

Celebrate American Heart Month

Keep your heart healthy

Eating a variety of healthy foods, and eating fewer foods that are higher in saturated fats, trans fats, and cholesterol, may help to lower the risk of heart disease.

Although salt once played an important part in preservation of food, the new recommendation for sodium intake from the Institutes of Medicine is 1500 milligrams of sodium per day. The average American eats 4,000-6,000 milligrams of sodium per day. A large amount of this intake is attributable to prepackaged foods and restaurant foods.

A high intake of sodium may lead to hypertension which in turn can contribute to the incident of cardiovascular disease and stroke.

A lifetime of high sodium intake puts the body at risk for high blood pressure, cardiovascular disease, and stomach cancer.

The good news is that our intake of sodium is a learned taste. As infants we have an innate preference for sweet tastes, but as we mature, depending on how much sodium our caregivers used in food preparation, we acquire the preference for a similar amount of sodium/salt in our food prep and use of table salt.

Fortunately, there are many seasonings which are sodium free and also low in potassium: Bell's All Natural Seasoning, Benson's Table Tasty, Mrs. Dash, and Spike 5 Herb Magic have no sodium and are made with herbs such as rosemary, sage, oregano, pepper, basil, and marjoram, to name a few. Experiment with different herbs when cooking, add onion

Diabetes classes slated

HealthSouth Nittany Valley will offer a series of four diabetes education classes in March. Patients will be scheduled for a one-on-one meeting with our Certified Diabetes Educator, Caryll DeFrate, RD, LDN, CDE prior to the class.

Classes will be held Monday afternoons from 1-3:30 p.m. beginning March 7 through 28. For information, call Caryll DeFrate, RD, LDN, CDE, HealthSouth Nittany Valley, at 814 359-3421 ext. 5684.

and garlic if you like and look for reduced sodium in pre-packaged foods.

Eat more fresh or frozen food. If canned fruits and vegetables are used, select unsalted, drain and rinse to remove excess sodium and sugar.

Select lean or low-fat meat, poultry and fish, and broil, grill, roast, poach or boil instead of frying. Choose fish that is rich in omega-3 fatty acids, like salmon, trout and herring. Choose fresh meats and fish instead of processed meats (luncheon meats, ham, hot dogs, sausage, etc).

Try to eat whole-grain bread, cereal, crackers, rice or pasta; half the grains you eat each day should be whole grain.

Choose milk, yogurt and cheese products that are fat-free (skim) or low-fat (1 or 2%).

Choose fats from fish, nuts, and vegetable oils. Limit solid fats like butter, stick margarine, shortening and lard.

Choose more dark leafy greens and orange vegetables like squash and sweet potatoes. Choose fruits that are high in potassium, like bananas, prunes, dried peaches, and apricots, cantaloupe, and honeydew.

Cut down on fruit juices — they don't offer the benefits of dietary fiber that whole or cut-up fruit has, and usually contain more sugar.

Limit snack foods (chips, pretzels, cookies, cakes) and convenience foods (frozen meals, pizza, packaged mixes, canned soups, salad dressings.) Eat nuts and seeds such as sunflower seeds, almonds, and hazelnuts.

Avoid adding salt to homemade foods. Instead, use spices for flavoring. Select reduced-sodium or no-salt-added foods. Read food labels and look for:

- foods with **< 5% of Daily Value** for sodium
- ≤ 140 mg sodium per serving:** beverages, fats, oils, meat, fish, poultry
- ≤ 240 mg sodium per serving:** snack foods, desserts, cereals, breads, grains, pasta, processed fruits and vegetables, nut butters, nuts/seeds, salad dressings, condiments
- ≤ 600 mg sodium per serving:** frozen meals, main dishes, sandwiches, fast foods.
- ≤ 480 mg sodium per serving:** soups; all other foods

Produced by the Marketing Department of HealthSouth



HEALTHSOUTH NITTANY VALLEY REHABILITATION HOSPITAL

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Nittany Valley Rehabilitation Hospital

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HealthSouth Nittany Valley Receives National Clinical Excellence Award

HealthSouth Nittany Valley Rehabilitation Hospital has been honored for clinical excellence among HealthSouth's nationwide network of rehabilitation hospitals. The hospital was ranked third in clinical excellence for all HealthSouth hospitals for 2010.

Winners are ranked quarterly by an analysis of clinical performance measures including outcomes and quality of patient care services.

This internal ranking identifies the top 10 HealthSouth rehabilitation hospitals out of the company's 97 rehabilitation hospitals.

"Being honored for clinical excellence is recognition for our commitment to high-quality, patient-centered, cost effective healthcare," said HealthSouth Nittany Valley Rehabilitation Hospital CEO Susan Hartman.

"Working together as a team, our staff has demonstrated a genuine concern for our patients' satisfaction by always trying to provide whatever it takes for a successful outcome. I applaud our physicians, nursing staff, therapists and all of the hospital staff and take great pride in this accomplishment".

Matters of the Heart

HealthSouth Nittany Valley is proud to announce it is partnering with Mount Nittany Medical Center and Curves to present "Matters of the Heart", an effort to raise community awareness of heart disease.

Speakers will present information on the prevention and treatment of heart disease.

Also on display will be The Heart Truth®'s celebrity red dresses from Venus Williams, Jordyn Sparks, Jennie Garth and a dress from this year's Red Dress Collection Fashion Show.

The Red Dress® was designed to build awareness that women are at risk for heart

disease and we hope these dresses will inspire attendees to take action to protect their hearts.

For more information or to RSVP to "Matters of the Heart," call 814 234-6727.

Tuesday, February 22

Galen & Nancy Dreibelbis Auditorium, Mount Nittany Medical Center

Hors d'oeuvres and drinks will be served at 6 p.m.

Presentation to follow from 6:30-7:30 p.m.

HealthSouth nurses achieve CRRN designation

HealthSouth would like to congratulate Jessica Coudriet, Kathy Eminhizer, Mary Cronin, Doreen Snyder, Ron Yeich, and Hema Singh for their recent achievement of Certified Rehabilitation Registered Nurse, CRRN.

Traci Curtorillo, RN, Nurse Manager, said, "Attaining CRRN credentials is quite an important accomplishment and one way we are committed to getting better outcomes for our patients."

Doreen Snyder, CRRN, states, "I received my nursing diploma from Philipsburg State General Hospital School of Nursing in 1978. I was an OB nurse for 12 years, working in DuBois and Philipsburg, before coming to Nittany Valley Rehab in 1991. 1997 brought a change in careers, and for the next 10 years I was the office manager for my husband's software company. HealthSouth was my first choice when rejoining the nursing profession in July of 2007. Working in rehab has really made me a nurse. I have learned so much working in this specialty because it encompasses every age group and disease process."

Mary Cronin, CRRN, has worked at HealthSouth Nittany Valley for 6 1/2 years. Mary states, "I love the holistic approach that rehab nursing involves. It is a blessing to be involved in both the patient's and family's recovery journey."

HealthSouth is proud of the achievements of Jessica, Kathy, Mary, Doreen, Ron, and Hema, and we look forward to congratulating many more CRRN credential recipients in the future.

Heart Failure, Brain Injury programs certified by The Joint Commission

HealthSouth Nittany Valley Rehabilitation Hospital, backed by The Joint Commission's Gold Seal of Approval for Healthcare Quality with disease-specific care certifications in Heart Failure, Brain Injury, and Stroke care, provides acute inpatient physical rehabilitation at its hospital with 73 licensed beds and outpatient therapy at three locations — Pleasant Gap, Lewistown and Mifflintown.

HealthSouth uses the following guidelines for our **Heart Failure program**: IHI: Transforming Care

Krista Varner, OTR/L, named Mifflintown Clinic Site Coordinator

HealthSouth is pleased to announce that Krista Varner, OTR/L, is the new Mifflintown Clinic Site Coordinator. Krista received her bachelor of science degree from Elizabethtown College, worked at Lewistown Hospital for nine years and was employed by Drayer Physical Therapy for seven years. She specializes in hand therapy, industrial rehabilitation and upper extremity injuries, and has attended continuing ed courses including The IAOM-US Differential Diagnosis and Manual Therapy of the Elbow; Kinesiotaping; Unlocking Mysteries of the Wrist; and Elbow Tendonitis Evaluation and Treatment. Some of the diagnoses she treats include stroke, arthritis and shoulder/hand injuries. To make a referral, contact the Mifflintown Outpatient Clinic at 717 436-8233 or fax 717 436-5513.

HealthSouth marketing team welcomes Nicole Taylor, RN

Nicole Taylor, RN, has joined the team at HealthSouth Nittany Valley as a rehabilitation liaison. A graduate of Lock Haven University, Nicole's clinical background includes home health/case management, rehab, allergy/ pulmonary, ER and med/surg. She lives in Zion with her daughter, age 13, two sons, ages 10 and 8, and her dog Macey. She enjoys hiking, gardening and spending time with her family. Nicole is the liaison for Centre County and will provide back up coverage for Mount Nittany Medical Center. She can be reached at 814 482-0781.



at the Bedside. A How-to Guide: Creating an Ideal Transition Home for Patients with Heart Failure; IHI: (5 Million Lives) Getting Started Kit: Improved Care for Patients with CHF; and AHA: Circulation Journal of the American Heart Association.

We use the teachback method in educating patients on the following:

- Name of water pill
- What foods to avoid

- What signs and symptoms to report
 - Daily weights/what weight gains to report
- HealthSouth Nittany Valley also audits additional areas not required for certification; considered Components of "Perfect Care" by The Joint Commission.
- LVS function test/results
 - If ACE/ARB has been started on patients with an EF of <40%
 - If patient has a history of a-fib
 - If a-fib patients are on coumadin
 - If smoking cessation education provided
 - Provide discharge instructions that address activity, diet, discharge medications, follow-up appointments, weight monitoring and what to do if symptoms worsen.
 - If patient received Pneumovax

or the flu shot (Seasonal) (If not, will educate)

- If the patient has a follow-up appointment made with the PCP or Cardiologist within 7 days post discharge. We also ensure the patient has transportation to appointment.
- Follow-up with Home Health/Outpatient

HealthSouth Nittany Valley also provides a Heart Failure class for patients and their families every week, and educational material and reminders are sent to patients weekly for three weeks post discharge.

HealthSouth uses the following guidelines for our **Brain Injury program**: Traumatic Brain Injury: Diagnosis, Acute Management and Rehabilitation from National Guideline Clearinghouse. Source: New Zealand Guideline Group

2006; Brain Injury Association (BIA); Brain Trauma Foundation; Living with Brain Injury: A Guide for Families, by Richard Senelick, MD, and Cathy Ryan, MA, CCC/SLP. We provide patient and family support and education, neuropsych evaluation, family meeting with care team within 48 hours of admission to discuss patient's plan of care, and encourage family involvement throughout the patient's stay.

We provide a consistent daily schedule with rest periods for the patient. Behavior Modification Plans are established as needed for the patient, as well as 1:1 care for the patient, if needed, provided by CPI-trained staff.

Please call HealthSouth Nittany Valley today at 814 359-3421 with any questions on our brain injury or heart failure programs.

Treating Balance and Vestibular Disorders

The balance and vestibular program at HealthSouth is a comprehensive evaluation and treatment program for patients with head motion-provoked vertigo, dizziness, nausea or imbalance. Our therapists use established techniques for decreasing symptoms, thus improving patient safety and increasing functional independence.

Individuals that may benefit from a therapist's evaluation include those with a history of falls due to vertigo or dizziness; vertigo or dizziness not responsive to usual forms of medical management; vertigo provoked by movement of the head, lying down or rolling over in bed; subjective complaints of brief episodic vertigo, lightheadedness and nausea; severe, disabling disequilibrium; significant balance dysfunction in conjunction with normal EMG; gait or balance disorders insufficiently explained by neurologic exam; and positive Hallpike-Dix test for Benign Paroxysmal Positional Vertigo (BPPV).

Common diagnoses include BPPV, Peripheral Vesti-

bulopathies, CVA (Cerebellar/Brainstem) and Ototoxicity. The objectives of treatment are to improve the functional capabilities of the individual through balance training and vestibular rehabilitation, provide and instruct the patient in a home exercise program and to provide neuromuscular re-education.

Balance and vestibular rehabilitation can reduce the number of hospital admissions for falls by improving functional independence and safety. Other benefits include decreased head motion provoked symptoms and increased personal confidence and self-esteem.

Balance and Vestibular treatment is offered at all three HealthSouth South outpatient clinics. To learn more or to make a referral please contact: **Mifflintown Outpatient Center** at 717 436-8233 Fax: 717 436-5513; **Lewistown Outpatient Center** at 717 242-5400 Fax: 717 242-5404; or **Pleasant Gap Outpatient Center** at 814 359-5630 Fax: 814 359-5898.