

Spring 2009

healthline

26th Annual +
Heartbeats Health Festival

The Andis
Women's & Children's
Department



**Making
a Difference**
Women Play a Vital Role
at Hancock Regional

Better Health is Right Here | www.hancockregional.org

Hancock
Regional Hospital

Lobby Upgrades Benefit Patients

Designed with patient comfort in mind, Hancock Regional Hospital will soon unveil its newly renovated front lobby and registration area.

VISITORS TO HANCOCK REGIONAL HOSPITAL will notice the changes as soon as they walk in the door. In addition to the aesthetic facelift to the lobby, patients also can take advantage of the more streamlined changes in customer service, which will speed up registration and decrease waiting times. Since roughly 80 percent of the visitors to Hancock Regional Hospital come for lab work, a satellite blood lab has

been built within a few yards of the front door.

“These renovations demonstrate Hancock Regional Hospital’s commitment to quality patient care,” says Dave Holmes, Vice President of Support Services at Hancock Regional Hospital. “This is just one more example of how we are constantly using our resources to make our services more convenient and our patients more comfortable.”



Ensuring Success with RIPPLE

SINCE APRIL 2007, Hancock Regional Hospital’s RIPPLE—Rapid Improvement Process/People Leading Excellence—program has improved patient care and streamlined hospital services. With quality of care and patient satisfaction at the heart of the initiative, RIPPLE incorporates associates from every department of the hospital to gain a comprehensive view of the care offered at the facility.

Each RIPPLE event consists of eight to 10 hospital associates who meet during an “event week” to analyze particular hospital work processes, from patient admittance to discharge. Over the course of the meeting, associates work together to identify areas of improvement and ways to enhance the hospital’s quality and efficiencies.

To date, Hancock Regional Hospital’s RIPPLE program has improved not only patient care and satisfaction, but also the financial performance of the hospital. With more evaluations scheduled for the future, the RIPPLE program ensures that Hancock Regional Hospital will never stop working for its patients.

For more information about RIPPLE, call (317) 468-4299.

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The Power of Art

Through the addition of child-friendly artwork in the hallways and patient rooms of Hancock Regional Hospital's Andis Women's and Children's Department, our dedicated nurses and doctors hope to bring bright smiles to the faces of our patients.

WHEN YOUR CHILD is sick or injured, visiting the hospital can be a frightening experience for both you and your little one. However, when you arrive at the Andis Women's and Children's Department, you will feel at home in a cheerful, welcoming environment.

"When we opened the unit a couple of years ago, our five pediatric rooms were equipped with technology designed specifically for children, but the environment still lacked a child-like feel," says Myra Bleill, Executive Director of the Hancock Regional Hospital Foundation. "By adding vibrant artwork to our pediatric unit, we offer a colorful, creative escape for young patients during recovery."

Coloring Hope

A local gallery created each of the paintings, which were purchased by local individuals, businesses, and organizations who then donated the artwork to the hospital.

"Through the generosity of our community, we have seven paintings on display with hopes of receiving more donations," says Bleill. "By giving the gift of art and imagination, members of our community have a profound impact on the health and well-being of our young patients."

For more information about the Hancock Regional Hospital Foundation or to learn how you can purchase art to brighten a child's world, call (317) 468-4583.



Health Screenings Just a Heartbeat Away

Thanks to the 26th annual Heartbeats Health Festival at Hancock Regional Hospital, you have the opportunity to obtain many of the health screenings you need for little to no cost.

THIS YEAR'S Heartbeats Health Festival will be held Saturday, April 25, from 7 a.m. until noon at Hancock Regional Hospital. A variety of low-cost or cost-free screenings will be available, along with plenty of health information.

"Not everyone within the community is able to see a primary care physician as often as they need to, or to obtain the screenings their physicians recommend," says Patti Day, RN, BSN, Community

Education Event Coordinator for Hancock Regional Hospital. "This is our opportunity to reach out to the community and provide this vital, low-cost service, so that more people can be proactive about their health."

Take a Test

Available screenings include blood pressure, cholesterol, blood glucose, hearing, and vision tests. To have a complete blood profile taken, a 12-hour fast is required.

"Heartbeats is a great way to spend your morning," Day says. "In just a short amount of time, you can learn more about your health and the health of your family members."

A comprehensive list of available health screenings can be found in the calendar on pages 6 and 7.

For more information about the Heartbeats Health Festival, call the Community Education Department at (317) 468-4506.



Women & Philanthropy: CHANGING THE COMMUNITY

The landscape of philanthropy is changing. Now, more and more women are giving their time and money to support organizations such as the Hancock Regional Hospital Foundation.

A Shining Example

While the involvement of women in philanthropic roles has increased over the past few decades, women have always been instrumental in making changes through their gifts of time and donations.

The Andis Women's and Children's Department at Hancock Regional Hospital is named after one of these dedicated women—Fannie Andis.

Making a Difference

Andis, who believed that if a local hospital had existed her only child might have lived, donated the land on which Hancock Memorial Hospital—now Hancock Regional Hospital—opened in 1951.

Since 1982, the Hancock Regional Hospital Foundation has channeled the generosity of individuals and groups who, like Andis, are committed to the health and well-being of our community. The Foundation stands ready to nurture the spirit of giving to enable today's generation to make a difference.

For more information about the Hancock Regional Hospital Foundation, contact Myra Bleill at (317) 468-4583.

CLOSE TO HOME, WOMEN are making a difference by working in a variety of capacities through the Foundation. Whether serving in positions on the Board, working with committees to plan events, or donating fiscal resources, women play a vital role at Hancock Regional Hospital.

“Women impact the health of the community in a very profound way,” says Myra Bleill, Executive Director of the Hancock Regional Hospital Foundation. “Currently, many of the women working with the Foundation are passionate about our projects, including plans for the James T. Anderson Center for Women's Health. We are working hard to raise the \$1.5 million we need to begin this project in 2009—and thanks to the donations of time and money from women in our community, we believe it will be possible.”

The new center will allow women to receive all their care in one centralized location and will offer digital mammography, ultrasound, and bone density screenings.

Helping Each Other

Another project close to the hearts of Foundation members is Women Helping Women, a program created specifically to assist uninsured and underinsured women with the financial difficulties associated with obtaining their yearly mammograms.

“This year, we are celebrating Women Helping Women's 10-year anniversary,” Bleill says. “We hope this project will continue to grow and prosper because it is so important for the health of the women in our community. Women Helping Women can save lives.”

To make a tax-deductible donation to the Hancock Regional Hospital Foundation, call Myra Bleill at (317) 468-4583, or make an online donation using your credit card by visiting www.hancockregional.org and choose “Hospital Foundation.”

EDUCATION IS POWER

Several educational classes are offered by Hancock Regional Hospital's Community Education Department, including prenatal education, natural childbirth, and breastfeeding. Speakers also are provided by Hancock Regional Hospital's Speakers Bureau to discuss various women's and children's topics. For more information, please call our Community Education Department at (317) 468-4506 or visit www.hancockregional.org.

Turning the Focus to Women

Hancock Regional Hospital strives to provide the community with a wide array of services, particularly those serving women and children. The Andis Women's and Children's Department is one such department aimed at providing compassionate and holistic care to both women and children.

“WE WANT TO BE a good partner in the community and provide excellent service when it comes to the healthcare needs of all our patients,” says Katrina Leary, RN, IBCLT, Certified Lactation Consultant at Hancock Regional Hospital. “At the Andis Women's and Children's Department, patients can receive complete, family-centered medical care in a compassionate, caring environment.”

Women in Mind

The Andis Women's and Children's Department consists of a number of services, including:

- breastfeeding classes
- gynecological surgery and other surgical procedures
- labor and delivery

- lactation consultation
 - maternity care
 - postpartum and newborn care
- “Services in our department are typically family-oriented, fit well into our small community setting, and highlight the special relationships we hold for each other,” says Kathy Staples, MBA, BSN, RN, Team Leader of Women's and Children's Services at Hancock Regional Hospital. “This unit provides all the services available in a big-city medical setting while offering patients a high level of customer service in a location close to home.”

For more information about the Andis Women's and Children's Department at Hancock Regional Hospital, visit www.hancockregional.org and click on “Our Services.”



Caring for Your Little Ones

Parents can feel comfortable entrusting the care of their children to the Andis Women's and Children's Department because the medical team is staffed with well-trained and knowledgeable associates who specialize in pediatric care. All staff members have been trained at Peyton Manning Children's Hospital at St. Vincent to ensure that the smallest patients receive the best possible care.

“In the past, if a child was acutely ill, he or she had to travel for care because there were no child-friendly facilities available in the area,” says Jody Barnhorst, RN, Pediatric Program Coordinator at the Andis Women's and Children's Department. “Today, Hancock Regional Hospital is proud to be able to provide the community with a unit exclusively focused on pediatric care.”

Continued Growth

“Currently, the pediatrics unit consists of five beds,” says Barnhorst. “However, as the demand for our pediatric services grow, we hope to expand our services to better serve our community and their needs.”



Positive Life Changes

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.

Online registration is now available! Please visit our Web site at www.hancockregional.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 is staffed between 8 a.m. and 4 p.m., Monday through Friday.

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!

Family Connections Breastfeeding

Saturdays, April 18, June 6, 9 a.m.–Noon, Thursday, May 21, 6–9 p.m., \$30 per couple

Childbirth Preparation

Learn about the stages of pregnancy, the basics of labor, delivery techniques, and the recovery process. This 2-week class is perfect for first-time parents and/or experienced parents in need of a review. Includes a tour of our Andis Women's Unit. Saturdays, March 7 & 14, 9 a.m.–12:30 p.m. \$35 for women delivering at Hancock Regional; \$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, April 11 & 18, June 13 & 20, 9 a.m.–12:30 p.m. Thursdays, May 7, 14 & 21, 6:30–9 p.m., \$35 per couple

Play It Safe

American Heart Association Healthcare Provider CPR
April 3 & May 7, 8:30 a.m.–3 p.m., \$71

American Heart Association Healthcare Provider Recertification

April 16, 8:30 a.m.–Noon & 1–4 p.m. May 21, 8:30 a.m.–Noon, \$71

Advanced Cardiac Life Support

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

Pediatric Advanced Life Support Recertification

April 27, 8:30 a.m.–4 p.m., \$128

Heartsaver First Aid and CPR Course

(Adult, infant, and child CPR, and First Aid)
Tuesday & Thursday, May 12 & 14, 6–10 p.m., \$80

FREE Friends and Family CPR

Would you know what to do in a cardiac emergency? Cardiovascular disease is the nation's No. 1 killer. The majority of all sudden cardiac arrests occur at home (75–80 percent) and only about 5 percent of sudden cardiac arrest victims survive. When performed effectively, CPR doubles the chance of survival. A CPR class is a great opportunity to learn a skill that may save the life of a friend or family member. The Friends and Family course is a community CPR course and does not meet CPR certification requirements of employment or professional credentials. Please call (317) 468-4506 to register, as class space is limited. Tuesday, April 14, 6–10 p.m., FREE

Safe Sitter®

The Safe Sitter® course is a medically accurate child care course developed especially for boys and girls ages 11 to 13. Safe Sitter teaches the skills needed to safely care for children—infants through school age. First aid techniques for choking will be addressed, but CPR certification is not provided. Saturday, April 11, 9 a.m.–4 p.m., \$30

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. Call (317) 468-4583 for more information.

Joint Replacement Seminar

Discusses when a hip or knee replacement is needed, the advantages of the surgical procedure, how it is performed, and the recovery process. Free to the public. Thursdays, April 9, May 14 & June 11, 5–7 p.m.

Look Good...Feel Better

This class for women battling cancer provides information and cosmetic advice, including instruction on makeup, skin care, and the use of wigs, turbans, and scarves. The program is provided free of charge. Reservations are required, and women must be in active cancer treatment. For more information on the next class date or to make a reservation, please call (317) 467-7100, ext. 207. Central Indiana Cancer Centers, Suite 50, Hancock Regional Hospital. No charge.

Individual Diabetes Counseling

By appointment; MD orders required. 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. Call (317) 468-4467 for appointment and more information.

Diabetes Support Group

Wednesdays, April 15 & May 20, 1 p.m.
Thursdays, April 16 & May 21, 7 p.m.
Call (317) 468-4379 for information. Reservations normally not needed. No charge.

Diabetes Education

Weekly classes are available. Please call (317) 468-4379 for more information.

A Helping Hand Commit to Quit/Smoking Cessation Classes

Mondays: June 1, 8, 15, 22, 6–7 p.m.; Tuesdays: April 7, 14, 21, 28, May 5, 12, 19, 26, 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!

Reality Check Series

Substance abuse is a reality in the lives of many adults and children. Join us for a “reality check” about current trends in tobacco, drug, and alcohol use. Information is power, and what you learn in this series may save the life of someone you love.

3-part series on Wednesday, May 13 & 20, and Tuesday, May 26, 6:30–8 p.m.
For more information, call (317) 477-0200.

Tobacco Education Group

This tobacco cessation class is offered for teenage users of cigarettes or chewing tobacco.
Tuesdays: April 7, 14, 21, 28, 3:30–5 p.m.; Mondays: June 1, 8, 15, 22, 3:30–5 p.m.; \$25 for first-time attendees, \$50 for second-time attendees.

Parenting Children of Divorce

This class is provided by the Indiana Health Group. Please call (317) 467-2025 to register.
Thursdays: April 23, May 28 & June 25, 6–7:30 p.m.

Support Groups Support for Eating Challenges

Addresses anorexia, bulimia, over-eating, and other eating challenges in an environment of support and education.

April 6 & 20, May 4 & 18, June 1 & 15, 7 p.m., No charge.

Breastfeeding Support Group

For pregnant and nursing mothers interested in learning more about the benefits of breastfeeding in a supportive environment. For nursing mothers, scales are available to monitor your baby’s weight gain. Led by a breastfeeding professional.
Thursdays, April 9, May 14 & June 11, 6–7 p.m., No charge, OB Lounge, 2nd Floor.

Cancer Circle Support Group

Wednesdays, April 15, May 20 & June 17, 7 p.m., No charge.

Alzheimer’s Support

Mondays, April 27 & June 29, 6:30–8 p.m., No charge.

Multiple Sclerosis Support

Thursdays, April 16, May 21 & June 18, 7–9 p.m., No charge.

Caregivers Support Group

This support group will teach vital skills to caregivers as well as provide an environment of support and shared information about vital community resources.
Tuesdays, April 28, May 26 & June 30, 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 April 7, May 6 & June 3, 12:30–3 p.m.
Generously provided free of charge by donors through the Hancock Regional Hospital Foundation.

DON'T DETOUR YOUR HEALTH

26th Annual Heartbeats Health Festival

▶ Saturday, April 25, 7 a.m.–Noon

Hancock Regional Hospital is committed to serving you during these tough economic times. We understand that the road to financial recovery is filled with challenges and detours. Let us help you keep your health on the right path. The Heartbeats Health Festival is a great way to obtain the screenings that you need to monitor your health at little to no cost.

Blood Tests (no appointment necessary)

- General Blood Chemistry Profile: provides information about cholesterol, blood sugar levels, nutritional status, and heart disease. Do not eat or drink anything except water or black coffee for 12 hours prior to the blood draw. \$15
- PSA (Prostate-Specific Antigen): screening for prostate cancer. \$10
- TSH (Thyroid Stimulating Hormone): \$10
- Homocysteine: heart screening to detect potential for blood clots and vessel blockage. \$20
- Highly Sensitive C-reactive Protein: screening for heart disease. \$10
- Hemoglobin A1C: for persons with diabetes. \$10

Ultrasound Evaluations (must make an appointment)

- Carotid Artery: \$35
- Abdominal Aorta: \$35
- Lower Extremity Arterial: \$35

You can obtain all three ultrasound evaluations for a combined cost of \$100. Please call (317) 468-4600 for your appointment.

Free Screenings (no appointment necessary)

Blood sugar, blood pressure, pulmonary function testing, pulse oximetry, vision, hearing, and many other tests courtesy of Hancock Regional Hospital and vendors participating in the festival.

Giving *New Life* to Your Joints

Today, men and women are living longer, more recreationally active lifestyles than previous generations. To respond to the increasing need for active lifestyles that are pain free, Hancock Regional Hospital offers total joint and spine health services to relieve pain and restore independence.

THE NEW TOTAL JOINT and Spine Health Services Unit opened on September 8, 2008, and has already helped nearly 100 patients.

Offering up-to-date techniques and surgeries to replace knees and hips and treat compressed discs in the spine, the unit focuses on group therapy and family involvement to get patients back on their feet.

“We start patients with a pre-operative class with their peers because we believe that patients who are more prepared will have better outcomes,” says Geanell Shores, RN, Joint and Spine Care Services Coordinator. “After surgery, we utilize group therapy with an individual review for each patient.”

Family involvement also is key in the unit’s multifaceted approach to recovery. Family members take on the role of coaches, helping patients stay motivated on their path to recovery.

Never Easier

With recent innovations in minimally invasive techniques and materials made to last longer, there has never been a better time to undergo joint replacement surgery.

The unit also invites each patient’s family physician to take part in the surgery and rehabilitation process. Family physicians join the team of dedicated healthcare providers at the center, which is currently comprised of four surgeons, a physical therapist, an occupational therapist, and several nurses.

“We’re honored to be able to provide this service to the community,” says Shores. “Patients now can have these joint procedures performed at Hancock Regional Hospital and no longer have to travel to Indianapolis.”

Do you have more questions about the Total Joint and Spine Health Services Unit? If so, call Geanell Shores at (317) 468-4199.

