

# 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

## May is Stroke Awareness Month

May is National Stroke Awareness Month and HealthSouth Nittany Valley Rehabilitation Hospital is offering free stroke screenings on Wednesday, May 25, from 11 a.m. to 3 p.m.

Recent surveys have found that less than 40 percent of Americans know the most common warning signs of stroke, but they also indicate that general awareness increases through community stroke screenings.

Each year about 795,000 Americans experience a new or recurrent stroke affecting 55,000 more women than men, according to the American Heart Association. Cerebrovascular accident, also known as CVA or stroke, strikes someone every 40 seconds, and every four minutes someone dies from a stroke.

"It is also important for the public to realize how important immediate treatment and rehabilitation are to the stroke recovery process," said Richard Allatt, MD, medical director of HealthSouth Nittany Valley Rehabilitation Hospital.

"Rehabilitation restores function, teaches people with disabilities new ways to perform daily activities and provides education and sup-

port for the stroke survivor and family."

Stroke occurs when blood flow is lost to the brain. When blood flow is blocked or interrupted, localized damage may occur. Stroke symptoms vary depending on the severity and location of the damage, but typically may include:

- Weakness or partial paralysis, usually on one side of the body
- Speech and swallowing difficulties
- Trouble with balance, walking and movement
- Difficulty grasping and using the affected hand

According to the American Stroke Association, certain risk factors for stroke are hereditary, while others may result from lifestyle choices. Those risk factors resulting from lifestyle or environment can be changed with the help of a healthcare professional.

The warning signs of stroke include sudden:

- Numbness or weakness of the face, arm or leg, especially on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

If these warning signs occur, immediately call 911.



stroke<sup>2</sup>strong

**Complimentary Stroke Screening**  
May 25, 2011 11:00 a.m. – 3:00 p.m.  
HealthSouth Nittany Valley  
Rehabilitation Hospital

Power up your knowledge about stroke during Stroke Month. Join us for a complimentary stroke screening and you'll gain vital stroke risk information while learning more about how advanced technologies, knowledgeable rehabilitation teams and personalized programs help stroke survivors become strong again.

*A Higher Level of Care*

**HEALTHSOUTH**  
Nittany Valley Rehabilitation Hospital

550 West College Avenue • Pleasant Gap, PA 16823  
814 359-3421

NittanyValleyRehab.com

### Support Group Meeting Guide

Better Breathers	5/19
Brain Injury	6/14
Multiple Sclerosis	6/21
Stroke	6/28
Chronic Pain Management	online
Spinal Cord Injury	email

## HealthSouth marketing team welcomes new liaison



*Suzanne Irwin, MA*

Suzanne Irwin has joined the team at HealthSouth Nittany Valley Rehabilitation Hospital as a marketing liaison.

Suzanne has a Bachelor's degree in communications from the University of Pittsburgh, and a master's degree in corporate communications from Duquesne University.

Suzanne has worked in healthcare/marketing in various settings, including hospitals, hospice and complementary medicine.

Suzanne's marketing efforts focus on

community education and outreach, creating new relationships and marketing opportunities for HealthSouth.

HealthSouth representatives are available to speak with your staff or community group on topics including stroke awareness and screenings, fall risk, nutrition and diet, the benefits of PT/OT, etc.

To schedule a no-cost presentation for your office or organization, call Suzanne at 814 482-1371.

## HealthSouth Nittany Valley receives national recognition for patient care

HealthSouth Nittany Valley Rehabilitation Hospital has received top recognition from Uniform Data System for Medical Rehabilitation, ranking in the top ten percent of qualifying rehabilitation hospitals for 2010. UDSMR is a non-profit group that 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. In 2010, HealthSouth reports:

- The average length of patient stay was 13.6 days.
- 78% of HealthSouth Nittany

Valley patients were able to go home at discharge.

- HSNV has been ranked in the top 3<sup>rd</sup> of all (Press Ganey) hospitals in patient satisfaction over the past 12 months.

"Our UDSMR ranking allows us to benchmark our performance against national data and confirms our ability to assist our patients in achieving excellent outcomes," said Susan Hartman, chief executive officer of HealthSouth Nittany Valley. "The rehabilitation programs and services at HealthSouth Nittany Valley help patients reach a higher functional level in a shorter period of time, which helps them to return to normal life more quickly."

The data used for this report was based on 12 months of 2010 data,

drawn from both Medicare and non-Medicare patients.

The results were weighted and combined into a single composite score, and each hospital was assigned a percentile rank from zero to 100 relative to the 797 qualifying subscribers in the UDSMR database.

### **About UDSMR**

Founded in 1988, Uniform Data System for Medical Rehabilitation administers the world's largest medical rehabilitation database, and its instruments provide the field with a common language and measurement tools for outcomes and functional assessment. CMS has adopted UDSMR's FIM™ instrument as the basis for the IRF PPS, and UDSMR provides exclusive training and support to the agency.

### HealthSouth Nittany Valley receives national Clinical Excellence Award

Ranked 3rd of 103 hospitals

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 103 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."

## HealthSouth welcomes new admissions liaison

Brandy McCardle joined the team at HealthSouth Nittany Valley Rehabilitation Hospital as the Admission Liaison in late February.

Brandy, an LPN with over seven years of clinical experience in the acute and the home setting, was previously employed as the Director of Admissions/Marketing in the SNF setting.

Brandy has experience in all aspects of the admission process and is knowledgeable regarding Medicare, Medicaid and Managed insurances.

To reach Brandy, call 814 359-5896 or 814 574-3602, or email [Brandy.McCardle@healthsouth.com](mailto:Brandy.McCardle@healthsouth.com).



*Brandy McCardle, LPN*