

health watch

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**HOME IN
24 HOURS**
following knee
replacement *page 2*

**Learn about the
new dry needling
therapy option** *page 4*

*Pictured:
Donna Mueller,
Bellevue, Iowa*



A LETTER FROM THE PRESIDENT

Kay Takes, President

Newcomers to eastern Iowa often chuckle when they discover things about the local culture that are unique and maybe even a little endearing to our communities. Things like turkey and dressing sandwiches at a graduation party or a good game of euchre at a local diner are customs that tell a story about the people who live here. When others experience traditions like these firsthand, they begin to understand the population more intimately and they can relate in a more effective and enjoyable way.

Understanding the populations that we serve at Mercy is important in our ability to relate effectively to patients and families as well. Population health is a key component of our *People-Centered 2020 Strategic Plan*, which includes work focused on achieving the Institute for Healthcare Improvement's Triple Aim to improve care, improve health and lower cost. Provisions of the Affordable Care Act promote improving health outcomes for populations of consumers by incentivizing (through new payment models) innovative care management approaches across settings. This means that, in addition to ensuring that patients and families receive the very best care and service in the hospital, Mercy colleagues are working with patients and the broader care team in clinics, skilled and long term care facilities, pharmacies, patient homes, palliative care and hospice settings, to make sure that we are all on the same page regarding the goals, so that care is effectively and efficiently coordinated.

The 'population' in population health can be defined in many ways. It can be a group of people with a similar

chronic health condition, like diabetes or congestive heart failure. The care team works with these folks and their families to prevent setbacks through education, support and medical management so they can achieve their highest level of health. A population can be patients having a certain surgical procedure, like total joint replacement or cardiac bypass. Care begins before the surgical case, helping the patient and a "buddy" understand and execute the recovery process most effectively and well beyond the hospitalization. A population can be all colleagues who work for an employer focused on reducing health care expenses by rewarding healthy behaviors, like regular visits with a primary care provider, exercise and smoking cessation, and providing coaches to assist them in achieving their personal health goals. Mercy is currently working with the Marshallese people in Dubuque, helping them to access and navigate the health care system for improved health outcomes, another example of population health.

Improving the health of populations like those mentioned above and many more, is about keeping people as healthy as possible, and optimally managing their care when they are sick. It requires that we develop trusting, lifelong relationships, and that we embrace people "where they are," because we know this is more likely to set them up for success.

It has been our pleasure to serve you in 2016. We are excited to offer new developments in population health while continuing to provide excellent, individualized care to patients and families in the months and years ahead.

Dining Out?

HOW TO MAKE *SMART* CHOICES

Who doesn't enjoy a nice evening out?

Too often, however, we leave the restaurant feeling overstuffed and needing to loosen our belts a notch.

Here are a few tips for dining out smartly, while still enjoying the evening.

- » **Check the restaurant's menu online** before arriving so you aren't overwhelmed by unhealthy options.
- » Restaurant portions are often enough for two, **so share a meal.**
- » When selecting an entrée, look for foods that are **grilled, broiled, baked, roasted, or steamed.** Skip the fried foods.
- » Instead of French fries, choose a **baked potato, steamed vegetables, green salad with dressing on the side, broth-based soup, or fresh fruit** for your side item.
- » **Slow down.** Drink water between bites.
- » Stop eating **when you start to feel mildly full,** and then ask the server to take your plate away.
- » Craving something sweet for dessert? **Share a dessert amongst the group,** or have a scoop of sorbet or low-fat ice cream topped with berries.



Enjoy the **company and conversation,** not just the food.

Donna's STORY

*Home the next day
following knee replacement*



Donna Mueller, of Bellevue, Iowa, dealt with an aching knee for many years. She had gotten by well with cortisone shots.



BRIAN SILVIA, MD, PhD

“The shots were wonderful. The first one lasted a year and a half, the next one a year, then 9 months,” she says. “But the minute I retired and started doing all this additional activity, the aching just got worse and worse, and the shots stopped working. It was getting harder to walk. I could see how I was walking, and people were asking me how much pain I was in.”



WENDY REISTROFFER

Knowing that joint replacement surgery was her likely path, Donna began working with physical therapist Wendy Reistroffer at Mercy Rehabilitation Services in Bellevue.

“It’s ideal when patients work with a physical therapist prior to surgery,” Wendy explains. “Donna was able to maximize her flexibility and strength before surgery which helped her recovery.”

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— Wendy Reistroffer

When Donna met with orthopedic surgeon Brian Silvia, MD, PhD, of Medical Associates Clinic, he asked her a simple question: How’s your quality of life?

“It was definitely affecting my quality of life. I couldn’t push the mower around the lawn. I gave up walking. I couldn’t even carry my grandson.”

That last one was reason enough. Donna scheduled her knee replacement surgery with Dr. Silvia.

“Surgery is not for everyone,” says Dr. Silvia. “It is for the people with pain that cannot be managed in any other way.”

When a patient is ready for surgery, they can now expect to return home sooner.

“The rehabilitation and pain management are better coordinated, leading to faster recovery for the patient,” Dr. Silvia says.



“ I feel 10 years younger now and I’m so excited to be doing everything again. I can do everything I want to. I walk so well now.

I feel good about myself; I’m confident. And I can carry my grandson again.”

— Donna Mueller

That includes an innovative pain management protocol to help prevent pain from even starting, including nerve blocks and spinal anesthesia, and an emphasis on reducing swelling.

Patients begin working with physical therapists to start walking within a few hours of surgery. And if patients are feeling well and medically doing well, they can now expect to go home the next day. Many patients are even going home the same day as surgery.

“I came out of surgery and had no pain, and I was up and walking within two hours,” Donna confirms. “I went in at 11 a.m. on June 1 and was out by 11 a.m. the next day.”

She soon began working with Wendy again.

“We worked on improving Donna’s joint and muscle flexibility, strength, balance, endurance in performing activities such as walking and biking, and normalizing her walking pattern,” Wendy describes. “We also worked on activities to help her return to work, both in her home and a job in the community. She really made consistent progress throughout her time here, gaining a little with every visit.”

Wendy emphasizes that although patients are sent home from the hospital sooner, the recovery still takes time and a lot of hard work. Patients should expect 2-3 months of therapy and exercise to reach 75 percent of their potential, and up to a year of exercise to reach full potential.

“Also, it’s more than just exercise that’s needed to get back to normal,” Wendy adds. “It’s also about taking the medicine as the doctor directs, as good pain control helps patients exercise better. It’s about icing to help with pain and swelling, eating well to get the building blocks to heal the tissue, and getting the rest needed to help the healing process. It’s a full-time job.”

Donna is well on her way to reaching her full potential.

“I feel so good now,” Donna says. “I put up with it for so long and thought, ‘this is life,’ but I feel 10 years younger now and I’m so excited to be doing everything again. I can do everything I want to. I walk so well now. I feel good about myself; I’m confident. And I can carry my grandson again.”

Q&A

Q: I've heard of a new therapy option called dry needling. What is that?



A: Dry needling is a procedure that is gaining popularity for the treatment of painful trigger points in muscles. It is now available at Mercy as a physical therapy treatment option.

Dry needling is an intervention in which muscle and other soft tissue are treated directly by inserting small needles, similar to those used in acupuncture. This intervention can be helpful in reducing pain and treating movement impairments. It is often combined with other physical therapy options and can help with conditions such as:

- acute and chronic tendonitis
- athletic and sports-related overuse injuries
- post-surgical pain
- post-traumatic injuries
- motor vehicle accidents
- work-related injuries
- chronic pain conditions
- headaches and whiplash
- lower back pain

— Brad Kruse, DPT, SCS, ATC, Cert. DN, rehabilitation services

SCHEDULE YOUR APPOINTMENT

Brad Kruse is certified in dry needling by the Dry Needling Institute.

To schedule your appointment, call Mercy Rehabilitation Services – Dubuque at 563-589-9035.

hot topics

JOIN US FOR THE NEXT MERCY WEIGHT LOSS PROGRAM



This unique program uses the technology of the MedGem indirect calorimeter to measure each participant's metabolism and daily calorie needs. Based on your individual calorie needs, a plan is tailored just for you to help you achieve your weight-loss goals. The program includes eight nutrition classes with Mercy clinical dietitian Christine Nanke, RD, LD, discussing topics such as metabolism, meal planning, dining out, emotional eating, and maintaining weight loss. Four cooking sessions are also part of the program (meal included with the cooking sessions). Learn the foundation of basic nutrition and how to create simple, flavorful dishes to reach and maintain your new healthy lifestyle.



MERCY WEIGHT LOSS PROGRAM

Thursdays, January 19 – April 6
Noon – 1 p.m. or 5:15 – 6:15 p.m.
Mercy, 250 Mercy Drive, Dubuque

Fee: \$249. Registration is required at mercydubuque.com/events or at 563-589-9600.

DRA GRANT ENHANCES SECURITY AT MERCY – DYERSVILLE

Dyersville Health Foundation was the recipient of a \$5,000 grant from the Dubuque Racing Association. The funds will be used to purchase and install new security features for the Mercy – Dyersville emergency department, including security cameras and alarm buttons. Liz Heins, director of the Dyersville Health Foundation, said, “These new security features will enhance the safety of staff, patients, and visitors to the Mercy – Dyersville emergency department. We really appreciate the generous contribution made by the DRA for this project.”



MERCY LAUNCHES NEW IDENTIFICATION SYSTEM

We are committed to providing you with the highest quality of care, and we consider securing your personal information a priority. That's why we've introduced PatientSecure® — an identification system that uses the latest in biometric technology to provide accurate identification of patients.

BENEFITS INCLUDE:

Patient Identification: Your identity is instantly and accurately confirmed at registration. This ensures that the registrar accesses your personal medical record. In an emergency, we can access your medical record from your palm scan.

Protection from Identity Theft: Ensures accurate patient ID at registration. No one can pretend to be you.

HOW IT WORKS:

PatientSecure® is highly accurate and works by scanning the vein pattern of your palm. Vein pattern in a palm is highly unique to each person. The scan uses harmless near-infrared light, which is the same as the light of a TV remote control. The advanced algorithm processes your vein pattern to create an encrypted and protected digital file which is linked to your unique medical record.



For more information, please call patient access at 563-589-9010.



MERCY HOME CARE STORE

20% OFF

CPAPMax Next Generation CPAP Pillow



Sleep cool and maximize comfort with any CPAP mask. This pillow reduces mask shifting, leaks, and pressure.

Offer expires January 31, 2017.


MERCY MEDICAL CENTER
DUBUQUE

563-589-8118

STORE HOURS | Monday – Friday
8 a.m. – 5 p.m.



THAI BUTTERNUT SQUASH SOUP

MAKES 4 SERVINGS » SERVING SIZE: 1 CUP

SOUP INGREDIENTS

- 1 teaspoon canola oil
- 1 cup chopped onion
- 2 ½ teaspoons red curry paste (select gluten free)
- 1 ½ teaspoons minced garlic
- ⅛ teaspoon ground ginger
- 1 cup fat-free, reduced-sodium chicken broth
- 2 teaspoons brown sugar
- 3 cups butternut squash, cubed (approximately ½ of a squash)
- 1 medium sweet potato, peeled and cubed (approximately 1 cup)
- 1 (14-ounce) can light coconut milk
- 1 ½ teaspoons fish sauce
- ¼ teaspoon salt

OPTIONAL TOPPINGS

- ½ cup salted peanuts, chopped lightly
- ¼ cup cilantro leaves
- 1 lime, cut into 8 wedges

INSTRUCTIONS

- 1 - Heat a medium saucepan over medium-high heat. Add oil; swirl to coat. Add onion; sauté 3 minutes. Add curry paste, garlic, and ginger; sauté 45 seconds, stirring constantly.
- 2 - Add broth and the rest of the ingredients; cover. Bring to a boil. Reduce heat, and simmer 10 minutes or until squash and potato are tender, stirring frequently. Place half of squash/potato mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid. Place a clean towel over opening in lid to avoid splatters. Blend until smooth. Pour into a large bowl. Repeat with remaining squash mixture. Spoon about 1 cup soup into each of four bowls.
- 3 - Top as desired, and enjoy!

HEART
HEALTHY



GLUTEN
FREE



DIABETES
FRIENDLY



MERCY GIFT SHOP

All proceeds support children in Mercy's care.

Monday, Thursday, and Friday: 10 a.m. – 5 p.m.

Tuesday and Wednesday: 10 a.m. – 7 p.m.

Saturday: 10 a.m. – 3 p.m.

mercydubuque.com/gifts

Mercy Medical Center - Dubuque
250 Mercy Drive
Dubuque, IA 52001

More families
choose Mercy
to deliver
their babies.

Find out why at
mercy-baby.com



THAI BUTTERNUT SQUASH SOUP

“Butternut squash is known for both its sweet and nutty flavors, but unlike many other winter squash, butternut’s skin is thin and easy to peel. **It combines simple preparation with significant nutrition in the form of vitamin A, vitamin C, and fiber.** Thai butternut squash soup is the perfect addition at your next gathering this holiday season.”

— Stacy Barton, RD, LD

NUTRITIONAL INFORMATION:

264 calories, 5g saturated fat,
586mg sodium, 50g carbohydrates,
5g fiber, 8g protein



FLIP FOR
RECIPE