

Health Connection

THE MAGAZINE OF EVANSTON REGIONAL HOSPITAL

**How health-wise
are you?**
Find out inside!

Bouncing back
Physical therapy
shows you how

**Preparing for
outpatient surgery**

**Dining the
Greek way**

 **EVANSTON**
REGIONAL HOSPITAL

Preparing for outpatient surgery

Thanks to the miracle of science, surgeries that once required a hospital stay can now be done on an outpatient basis. That's good news for those who recover better in the comfort of home, but it also means that any necessary arrangements must be made before the surgery date. If you or a loved one is facing outpatient surgery, try the suggestions below to help make the experience as smooth as possible.

PLAN AHEAD

As surgery day draws closer, you'll find it helpful to have certain things taken care of. Once you know your surgery date and time, ask yourself these questions:

- **Do I need to make any changes in my house's setup?** You may have to set up a temporary bedroom on the first floor if you think you'll have difficulty climbing stairs, for instance.
- **Do I have enough food in the house?** Stock up on meals in the freezer (either homemade or store-bought) so you

won't have to worry about food preparation. Ask your doctor about dietary restrictions or recommendations.

- **Will I need help in the house?** Plan to have a friend or a family member drive you home from the hospital. It's also a good idea to have someone stay with you during the first 24 hours. After that, schedule your visitors. They'll brighten your mood but may also cut into your resting time. Be sure to limit visits based on how you feel.
- **Is there anyone I'm responsible for?** If you have baby-sitting or caretaking responsibilities, remember to make other arrangements for your recovery period.

THE DAY BEFORE

Your doctor will probably instruct you not to eat or drink within eight hours of surgery. Ask your doctor whether you should abstain from taking medication or bring a day's dosage with you to the hospital.

If you're recovering from or coming down with a cold, tell your doctor. Your surgery may be postponed until you feel healthy.

Because skin-tone changes can sometimes be a sign of postsurgery problems, don't wear any makeup the day of surgery, including eye makeup and nail polish. Also, plan to wear loose clothing to the hospital.

AFTER SURGERY

Tell your healthcare team about any discomfort, irritation or pain you feel. How long you stay at the hospital will depend on your ability to drink fluids, walk and urinate. The amount of pain you're in will also affect your discharge. Before you leave, get a written list of postoperative instructions, symptoms to monitor and in-case-of-emergency phone numbers.





A strong, stable core helps reduce your risk of injury and prevent back pain.

At the core of fitness

postures that focus on building flexibility, balance and strength.

- **Tai chi.** This Chinese ritual involves precise, relaxed exercises to increase both agility and balance.

- **Pilates.** It's the latest craze, involving the use of certain exercises to create longer and stronger muscles without the bulk.

- **Weight training.** Focus on exercises that target your core muscles. Start light and increase the intensity of your workout over time. You may want to consult with a personal trainer to develop a program tailored to your needs.

- **Stability ball.** Sometimes

Head of core conditioning? It's the "apple-a-day" way for you to ensure that your body stays strong and steady. Simply put, core conditioning is a series of exercises that target your core—the body's center of power that starts just below your shoulders and ends just below your hips. You work out to gain strength in the muscles that control your trunk and spine while improving balance, agility and flexibility. Adding core strength helps you perform daily functions like lifting grocery bags, playing with your kids and getting in and out of your car. A strong, stable core also helps reduce your risk of injury and prevent back pain.

Try these exercises to build the back, abdominal, thigh and buttock muscles associated with a strong core. Check with your physician first to be sure you're starting at a fitness level that's right for you.

- **Yoga.** This ancient practice involves stretching and holding

called a Swiss ball or a resist-a-ball, this large, rubber exercise ball is one of the best ways to actively target and stabilize your core. Start with the ball slightly deflated or secure it against a wall until you're ready to add more challenge to your balance. Choose a ball that comes with a video of basic exercises.

- **BOSU ball.** Shaped like a stability ball cut in half—flat on one side, domed on the other—the BOSU ball is designed to activate and strengthen your core as you perform exercises on it. Many gyms offer BOSU ball classes, and you can also buy video and DVD workouts to use with the BOSU at home.

- **Stability equipment.** Other light equipment ranging from foam rollers, balance pads and discs and mini-trampolines (ideal for beginners) to balance and wobble boards (for the more advanced) can help you improve core strength and stability.



EVANSTON REGIONAL HOSPITAL: Honored for high employee satisfaction

Evanston Regional Hospital (ERH) has been congratulated for its high employee satisfaction scores by Data Management Research, a survey company based in Nashville, Tenn. ERH scored 95 percent for overall employee satisfaction.

Mark Hiatt, human resources director, and Ben Quinton, chief executive officer, say employees cite additional benefits as one of the reasons they rate the hospital so highly. One such benefit is ERH's gift-giving practice, in which employees receive gifts during the holidays and Employee Appreciation Week. ERH also sponsors an annual Lagoon Day each summer and honors a different department each week throughout the year, during which managers present their employees with gifts.

“We understand that satisfied employees equate to satisfied patients.”

its unannounced JCAHO survey.

- **High participation in the Finding Opportunities to Cut Unnecessary Spending (FOCUS) program.**

Employees receive extra compensation for identifying where money can be saved throughout the hospital. ERH ranks high each year in this effort.

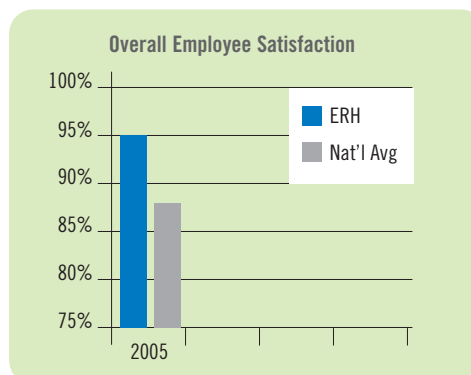
- **ERH's encouragement of open communication.**

Management and employees are encouraged to be open with each other and communicate well, fostering an environment in which employees are able to voice their concerns at any time.

ERH is proud of its high employee satisfaction. “We are not only trying to maintain the great culture here, but also striving to continually improve it,” says Hiatt. “We understand that satisfied employees equate to satisfied patients.”

Other reasons cited were:

- **Long-term employment.** Senior employees at ERH provide stability while maintaining the positive culture.
- **ERH's commitment to ongoing education.** ERH provides employees with up to \$2,500 per year for educational assistance.
- **High nurse participation in the Going the Extra Mile program.** Nurses receive additional compensation for participating in certain voluntary activities that “go the extra mile” for patients and employees.
- **Recognition programs, such as the ER+ Hero of the Month.** These programs are strongly encouraged at ERH. Each month, the hospital selects an employee who goes above and beyond the call of duty to help others.
- **A strong team member council.** Through the council, ERH gives financial aid and assistance to employees and sponsors picnics, employee events and monthly drawings.
- **Strong Joint Commission on Accreditation of Healthcare Organizations (JCAHO) preparation and ongoing education culture.** ERH rewards its employees for participation and recently did exceptionally well on



Bouncing back from injuries

ERH physical therapy can show you how

The physical therapy department at Evanston Regional Hospital (ERH) has a long tradition of providing excellent care to the residents of southwest Wyoming. In fact, the department existed years before the current hospital was built. Vic Judd, a physical therapist and director of the department, began working in the department in 1981, when it was located in the basement of Uinta County Memorial Hospital. Although the location and services have changed throughout the years, the quality care has remained the same.

Today, Judd is joined by Ann Webb, M.P.T.; Chris Kotter, M.P.T.; Suzanne Small, P.T. aide; and Crystal Thompson, P.T. aide. The department is housed in a modern, 7,500-square-foot facility in the Uinta Medical Plaza, which is connected to the hospital on Arrowhead Drive. The Bridger Valley Physical Therapy clinic, located in Mountain View, provides additional access for Bridger Valley residents. Randy Christopherson, P.T., began working full-time at the clinic in December.

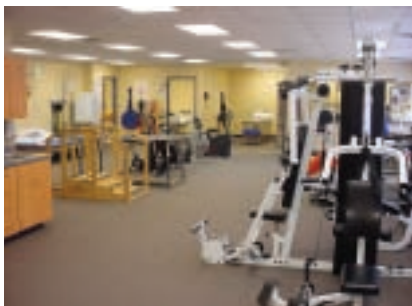
Among the services provided at ERH's physical therapy centers are aqua therapy; wound care; head and neck treatment; back, knee, shoulder and hand rehabilitation; and rehabilitation for sports- and work-related injuries. The back is the most frequently treated area, with therapy focused on strengthening the muscles surrounding the spine to heal injuries and prevent new ones from occurring.

Evanston Regional Hospital's physical therapy centers have a full range of rehabilitation equipment, including a pool for aqua therapy.



Although the center treats patients of all ages, the majority of them are ages 45 to 55. Because it's important for doctors to know their patients' conditions and the treatments they receive, patients must receive a referral from their physician before starting therapy at the centers. Webb observes that patients begin therapy when their bodies have difficulty bouncing back from strenuous exertion, whereas in the past their bodies were flexible and strong. Although many people believe physical therapy is painful, "patients are surprised when it isn't painful and even decreases their pain in the vast majority of cases," she says. According to Webb, many patients "wait too long before treating a chronic condition, which only makes it worse."

The physical therapy department at ERH is eager to continue its tradition of excellence with care aimed at returning patients to active, pain-free lifestyles.



Need a physical therapy referral?

For more information or to arrange an appointment, speak with your physician or call (307) 783-8220.

HEALTHWISE QUIZ

How much do you know about **menopause**?

Take this quiz to find out.

1 The average age when women in the United States reach menopause is:

- a. 51
- b. 55
- c. 48
- d. 64

2 The single biggest risk factor for osteoporosis, or brittle bone disease, is menopause. All of the following are signs that you may have osteoporosis except which one?

- a. height loss
- b. tooth loss
- c. joint pain
- d. backaches

3 One of the few reasons you should consider using hormone therapy is to:

- a. prevent ovarian cancer
- b. relieve severe menopausal symptoms such as hot flashes
- c. protect against heart disease
- d. lower your risk of breast cancer

4 The transitional period of two to 10 years before menopause, characterized by hormone fluctuations that can cause menopausal symptoms, is called:

- a. premature menopause
- b. premenopause
- c. perimenopause
- d. postmenopause

5 Of the following remedies, which is the only one approved by the U.S. Food and Drug Administration to relieve hot flashes?

- a. soy
- b. black cohosh
- c. phytoestrogens
- d. hormone therapy

Take control!

7 steps to healthy blood pressure and cholesterol

Heat disease and stroke kill millions of Americans each year. Unless you take steps to control your blood pressure and cholesterol levels, you may be at risk for these diseases. Get on the road to better health today with these seven simple steps:

- 1 Take a walk.** Exercise helps control your blood pressure and improves your cholesterol. Choose activities you enjoy and strive for at least 30 minutes of moderate-intensity physical activity on most days of the week.
- 2 Manage your weight.** Reducing your weight by just 10 pounds may help lower your blood pressure and reduce bad cholesterol. Since dropping pounds may be easier when working with a group, ask your healthcare provider to refer you to experts, groups or classes that can help.
- 3 Toss the cigarettes.** Smoking causes blood vessels to narrow and blood pressure to rise. It also makes it easier for cholesterol-rich plaque to stick to artery walls. A smoking cessation class can offer extra support.
- 4 Eat well.** Enjoy vegetables, fruits, whole grains, beans and legumes, along with moderate amounts of lean protein and healthy fats like those in salmon and olive oil. Avoid foods high in saturated fat, cholesterol, sodium, sugar and trans fatty acids.
- 5 Try soy.** A recent study shows that two servings a day of uncooked soy protein—found in tofu, soy milk or soy powder—lowers cholesterol levels by as much as 9 percent.
- 6 Limit your liquor.** Women should consume no more than one drink a day and men no more than two drinks a day.
- 7 Get screened.** Routinely checking your blood pressure and cholesterol levels keeps you on top of your cardiovascular disease risks. If your blood pressure's high, ask your doctor about buying a blood pressure monitor for home use.





First-aid foresight

Would you know what to do?

Sooner or later, we all face a medical problem that calls for immediate first aid and clear thinking. Knowing what to do next is a health skill everyone needs.

Bleeding. Apply pressure to the wound with a thick, clean cloth and raise the wound above the heart. If bleeding is severe or isn't controlled in five minutes or if the wound is very dirty, longer than an inch or gaping, get immediate medical care.

Puncture wounds. Don't self-treat deep puncture wounds since they can result in deep-tissue injury or infection.

Burns. Run cool water over minor burns, immerse in cold water or wrap the burned area in a cold, wet cloth for about 10 minutes or until pain subsides. Apply an antibiotic ointment and cover with a bandage. Call your doctor if blisters form.

Poisoning. Before doing anything, call the National Poison Control Hotline at 1-800-222-1222. Induce vomiting only if instructed.

Shock. Shock may cause cold, clammy skin; weakness; confusion; a rapid heartbeat; or deep, shallow or irregular breathing. Keep the victim warm and lying down on his or her back until help arrives. Don't give the victim anything to drink.

Electrical injuries. Do not touch someone who has just been electrocuted—the current may pass through you. While waiting for help to arrive, try to turn off the source of electricity.

Sprains and strains. To treat sprains and strains, follow the RICE method: rest, ice, compression and elevation. Apply ice packs or cold-water compresses to relieve swelling. Wrap the injury in an elastic bandage and keep it elevated above the heart.

Broken bones. Quickly call for emergency assistance. It's best not to move the person or attempt to straighten a broken bone.

Dine the Greek way

Although many of their meals consist of 40 percent fat, residents of the Greek isle of Crete who eat a traditional diet live longer than most other ethnic groups. In fact, Greeks who haven't succumbed to Western-style meals are 20 percent less likely to die of coronary artery disease and about 30 percent less likely to die of cancer than Americans are.

These stats make nutritionists take note, and what they've found is that the traditional Greek diet is one of the healthiest eating styles you can choose. The diet focuses on:

- vegetables, fruits, fish, grains, beans, nuts and legumes like chickpeas
- olive oil as the sole source of added fat
- only a few weekly servings of poultry, eggs and sweets
- daily, small to moderate amounts of cheese and yogurt
- red meats saved for special occasions only

What's more, the Greek diet is tasty—a sign that you don't have to give up good food to stay healthy.

BEWARE OF TROJAN HORSES

But be cautious: Some Greek foods found in the United States don't fit the heart-healthy profile of traditional



Greek cuisine. The nonprofit Center for Science in the Public Interest analyzed typical restaurant-size portions of some popular Greek meals. What they found could stop your heart. For example, spanakopita (spinach pie in phyllo dough) has 410 calories and 24 grams of fat, beef or lamb gyro (sandwich) has 760 calories and 20 grams of fat and moussaka (a meat and eggplant casserole) has 830 calories and 48 grams of fat!



J. Ben Quinton, M.H.A.
Chief Executive Officer

Dear friends,

In the previous issue of *Health Connection*, I focused on the benefits of having exceptional healthcare close to home. I discussed our qualified team of healthcare professionals, along with the misconception that “bigger is better,” and how Evanston Regional Hospital (ERH), a small rural hospital, does a great job of caring for our patients. Our patients are cared for by healthcare professionals from their own communities, people who already know and care about them. We strive to make substantial contributions to those communities every day.

It is this concept—ERH’s contribution to the communities it serves—that I’d like to address. Just what benefits do ERH and its staff provide our communities with? Many people may not realize that ERH, unlike most community hospitals, is neither tax-exempt nor supported by city or county tax dollars. In fact, ERH depends solely on its revenues to support its operations. Not only does the hospital not receive local tax support, it contributes to local taxes. The majority of these funds go on to support local schools, city and county governments, and the Board of Community Educational Services.

As the statistics from our 2006 Community Benefit Report show, ERH puts its heart into helping patients. With a total community investment of more than \$11 million last year alone, I

am grateful that ERH can stand on its own, without tax support, and do such a commendable job caring for everyone. We are proud to be a part of the great communities we serve in southwestern Wyoming and are pleased that you have chosen us as your healthcare provider. Thank you for your confidence, trust and support.

Sincerely,
J. BEN QUINTON, M.H.A.
Chief Executive Officer
Evanston Regional Hospital

2006 Community Benefit Report*

Hospital admissions	1,684
ER visits	9,055
Surgeries	2,204
Outpatient registrations	50,916

Financial benefits

Payroll (220 employees)	\$7,779,336
Capital investments	\$678,000
Property and sales taxes	\$142,770

Caring for our community

Charity and uncompensated care	\$3,057,798
Support education	\$42,037
Health education	\$9,545
Donations to local charities	\$6,609

Total community investment **\$11,716,095**

*Numbers are approximate.

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