


HealthLine

Spring 2008

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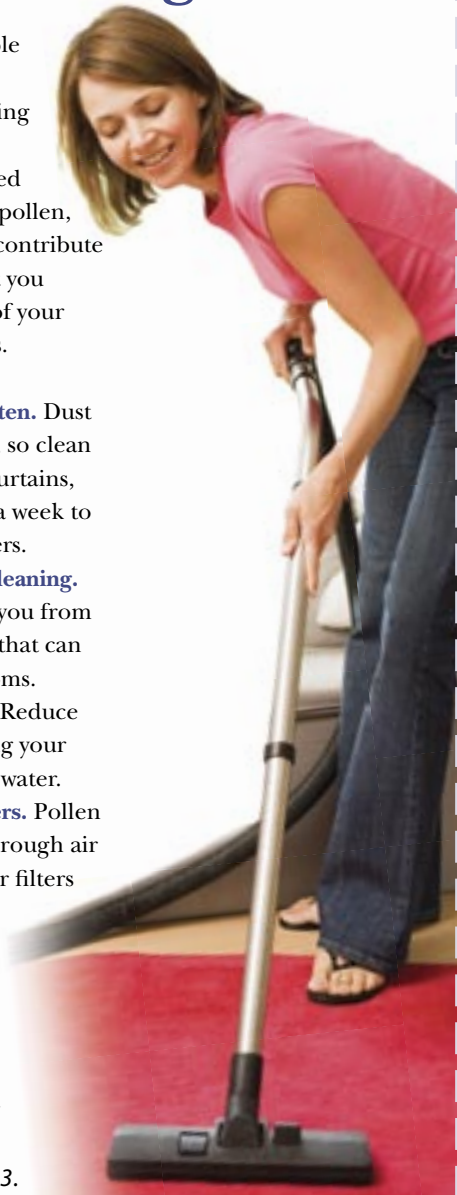
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Spring Cleaning Prevents Sneezing and Wheezing

Nearly 50 million people in the United States suffer symptoms of spring allergies, including a runny nose and troubled breathing. Dust mites, pollen, pet dander, and mold contribute to these symptoms, but you can help take control of your allergies with these tips.

- » **Dust and vacuum often.** Dust accumulates quickly, so clean your carpets, rugs, curtains, and furniture twice a week to reduce allergy triggers.
- » **Wear a mask while cleaning.** A mask will prevent you from inhaling substances that can cause allergy symptoms.
- » **Wash your bedding.** Reduce dust mites by washing your sheets weekly in hot water.
- » **Change your air filters.** Pollen enters your home through air units, so change your filters every month or two.

If your allergy symptoms do not improve, schedule an appointment with a physician at Hancock Regional Hospital by calling (317) 468-4663.



Get Trendy with Food

Jumping on every diet bandwagon isn't the answer to healthy eating, but at least five of the current trends in nutrition are getting something right.

- » **Flexitarians** enjoy occasional meals without meat. Health benefits of flexitarian choices include lower risks of conditions such as heart disease and high cholesterol.
- » Eating **locally grown produce** not only tastes better but also may have more nutritional benefits. Improperly transported produce can lose up to half its nutritional value.
- » **Functional foods** such as calcium-enriched orange juice or iron-enriched pasta aren't substitutes for a balanced diet, but they can help in areas where your diet is deficient.
- » The lack of pesticides and other chemicals in **organic food** (look for the USDA seal) can mean a boost in important nutrients like calcium and iron.
- » Sit-down restaurants are offering take-out services as an alternative to fast food. Beyond the use of fresher ingredients and healthier choices, eating **slow food** also offers you time to spend with family and friends.

For more information on eating a healthy diet, visit www.hancockregional.org and click "Diets for Health."



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Editorial Board**

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This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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The Power of Giving

Making a difference for 30 years.

Edith Zike Nursing Scholarships have been presented to nursing students through the Hancock Regional Hospital Foundation since 1977. Local physician R.E. Kinneman, MD, who donated \$100 to start the scholarship, created the scholarship in recognition of his nurse, Edith Zike, because she exemplified extraordinary professional dedication and ability.

“The impact of supporting nursing education is enormous. Nurses change patients’ lives through their exceptional care,” says Myra Bleill, Executive Director of Hancock Regional Hospital Foundation. “They are the heart and soul of our hospital. Dr. Kinneman valued his nurse and from his small gift a fund grew that now fuels support for nursing education, as well as equips our nurses with both undergraduate and advanced degree training.”

HELP CONTINUE THE EDUCATION

All proceeds from the annual Hancock Regional Hospital



Foundation Golf Benefit, scheduled for June 20, 2008, will go to support the Edith Zike Nursing Scholarship Fund.

“Recently, two generous bequests have more than doubled the amount soon to be available for the scholarship fund,” says Bleill. “The entire community benefits from well-educated, compassionate nurses.”

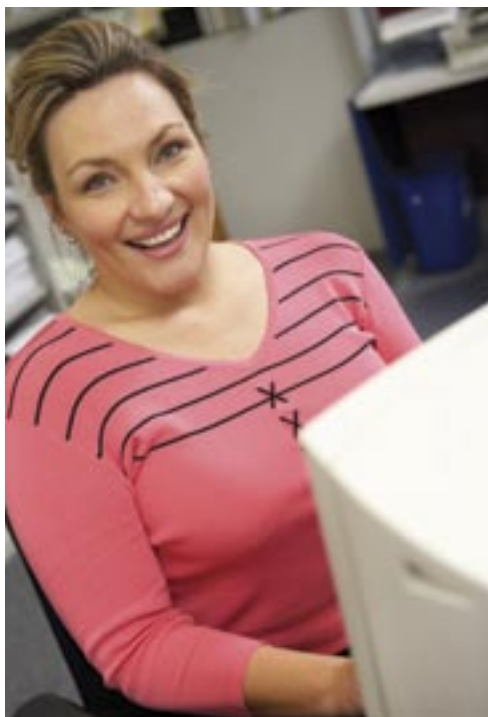
To learn more about the Edith Zike Nursing Scholarship Fund or to make a contribution, call (317) 468-4583.

No Strain, No Pain

Discomfort at work can lessen your productivity and even lead to health problems. If you can't seem to get in a groove, you may need an ergonomic adjustment.

The average worker spends from 25 to 40 hours per week sitting and working on a computer. Uncomfortable seated positions, as well as improperly placed keyboards and armrests, can lead to repetitive strain injuries. To create a body-friendly work area, use the following guidelines:

- » Rest your feet flat on the floor or on a footrest.
- » Make certain that a cushioned chair supports your thighs and lower back.
- » Your upper arms should hang loosely from the shoulders with forearms extended toward the keyboard.
- » The keyboard should be low and angled away so that the wrist is in neutral position and does not lean on any surface while typing.
- » The mouse should be next to and on the same level as the keyboard.



- » Eyes should look down at the monitor at a 15–20 degree angle.

WE CAN HELP

Hancock Regional Occupational Health Services, in conjunction with community occupational health services, provides client-focused occupational health services—including ergonomic consultations and customized physical exams—for employees and employers in Hancock and the surrounding communities. Turn to Hancock Regional's Occupational Health Specialists for your productivity, health, and safety concerns.

For more information, contact Hancock Regional Hospital Occupational Health Services at (317) 468-4835 or visit www.hancockregional.org.

New Surgery Center Provides Convenient, Quality Care

Hancock Regional Hospital's new Ambulatory Surgery Center opens March 3 to provide patients with comprehensive outpatient surgery services.

Hancock Regional in partnership with physicians and Visionary Enterprises, Inc., have teamed up to offer Hancock County residents a new option for surgical procedures. The new Hancock Ambulatory Surgery Center is a 24,000-square-foot facility that will focus solely on outpatient surgeries for residents of Hancock County and beyond.

"We are offering patients a new experience for outpatient surgery that allows them to stay in their community versus traveling to Indianapolis for outpatient procedures," says Libbie Day, RN, CNOR, Executive Director of the Hancock Ambulatory Surgery Center. "This is the first outpatient surgery center available in Hancock County, and we are

happy to partner with Hancock Regional and physicians to offer these new services to the community."

SPACIOUS AND CONVENIENT

The new surgery center is connected to the main hospital on the south side of the Hancock Regional campus. Hancock Regional's Ambulatory Surgery Center is located on the hospital campus so your health is protected before, during, and after surgery—no ambulance required. With four operating rooms and 19 private short-stay patient rooms, the center has the capacity to accommodate all your needs.

Patient convenience and comfort were the primary goals in building the new facility. After entering the center and registering at the front desk, patients will be escorted to a private room that is decorated to create a hotel-like atmosphere with its own window overlooking area surroundings. Once initial lab work is completed, family members may join the

"We want to provide a surgical environment that is flexible in terms of patient scheduling. Outpatient centers are known for being efficient and convenient while providing quality medical care and state-of-the-art technology to the patient. We are excited to offer this new service to the community."

—Libbie Day, RN, CNOR, Executive Director of the Hancock Ambulatory Surgery Center



patient prior to the procedure. After the surgery and initial recovery have taken place, the patient is brought back to the private room, where he or she may rest until ready to go home.

“We tried to make it as relaxing for families as possible. The waiting room features comfortable seating, and the lobby has free wireless Internet,” says Day. “The only time the patient is apart from their family is the operation and initial recovery time.”

COMPREHENSIVE SERVICE

Further enhancing the convenience of the outpatient setting, the surgery center features its own point-of-care laboratory and radiology function, allowing patients

to receive all preoperative testing and imaging at the same location.

“We have on-site laboratory and radiology services for patients so their experience within the center will normally consist of just one day,” says Day. “In many cases, patients will not have to come in three days before to have laboratory work completed. This makes it more convenient for patients, as they won’t need to make multiple appointments for one procedure.”

NEW SPECIALISTS

The upper level of the surgery center features new physician office space. Part of the space will work in a time-share format, allowing physicians to work half

a day in the office upstairs and the other half in the surgery center.

“We spoke with several physicians from other Hancock Regional sister facilities in the area, and they expressed an interest in bringing patients back to this community for outpatient surgeries,” says Day. “The new center has been well received by the medical community, and we’ve heard from several new specialists, including a neurosurgeon. The surgery center and additional specialists will allow us to offer several new services to the community.”

For more information about the new Ambulatory Surgery Center, call (317) 462-5544.



Available Outpatient Surgeries

With new advances in medical technology, more surgeries can be completed using minimally invasive methods in an outpatient center, allowing patients to return home more quickly, with less pain and faster recoveries. Many patients opt for outpatient surgery centers when available due to the convenience, efficiency, and quality medical care it offers.

The new Ambulatory Surgery Center at Hancock Regional Hospital will host nine medical specialties, all of which feature various procedures that may be completed on an outpatient basis, including:

- **Ear, nose, and throat**—tonsillectomies, nasal surgery, sinus surgery, and other common procedures
- **Endoscopy**—a diagnostic tool to examine the interior of a patient’s digestive tract
- **General surgery**—laparoscopic procedures for appendix and gallbladder removal, hernia repair, and treatment for other common medical conditions
- **Gynecology**—minimally invasive procedures to remove uterine fibroids and cysts, as well as uterine ablation therapy to minimize excessive menstrual flow
- **Neurosurgery**—new procedures include anterior cervical spinal fusion for neck and back pain
- **Orthopedics**—arthroscopy procedures to examine, diagnose, and repair joints and ligament tears



- **Pain management**—interventional pain management therapies, including injections and nerve blocks
- **Peripheral vascular surgery**—opens blocked peripheral arteries through the use of angioplasty and other minimally invasive methods
- **Urology**—procedures to treat urinary incontinence or to remove cysts from the bladder or other areas of the urinary tract

Positive Life Changes

February–April

PROGRAMS IN HEALTH & LIFESTYLE EDUCATION

All classes will be held in the Hancock Regional Hospital classrooms (located on the lower level of the hospital) unless otherwise indicated. Look for directional signage indicating assigned classrooms for each program.

FAMILY CONNECTIONS

Baby Care & Infant CPR

Saturday, March 8, 1–4 p.m., \$20/couple

Breastfeeding

Saturdays, February 16, April 19, 9 a.m.–Noon, Thursday, March 13, 6–9 p.m., \$30

Childbirth Preparation for First-Time Parents

Designed for couples expecting their first child.

Mondays, February 4, 11, 18 & 25, Wednesdays, April 2, 9 & 16. \$35 for women delivering at Hancock Regional Hospital; \$65 for women delivering elsewhere

Childbirth Preparation for the 21st Century

This class is a condensed, fast-paced discussion of labor, delivery, and recovery. Perfect for the busy first-time parent, as well as experienced parents!

Saturdays, March 15 & 22, 8 a.m.–Noon, \$35 for women delivering at Hancock Regional Hospital; \$65 for women delivering elsewhere

Natural Childbirth

This class focuses on labor preparation, breathing, and relaxation techniques for moms interested in a natural delivery.

Saturdays, February 16 & 23, April 12 & 19, 9 a.m.–12:30 p.m., Thursdays, March 13, 20 & 27, 6:30–9 p.m., \$35/couple

PLAY IT SAFE

American Heart Association Healthcare Provider CPR

Mondays, February 4, March 3, April 7, 8:30 a.m.–3 p.m., \$71

American Heart Association Healthcare Provider Recertification

Mondays, February 25, March 24, April 28, 8:30 a.m.–Noon, March 24, 1–4 p.m., \$71

Advanced Cardiac Life Support Recertification

Friday, March 14, 8:30 a.m.–4:30 p.m., \$128

Pediatric Advanced Life Support

February 21 & 22, 8:30 a.m.–4 p.m., \$179

Pediatric Advanced Life Support Recertification

Friday, April 18, 8:30 a.m.–4 p.m., \$128

First Aid and CPR Course

(Adult, infant, and child CPR, and First Aid) Tuesdays and Thursdays, February 12 & 14, March 11 & 13, April 8 & 10, 6–10:00 p.m., \$80

WOULD YOU LIKE TO LEARN MORE ABOUT HANCOCK REGIONAL HOSPITAL?

Group Hospital Tours

Small groups have the opportunity to meet hospital CEO Bobby Keen and receive a behind-the-scenes tour of the facility. Light dessert is provided. Registration required.

February 5, March 5, April 14, 6:30–8:30 p.m. Call (317) 468-4583 for more information.

TO YOUR HEALTH

Individual Diabetes Counseling

By appointment; MD orders required. 1 1/2–2 hours, \$114/hour. 3-hour class now available! Cost: \$342 Call (317) 468-4379 for appointment and more information.

Individual Diet Instruction

By appointment; MD orders required. Monday–Friday, scheduled anytime from 8 a.m.–4 p.m., \$80/hour

Call (317) 468-4467 for appointment and more information.

Diabetes Monthly Program

Wednesdays, February 20, March 19, April 16, 1 p.m. Thursdays, February 21, March 20, April 17, 7 p.m. Call (317) 468-4379 for information. Reservations normally not needed. No charge

DIABETES EDUCATION

15 = 1 Basic Concepts of Diabetes

A three-hour class that addresses the very basics of diabetes and an in-depth study of carbohydrate counting. Participants will receive a meal plan and a copy of the booklet *Exchange Lists for Meal Planning*. Time is spent writing menus according to individual meal plans. The video *Putting Carbohydrate Counting into Practice* is shown.

Fitness Factor

A three-hour class that will explore diabetes as it relates to activity, diabetic medications, short-term complications, sick day management, long-term complications, foot care, and emotions. A game show format is used to review and reinforce information presented in this class. The video *Preventing Long-term Complications* is shown.

Nutrition, Weight Loss, and Lipids, Oh My!

A three-hour class on topics of nutrition including fats, reading nutrition labels, recipe modification, artificial sweeteners, alcohol consumption, and eating out. Participants will have a chance to discuss “case studies” and play a labeling game called *Sometimes, Always, Never*. The video *Pattern Management* is shown. All three courses are offered at the following times: Monday evenings from 5:30–8:30 p.m.; Wednesday mornings from 9 a.m.–Noon; and Thursday mornings from 10 a.m.–1 p.m.

Please register in advance for all classes. In the event a class is canceled, we will make every effort to notify you. We have established minimum and maximum numbers for class enrollment. If a class falls below the minimum, we reserve the right to cancel the class. If a class exceeds the maximum, we reserve the right to close registration for the class. Should you have questions about this policy, please call. Thank you!

An individual appointment (one hour in length) is needed prior to attending class. Participants are encouraged to bring a family member. A physician's order is required for Diabetes Self-Management classes. Call (317) 468-4379 for further information.

A HELPING HAND

Commit to Quit/Smoking Cessation Classes

Mondays, March 3, 10, 17 & 24, 6–7 p.m.
Tuesdays, February 5, 12, 19 & 26, April 8, 15, 22 & 29, 6–7 p.m. \$35; Call (317) 468-4162 to register and contact the Hancock County Health Department at (317) 477-1128 to learn how to receive Nicoderm patches for free!

Tobacco-Free Teens

A tobacco cessation class for teenage users of cigarettes or chewing tobacco. Mondays, March 3, 10, 17 & 24, 3:30–5 p.m. Tuesdays, February 5, 12, 19 & 26, April 8, 15, 22 & 29, 3:30–5 p.m., \$25

Alcoholics Anonymous

Every Wednesday evening, Beginners' meeting 6:30–7:15 p.m., Closed Discussion 7:30–8:30 p.m.

Parenting Children of Divorce

Class provided by the Indiana Health Group. Please call (317) 467-2025 to register for this class.

Thursdays, February 28, March 27, April 24, 6–7:30 p.m.

SUPPORT GROUPS

Eating Disorders Support Group

This group will address anorexia, bulimia, and overeating disorders and will provide education and support.

Mondays, February 4 & 18, March 3 & 17, April 7 & 21, 7 p.m., No charge

Breastfeeding Support Group

Come and meet other mothers and their babies in an environment of support and

assistance. Scales will also be available to check your baby's growth. Led by a Breastfeeding Professional.

Thursdays, February 14, March 13, April 10, 6–7 p.m., No charge, OB Lounge, 2nd Floor

Cancer Circle Support Group

Wednesdays, February 20, March 19, April 16, 7 p.m., No charge

Alzheimer's Support Group

Mondays, February 25, March 31, April 28, 6:30–8 p.m., No charge

Multiple Sclerosis Support Group

Thursdays, February 21, March 20, April 17, 7–9 p.m., No charge

Caregivers Support Group

This support group will teach important skills to caregivers as well as provide an environment of support and shared information about vital community resources.

Tuesdays, February 26, March 25, April 29, 1:30–3 p.m., No charge

Commit to Quit Support Group

Meets the first Thursday of every month at a local smoke-free restaurant at 6 p.m. Please call (317) 468-4162 for locations. No charge

Better Breathers

Wednesdays, February 13, March 5, April 2, 12:30–3 p.m., generously provided free

of charge by donors through the Hancock Regional Hospital Foundation.

Grief Support

Second Thursday of the month, 6 p.m., No charge. Greenfield Christian Church, 23 North East Street, Greenfield

MADD

Third Tuesday of the month, 7 p.m., No charge. Greenfield Central High School, 810 North Broadway Street, Greenfield

Heartbeats Health Festival

At Hancock Regional Hospital, your health is our top priority. Visit us during our annual Heartbeats Health Festival to receive various health screenings for little to no cost. Call (317) 468-4506 for more information or visit www.hancockregionalhospital.org. Saturday, April 26, 7:30 a.m.–Noon

5th Dimension Walk/Run

The 5th Dimension Walk/Run is designed to draw attention to all five areas of wellness. The event benefits under-funded school sports (cross-country, track, tennis) and other fitness programs within our community. If you are a runner or walker, THIS is the event for you! Call (317) 468-4388 for more information or visit www.hancockregionalhospital.org. Saturday, April 26

Online registration is now available! Please visit our Web site at www.hancockregionalhospital.org for a detailed list of classes and available dates. Registration fees can also be paid online (credit/debit card payment only). You may also call Education Resources at (317) 468-4506 for class information and registration. The Education Resources Department at Hancock Regional Hospital is staffed between 8 a.m. and 4 p.m., Monday through Friday.

The RIPPLE UPDATE

Hancock Regional Hospital is setting the stage for excellent patient value in an increasingly competitive healthcare market.



In an effort to increase patient satisfaction, quality of care, and financial performance, Hancock Regional has been working on an initiative—Rapid Improvement Process/People Leading Excellence (RIPPLE)—to improve its different processes and the entire flow as patients travel through the hospital from admittance to discharge.

“As the baby boomer generation ages, the government is decreasing what it will spend on Medicare, making it increasingly difficult for hospitals to stay afloat financially,” says Steve Vail, RIPPLE Team Leader at Hancock Regional. “RIPPLE is a way for Hancock Regional to face these challenges and create a model of patient satisfaction and financial success.”

HOW RIPPLE WORKS

The week-long evaluations are performed by teams of eight to 10 associates from the hospital who meet to look at each process, identify areas for improvement in efficiency and quality, and use their combined expertise to come up with practical solutions. Hancock Regional holds two evaluations during an “event week” each month.

“By involving experts in the process and fresh eyes from other areas of the hospital, we can come up with creative, innovative, and cost-effective solutions,” says David Norris, PT, RIPPLE Team Leader at Hancock Regional. “It’s a very visual process highly concerned with metrics because, ultimately, we’re looking

for accountable solutions that can be sustained in the long run.”

WHERE RIPPLE IS NOW

Since April 2007, teams have looked at various processes in the Cardiac Intensive Care Unit and the revenue cycle at Hancock Regional, making improvements in areas such as outpatient scheduling and patient discharge.

“I don’t see an end to RIPPLE anytime in the near future,” says Norris. “We want to continue to improve the hospital’s value to the patient across the organization, and RIPPLE is the perfect way to do that.”

For more information about RIPPLE, call (317) 468-4487.



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