

OWATONNA HOSPITAL

OWATONNA
NEW HOSPITAL
OPENING
OCT '09



Building toward the future

A NEW ERA FOR OWATONNA HOSPITAL—A HOSPITAL FOR THE COMMUNITY

AFTER FOUR YEARS of designing, building, testing and training, the doors of the new Owatonna Hospital will open at 7 a.m. on Friday, Oct. 16.

Owatonna Hospital has a long and proud tradition: For nearly 110 years, Owatonna Hospital has provided quality care to people of all ages. With the grand opening, it will have a world-class building and technology to match the quality of its care.

What is unique about this \$51 million project is that at the beginning in 2006, more than 500 community members told the project team what they wanted in their new hospital. Based on their feedback, the new hospital features international best practices in contemporary hospital design, including:

- family-friendly patient and visitor facilities

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FOR YOUR CONVENIENCE: The new Owatonna Hospital features two entrances, the Emergency Department (left) and the main entrance. Another enhancement is the snow-melt system sidewalks that will melt ice and snow for increased safety for patients, visitors and staff.

Community Open House

To help celebrate the opening of the newest hospital in Minnesota, there will be a Community Open House Saturday, Oct. 3, noon-4 p.m. Visitors can take part in a self-guided walking tour of the facility and enjoy light refreshments. In September, more complete information on the day's activities will be posted on our website at www.owatonnahospital.com.



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Women: Protect your heart



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RunSMART—without injuries



OWATONNA HOSPITAL

Allina Hospitals & Clinics

HEALTH NEWS UPDATE

EVERY LITTLE THING



Many of us have a favorite song that lifts our spirits, but that song may have additional health benefits, too. **MUSIC THERAPY**—which can include listening to, creating and talking about music—has been shown to lower heart rate and reduce blood pressure.

—*American Cancer Society*

BAM! BODY AND MIND is a website designed for kids ages 9 to 13. Kids can go to www.bam.gov to learn how to make healthy lifestyle choices using quizzes, games and other interactive tools.

—*Centers for Disease Control and Prevention*

Olive oil is a more healthful alternative to many other fats, but it is still high in calories. When **COOKING**, choose extra virgin olive oil, which is low in acid and more flavorful than other varieties, so you can use less for a tasty, healthful result.

—*American Dietetic Association*



Take heart, take action

It's a great time to run—or even walk—away from heart disease. And that applies even to young women.

A woman's risk of heart disease does go up as she gets older. But this disease also develops gradually and can begin at a young age, even in the teen years, according to the National Heart, Lung, and Blood Institute (NHLBI).

"Younger women need to take steps now, like eating a healthy diet and being physically active, to help prevent heart disease later," says Elizabeth G. Nabel, MD, director of the NHLBI.

No matter your age, start today to take steps to help protect your heart and health. To find out more about your risk for heart disease, talk to your doctor. ❖

It's your life—protect it: Heart-smart steps for all women

It's a sobering fact that gets to the heart of the matter: One in four U.S. women will die from heart disease.

According to the National Heart, Lung, and Blood Institute (NHLBI), heart disease remains the leading cause of death and disability for American women. Some risk factors for heart disease, such as getting older or having a family history of heart problems, can't be changed.

But you can control many factors that put you at risk by making small changes in your daily life, according to JoAnn Manson, MD, DrPH, professor of medicine and women's health at Harvard Medical School.

Savvy steps for life. To give your heart a healthy boost:

■ Exercise regularly. Try for at least 30 minutes of brisk walking or more vigorous exercise every day.

■ Eat a healthful diet that is built around whole grains, fruits, vegetables and low-fat dairy products.

■ If you smoke, quit. During the year after you quit, your risk of heart disease will drop by more than half.

■ Ask your doctor to help you keep track of your blood pressure and cholesterol. Try to keep them in a healthy range.

■ Maintain a healthy weight. If you are overweight, even a modest weight loss can reduce your risk for developing heart disease.

Be in the know. If you haven't already, bring up heart health with your doctor. Discuss your risk factors and what you can do.

And for more information and advice on heart health, you can visit the NHLBI's Heart Truth for Women campaign at www.hearttruth.gov. ❖

Innovators of the year—again!

FOR THE SECOND year in a row, Owatonna Hospital has been recognized with the Innovation of the Year in Patient Care award from the Minnesota Hospital Association. This year, the innovation recognized was Owatonna Hospital’s care process for colon surgery and hernia repairs, which helps patients go home from the hospital in about half the time.

Keith Paley, MD, general surgeon with Owatonna Clinic–Mayo Health System, conceptualized this new care process after researching a similar

project that was implemented in Europe.

The innovation involved minor changes to procedures before, during, and after surgery. Procedures were documented, staff was trained, patient information was recorded and systems were designed to support and measure the procedures. Since implementing the process, Owatonna Hospital has decreased length-of-stay from six to seven days down to three days or fewer

following surgery, which also speeds up the patients’ ability to return to their daily activities.

“These are amazing results that are making a difference in people’s lives,” says Sharon Kapp, RN, Medical-Surgical and Special Care Unit manager. “We could not have done this without the combined efforts of our nurses, dietitians, anesthetists, physicians and pharmacists across the Owatonna Hospital and Owatonna Clinic campuses.” ♦



Owatonna Hospital now a trauma center

OWATONNA HOSPITAL has been designated a Level IV trauma center by the Minnesota Department of Health as part of the Minnesota Statewide Trauma System. Starting in 2010, ambulances will take trauma patients only to hospitals with an official designation, so the designation reflects Owatonna Hospital’s commitment to continue receiving and caring for trauma patients.

The goal of the statewide system is to save important time in getting severely injured patients to the type of care they need.

“Many of the staff certifications and procedures were already in place,” says Anne Draeger, RN, Emergency Department manager. “And we’ve always had

a solid relationship with the ambulance providers and Level I trauma centers, but the preparation for the designation formalized our approach and coordination with them.”

The hospital has a trauma team that includes doctors, nurses, lab and radiology technicians, and ambulance and anesthesia staff.

In February, 75 people, including ambulance staff, were trained on processes.

Owatonna Hospital has launched a new and intense quality program that reviews trauma cases,

searching for opportunities and implementing changes to improve care. ♦



OWATONNA HOSPITAL'S GREAT TRAUMA TEAM: (from left) Anne Draeger, RN, Emergency Department manager; Deanna Ribbe, RN; Michelle Minear, RN, nursing supervisor; Ron Jones, MD, Owatonna Clinic (back); Chris Kapp, patient care technician; and Kathy Barbieri, patient care technician.

Building toward the future

—Continued from front page

- respect for privacy, religious and cultural needs
- appropriate technology
- electronic medical record.

The design of the new hospital will ensure a welcoming and family-friendly atmosphere with respect for privacy. Natural light is maximized throughout the hospital, along with a color scheme and artwork to create a healing, calming environment. In addition, the facility will be easy to navigate thanks to wayfinding signs designed for visitors. What's more, outpatient rehabilitation

patients have a dedicated entrance for easy access.

A variety of natural finishes, soft lighting and use of noise-reducing materials provides a home-like setting.

SPA-LIKE FEATURES

The new hospital will feature:

- private medical inpatient rooms, each with a private bathroom, including a shower and tub
- large birthing suites, each with a full, private bathroom including shower, Jacuzzi tub and sleeping chair
- postpartum rooms, each with a full, private bathroom including shower and tub, sleeping chair, in-room microwave and refrigerator
- access to a second-floor patio
- access to a healing garden courtyard, providing a sanctuary away from busy hospital life
- family-friendly waiting areas with comfortable seating throughout the hospital

- a helipad right outside the Emergency Department, along with a two-stall ambulance garage
- four large and technologically advanced operating rooms
- outdoor and indoor walking paths
- heated outdoor sidewalks at all hospital entrances
- Community Resource Center for medical condition research, featuring comfortable couches, large-screen TV and fireplace
- Reflection Center to meet families' and patients' spiritual needs
- Professional Intercollegiate Education Center providing onsite education for nursing and technical staff
- an onsite retail pharmacy
- 24-hour ATM
- expanded coffee and gift shop
- an expanded cafeteria, including glass sun porch and outdoor patio dining

OWATONNA HOSPITAL AT A GLANCE

FIRST FLOOR

- Owatonna Pharmacy Care, Allina Community Pharmacies (retail)
- Pink Pantry/Gift Shop
- Community Resource Center
- Cafeteria and Dining Solarium
- Reflection Center
- Professional Education Center
- Sleep Lab
- Sister Kenny® Rehabilitation Institute (formerly known as Center for Rehab & Wellness)
- Emergency Department
- Diagnostic Services
- Mental Health Unit
- Administration

SECOND FLOOR

- Ambulatory surgery (Outpatient Care Unit)
- Operating rooms
- Med-Surg Patient Care unit
- Special Care unit
- Birth Center



HAVE A LIGHT MEAL: The expanded cafeteria features a glass sun porch and outdoor patio dining.

SEE FOR YOURSELF:
The new Owatonna Hospital is located at 2250 26th St. N.W., west of Interstate 35.

■ electronic medical record, a computerized version of a paper medical record. Not only will the new hospital provide a comfortable, homelike environment for patients and visitors, it will provide a fresh and modern workplace for the hospital's dedicated staff.

MORE IMPORTANT DETAILS

Starting at 7 a.m. Friday, Oct. 16, the new Owatonna Hospital will be operational and ready to accept patients.



The hospital is located at 2250 26th St. N.W., west of Interstate 35. If you need to call the hospital, the main phone number is 507-451-3850. All other telephone numbers will be changing.



To learn more about the new facility, electronic medical record and Community Open House, or to find an updated list of telephone numbers, go to www.owatonnahospital.com. ❖

Medical records go digital

When the new hospital opens its doors, it will be a new era for everything, including your medical record. All patient information will be recorded in Allina's award-winning electronic medical record, one of the most comprehensive electronic medical record systems in the nation. Only about 11 percent of hospitals in the U.S. have electronic medical records, according to the American Hospital Association.

When your caregivers at the new hospital need information, they won't have to look for your file. It will be at a computer station in your hospital

room, completely up-to-date. Your lab and other test results will appear in the record as soon as they are complete, with no need to run down a hall to get a report.

All of your caregivers at the hospital can work with your record at the same time, including your doctor, nurses, lab technicians, radiologists and others. In addition, all Allina Medical Clinic locations, Abbott Northwestern and other Allina hospitals will have immediate access to your medical records without having to wait for information to be mailed or delivered. What's more, if you need to transfer

your medical records to another clinic or hospital outside the Allina system, your information can be printed and transferred.

Once your history is in the electronic medical record, you'll only have to verify that it is currently accurate, saving you time and repetition.

The secure system also has built-in safety features that alert caregivers about your allergies and potential medicine interactions.

Strict security measures ensure that only authorized caregivers have access to your electronic medical record.

RunSMART helps runners stay on track

IT DOESN'T matter if you're old or young, a weekend jogger or a high-performance runner—painful injuries can sideline you from the sport you love.

Owatonna-area runners now have a new resource to help them heal injuries and prevent them from happening again. Thanks to a partnership with Sister Kenny® Rehabilitation Institute, the Owatonna Center for Rehab & Wellness is offering RunSMART (Skilled Movement and Rehabilitation Team), a physical therapy program to prevent injury and assist those who have been injured.

ANOTHER SET OF EYES

Justin Velzke, a cross-country and track athlete at Owatonna High School, is happy to be running again after missing the whole track season because of a painful hip injury. His doctor, Brian Bunkers, MD, with the Owatonna Clinic–Mayo Health System, referred him to the RunSMART program, where he worked with Jason Jacobs,

physical therapist and certified athletic trainer.

Jacobs analyzed Velzke's running gait. "It's hard to see problems in your own gait," Jacobs says. "We're trained to look for weaknesses that put stress on joints or muscles."

Velzke had a weakness in his core muscles that caused stress on his hip flexors. Jacobs designed a program that reduced the intensity and duration of Velzke's workouts on the treadmill, increasing gradually as the injury healed. A series of core muscle exercises and stretches reduced the stress on his hips, making Velzke less likely to have another injury.

"The RunSMART program was very helpful," says Velzke. "I learned when and how to work back into my training program."

Kelli Velzke, Justin's mother, says they are pleased with Justin's progress and excited about the fall running season.

STRAIGHT TO THE SOURCE

Jacobs says that most running injuries are the result of weaknesses that put stress on other joints and muscles, or shoes that aren't



Jason Jacobs, physical therapist and certified athletic trainer with the Center for Rehab & Wellness, works with Justin Velzke on the right way to do the lunge walk, which helps warm up the muscles and teaches hip and knee control.

Photo by Ed Brown

appropriate for the runner. The RunSMART program helps identify the source of the injury.

Jacobs says many runners keep running even though it's painful. "Seek help so it doesn't get worse," he recommends. "Many chronic, painful injuries could have been stopped earlier."

If you're experiencing pain while running, see your doctor. You may be referred to RunSMART for analysis and therapy. ❖

Owatonna Hospital introduces Sister Kenny® Rehabilitation Institute services

The Owatonna Center for Rehab & Wellness will be partnering with Sister Kenny® Rehabilitation Institute, a national leader in the field of rehabilitation, to bring their renowned resources to the Owatonna area when the new Owatonna

Hospital opens Friday, Oct. 16. The center will be officially renamed Sister Kenny® Rehabilitation Institute–Owatonna.

"We've always had excellent rehabilitation services here," says David Albrecht, interim president,

Owatonna Hospital. "The partnership with Sister Kenny® Rehabilitation Institute brings our therapists more opportunities for specialized training, immediate access to the latest best practices and research, and special programs to offer our community."

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Community Open House

Saturday, Oct. 3

Noon-4 p.m.

You're invited to an Open House to celebrate the opening of the new Owatonna Hospital. Get acquainted with the new facility with a self-guided walking tour, and see the family- and patient-friendly features and advanced technology it offers. Enjoy light refreshments and other activities that will be announced in September. Watch for details posted in local newspapers and at www.owatonnahospital.com.

PARENTING NEWS

Each month, receive the pregnancy, birth and early parenthood information that's right for you. Starting with preconception and continuing through the first three months of parenthood, each issue is customized to your due date or your child's birth date.

Here's how to sign up:

1. Go to allina.com/pregnancy.
2. Select the *Pregnancy & Parenting eMagazine* button in the lower left.



COMING EVENTS

PRENATAL, NEWBORN, CHILDREN'S PROGRAMS

Many of the following programs are offered in collaboration with Owatonna Hospital, Early Childhood Family Education, Steele County Public Health and Owatonna Clinic.

Birth, Babies & Beyond \$60

First-time parents learn how to get ready for the birth of their child and begin the parenting journey. Call 507-444-7900 for dates and times and to register, or visit www.owatonnahospital.com and select *Classes & Support*.

Refresher Childbirth Class \$25

This one-day class is designed for those who have attended a childbirth class within the past three to five years. Call 507-444-7900 for dates and times and to register.

Amazing Newborn Clinic Tuesdays, 12:30-2 p.m.

Roosevelt Community School

Free clinic where babies are weighed and parents' questions are addressed. Breastfeeding guidance is provided. Drop in anytime the clinic is open.

SENIORS WELLNESS PROGRAMS

Chair Aerobics

■ Mondays and Fridays, 10:30-11:15 a.m., Senior Place \$10/month or \$1.25/class

■ Tuesdays and Thursdays, 3:30-4:15 p.m., Cedar Place Free

Get an aerobic workout with members of Sister Kenny® Rehabilitation Institute-Owatonna. It includes warm-ups, exercises, stretches and cooldowns. Call 507-451-3850 for more information.

Weight Training for Seniors

Mondays, Wednesdays and Fridays, 8:30-9:30 a.m. and 3:15-4:15 p.m.

Senior Place

\$18 to \$27/month, sliding fee

A member from Sister Kenny® Rehabilitation Institute-Owatonna leads a program of warm-up exercises, weightlifting with handheld weights, stretching and cooldown exercises. Call 507-451-3850 for more information.



For more healthy living events and ideas, visit allina.com and select Be Healthy.

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Allina's Community Benefit goes beyond the bedside

OWATONNA HOSPITAL is a part of Allina Hospitals & Clinics, whose mission reaches well beyond the bedside, as its team of dedicated employees provides community benefit to improve the health status of the communities it serves.

Your health is our priority every day.

health care locally and nationally. Two key initiatives of the center are the Backyard Initiative, which seeks to improve the health and health care of residents of a portion of South Minneapolis, and the Heart of New Ulm project, which strives to eliminate heart attacks in the community of New Ulm within 10 years. The center will continue to develop new innovations to improve the health of the communities served by Allina Hospitals & Clinics.

WHAT IS COMMUNITY BENEFIT?

Community benefit is a planned, coordinated and measured organizational approach to identify and respond to the health needs of our community. "As a not-for profit organization, Allina knows the health of the communities in which we operate is essential to its mission and strategy," says Penny Wheeler, MD, chief clinical officer, Allina Hospitals & Clinics.

One way Allina is giving back to the community is through its new Center for Healthcare Innovation at Allina. The center researches new care models and treatments to transform health and health care and advance Allina's strategic vision to improve patient care and serve as a catalyst for change in

HOW MUCH DID ALLINA GIVE BACK IN 2008?

Allina's total 2008 investment was nearly \$404 million, which is approximately 15 percent of Allina's total operating expense. Owatonna Hospital has contributed more than \$5.5 million to benefit the health of the community.

Of the total Allina contribution, \$156 million provided community benefits designed to lessen the health care burden for all in the community, as defined by two leading national organizations, Catholic Health Association (CHA) and VHA. For Owatonna, \$2.3 million went to support

Giving back from the inside out

Here are just a few examples of how Owatonna Hospital gives back to the community:

- Have a Safe Summer/Children's Safety Fair
- Heart Safe Communities project
- Senior Weight Training and Senior Chair Aerobics
- on-call certified athletic trainers at high school and other sporting events
- community health education
- charitable/in-kind donations to local nonprofits and event sponsorships (Relay for Life, Pool Together, Young Life)
- staff time for community organization drives (Relay For Life, United Way)
- coalition building with other community groups, such as Rotary and United Way.

For more information about



Community Benefit at Owatonna Hospital or Allina, go to allina.com/community.

charity care, which is caring for patients who are unable to pay, have no health insurance, or for whom government-sponsored Medicare and Medicaid programs do not cover the full cost of services. ❖