stays and improve quality of life,” says HealthSouth CEO Susan Hartman. “Our program focuses on individual and family needs to improve the patients’ functional abilities, provide ongoing psychosocial support, educate the patient and family/caregivers about the rehabilitation process, and provide follow-up and referrals to other resources which support the patient’s continued recovery.” Those resources may focus on wellness, nutrition, transportation, education and community and caregiver support.

Two HealthSouth Nittany Valley outpatient therapists completed the STAR (Survivorship Training and Rehab) Clinician® Certification, the gold standard in cancer rehabilitation for hospitals that offer multidisciplinary survivorship care. Tracy Everhart, OTR/L, manager, outpatient therapy services, and Sharon Rose, PT, are part of the hospital’s Outpatient Rehabilitation for the oncology patient. “This certification enables our therapists to help cancer survivors function at the highest level possible,” says Hartman.

The program’s specialized services include functional capacity evaluations, a driving screen, nutritional counseling, pain management and therapy for vestibular/balance disorders and memory deficits related to cancer treatment. Another critical component of cancer rehabilitation provided at HealthSouth is lymphedema therapy, including manual lymphatic drainage (MLD); compression bandaging (wrapping); remedial exercise; and patient education. Medicare and most insurance companies are covering such services.

For more information, contact HealthSouth Nittany Valley’s Pleasant Gap Outpatient Clinic at 814 359-5630. The Clinic is located at 550 West College Avenue, Pleasant Gap, PA, 16823.

STROKE REHABILITATION

Technology Enhances Speech Therapy

Stroke is a leading cause of death in the United States, killing almost 130,000 Americans each year— that's one in every 19 deaths. On average, one American dies from stroke every four minutes. Stroke is also the leading cause of serious long-term disability in the U.S.*

A stroke, or a cerebrovascular accident (CVA), occurs when the brain blood flow is blocked or interrupted. Symptoms after a stroke depend on the location of the damage in the brain. Speech is often impacted by a stroke, and therapy is an integral part of rehabilitation.

“Speech therapy is about how the person talks and thinks,” explains Caroline Romero, speech-language pathology manager at HealthSouth Nittany Valley Rehabilitation Hospital. “We use many tools and technology in speech therapy, including the Interactive Metronome™.”

The IM works by providing a structured, goal-oriented program that challenges the patient to synchronize a range of whole body exercises to a precise computer-generated beat. The patient attempts to match the rhythmic beat with repetitive motor movements. IM’s game-like features engage the patient with auditory and visual guidance and provide real-time feedback while encouraging the patient to improve scores.

Who May Benefit from Speech Therapy with IM Technology?

Typical diagnoses that may benefit from IM therapy are stroke, brain injury, Parkinson’s disease, multiple sclerosis, limb amputation and incomplete spinal cord injury. Patients with functional decline, developmental disorders, low endurance, and stamina and balance disorders can also benefit from IM therapy.

What are the Benefits of Speech Therapy with IM Technology?

More than a decade of clinical research and case studies on IM therapy demonstrate that gains in motor planning, rhythm, timing and sequencing lead to improvements in:

- Attention and concentration
- Balance and gait
- Behavior (aggression and impulsivity)
- Coordination
- Fine/gross motor skills
- Language processing
- Strength and endurance

Interactive Metronome technology has received an abundance of media recognition including the CBS Early Show, CNN News, and U.S. News and World Report. If you have questions about speech therapy or the Interactive Metronome, please contact Caroline Salva Romero, HealthSouth Nittany Valley’s speech-language pathology manager, at 814-359-3421.

HealthSouth Nittany Valley has earned The Joint Commission Disease-Specific Care in Stroke Rehabilitation. Outpatient clinics are located at Pleasant Gap, Lewistown and Mifflintown.

*Centers for Disease Control and Prevention
FUN FACTS FOR SNACKS

1. HealthSouth’s Heart Failure program has earned The Joint Commission Disease-Specific Care Certification in Stroke Rehabilitation and is able to treat patients with a heart failure diagnosis.
   True
   False

2. Heart Failure program quality indicators include the teach-back method.
   True
   False

3. Heart Failure education includes information about:
   Water pill
   Foods to avoid
   Signs and symptoms to report
   Daily weight monitoring and reporting
   All of the above

4. The “Road to Recovery” ensures engagement of patient and family in the care plan.
   True
   False

5. Shorter length of stay and higher FIM® scores are an indication of length of stay efficiency.
   True
   False

Submission Deadline: February 28, 2014
Submitted by: ________________________________
Phone number: ________________________________
(Will be used to notify winners)
Direct Admit Conditions

- Amputation, new and old
- Brain injury
- CVA, new or late effects
- Emphysema/COPD
- Frequent falls
- Multiple sclerosis
- Osteoarthritis
- Parkinson’s
- Pelvic fracture
- Polymyalgia rheumatica
- Postherpetic polyneuropathies
- Post polio
- Pulmonary disorders
- Recent trauma, illness or surgery
- Rheumatoid arthritis
- Spodylolisthesis
- Amputation, new and old
- Brain injury
- CVA, new or late effects
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- Frequent falls
- Multiple sclerosis
- Osteoarthritis
- Parkinson’s
- Pelvic fracture
- Polymyalgia rheumatica
- Postherpetic polyneuropathies
- Post polio
- Pulmonary disorders
- Recent trauma, illness or surgery
- Rheumatoid arthritis
- Spodylolisthesis

Step-by-Step Admission Instructions

MONDAY – FRIDAY • 8:00 A.M. – 5:00 P.M.

Step one: Your staff identifies a new patient to be unsafe in home or have a declining condition related to chronic conditions.

Step two: Your staff member contacts HealthSouth Nittany Valley Rehabilitation Hospital and speaks to the admissions department at 814 359-5896.

Please fax all evaluations and clinical information to 866 492-0255.

Step three: A HealthSouth liaison completes a pre-admission screening to determine appropriateness of admission and obtains physician approval.

Step four: If clinically appropriate and insurance can be pre-certified, HealthSouth Nittany Valley Rehabilitation Hospital notifies your staff of acceptance of patient.

Step five: Transportation is usually provided by family or a wheelchair van service.

MONDAY – FRIDAY • AFTER 5:00 P.M. AND WEEKENDS

Step one: Your staff identifies a new patient to be unsafe in home or have a declining condition related to chronic conditions.

Step two: Your staff contacts HealthSouth Nittany Valley Rehabilitation Hospital at 814 359-3421 or 1 800 842-6026 and speaks to the receptionist, who then gives the caller the phone number of the liaison on call.

Step three: HealthSouth liaison completes a pre-admission screening to determine appropriateness of admission and obtains physician approval.

Step four: If clinically appropriate and insurance is verified and pre-certification is completed. HealthSouth notifications your staff of acceptance of patient.

Step five: Transportation is usually provided by family or a wheelchair van service.
HEALTHSOUTH SUPPORT GROUP MEETING GUIDE

HealthSouth Nittany Valley Rehabilitation Hospital
550 W. College Ave., Pleasant Gap
814 359-3421 or 800 842-6026

Lewistown Hospital
814 384-1277

AMPUTEE SUPPORT TEAM
Contact: Katie Donovan, PT
Time: Meeting schedule TBA

BETTER BREATHERS SUPPORT GROUP
Contact: James Williamson, RT, respiratory manager
Time: Third Thursday of every month, 2:00 p.m.
Affiliated with the American Lung Association

BRAIN INJURY SUPPORT GROUP
Contact: Sharon Poorman, CRRN®, nurse manager
Time: Second Tuesday of every month (except January and February), 7:00 p.m.

HEART FAILURE SUPPORT GROUP
Contact: Tracy Curtorillo, CRRN®, nurse manager
Time: Fourth Monday of every month, 4:00 p.m.

MULTIPLE SCLEROSIS SUPPORT GROUP
Contact: Steve Uberti, PTA
Time: Third Tuesday of every month, 6:00 p.m.
Outpatient entrance
Affiliated with the National Multiple Sclerosis Society, Harrisburg Office

STROKE SUPPORT GROUP
Contact: Caroline Salva-Romero, M.A., CCC-SLP-L, speech therapy manager
  Linda Meyer, M.S., CCC-SLP-L, Speech-Language Pathologist
Time: Last Tuesday of every month (except August and December), 4:00 p.m.

STROKE SUPPORT GROUP
Contact: Barb Angelo, rehabilitation liaison
Time: Second Monday of January, April, July, October, 5:30 p.m.
Classroom 4