HEALTHSOUTH WELCOMES CHIEF NURSING OFFICER

We are pleased to share that Michelle Stroud has joined our team as chief nursing officer and is responsible for leading the nursing team. She has more than 20 years of professional experience in both inpatient and outpatient settings. Her previous positions include director of nursing at an inpatient psychiatric hospital, clinical head nurse and office manager of an outpatient clinic, and most recently as outpatient services director of a regional health system. Michelle holds an associate degree in nursing from Mount Aloysius College, a Bachelor of Science in Nursing from Penn State University, and a School Nurse Certificate from Saint Francis University. She resides locally with her husband and two sons. Welcome Michelle!

About HealthSouth Nittany Valley Rehabilitation Hospital
Did You Know...

- Our patients are not required to have a three-day hospital stay prior to admission to HealthSouth?
- Our patients get at least three hours of therapy a day?
- More than half of our patients’ therapy is in an individual session with a therapist?

A Higher Level of Care®

HealthSouth Nittany Valley Rehabilitation Hospital
550 W. College Avenue
Pleasant Gap, PA 16823
814 359-3421 • 800 842-6026
Fax 814 359-5898
NittanyValleyRehab.com
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.

- Case manager
- Nutrition services aide
- Per diem rehabilitation liaison
- Registered dietitian
- Registered nurse
- Rehabilitation nursing technician

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

A THANK YOU TO ROSEMARY RAWLINS

In June, HealthSouth Nittany Valley had the pleasure of hosting guest speaker Rosemary Rawlins, author of the inspirational memoir Learning by Accident, to speak to staff regarding the work that they do and the impact it has on the lives of patients and their loved ones. Rosemary’s husband suffered a severe traumatic brain injury; she struggled for two years to bring him back to himself, and experienced the struggle of holding everything together. To learn more about Rosemary, her book, and her endeavors, visit www.rosemaryrawlins.com.

MODERN HEALTHCARE
BEST PLACES TO WORK 2015

Modern Healthcare presented its Best Places to Work in Healthcare award for 2015 to 100 companies and organizations. Congratulations to HealthSouth, who appeared on this year’s prestigious list. Now in its eighth year, the recognition program spotlights workplaces across the healthcare industry that invest in employees to support quality care, products and services to patients and customers every day. View the full list at http://www.modernhealthcare.com/article/20150821/INFO/150819874/2015-best-places-to-work-in-healthcare-announced.
HONORING STROKE SURVIVORS

HealthSouth Nittany Valley’s 11th Annual Stroke Recovery Picnic brought together 70 stroke survivors and their families, as well as hospital staff, to reunite with good food and live music in the hospital’s garden area. Many stroke survivors and their families come year after year to reconnect and reminisce with staff, share with other stroke survivors, and celebrate their recovery.

HealthSouth is proud to have The Joint Commission’s Gold Seal of Approval for its stroke rehabilitation program. The hospital hosts a stroke support group on the last Tuesday of the month at 4 p.m. For more information, contact Caroline Salva-Romero, M.A., CCC-SLP-L, speech therapy manager, at 814 359-3421.

VETERANS GAIN ACCESS TO HEALTHSOUTH REHABILITATION SERVICES

HealthSouth Nittany Valley is looking forward to providing inpatient and outpatient rehabilitation to more veterans as their healthcare choices broaden. The HealthSouth Corporation has a national agreement with Health Net® for their TRICARE membership to provide rehabilitation services to veterans through the Veteran’s Choice Program. If a veteran is already enrolled in VA healthcare, the Choice Program allows him or her to get healthcare from non-VA doctors, according to specific criteria. Using this program does NOT impact existing VA healthcare, or any other VA benefit. The Veteran Choice Program is part of the Veterans Access, Choice and Accountability Act of 2014 (VACAA), which President Obama signed into law on August 7, 2014.

For more information about the Veteran’s Choice Program, visit www.va.gov/opa/choiceact/.
NEW COMMUNITY RESOURCE HELPS ADULT CHILDREN OF AGING PARENTS

Accompanying our parents as they age can be a privilege and a challenge. The relationship between aging parents and their adult child is like no other, and the dynamics between the two are filled with history, memories and emotions. Where do we turn when it’s time to help our parents through the aging process? What services are available and where do we start?

There is a new resource in our community to help support adult children who are facing a multitude of decisions regarding their aging parents. ACAP (Adult Children of Aging Parents)-Centre County provides free, monthly educational programs designed for adult caregivers in our community.

ACAP-Centre County programs are held at the Country Inn and Suites, 1357 East College Ave., State College, from 5 to 7 p.m. on the second Tuesday of each month.

October 13: Anxiety, Depression and Aging
November 10: Strategies for Preventing Falls
December 8: Caregiving at a Distance

HealthSouth Nittany Valley is proud to be a core sponsor for ACAP-Centre County, along with community partners Foxdale Village, Penn State Hershey Medical Group, Grane Home Health Care and Grane Hospice Care.

ACAP (Adult Children of Aging Parents)-Centre County provides free monthly educational programs designed to support adult caregivers in the community. HealthSouth Nittany Valley’s Outpatient Therapy Services Manager Tracy Everhart, OTR/L, presented “Driving and Aging” at a recent meeting. Everhart shared with the group some ways to talk with loved ones about safe driving and what services are available in our community to help assess driving ability.

Monthly program sponsorship opportunities are available for organizations that would like to share their services with audience members before and after the programs.

Email: ACAP.CentreCounty@ACAPcommunity.org
Website: ACAPcommunity.org (visit the Centre County Chapter)
Facebook: Adult Children of Aging Parents (ACAP)-Centre County
Phone: 1 877 599- ACAP (2227)

MEDICAL STUDENTS GET A REHABILITATION PERSPECTIVE

The Penn State College of Medicine third-year students are rounding at HealthSouth Nittany Valley as part of their neurology rotation. HealthSouth Nittany Valley Medical Director Richard Allatt, M.D., meets with the students on a weekly basis and provides opportunities for them to observe and learn more about neurological issues related to rehabilitation.

Pictured, from left, are HealthSouth therapy staff Nicole Pautz, COTA/L, and Kristi Fisher, PTA, talking about patient rehabilitation with Penn State Hershey medical student Betsy Curry. Curry is rounding at HealthSouth Nittany Valley as part of her third year at Penn State College of Medicine. The medical students are learning about neurological conditions for the rehabilitation perspective.
REHABILITATION FOR THE CANCER SURVIVOR

HealthSouth Nittany Valley’s Outpatient Clinic in Pleasant Gap has an interdisciplinary therapy program that provides compassionate, comprehensive rehabilitation for cancer survivors.

The outpatient clinic’s specialized services include mastectomy fittings (see the back page of this newsletter), 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 cover services.

“Comprehensive cancer services can help speed recovery, shorten hospital stays and improve quality of life,” said 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, family and 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.

For more information, contact HealthSouth’s Pleasant Gap Outpatient Clinic, 550 West College Ave., Pleasant Gap, at 814 359-5630.

HOME AGAIN—SAFER, STRONGER AND MORE CONFIDENT

“Lights, camera, action!” was the theme for the day as Louise Mundy, 90, of Bellefonte, helped WHVL-TV produce a television commercial for HealthSouth Nittany Valley. Louise, a former HealthSouth patient (twice) had the starring role in the commercial that conveys how inpatient rehabilitation helps people remain independent at home, stronger, safer and with more confidence. The commercial also helps people understand that if you have a loved one who is struggling to stay safe at home, a rehabilitation liaison can make a no-cost visit to talk about whether a short rehabilitation stay at HealthSouth Nittany Valley can help. Pictured above is Rehabilitation Liaison Barb Angelo, LPN, COTA/L (far right) seated with Louise, discussing how a home visit occurs with the WHVL-TV crew. The commercial begins airing this fall, and HealthSouth Nittany Valley is grateful to Louise for helping to spread the word!
QUALITY UPDATE: THERAPY TREATMENT STRUCTURE AT HEALTHSOUTH NITTANY VALLEY

HealthSouth Nittany Valley has been working on enhancements to therapy programs. These changes are intended to increase quality of care, outcomes and patient experience. The information below provides some details about what to expect from our therapy programs. All patients receive at least 15 hours of therapy per week. A typical week is at least three hours of therapy throughout the day over five days. The majority of therapy is provided one-on-one with an individual patient and therapist. Specialized groups have been identified to provide structured therapy for individuals with similar impairments or barriers to discharge and are included in the therapy schedules. Each patient develops a post-discharge plan with their therapist and is expected to practice their skills as they develop during built-in therapeutic rest times with nursing staff supervision. This fits with the rehabilitation philosophy of breaking down barriers to a safe discharge.

Modes of therapy treatment
- Individual: one patient
- Group: three or more patients

Current plan for therapy structure
This plan is held as the standard unless this structure is deemed inappropriate for a particular patient.
- Two hours of individual therapy per day
- One hour of group therapy per day
- Speech therapy is not included in this time and will be considered extra therapy time.
  - This provides the potential for many patients needing speech to receive more than three hours of therapy a day on speech treatment days.

Group therapy
There are eight structured groups for group therapy sessions.
- Aerobic conditioning
- Energy conservation
  - Many of the group sessions focus on relaxation and breathing techniques
  - Concepts of rate of perceived exertion (RPE) are used
  - Teaching how long to rest before engaging in more activity
- Balance
- Posture
- Wellness Information & Tools for Health (WITH) Notebook Education
- Cooking/functional living skills
- Leisure/music
- Strengthening
  - Focus on how to safely progress repetitions and knowing your limits

Cardio pulmonary treatment
Treatment for the cardio pulmonary patient is patient specific.
- Focus on heart failure targets
- Building blocks of self-monitoring
- Ability to get on/off scale
- Knowing risk for heart disease and changes that can be made
- Calling physician when a weight gain occurs

Oxygen tubing management and balance
Patients on oxygen are receiving specific instruction and training built into their regular therapy sessions.
- Working with 150 feet of tubing in the home setting increases the risk of falling for many patients.
  - This often goes unevaluated.
  - In the acute care setting, they often have portable tanks and short lengths of tubing.
- Provide training for the patient utilizing oxygen to ensure mobility and balance while navigating around their oxygen tubing in the home and community
REHABILITATION WORTH THE DRIVE: STROKE SURVIVOR COMES HOME FOR THERAPY

Bob Haller, 82, of Lewistown, Penn., was enjoying a family reunion in Chicago when a sensation in his left leg turned into a life-altering event.

Bob woke up at 4 a.m. to use the bathroom, and as he stood to get out of bed, he noticed that his left leg felt strange.

“I thought it had fallen asleep, but I started walking to the bathroom anyway,” says Haller. “On my way back to bed, I was really wobbling, and my leg felt like rubber; it wasn’t moving the way I wanted it to move. It also felt weak. I sat down on the edge of the bed and I knew that something wasn’t right.”

At that point Bob realized his left arm was numb and he knew that he was having a stroke. His family called 9-1-1 and Bob was taken to the emergency department of a Chicago hospital, where he spent five days. He was unable to walk on his own and did not have full use of his left arm and hand.

“I was trying to rehabilitate my left hand by using it for everything, including eating,” Bob adds. “It wasn’t always pretty, but I was determined.”

From the hospital in Chicago, Bob told his doctor that he wanted to come back home and go to HealthSouth Nittany Valley Rehabilitation Hospital for rehabilitation.

“I knew I needed HealthSouth, because I had been there before to visit family. A rehabilitation hospital gives you more therapy and I needed that higher dose to get back to where I was before,” Bob explains. “Between the doctor in Chicago, my doctor in Reedsville, and the HealthSouth admissions team, my rehabilitation at HealthSouth was all coordinated before I was even discharged.”

Bob’s daughter, Betsy, drove to Chicago from Reedsville to bring her dad home.

“We stopped every two hours, and I would talk on the phone to the HealthSouth admissions team, asking questions and getting reassurance as we made the long trip back,” Betsy explains.

Rehabilitation Liaison Cathy Steffen, LPN, was one of the nurses who talked to Betsy as they made their way back to HealthSouth.

“I felt like we were right there with them on the drive from Chicago, helping to make their journey home a little easier,” says Steffen.

“Dad’s case manager, Kim Germino, arranged everything for us and eased any apprehensions we had about what was next,” says Betsy. “The rehabilitation is top-notch, and I would come back just for the good people who work here.”

Bob had three hours of therapy a day, including physical and occupational therapy.

“I got stronger and I have better use of my hand thanks to therapy,” Bob says.

Once he was discharged from HealthSouth Nittany Valley's inpatient rehabilitation, he continued his therapy at the HealthSouth outpatient clinic in Burnham.

Stroke patients can make gains in their rehabilitation long after their stroke, and Bob is still doing what he can to improve.

“We’re just glad we could bring dad home for rehabilitation,” Bob’s daughter Betsy adds.
The Hanger Clinic, part of Hanger Prosthetics and Orthotics, provides mastectomy fittings at its Pleasant Gap office, located in the Outpatient Therapy Clinic of HealthSouth Nittany Valley Rehabilitation Hospital.

**Mastectomy fittings are available the first and third Wednesday of each month, 9 a.m.-3 p.m., by appointment.**

The Hanger fitter is Susan Evans, CFOM, certified orthotic fitter. To schedule an appointment with Susan, call:

Robin Hlafcsak, Hanger Clinic
550 West College Avenue
Pleasant Gap, PA 16823
2.7 miles past the Nittany Mall, on the right.
The outpatient clinic entrance is on the far right side of the building.

814 359-1244
Fax 814 359-3193
rhlafcsak@hanger.com

For more information about the Hanger Clinic, call or visit www.hanger.com.

For information about HealthSouth Nittany Valley’s outpatient oncology rehabilitation, call Tracy Everhart, OTR/L, outpatient therapy services manager, at 814 359-5630.