



# Get better *faster.*

## **HEALTHSOUTH** Nittany Valley Rehabilitation Hospital

550 W. COLLEGE AVE. PLEASANT GAP, PA 16823 814 359-3421 NITTANYVALLEYREHAB.COM

Superior technologies    Experienced staff    Personal touch    Exceptional outcomes

### *April is Occupational Therapy Month*

Occupational Therapy professionals nationwide and at HealthSouth Nittany Valley are celebrating living life to its fullest and the many benefits of Occupational Therapy. Occupational Therapy is a profession concerned with promoting health and well being through occupation. Occupational therapy services typically include:

- Customized treatment programs to improve one's ability to perform daily activities
- Comprehensive home and job site evaluations with adaptation recommendations
- Performance skills assessments and treat-

- ments
- Adaptive equipment recommendations and usage training
- Education to family members and caregivers

Some of the conditions that would benefit from occupational therapy at HealthSouth include:

- Work-related injuries including lower back problems or repetitive stress injuries
- Limitations following a stroke
- Arthritis, multiple sclerosis, or other chronic conditions
- Amputations, spinal cord injuries

- Injuries and surgeries of the hand
- Broken bones or other injuries from falls or accidents
- Sports injuries
- Vision or cognitive problems that threaten one's ability to drive.

To learn more about occupational therapy, make a referral or request an on-site job analysis, contact:

- HealthSouth Nittany Valley **814-359-3421**
- HealthSouth Pleasant Gap Outpatient **814-359-5630**
- HealthSouth Lewistown Outpatient **717-242-5400**
- HealthSouth Mifflintown Outpatient **717-436-8233**

#### Support Group Meeting Guide

Amputee Support Team	5/6
Better Breathers	4/15
Brain Injury	4/13
Multiple Sclerosis	4/20
Stroke	4/27
Chronic Pain Management	online
Spinal Cord Injury	email

#### Peterson appointed reconstructive and cosmetic surgeon at MNMC



Mount Nittany Medical Center is proud to bring reconstructive and cosmetic services to the State College community with the addition of Emily A. Peterson, MD, plastic and reconstructive surgeon, to its physician group. With a passion for breast reconstruction, general reconstruction, including skin cancer reconstruction, and cosmetic surgery, Peterson is the first plastic surgeon employed by Mount Nittany. The reconstructive and cosmetic surgery services at Mount Nittany will specialize in restoring or reconstructing the human body. From traumatic injuries to diseases, reconstructive surgery can restore function, confidence and healing to those afflicted with a disfiguring disease or injury. Peterson will also provide cosmetic procedures and surgery for those seeking to improve their appearance.

A graduate of Cornell University, Peterson earned her medical degree at Drexel University College of Medicine, where she was awarded the Donald R. Cooper M.D. Award for Excellence in Surgery. Her residencies included general surgery and plastic and reconstructive surgery at Lehigh Valley Health Network in Allentown. Peterson is a member of several professional medical organizations, including the American Medical Association, and Association of Women Surgeons. Peterson has also authored and co-authored several articles for Plastic and Reconstructive Surgery.

Peterson will provide care at Mount Nittany Medical Center, Mount Nittany Surgical Center and at her new office location at 100 Radnor Road, State College. For more information on reconstructive or cosmetic surgery services, email [cosmetic@mountnittany.org](mailto:cosmetic@mountnittany.org) or call 814 231-7878.

# HealthSouth welcomes new therapists

We would like to invite you to meet **LoriAnn Bubb, AS, BS and MS, Physical Therapy Assistant;** and **Krista Varner, BS, OTR/L.**



Lori has joined the staff at HealthSouth's Lewistown Outpatient Clinic. She received her Associates degree as a Physical Therapy Assistant from Pennsylvania State University, a Bachelor's degree in Exercise Science and a Masters degree in Cardio-Pulmonary Rehabilitation from Slippery Rock University.

Prior to earning her Bachelor and Master's degrees, Lori worked as a PTA

in Westminster, Md., in an outpatient and home care setting. She also has experience in acute care and long-term care. The therapists at HealthSouth Rehabilitation Center of Lewistown treat many conditions, including amputations, athletic injuries, back/neck pain, foot/ankle pain, balance disorders, gait dysfunction, neurological disorders, orthopedic injuries, pain management, post-surgical conditions, strokes, total joint replacements, upper extremity injuries and work injuries. To make a referral to Lori, contact HealthSouth Lewistown Outpatient Clinic at 717 242-5400.

Krista has joined the HealthSouth Mifflintown Outpatient Clinic staff. She

received her bachelor of science degree from Elizabethtown College.



She worked at Lewistown Hospital for nine years and for the last seven years was employed by Drayer Physical Therapy.

Krista specializes in hand therapy, industrial rehabilitation and upper extremity injuries. Some of the diagnoses Krista treats include stroke, arthritis, shoulder injuries and hand injuries, including tendon repair. To make a referral to Krista, please contact HealthSouth Mifflintown Outpatient Clinic at 717 436-8233.

## HealthSouth SLPs present at national convention

### *Frazier Water Protocol patient satisfaction rate at 95 percent*

Caroline Salva Romero, MA, CCC-SLP, and Becky Green-Dixon, MS, CCC-SLP, coauthored a presentation on "Frazier Water Protocol in the Rehab Setting" at the recent American Speech Language Hearing Association National Convention.

From the presentation: "The application of water programs with dysphagic patients has come to the forefront in dysphagia treatment with various pros and cons presented.

"But the ultimate question that must be answered is – what is best for our patients? After reviewing the literature and data provided to us regarding water programs, our

facility decided that instituting a specific water protocol could not only meet the needs of our patients safely, but also improve their overall satisfaction with our diet recommendations and therapy services."

The presentation outlined the specific program used in our facility and its overall success in keeping our patients safe and satisfied.

Since its beginning in November 2007, 45 dysphagia patients have participated in the Frazier Water Protocol program.

There have been no incidents of pneumonia or UTIs. Percentage of dehydration requiring IV intervention is at 4 percent, which had been an

ongoing issue prior to admission at rehab. The satisfaction rate is at 95 percent.

#### Program Inclusion

- Dysphagia evaluation completed
- Thorough oral assessment
- Specific SLP order for Frazier Water Protocol
- Patient either NPO or taking a thickened liquid

#### Program Exclusion

- Medical fragility
- Poor oral care
- Excessive/violent coughing with water

## Optometric Vision Rehab available at HealthSouth

Since 2005, Dr. Tracy Sepich, Optometrist, has been providing specialized eye care services here at HealthSouth Nittany Valley. Dr. Sepich provides bedside in-patient eye examinations to diagnose ocular disease and vision disabilities and to direct therapy. Diagnoses commonly made at HealthSouth include visual field loss, double vision, visual neglect, as well as diabetic retinopathy, dry eyes, and conjunctivitis.



Treatments ordered by Dr. Sepich may include occupational, physical or speech therapy, or medical intervention such as eye drops or consultation with appropriate specialists. Dr. Sepich does not require a physician referral and can evaluate a patient at the request of the patient, family, or other healthcare providers. Dr. Sepich generally comes to HealthSouth Nittany Valley on Thursday afternoons.

Dr. Sepich completed both a Doctor of Optometry degree and a Master of Science degree in Low Vision Rehabilitation from the Pennsylvania College of Optometry in 1991. She is also a graduate of Penn State University and State College Area High School. Dr. Sepich lives in State College with her husband and four children.

## HealthSouth celebrates Patient Safety Week

HealthSouth Nittany Valley celebrated **National Patient Safety Awareness Week** March 7-13 with a **great report card** in the areas of Quality, Safety and Risk Management.

Kudos to our staff who have worked together to benchmark and then to successfully maintain or improve performance in areas such as **Fall Rate (down 20 percent); Medication Errors (down 30 percent); and Hospital Acquired Infections (down 61 percent).**



Join the team at HealthSouth Nittany Valley as we congratulate **Beth Russell, RN**, Charge Nurse, for her recent achievement of Certified Rehabilitation Registered Nurse, CRRN. She has been an RN since 1997 after graduating from Bald Eagle Area High School in 1989, and Lock Haven University in 1997. Beth worked in long-term care until 2005 when she found her niche in rehab nursing. HealthSouth Nittany Valley Nurse Manager Sharon Poorman says, "We are proud of Beth and the other RNs who have obtained their Certification in Rehab. These specialized nurses provide direct care at the bedside, which research shows improves patient outcomes. We are successful at getting our patients back to work...back to play...back to living."