INPATIENT TO OUTPATIENT: REHABILITATION HELPS BELLEFONTE WOMAN AFTER BRAIN SURGERY

Bellefonte resident Vicky Nelson, 35, is an avid runner. Vicky completed two half-marathons this past fall, and has plans for many more. “My goal is to run in every state and abroad,” she says.

However, Vicky’s life took an unexpected turn last year after struggling for months with symptoms that had her concerned. “I was having headaches, hearing changes and problems with my balance,” she explains. “After running a half-marathon in Virginia, I remember feeling like something was not right in my head.” Months of trying to determine the cause of her symptoms resulted in an MRI which showed a brain tumor, called a vestibular schwannoma.

A vestibular schwannoma (also known as acoustic neuroma) is a benign, usually slow-growing tumor that develops from the balance and hearing nerves supplying the inner ear. As the tumor grows, it presses against the hearing and balance nerves, usually causing hearing loss, tinnitus (ringing in the ear) and dizziness/loss of balance. It can cause facial numbness, facial weakness or paralysis on the side of the tumor. If the tumor becomes large, it will eventually press against nearby brain structures (such as the brainstem and the cerebellum), becoming life-threatening.

Vicky had surgery to remove the tumor at the Cleveland Clinic last fall. Six days later she went to HealthSouth Nittany Valley Rehabilitation Hospital for inpatient rehabilitation.

Vicky worked hard to regain her balance and to learn activities of daily living again, from dressing to preparing meals. She had three hours of therapy a day, including physical, occupational and speech therapy. Therapists also worked with Vicky on vestibular exercises and balance testing to help her walk safely and with more stability.

After 13 days at HealthSouth, Vicky was able to be discharged to her home in Bellefonte. With a husband, two young sons and a daughter in college, she has plenty of inspiration to get better. Vicky adds, “Attitude is everything; it’s the way I was raised. You can’t let this consume you.”

Vicky continued her therapy twice a week at HealthSouth’s Outpatient Clinic in Pleasant Gap after a non-traumatic brain injury.

Continued on page 5
HEALTHSOUTH HIGHLIGHTS

HEALTHSOUTH AND WEIS MARKETS PARTNER FOR COMMUNITY EDUCATION

HealthSouth Nittany Valley teamed up with Weis Market’s Cart Smart program for “Nutrition and Your Heart: Making Choices for Healthy Living” on Jan. 22 at the Weis Market in Bellefonte. Attendees walked the aisles with Kathryn Long, RDN, LDN, healthy living coordinator for Weis Markets (left) as they learned to shop and make smart choices for their heart. Participants also received recipes, coupons and a shopping essentials kit valued at more than $20.00. According to HealthSouth Registered Dietitian Caryll DeFrate, “Through our stroke and heart failure rehabilitation programs, we educate the community about heart care and stroke prevention. We know that lifestyle choices like nutrition can impact the risk for heart attack and stroke. This program was a great way to help people learn how to make better choices.” More information about HealthSouth’s stroke or heart failure rehabilitation programs and support groups are available at NittanyValleyRehab.com or by calling 814 359-3421.
Clinical Services Summary Report For 2013

As a health services provider, our success depends on the quality of care provided at HealthSouth Nittany Valley. That's why we have enlisted the services of UDSMr®, which evaluates rehabilitation hospitals on their delivery of quality care that is effective, efficient, timely and patient-centered.

To determine the rankings, UDSMr® uses a system that measures the efficiency and effectiveness of a hospital’s rehabilitation programs. The system evaluates and tracks a patient’s progress through the rehabilitation process to document gains. UDSMr® serves more than 774 rehabilitation facilities.

- The HealthSouth CMI was higher than the regional and national average, indicating a higher acuity patient at admission.
- FIM® score change was 2.0 points above the region and 3.15 points above the nation, indicating significant functional gains.
- Length of Stay (LOS) for all programs averaged 12.8 days. LOS was less than both the regional and the national averages. The combination of lower LOS and higher FIM® 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 lower than the region and nation.

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<th>UDSMr® Regional Average</th>
<th>UDSMr® National Average</th>
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<td>Discharge to Acute %</td>
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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 information with friends and business partners who may have the skill set we are looking for to fill one of our additional positions.

- Physical Therapist
- Speech Pathologist
- Registered Nurse
- Rehab Nursing Technician
- Pharmacist

The latest information concerning open positions can be found on our website, NittanyValleyRehab.com, under the "careers" tab.

BRINGING A FAVORITE PASTIME TO REHABILITATION

Occupational Therapist Kim Lovetro, OTR/L, (left) and Rilla Yocum show off their knitting skills. Lovetro is teaching Rilla, a rehabilitation patient at HealthSouth Nittany Valley Rehabilitation Hospital, how to “arm knit” a scarf, which does not require knitting needles. “It’s part of Rilla’s occupational therapy,” says Lovetro. “Patients use their arms and hands to improve their fine motor skills.” She adds, “In therapy we were hearing from so many patients that they used to love knitting. This is a way to help patients achieve their therapy goals while incorporating an activity they enjoy.”

GOING RED TOGETHER: HEALTHSOUTH CELEBRATES NATIONAL WEAR RED DAY

HealthSouth Nittany Valley celebrated National Wear Red Day on Friday, Feb. 7 to support the fight against heart disease in women. HealthSouth is committed to raising awareness of heart disease and stroke, especially in February, which is American Heart Month. Stephanie Fost (standing, fifth from left) is the Centre County Division Director of the American Heart and Stroke Association. She joined HealthSouth CEO Susan Hartman (standing, sixth from left) and more than 40 employees who wore red to show their support. The hospital has earned The Joint Commission Disease-Specific Care Certification in heart failure rehabilitation and stroke rehabilitation. HealthSouth also provides community education about heart disease and stroke prevention, and hosts monthly Stroke and Heart Failure Support Groups, which are open to the public.

TAKE A TOUR OF OUR HOSPITAL FROM HOME

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

Don’t Stop There – Explore!
With patient stories, newsletters, events and support group information updated regularly, there’s always something new!
PRACTICE MAKES PERFECT: HEART-HEALTHY EDUCATION HELPS PATIENTS GO HOME WITH CONFIDENCE

At HealthSouth Nittany Valley Rehabilitation Hospital, education is an essential part of rehabilitation. When a patient is admitted for rehabilitation after an illness, injury or surgery, and that patient has a heart failure diagnosis, they also get the benefit of the heart failure program.

The program includes classes taught by a nurse, a registered dietitian, a psychologist and a pharmacist. The classes focus on sodium intake, medications, coping with heart failure and the importance of daily weight monitoring. The interdisciplinary team also teaches patients about foods to avoid, the name of their water pill, how to weigh themselves and symptoms to share with their healthcare providers. Patients’ family members are encouraged to attend.

Taking patient education one step further, HealthSouth’s Occupational Therapy Department started the “Heart Failure Group” – therapists committed to helping patients with heart failure function better at home and in the community.

According to Occupational Therapist Heather Carpenter, “In this group, heart failure patients practice tasks such as weighing themselves, preparing and making a healthy meal, and managing the symptoms of heart failure. That practice helps patients feel more confident about going home and carrying out a heart-healthy regimen.” Patients also learn exercise tips, and skills such as how to safely transfer to the scale, and navigate in the kitchen.

Heart failure patients can practice what they learn about nutrition in HealthSouth’s occupational therapy kitchen. The therapy staff teamed up with HealthSouth Registered Dietitian Caryll DeFrates to plan heart-healthy meals that the patients prepare. “They cook healthy meals like meatless chili and herb crusted cod,” says DeFrates. “We also answer questions that arise about heart-healthy eating.” Patients learn how to modify recipes to reduce sodium, and make good choices when dining out. DeFrates adds, “We want them to succeed when they get home, and if they practice while they are here, they will be more confident at the time of discharge.”

HealthSouth has earned The Joint Commission Disease-Specific Care Certification in Heart Failure Rehabilitation. HealthSouth’s Heart Failure Support Group is open to the public, serving patients, family members and those caring for someone with a heart failure diagnosis. Meetings are held at HealthSouth on the fourth Monday of the month at 4:00 p.m. Contact Traci Curtorillo, CRRN, Nurse Manager, at 800 842-6026 or visit NittanyValleyRehab.com for more information.

Inpatient to Outpatient, continued from page 1

for the last 10 years in public and private sectors, Vicky was anxious to work again, and is now back to full-time.

“Vicky has improved in so many ways,” says Rose. “Her upper extremity strength has improved so much that she is done with occupational therapy, and her dizziness has decreased significantly. We also provided vestibular therapy – coordinating Vicky’s eye and head movements and decreasing her dizziness.”

“The hands of healthcare, my faith, and continued support from family and friends are helping me to move forward.” She adds, “Everyone at HealthSouth, including the doctors, cleaning staff, nurses and therapists, all represented excellence in customer service. You don’t see that often these days.”

When Vicky is ready, she and the therapists at HealthSouth’s Outpatient Clinic in Pleasant Gap are planning to run a 5K race to celebrate her recovery.

March is Brain Injury Awareness Month. HealthSouth Nittany Valley Rehabilitation Hospital has earned The Joint Commission Disease-Specific Care Certification in Brain Injury Rehabilitation, and provides inpatient and outpatient rehabilitation. HealthSouth’s Brain Injury Support Group, held on the second Tuesday of the month, is open to the public.
COMMUNITY GROUP VISITS
HEALTHSOUTH NITTANY VALLEY

HealthSouth hosted residents of The Village at Penn State on Feb. 12 to honor National Wise Health Care Consumer Month and American Heart Month. The group enjoyed lunch, tours and educational information about HealthSouth rehabilitation. HealthSouth Dietitian Caryll DeFrate (standing, second from left) presented information about HealthSouth’s Heart Failure Program, as well as diet and lifestyle tips regarding heart disease.

If your group would like to plan an educational session and tour at HealthSouth Nittany Valley, please contact Suzanne Irwin, marketing liaison, at 359-3421, ext. 5668. Many health-related topics and speakers are available.

HEALTHSOUTH NITTANY VALLEY HOSTS EDUCATION FOR THERAPISTS

HealthSouth Nittany Valley recently hosted “HemiMOVE-II™: Intermediate Techniques in the Management of Hemiplegia for Therapists.” Inpatient and outpatient therapists participated in the two-day, interactive course designed for therapists working with individuals who present with hemiplegia. Participants learned intermediate techniques to promote recovery through activities and skills that encourage cortical reorganization. The course was also a welcome opportunity for therapists to work together, focusing on the transition from the inpatient to outpatient setting. The course was taught by Karen Burket, DPT. Barbara Piwowar, education manager, and Nickol Cleary, director of therapy operations, organized the course, which provided 14.5 contact hours for the 26 therapists who attended.
Direct Admit Quick Reference Card

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

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

**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
- Spodyloarthrosis

**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.

**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 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.
FUN FACTS FOR SNACKS

1. At HealthSouth Nittany Valley Rehabilitation Hospital, what is an essential part of rehabilitation?
   a. Exercise
   b. Therapy
   c. Education

2. If a patient is admitted to HealthSouth Nittany Valley Rehabilitation Hospital for a certain diagnosis, but also has a diagnosis of heart failure, that patient will be placed in HealthSouth’s heart failure program.
   True
   False

3. The heart failure program includes classes that are taught by whom?

4. According to Occupational Therapist Heather Carpenter, what do heart failure patients learn as a result of being a part of the “heart failure group”?

5. What do the heart failure classes focus on at HealthSouth Nittany Valley Rehabilitation Hospital?

Submission deadline: May 16, 2014
Submit by fax to 814 359-5898

Submitted by: ________________________________
Phone number: ________________________________
Facility: ________________________________
(Will be used to notify winners)
Are you tired of buying and cooking the same old foods?

Do you want to liven up your mealtimes with more healthy, interesting choices?

Join us for a Virtual Grocery Store Tour on March 27th, 9:00 AM: Making Better Food Choices

Taught by Caryll DeFrate, RD, LDN, this first class includes an interactive virtual shopping experience to learn about reading labels, comparing products, and making healthier choices.

Monthly classes are free, open to the public, and will include a light breakfast.

Attendees can also look forward to:

- Food tastings
- Cooking demonstrations
- Heart-healthy recipes
- Guest speakers
- A chance to win heart healthy prizes

Classes will be held on the fourth Thursday of the month from 9:00 - 10:30 a.m.

- March 27
- April 24
- May 22
- June 26
- July 24
- August 28
- September 25
- October 23

Registration is required by the Tuesday prior to each class. Please call Ryan Kramer at (814) 359 - 5607 to register.
**HEALTHSOUTH SUPPORT GROUP MEETING GUIDE**

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

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

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**BETTER BREATHERS SUPPORT GROUP**  
**Contact:** James Williamson, RT, respiratory manager  
**Time:** Third Thursday of every month, 2:00 p.m.  
No meetings held in December, January or February.  
*Affiliated with the American Lung Association*

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**BRAIN INJURY SUPPORT GROUP**  
**Contact:** Sharon Poorman, CRRN, nurse manager  
**Time:** Second Tuesday of every month, 7:00 p.m.  
No meetings in January or February.

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**HEART FAILURE SUPPORT GROUP**  
**Contact:** Tracy Curtorillo, CRRN, nurse manager  
**Time:** Fourth Monday of every month, 4:00 p.m.  
No meetings in December or January.

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**MULTIPLE SCLEROSIS SUPPORT GROUP**  
**Contact:** Steve Uberti, PTA  
**Time:** Third Tuesday of every month, 6:00 p.m.  
No meeting in December.  
*Outpatient entrance*  
*Affiliated with the National Multiple Sclerosis Society, Harrisburg Office*

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**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, 4:00 p.m.  
No meetings in August or December.

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**Geisinger Lewistown Hospital**  
814 384-1277

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