

A MONTHLY PUBLICATION OF McLAREN REGIONAL MEDICAL CENTER

“Providing education in a structured manner that is appropriate at all levels promotes an environment of lifelong learning and growth.”

— Carl Elbing

Online Education Resource Created by a Nurse for Nurses

If it is true that knowledge is power, the recently launched nursing resource website is adding some serious horsepower to nurses' educational toolbox. The Nursing Education website went live in January 2007. Still in its infancy, the website is offering big benefits while its creator envisions even greater potential for the resource.

Nursing Experiences Inspire Resource

Carl Elbing, RN, MSN has been a member of the MRMC nursing team since 1991 when he interned as a student nurse. He spent 13 years as a registered nurse in McLaren's Intensive Care Unit as well as spending a couple of years as an in-house acute dialysis nurse. For more than 10 years while a floor nurse, Elbing also served as a preceptor to student nurses. During this time he encountered a unique set of challenges experienced by new and established nurses alike.

“There are certain things that can't be taught from a textbook”, said Elbing, the creator of McLaren's Nursing Education website. “What's missing from the pages is reality. A symptom of a problem can be described to you in a textbook or by a teacher but there may be important cues that do not translate well on paper. Until it is witnessed, it can be hard to understand.”



Carl Elbing, RN, MSN, serves as Critical Care Educator at MRMC.

His nursing experience, combined with an interest in drawing and advanced computer skills, brought about an innovative idea of creating an on-line educational resource for nurses. MRMC gave Elbing the opportunity to pursue this idea by creating the new position of Critical Care Educator in June 2006. He set to work right away designing the website and compiling accurate and useful content.

A Reliable Source of Information

Establishing an online source of information for nurses offers benefits to those beyond the targeted audience. Valuable medical information about acute patient conditions is available anytime online. Information is verified, accurate and up-to-date. Allowing nurses to be able to access the same source of information is an effective way to provide a consistent message to all nurses.

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McLaren Named Among Top 100 Hospitals In Nation

McLaren Regional Medical Center (MRMC) is the only hospital in the Genesee/Lapeer/Shiawassee region to be recognized in a prestigious national study as one of the nation's top 100 hospitals. MRMC was named on March 12 as one of the nation's 100 Top Hospitals® by Solucient®, part of Thomson Healthcare, a leading provider of information and solutions to improve the cost and quality of healthcare.

The award recognizes hospitals that have achieved excellence in clinical outcomes, patient safety, financial performance, efficiency, and growth in patient volume. This is the second time that MRMC has been recognized with this honor.

The 2006 Solucient 100 Top Hospitals: National Benchmarks for Success study appears in the March 12 edition of Modern Healthcare magazine.

"Our selection as one of the Top 100 Hospitals in the nation is a tribute to the dedication and skill of our employees, physicians and volunteers who provide superior care to patients," noted Donald Kooy, MRMC President and CEO. "We are very honored to be recognized among national leaders for our clinical expertise, advanced technology and treatment, quality patient outcomes and operational efficiency. More importantly, we are proud to be able to provide people in mid-Michigan access to high quality health care services at McLaren Regional Medical Center."

Research Highlights

Key findings of the study include:

- If all hospitals performed like the benchmark hospitals, more than 100,000 additional patients could survive each year, and an additional 114,000 could avoid complications.
- With 25 percent higher admissions per bed, benchmark hospitals treated more patients than non-winning hospitals and also treated patients who were sicker and required more complex treatment.

- The 100 Top Hospitals facilities spent an average of 12 percent less, per discharge, than peer hospitals.
- Salaries and benefits were \$3,200 more a year per full-time staff member at benchmark hospitals.

The 14th edition of the Solucient 100 Top Hospitals: National Benchmarks for Success study uses a balanced scorecard approach and scores hospitals according to nine key organization-wide measures: risk-adjusted mortality, risk-adjusted complications, patient safety, core measures average, growth in patient volume, severity-adjusted average length of stay, expense per adjusted discharge, profit from operations, and cash to debt ratio.

More information on this study and other 100 Top Hospitals research is available at www.100tophospitals.com. Copies of the 100 Top Hospitals report can be purchased by calling Solucient at 800.568.3282 or logging on to www.100tophospitals.com.

Additional information can be found at www.mclaren.org or at <http://www.100TopHospitals.com> under the "News/Press Room." ■

SOLUCIENT
TOP HOSPITALS

National
2006

"Our selection as one of the Top 100 Hospitals in the nation is a tribute to the dedication and skill of our employees, physicians, with support from our board members and volunteers who provide superior care to patients."

– Donald Kooy,
MRMC President and CEO





Thanks to everyone who participated or donated!

(Above): Pictured are McLaren Regional Medical Center employees, McLaren Health Plan employees, and their friends and family members, who hit the lanes this year to support Big Brothers Big Sisters of Greater Flint.

Community Connection

Bowled Over for Big Brothers Big Sisters

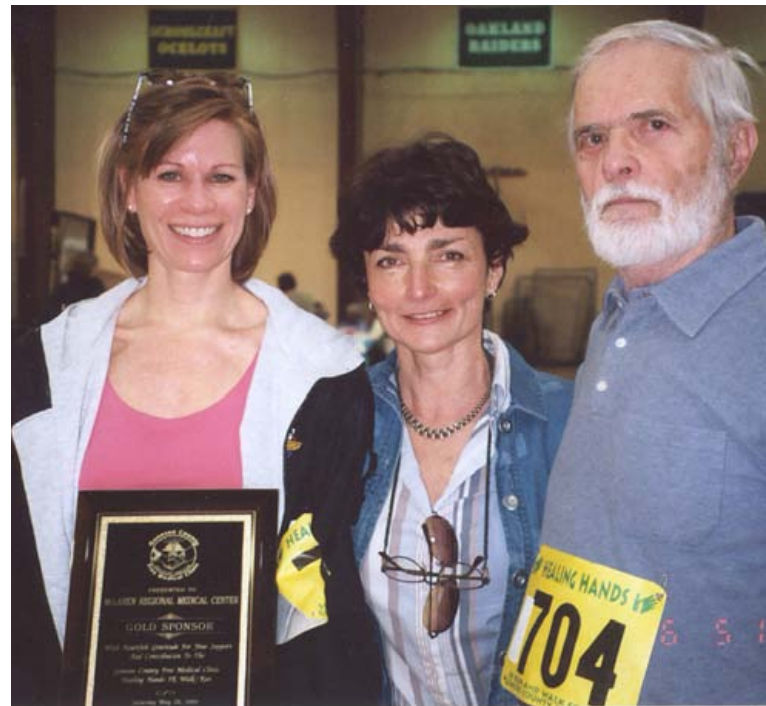
McLaren Regional Medical Center had 13 teams participate in the 2007 Big Brothers Big Sisters of Greater Flint Bowling Challenge. Total pledges raised were \$3,761. The top scoring team was Two Men and a Haren. The person who raised the most individual pledges was Cortney Lupo who collected \$280. Other areas that had teams were surgery, anesthesia, cath lab, nutritional services and quality management. Funds raised from the event make up one third of Big Brothers Big Sisters of Greater Flint's annual operating budget. Thanks to everyone who participated or donated to this fundraiser.

Walk for Healthy Babies

The March of Dimes supports research, education and local initiatives to prevent premature births and improve outcomes for premature babies. McLaren Regional Medical Center was a sponsor of the recent walk America in Genesee County. This year's Walk took place at Bicentennial Park in Grand Blanc on Sunday, April 29. Many employees supported the annual Walk America by sponsoring walkers or walking in the event.

Healing Hands Walk/Run

McLaren is a major sponsor of the 12th Annual Healing Hands 5K Run/Walk on Saturday, May 19, 2007 at Mott Community College in Downtown Flint. Proceeds from the walk benefit the Genesee County Free Medical Clinic. The run/walk begins at 9 a.m. Registration forms including information about registration fees, awards and t-shirts are available in the Marketing Dept. on 1 North. ■



Healing Hands Walk/Run 2006: Pictured from left to right: Joan Maten, RN, Vice President of Nursing at MRMC; Rima Kudish, M.D., Medical Director of Genesee County Free Medical Clinic; Allen Turcke, M.D., president of Genesee County Free Medical Clinic.



(Above): Megan Hansen has gone from not wanting people to know she has Cystic Fibrosis to openly discussing it and even posing for a Cystic Fibrosis calendar that was sold across the country.

“Since I’ve been going to pulmonary rehab my pulmonary function test has gone up, I feel better physically and mentally.” – Megan Hansen



Linda MacLaren has a new lease on life since joining McLaren’s Pulmonary Rehab program. She feels better mentally and physically and her lung capacity has improved from 26% to 40%.

Pulmonary Rehab Keeps Patients Healthy While Waiting for New Lungs

On the outside 19-year-old Megan Hansen looks like a healthy teenager. In contrast, the oxygen lines that stretch across the face of 59-year-old Linda MacLaren make her health issue obvious. Both of these women are battling lung diseases.

Megan, who appears healthier on the outside, is currently third on the national lung transplant list for her designated category. Linda was one percentage point away from being on the list but improved enough to be removed. Both have a “can do” attitude and a surprising lack of fear.

Megan Hansen is no stranger to illness; she was diagnosed with cystic fibrosis at just five weeks old. She suffered her first collapsed lung in third grade, leading to her first surgery. Until she reached high school she tried to conceal her disease. Then, she decided to start writing reports on it; after all, she was already very educated about her condition.

“I don’t let my cystic fibrosis bring me down,” states Megan. “I try to live as normally as I can; I really don’t see myself as different.”

Megan helps keep herself healthy enough for her lung transplant by taking her medicines and spending two hours, twice a week, at McLaren Pulmonary Rehab. There she exercises to keep herself as strong as possible for her impending surgery.

“Since I’ve been going to pulmonary rehab my pulmonary function test has gone up, Megan noted. “I feel better physically and mentally. The therapists are great and so are the other patients. I was nervous to go there at first because I am so young but you become part of one big family, I even get calls at home from the therapists and other patients when I’m not feeling well.”

Megan says she is not worried about having a double lung transplant but it can be nerve-racking waiting for the phone call. She is trying to stay focused on what her new lungs will mean in terms of her quality of life. Since she currently has to remain within a four hour drive of the University of Michigan Medical Center in Ann Arbor, she is looking forward to trips up north with her family. And, she anticipates playing the flute again, something she had to give up in tenth grade.

Linda MacLaren credits McLaren’s Pulmonary Rehab Program with getting her out of her house and transforming her attitude about life. Linda has chronic obstruction pulmonary disease (COPD) with endstage emphysema and pulmonary hypertension. She wears oxygen 24 hours a day, seven days a week, a result of asthma and years of smoking.

“Before I came to pulmonary rehab I was feeling sorry for myself,” Linda said. “I was thinking I couldn’t do anything anymore. Through the exercise, education and support system at rehab, I have a new attitude. I can still have a normal life, if not the one I used to have, and rehab is the key.”

Linda will continue going to pulmonary rehab three mornings a week, two hours at a time, until her lung function drops to 25% or below. Rehab took her from 26% lung function to her current level of 40%. She can’t say enough about the support system that keeps her going, including her husband of almost 39 years and her respiratory therapists. She also credits her new granddaughter with providing extra motivation to stay well. Linda’s “can do” attitude has further propelled her to enjoy motorcycle rides with her husband and to take trips to the store on her scooter.

I can still have a normal life, if not the one I used to have, and rehab is the key.” – Linda MacLaren

Pulmonary Rehab

Continued from Pg. 4

McLaren Pulmonary Rehab Program

McLaren Regional Medical Center has the largest Pulmonary Program in the state of Michigan, and it is one of the oldest; now in its 27th year. McLaren was the first program in Michigan to be accredited by the American Association of Cardiovascular and Pulmonary Rehabilitation. The program also networks with several area transplant centers including, the University of Michigan, the University of Pittsburgh, the Cleveland Clinic and Henry Ford Hospital. A staff of five registered respiratory therapists care for patients who participate in McLaren's Pulmonary Rehab Program. At rehab patients learn about exercise, diet, medicines, and breathing techniques to remain as healthy as possible.

Chronic Obstruction Pulmonary Disease (COPD)

Chronic obstruction pulmonary disease includes emphysema, chronic bronchitis, and asthma. It is the third leading cause of death in America. More than 35 million Americans are living with chronic lung disease.

Cystic Fibrosis (CF)

Cystic fibrosis is an inherited chronic disease that affects the lungs and digestive systems of about 30,000 children and adults in the United States. A defective gene causes the body to produce unusually thick, sticky mucus that:

- clogs the lungs and lead to life-threatening lung infections
- obstructs the pancreas and stops natural enzymes from helping the body break down and absorb food

More than 80% of patients are diagnosed by the age of three.

To contact McLaren's Pulmonary Rehabilitation Program, call (810) 342-5370. ■



CarePages Introduced for Patients and Families at McLaren

McLaren Regional Medical Center is offering patients an innovative new service that helps them stay in touch with family and friends while they are in the hospital, and even after they go home.

McLaren has implemented CarePages, the leading patient website service, to help patients and their families communicate by sharing patient health updates, photos and supportive messages via a private website. The service is available free to any patient at McLaren Regional Medical Center. It allows patients to share updates without repeated telephone calls and to gain control over how they communicate about their health events.

McLaren licenses the service from TLContact, Inc., the company that developed Carepages.com. TLContact and McLaren have worked together to integrate the service with McLaren's own website and patient services. Additionally, TLContact provides McLaren with ongoing technical and customer support. Patients access the CarePage service through the McLaren Regional Medical Center website, www.mclaren.org.

"This is one more example of our commitment to deliver the most innovative services to our patients," said Donald C. Kooy, President/CEO of McLaren Regional Medical Center. "We are constantly looking for and evaluating the latest ideas in improving overall patient satisfaction. The CarePages service gives us a tool to utilize in supporting the emotional needs of our patients and their families,

while we are caring for their medical needs."

The service is secure and compliant with all HIPAA requirements. CarePages ensures that patients, families and healthcare providers are protected online through strict privacy policies, password-protection and visitor management tools for CarePage managers.

In addition to giving patients and families emotional support, CarePages makes it possible for families to interact with the healthcare provider in return. The service provides an easy tool for patients and families to recognize staff members who have provided superior levels of care. It also allows them to support the healthcare provider's foundation and volunteer organizations.

McLaren Regional Medical Center provides CarePages for as long as patients and families require. Over 500 leading hospitals in North America now offer CarePages, with several new hospitals adding the service each month. ■



New Hope for Lung Cancer Patients

With the highly advanced radiation equipment located at GLCI-McLaren, a promising new clinical trial is underway in Flint to improve the survival rates for lung cancer patients unable to undergo traditional surgery.

Lung cancer remains the most frequent cause of cancer death in both men and women in North America. Surgery to remove cancerous tumors in the lungs result in five-year survival rates of approximately 60 to 70 percent, and remains the treatment of choice. Unfortunately, some patients with early stage non-small cell lung cancer (NSCLC) are unable to undergo surgery or post-operative recovery due to other health issues.

Nile Burger, 90, of Burton found himself in this difficult situation in early 2006. Persistent coughing spells caused Burger to seek medical attention. A seven centimeter tumor was discovered in his right lung. Breathing function tests revealed that because of Chronic Obstructive Pulmonary Disorder (COPD) he was not eligible for surgery, which would have sacrificed approximately one-third of his affected

lung to remove the tumor.

Traditional Treatment Options

These patients deemed medically inoperable do not have many other treatment choices. Primary radiotherapy is considered a reasonable non-surgical therapy for such patients, with reported five-year survival rates ranging from 10 to 30 percent.

New Approach Shows Promise

Hesham Gayar, M.D., medical director of radiation oncology at GLCI-McLaren is the primary investigator of an IRB approved trial treating patients who are not eligible for surgery or have refused surgery. The treatment uses stereotactic body radiation therapy (SBRT) to deliver radiation with extreme precision. Patients in this trial are experiencing outcomes comparable to traditional surgery, greatly increasing their odds of survival.

Burger was referred to Dr. Gayar and received the SBRT. The high dose treatments were delivered in three visits.

"I felt fine through treatment," stated Burger. "I did not experience any skin

problems or other side-effects."

Follow-up diagnostic testing one year later has revealed that Burger has no sign of lung cancer. Additionally, his breathing function did not decrease despite aggressive treatment to the lung. Burger is pleased with the treatment he received at GLCI-McLaren.

"I feel I've got the best doctors in Michigan to care for me," said Burger. "And man o' man, the staff is the best here."



Hesham Gayar, M.D.

"The treatment uses stereotactic body radiation therapy (SBRT) to deliver radiation with extreme precision."

– Hesham Gayar, M.D.

Dr. Gayar stresses that successful outcomes like Burger's is attributable to catching the disease at an early stage, which can be especially difficult since there are often no symptoms of lung cancer until the disease has progressed to an advanced stage.

"We are treating more cases of lung cancer right now because of early detection," said Dr. Gayar. "More cases are being caught early through higher resolution CT scans, often ordered for other reasons. The images, more detailed than x-ray may show an abnormal spot on the lung that otherwise would go undetected."

For more information about the clinical trial of Stereotactic Body Radiation Therapy (SBRT) in the Treatment of Patients with Medically Inoperable Stage I/II Non-Small Cell Lung Cancer, call GLCI-McLaren (810) 342-3800. ■





Robin Norman of VNSM draws the name of a lucky winner out of the bowl held by Renee Cousino-Marshke of MRMC at the breakfast held at Homewood Village.

Social Workers Celebrate Profession

Social workers at MRMC recently organized the first corporate-wide breakfast in honor of National Social Work Month. On March 21, thirty social work professionals from all McLaren affiliates gathered at Homewood Village for breakfast, guest presentations, professional recognitions, networking, and fun.

“The corporate-wide breakfast was a huge success,” said Renee Cousino-Marshke, a licensed medical social worker at MRMC. “It provided a way for social workers across all subsidiaries to meet, network, and celebrate our profession. It was great to meet our counterparts and be reminded of our roots in a profession that empowers people. By celebrating Social Work Month together we felt empowered to keep our social work identities intact and acknowledge our unique contribution to the corporation.”

The event was planned with the hope that it will become an annual event bringing together social workers employed in acute care, behavioral health, hospice, kidney centers, and home care agencies throughout McLaren Health Care. ■

“It provided a way for social workers across all subsidiaries to meet, network, and celebrate our profession.”

– Renee Cousino-Marshke



Liz Ireland-Curtis delivered a presentation to social workers as part of the morning's events.

Online Education Resource

Continued from Pg. 1

Information is provided in the form of Word documents, pdf files, PowerPoints, and web pages.

The website offers more than just written educational material. Elbing has incorporated animation (animated gif files) to demonstrate such things as pulmonary artery catheter insertion, cardiac output measurement, and angioplasty.

The early goals of the website are for it to be used as a tool to augment the orientation process of nurses in the critical care areas. This orientation guide will also be provided in a booklet that compliments online information. Preceptors and educators can then facilitate the application of knowledge to real patients and situations at the bedside.

Planning for the Future

Long term goals include providing information at a level appropriate for advanced nurses, providing links to Internet sources of information, designing short online movies or movie clips, designing online simulations, and designing online testing are all long-term goals for the website. Results of online testing may also be able to be sent to a database. Elbing notes that the ultimate goal is for the website to compliment education from the level of nursing students to our most advanced nurses.

“This website has the potential to be a platform for all of us to contribute and build an information resource based on evidence that is fine-tuned to the specific needs of MRMC’s patients, nurses, and other health care professionals,” said Elbing. “Providing education in a structured manner that is appropriate at all levels promotes an environment of lifelong learning and growth.”

You are invited to check out this latest tool for nurses and patient care staff at: <http://mrmc-cdrom/nursingeducation/index.html>

Contributions are welcome. If you are an expert in your area and would like to write materials (or already have written them) contact Carl Elbing (22899) and the materials will be considered for placement on the website. ■

Welcome to McLaren



David Middleton, R.N.

David Middleton, R.N. has joined the Nursing Office as a part time, night shift Administrative Supervisor. David previously worked at Flint Osteopathic Hospital in a supervisory role and in McLaren's Emergency Department. David is described as being very calm and thoughtful, which will serve him well under normal and stressful situations.

"David is a thorough, skilled, experienced addition to our team on the night shift and we couldn't be happier that he has decided to join us," states Sheila Lundquist, Assistant Director of Nursing. ■

Welcome to the Medical Staff



Christopher Ash, D.O.

Christopher Ash, D.O., a board certified general surgeon, has joined the medical staff at McLaren Regional Medical Center. He is seeing patients at his Flint office located at G-3169 Beecher Rd. Dr. Ash completed his residency at Genesys Regional Medical Center in Grand Blanc. He received his medical degree from Michigan State University College of Osteopathic Medicine in Lansing.



Paul W. Brown, D.O.

Paul W. Brown, D.O., an emergency medicine physician, has joined the Emergency Department at McLaren Regional Medical Center. Dr. Brown completed his residency at Metropolitan Hospital in Grand Rapids, Michigan. He received his medical degree from Michigan State University College of Osteopathic Medicine in Lansing.



Carl Gutekunst, D.O.

Carl Gutekunst, D.O., a board certified general surgeon, has joined the medical staff at McLaren Regional Medical Center. He is seeing patients at his Flint office located at G-3169 Beecher Rd. Dr. Gutekunst completed his residency at Flint Osteopathic Hospital. He received his medical degree from Philadelphia College of Osteopathic Medicine in Philadelphia, Pennsylvania.



Mazen Najjar, M.D.

Mazen Najjar, M.D., an infectious disease specialist, has joined the medical staff at McLaren Regional Medical Center. He is seeing patients at his practice located at 1513 S. Center Rd., Burton. Dr. Mazen completed his fellowship in infectious disease at Seton Hall University in Newark, New Jersey. He completed his residency in internal medicine at Seton Hall as well. He received his medical degree from Aleppo University in Aleppo, Syria.



Prabhat Pokhrel, M.D.

Prabhat Pokhrel, M.D., a family medicine specialist, is now a member of the MRMC medical staff. He is seeing patients at his office at 1020 Charter Drive in Flint. Dr. Pokhrel received his medical degree through Kiev Medical Institute in Kiev, Ukraine. He also earned a Master of Science in Pharmacy and Toxicology from The University of Connecticut School of Pharmacy and a subsequent Ph. D. in Pharmacology from St. John's University in Jamaica, New York. He completed a residency in family practice medicine at Genesys Regional Medical Center.



George Polanco, D.O.

George Polanco, D.O., an interventional radiologist, has joined the Radiology Department at McLaren Regional Medical Center. Dr. Polanco completed a fellowship in vascular and interventional radiology at Wayne State University in Detroit. He completed his residency in diagnostic radiology at Michigan State University in Lansing. Dr. Polanco received his medical degree from Michigan State University College of Osteopathic Medicine in Lansing.



Ashish Sarin, M.D.

Ashish Sarin, M.D., a family medicine specialist, has joined the MRMC medical staff. He is seeing patients at 4233 Clio Road in Flint. Dr. Sarin received his medical degree from the University College of Medical Sciences in New Delhi, India and completed a family practice residency at Carraway Methodist Hospital in Birmingham, Alabama.



John Vance, D.O.

John Vance, D.O., a board certified general surgeon, has joined the medical staff at McLaren Regional Medical Center. He is seeing patients at his Flint office located at G-3169 Beecher Rd. Dr. Vance completed his residency at Genesys Regional Medical Center in Grand Blanc. He received his medical degree from Michigan State University College of Osteopathic Medicine in Lansing. ■

Save This Date!

**Monday
August 13, 2007**

16th Annual McLaren Golf Classic

McLaren Regional Medical Center is pleased to sponsor our 16th Annual Golf Classic on Monday, August 13 at the prestigious Flint Golf Club and Warwick Hills Golf and Country Club.

The McLaren Golf Classic features a four-person golf scramble and other amenities that are associated with a day of fun and fundraising on behalf of McLaren Regional Medical Center.

This year's proceeds will benefit the new Medical Education Building in support of medical residency programs, patients and the community.

**Flint Golf Club
and
Warwick Hills
Golf and Country
Club**

National Patient Safety Awarded for Third Consecutive Year

Recognized for Outstanding Performance by HealthGrades, the Leading Independent Healthcare Ratings Company

McLaren Regional Medical Center recently announced that it has been named in an independent national research study as a recipient of the 2007 Distinguished Hospital Award for Patient Safety™, according to HealthGrades, the nation's leading healthcare ratings company. This marks the third consecutive year the hospital has been recognized for outstanding patient safety.

This distinction reflects McLaren's performance among the top five percent nationally for patient safety outcomes, according to HealthGrades. McLaren Regional Medical Center is one of only 242 hospitals out of nearly 5,000 to receive this recognition and one of only four hospitals in Michigan to receive the award for three consecutive years.

"We have worked hard to develop a culture of safety at McLaren Regional Medical Center, and our physicians and employees are very committed to maintaining and enhancing that initiative," noted Donald C. Kooy, President/CEO. "The fact that we have earned this award for three consecutive

years is a testament to our focus on patient safety and the successful implementation of strategies and processes to promote good patient outcomes. We are honored to be acknowledged by HealthGrades for our performance in this important area."

In its Fourth Annual Patient Safety in American Hospitals Study, HealthGrades independently analyzed nearly 40 million Medicare patient records from federal fiscal years 2003 to 2005 using thirteen patient safety indicators developed by the federal Agency for Healthcare Research and Quality (AHRQ). The patient records were obtained directly from the U.S. government's Centers for Medicare and Medicaid Services. Almost 5,000 teaching and non-teaching hospitals were analyzed in all fifty states and the District of Columbia, including all non-federal hospitals that submit Medicare data. The HealthGrades study compares the rates of key patient safety events, such as post-operative infections and preventable deaths, using AHRQ's methodology.

The methodology includes the following patient safety indicators:

- Death in low mortality Diagnostic Related Groupings (DRGs)
- Decubitus ulcer
- Failure to rescue
- Foreign body left in during procedure
- Iatrogenic pneumothorax

- Selected infections due to medical care
- Post-operative hip fracture
- Post-operative hemorrhage or hemotoma
- Post-operative physiologic and metabolic derangements
- Post-operative respiratory failure
- Post-operative pulmonary embolism or deep vein thrombosis
- Post-operative sepsis
- Post-operative abdominal wound dehiscence

This year, a total of 242 hospitals (113 teaching and 129 non-teaching), received the 2007 Distinguished Hospital Award for Patient Safety™ from HealthGrades.

If all Medicare patients had been treated at Distinguished Hospitals for Patient Safety during that period, HealthGrades' study finds that 206,286 patient safety events, 34,393 deaths and \$1.74 billion in excess costs could have been avoided. On average, patients at Distinguished Hospitals for Patient Safety are also 40 percent less likely to experience an adverse, preventable event during their stay than patients treated at the bottom-performing hospitals.

The study and full methodology can be found at HealthGrades' Web site, <http://www.healthgrades.com>. ■



From front left: Kathy Sabat, RN, Director of Clinical Improvement, accepts the HealthGrades award for Patient Safety from HealthGrades representative Denise Youngquist. Other MRMC members present to accept the award include (front center) Janet McLean, Manager of Patient Relations/ Risk Management; Pam Shuck, Clinical Engineer; (Back row l to r) Debra Main, RN, Director of Critical Care; Annetta Wilbon, Patient Relations; Ragnhild Bundesman, Director of Clinical Education; Pat Perrine, RN, Director of Med/ Surg.; and Pat Forrester, Pharm. D., Director of Pharmacy Services

Celebrating Doctors' Day

McLaren Regional Medical Center marked Thursday, March 29 as a date to honor physicians in their role of caring for the sick, advancing medical knowledge, and promoting good health. MRMC Administration members were in attendance to share in conversation with physicians. In appreciation for their dedication and service, doctors were given a savory, chef-prepared meal as well as special gifts. ■



Vivekanand Palavali, MD, neurosurgeon considers a flash drive as Sharon Baker, Director of Business Development describes the specific features of the gift choices. Physicians could select either a 1GB flash drive or a MP3 car adapter unit.



(Right): Mischa Pollard, M.D., internal medicine specialist, proudly displays her red carnation



Manoharan Eustace, M.D., internal medicine specialist, is pinned with the traditional red carnation by auxiliary member Myrna Gallinat



Internal Medicine residents Sandeep Grewal, M.D.; Mehul Patel M.D., and Shivani Bhutani, M.D., enjoy food and conversation.



Sukamal Saha, M.D., surgical oncologist, and Sarah Ali, M.D., internal medicine resident.



Simona Chivu, M.D., is helped into her new MRMC jacket by David Desimone. The jacket displays the 100 Top Hospital designation recently bestowed upon McLaren.



Paul Romanelli, Ph.D., Director of Medical Education; George Dass, MD, orthopedic surgeon; and Ed Gullekson, M.D., Vice President of Medical Affairs

GOLO Your Golf Swing

If you are worried about how your hips, shoulder, neck, or back might react when you get ready to swing a golf club this season, McLaren Regional Medical Center's Physical Therapy Services may be able to set you at ease. A new GOLO GolfPerformance program was recently introduced with a focus on proper body mechanics for an effective golf swing. Dania Habeck, MPT, MA, and Gai Clemmer, MS, ATC, have each received Golf Performance Specialist training through the GOLO GolfPerformance Program based in Texas and have begun providing assessments for clients.

The program has three elements:

1. The GOLO GolfBody Screen, which identifies the physical factors affecting a person's posture, balance, swing speed, power and ability to achieve optimal club positions.
2. The second aspect includes a thorough musculoskeletal evaluation, a full swing assessment, balance and cardiovascular fitness testing, as well as a customized exercise prescription.
3. The third aspect involves golf-specific exercise training sessions for stretching, strengthening, and balance.

Several area PGA Professionals have expressed their support of McLaren's GOLO Program, which will complement their expertise in teaching proper golf techniques. An initial body screen is \$70 and various assessment packages are available. To make an appointment for a body screen assessment or if you have further questions, please call McLaren Therapy Services at (810) 750-2222. To learn more about GOLO Golf visit www.GoloGolFitness.com. ■



Presenters at the GOLO presentation were: l-r: GOLO GolfPerformance System founder William Breland, PT, SCS, CGS; Norman Walter, M.D., orthopedic surgeon; Gai Clemmer, MS, ATC, McLaren Sports Medicine; and Dania Habeck, MPT, MA, McLaren Physical Therapy.



A free community presentation introducing McLaren's GOLO GolfPerformance Program was held at the Holiday Inn Gateway Centre on Tuesday, March 27 where nearly 150 people turned out to learn more.

Connection

A monthly publication for employees and friends of McLaren Regional Medical Center.

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Visit our website and view Connection online: www.mcclaren.org

McLAREN
REGIONAL MEDICAL CENTER

MISSION: McLaren Health Care Corporation, through its subsidiaries, will be Michigan's best value in healthcare as defined by quality outcomes and cost.

VISION: McLaren Regional Medical Center will be the recognized leader and preferred provider of primary and specialty healthcare services to the communities of mid-Michigan.