

Healthcare TOPICS



RIVERWOOD HEALTHCARE CENTER FALL/WINTER 2007-2008

Level 1 Heart Attack Program Speeds access to expert cardiac care



Gary Williams feels blessed to be alive today. Six months ago, he suffered a sudden onset of severe chest pain while working at Aitkin's True Value Hardware store.

"I bent over to look at a price sticker and suddenly I felt intense pain in the middle of my chest," Gary explains. "My heart started to beat wildly and I told my wife, Ihleen, who was working on the other side of the counter, that I needed to go to the hospital--NOW."

As Gary entered the hospital in Aitkin, Riverwood LPN *Rose Appel* recognized that he was experiencing severe chest pain and immediately rushed him into the emergency room. Following Riverwood's Level 1 Heart Attack Program protocol for cardiac patients, a medical team led by *Dr. James Harris*, Riverwood Emergency Department Medical Director and Trauma Program Medical Director, swung into action to relieve Gary's chest pain and stabilize him.

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Orthopedic surgeon brings advanced Knee Replacement Surgery to Riverwood Healthcare Center

The most advanced breakthrough in total knee-replacement surgery today is now being performed at Riverwood Healthcare Center. *Leo Chough, MD*, is among the first orthopedic surgeons in the country to bring sophisticated computer-assisted surgical navigation into performing knee joint replacement procedures.



Illustration of the Zimmer system

Computer-assisted surgical navigation techniques complement the physician's hands-on surgical skills with computerized accuracy, allowing the surgeon to "see" inside the patient before making any incisions. Electromagnetic tracking navigation uses miniaturized trackers that are placed directly inside the incision, eliminating additional trauma. The result is similar to the satellite navigation that tracks a vehicle's location and helps guide the driver to a chosen destination.

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Riverwood Healthcare Center's participation in the Minneapolis Heart Institute's Level 1 Heart Attack Program has benefited many cardiac patients.

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Level 1 Heart Attack Program

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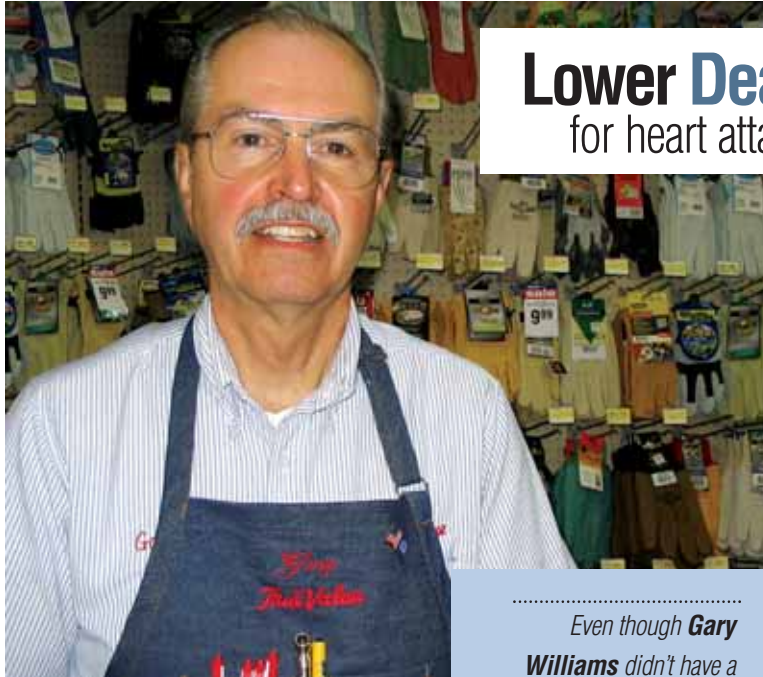
When he arrived at the hospital, Gary's pulse was beating over 200 beats per minute and his heart was in the rhythm ventricular tachycardia, according to Dr. Harris. "This is a very unstable and dangerous rhythm and one of the most common reasons for it is cardiac ischemia – lack of oxygen to the heart," he adds. "We used medications to convert his heart back into a normal sinus rhythm and then we rapidly transferred him to Abbott Northwestern Hospital, where he could receive high-quality, definitive cardiovascular care. Our participation with the Minneapolis Heart Institute's Level 1 Heart Attack Program has benefited many heart attack patients, but the same system also benefits those with any emergency cardiac condition."

After three days of tests at Abbott-Northwestern, Gary was scheduled to come back in 20 days for an ablation procedure. He was diagnosed with Wolff-Parkinson-White syndrome, a rare condition where the heart has an extra pathway for electrical signals that control the heartbeat.

"The cardiologist was amazed that my arteries were so clean and my heart muscles are so strong," Gary says. "He told me that I'm alive today because I don't smoke, don't drink alcohol and eat right. I was back to work five days after the ablation procedure and I feel great. I don't have to take any medication for my heart."

Gary continues to work 40 hours a week at the hardware store he sold a few years ago so that he and Ihleen could have more time for family and other activities. In July 2007, they were crowned "Aitkin Riverboat Captain and Queen," a one-year commitment to representing the Aitkin Chamber of Commerce at community events.

"I can't say enough about the wonderful care I received at Riverwood," Gary adds. "The staff was fantastic!"



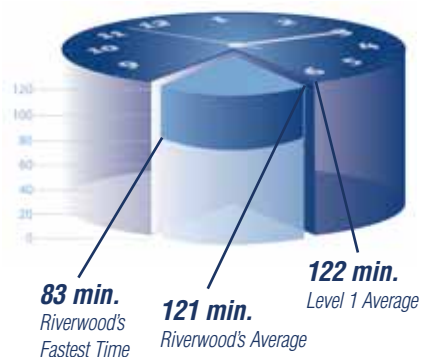
Lower Death Rates for heart attack victims

Even though **Gary Williams** didn't have a heart attack, he believes fast access to expert cardiac care saved his life.

As of October 1, 2007, Gary Williams was one of 49 patients who have benefited from Riverwood's designation as a Level 1 Heart Attack Hospital since 2004. The Minneapolis Heart Institute (MHI) reports that it has treated 1,720

patients from its 33 affiliated Minnesota hospitals since the new protocol for treating heart attack patients was launched in 2003.

With acute heart attacks, timing is critical. "Patients experiencing severe chest pain should call 911 immediately," says **Barb Unger, RN** and director of Cardiovascular Emergency Treatment for MHI at Abbott-Northwestern Hospital.



"Once patients reach a Level 1 Hospital, the average time until they are in our cardiac catheterization lab with a blood vessel open for angioplasty surgery is **122 minutes for the zone Aitkin is in**. Riverwood's **average time is 121 minutes** with its **fastest patient transfer time being 83 minutes**. These times include reaching the door of Riverwood, all labs, EKG and medications given, a helicopter ride, arrival at Abbott Northwestern's cath lab and the blood vessel opened. Every second is crucial when blood flow to the heart muscle is blocked."

A recent study shows that the 30-day heart attack mortality rate **is only 5 percent** for patients treated through MHI's Level 1 Heart Attack Protocol Program. **This compares with a 14 percent mortality average** for all Minnesota community hospitals without cath labs in 2002. MHI ranks No. 1 in Minnesota and among the top 4 percent in the nation for heart attack survival rates.

Jennifer Weyer of Hill City is the first recipient of the Riverwood Foundation's *Michael Silverberg Healthcare Education Scholarship award* of \$1,000.

RIVERWOOD FOUNDATION Riverwood RN Receives First Scholarship Award from Zilverberg Fund



Matt Hill, Riverwood Foundation board member, and **Jeanette Zilverberg**, (far right) donor, presented the \$1000 scholarship check to **Jennifer Weyer** in September.

Weyer was selected by the Riverwood Foundation Finance and Granting Committee based on an excellent recommendation from her supervisor, Riverwood Director of Nursing *Kristine Layne*, her application narrative and her commitment to continuing education.

For the past three years, Weyer has worked as a Registered Nurse at Riverwood. She coordinates admissions and care plans and also cares for patients on the nursing floor and ICU. She is enrolled as a full-time graduate student in the master's program at the College of St. Scholastica (Duluth) in the Family Nurse Practitioner Program. She will use the scholarship to help pay her tuition expenses.

"As a registered nurse, I value the nursing education I receive," explains Weyer. "This scholarship will allow me to enhance my knowledge and help me grow academically and professionally."

The Michael Silverberg Healthcare Education Endowment was started by *Jeanette Zilverberg* in 2004 to honor her late husband Michael, who was a strong community leader in Aitkin. Always supportive of education and helping others, he was especially interested in providing educational opportunities and scholarships for those working in local healthcare facilities.

To make a contribution to the *Michael Silverberg Endowment Fund*, contact the Riverwood Foundation at (218) 927-5554, or go online for more information at RiverwoodHealthcare.com

Knee Replacement Surgery

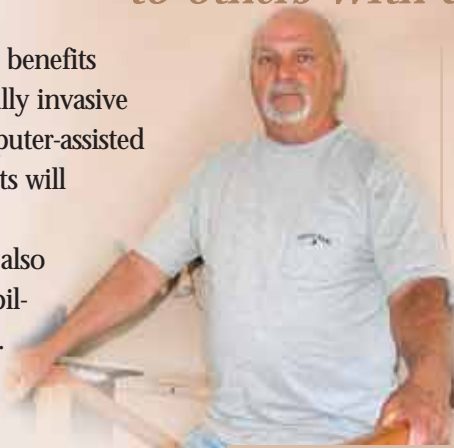
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“This new computer technology gives me a roadmap to navigate a patient’s knee with incredible precision,” explains Dr. Chough. “Providing a three-dimensional view, the technology allows a surgeon to align the patient’s bone and joint implants with a degree of accuracy not possible with the naked eye. This is amazing technology that will soon become the standard for joint replacements.”

Various types of imaging—including x-ray, computed tomography (CT) and “imageless” or computer-rendered—are used prior to surgery to plan and map out the procedure in three dimensions. The system merges the images so that during the actual surgery, the surgeon has a virtual reference.

Dr. Chough says there are many benefits for patients. Combining minimally invasive surgical technique with the computer-assisted surgery, knee-replacement patients will have smaller incisions, less tissue trauma and less scarring. They’ll also have faster and less painful rehabilitation and shorter hospital stays.

Since April 2007, Dr. Chough has performed all knee replacement surgeries at Riverwood using the new computer-assisted technique. *Bill Quiel*, who was suffering from growing, acute pain in his knees due to osteoarthritis, became the first patient to have the new surgical procedure at



.....
Bill Quiel enjoyed a smooth, pain-free recovery from computer-navigated knee surgery at Riverwood Healthcare.
.....

“I’d recommend this knee surgery to others with arthritis pain.” **Bill Quiel**

Riverwood on April 24. Six months later, 65-year-old Quiel reports that recovery from his right knee replacement surgery—his first surgery ever—is going very well. “I’m coming along real good no pain at all in my right knee,” Quiel says. “My right knee had become bowed and was putting stress on my left knee, causing pain that could no longer be relieved with medication.”

With arthritis, there can be mild, moderate or severe deformity, such as bowing of the knee that Bill Quiel experienced, Dr. Chough explains. “Greater deformity can happen from more bone wearing away,” he adds.

.....
For all knee replacement surgeries at Riverwood Healthcare Center, **Dr. Leo Chough** is now using a new computer-assisted technique.
.....

“Computer-assisted surgery uses at least 14 points of reference from the bones, which increases the accuracy of implant placement compared to traditional surgery.”

Quiel was amazed at how fast he recovered his mobility. “I returned to work in just two months and I’m able to do a lot of walking, which my job requires. I’d recommend this knee surgery to others with arthritis pain.”

For an appointment with Dr. Chough, call Riverwood’s Speciality Clinic at (218) 927-5566.

Meet a *new* face at Riverwood

Cardiopulmonary Department Manager Michelle Bergacker, manager of Riverwood’s Cardiopulmonary Department, oversees rehabilitative programs for patients with heart and lung disease and supervises five respiratory therapists.



Michelle Bergacker

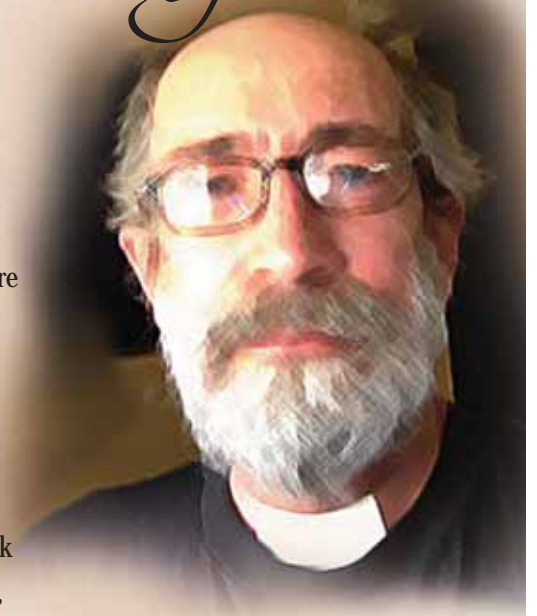
Prior to joining Riverwood, Bergacker worked as a Registered Respiratory Therapist at University of Minnesota Medical Center, Fairview in Minneapolis for 20 years, primarily with Intensive Care Unit patients. As a respiratory therapy student at this facility, she provided respiratory therapy to cystic fibrosis patients. For the past seven years, she was a supervisor in a respiratory therapy department with 90 staff members.

AS ECMO coordinator, she taught many members of the staff how to perform extra corporeal membrane oxygenation (ECMO), which uses a special machine to rest the heart and lungs, at the patient bedside. Bergacker has an associate degree in science from St. Paul College in St. Paul and is pursuing a bachelor’s degree.

For more information on Michelle Bergacker, see the news release posted at www.RiverwoodHealthcare.com

Taking your health... *personally*

“I’m writing to say how much the electronic communication means that Riverwood set up to help me and my health recovery. I’m sure you are aware of the difficulty a battle with cancer can be; now imagine going it alone without the benefit of telecommunication! The uncertainty of the whole process, compounded by a lack of easily available information, was overwhelming. Setting me up with an email account and liaison to Riverwood staff has really made a positive difference in this harrowing experience—*Thank you!*”



Dave Dahlgren
Riverwood patient

If you have a story to share on special care received at our hospital or clinics, send them to us at Riverwood Marketing, 200 Bunker Hill Drive, Aitkin, MN 56431 or email pr.rhcc@sisunet.org

SUCCESS STORY

A Corneal Transplant

Matthew Christensen has Keratoconus in both eyes. When his sight was almost gone in his left eye, it was determined that a corneal transplant would be necessary. The family was referred by their local optometrist in Grand Rapids to Dr. Stacy Sjoberg, an ophthalmologist who specializes in corneal transplants and is on the staff of Riverwood Healthcare Center. Matthew's mother, Patty Christensen, shares his experience.



Patty and Mathew Christensen

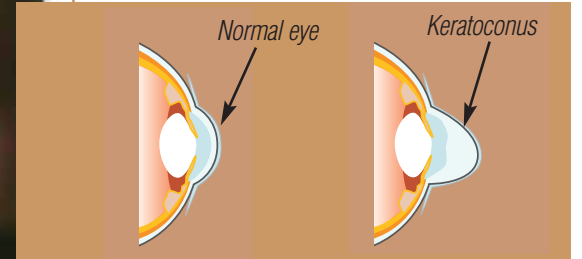
"When we found out Matthew,

who has Down Syndrome, needed eye surgery we were pretty nervous and scared. Dr. Sjoberg was so good at that first appointment, explaining the whole process step by step. She included Matt in the conversation and showed him what would be happening and what he would wear and need to do after surgery.

We left with much more knowledge of what we would be dealing with and much less fear of the surgery.

On October 18th of 2006, Dr. Sjoberg performed the corneal transplant for Matthew's left eye. His surgery went smoothly and again after surgery Dr. Sjoberg explained what she had done and

what to expect. She talked to Matt about the importance of not rubbing his eye and why. She made the whole process seem so simple and we left knowing that she was there anytime of the day or night for questions.



Matthew has been seeing Dr. Sjoberg periodically now for the last year. He will eventually have to have a transplant in his right eye too. We have no fear of the next surgery now knowing that we have a doctor who is not only very good at what she does but we feel she cares about us as if we were her most important concern. What a gift we received in the referral to Dr. Sjoberg!"



Stacy Sjoberg, MD



Riverwood Community Outreach

Calendar

FALL/WINTER 2007-08

EVENTS

Riverwood Annual Meeting

AITKIN: 40 Club Convention Center
February 7, 7PM
Riverwood Administration: (218) 927-5501

SEMINAR *Light meal served. No cost to attend.*

Smoking Cessation Discussions

An informal discussion of barriers and behaviors
MCGREGOR: Riverwood McGregor Clinic
November 7, 5:30PM
AITKIN: Riverwood Healthcare Center
November 13, 5:30PM
GARRISON: Riverwood Garrison Clinic
November 14, 5:30PM
To register, call Riverwood Education:
(218) 927-5318

EDUCATION & SUPPORT

Joint Replacement Pre-Surgery Class

AITKIN: Riverwood Healthcare Center
November 14, December 12,
January 9, 1-3PM
Surgical Services: (218) 927-5549

Diabetes Support Group

AITKIN: Riverwood Support Services
November 8, December 13, January 10,
February 14, 5-6PM
Riverwood Diabetes Center:
(218) 927-8281

Cancer Support Group

AITKIN: Riverwood Healthcare Center
November 20, January 15, 6:30-8PM
CROSBY: Cuyuna Regional Medical Center
December 18, February 19, 6:30-8PM
Riverwood Oncology: (218) 927-8287

Stroke Support Group

AITKIN: First Lutheran Church
November 26, January 28,
February 25, 2-3PM
Riverwood Rehabilitation:
(218) 927-5580

On October 13th, more than 200 guests attended Riverwood's third annual Gala fundraiser. They dined on exquisite food and drink from 16 local restaurants, beverage purveyors and caterers,

Riverwood Foundation Gala Evening with the Stars

bid on a wonderful selection of auction items and baskets and enjoyed live music and dancing. "We raised nearly \$25,000 thanks to the wonderful efforts of those who donated time, purchased tickets or made silent and live auction donations," says Shelli Urness, Riverwood Foundation director.



*Terry Dax
Ruttger's Chef*

Our promise is to enhance and improve the health and well being of everyone we serve through commitment and compassion.



200 Bunker Hill Drive • Aitkin, MN 56431
Contact any Riverwood facility toll-free at (888) 270-1882
www.RiverwoodHealthcare.com

HOSPITAL • ER • URGENT CARE
218-927-2121

AITKIN CLINIC
218-927-2157 or 888-270-1882

MCGREGOR CLINIC
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GARRISON CLINIC
320-525-3400

SPECIALTY CLINIC
218-927-5566

SUPPORT SERVICES
218-927-8272