

Connection

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Bowling with the Wii helps Carol Horn regain the normal use of her left hand as she recovers from a stroke. To her right is Shirlet Earnest, Occupational Therapist, and to her left is Monica Haubenstricker, Recreational Therapist.

Wii Providing Unique Therapy Experience for Stroke and Head Injury Patients

One of the country's most popular video game systems has hit an unanticipated homerun with therapists and patients alike. Although the Nintendo Wii video game system was not designed as a therapeutic tool, it is becoming one across the U.S., including right here at McLaren. Like traditional games it is played on a television screen. Unlike its predecessors, the actions on the screen replicate the body movements of those playing it. McLaren purchased a Wii earlier this year and Recreational and Occupational Therapists are using it with some stroke and head injury patients.

"In the past, patients who did things like golf, bowl and fish before their stroke or accident

could only return to those things through something like a magazine, which is one dimensional. Now there is a three dimensional medium to enjoy such activities again," states Monica Haubenstricker, Recreational Therapist. "The Wii is also very user friendly for the senior population, who may have never played a video game before."

Carol Horn, age 72 of Flushing, was introduced to the Wii this year after surviving a stroke in late December. A devout Red Wings fan, Carol was looking forward to attending the raising of Steve Yzerman's jersey at Joe Louis Arena on New Year's Day, when her life changed dramatically during the holidays. The stroke greatly affected her left side and her speech.

"The Wii is also very user friendly for the senior population, who may have never played a video game before."

-Monica Haubenstricker, Recreational Therapist

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“Because of the Wii I can brush my dog when she sits on my lap, and I can feed myself, it’s a really fun way to do therapy.”

– Greg Poulos

Golf Wii style is helping Greg Poulos improve his hand eye coordination as well as bring out his love of sports.



She’s been in therapy seven days a week at the hospital for months.

“The Wii is great,” she said. “It is something different and much more fun than some of the other things the therapists have me do. My grandson is looking forward to playing with me when I get home.”

One blessing for Carol is that she is right-handed, allowing her to still be able to do some things she enjoys, like painting. For Carol, her therapy included using the Wii with her left hand to help with specific movements with her fingers while also benefiting her balance and perception.

Greg Poulos, age 18 of Flint, was severely injured in a car accident in October 2006. He loves the Wii and is quite competitive with his therapists.

“Because of the Wii I can brush my dog when she sits on my lap, and I can feed myself,” states Greg. “It’s a really fun way to do therapy.”

Both Greg and Carol have a lot of work ahead of them but they are both determined to continue to improve.

“Although it will be good for all ages, I think the Wii is good for

younger patients like Greg because it helps him better focus on what he needs to do,” states Shirlet Earnest, Occupational Therapist. “It has been a fun change for the therapists too, since we get to work and play along with the patients. It is a unique new tool for us to have as an option for our patients.”

McLaren’s Pulmonary Rehab Program recently purchased a Wii and is also starting to implement it into the exercise options they have in their outpatient gym at Bristol Place.



Lynne Warner, RN, BC, MSA, CCRN

Welcome to McLaren

Lynne Warner, RN, BC, MSA, CCRN, is McLaren’s new Med/Surg Educator. Lynne comes to MRMC from Lapeer Regional Medical Center where she was the ICU and PCU Manager for over a year. Prior to that Lynne spent 30 years at POH Regional Medical Center as a Critical Care Educator and Education Manager. Lynne’s role at McLaren will be to improve orientation for new employees and provide specific training for the staff at the unit level. She will primarily work with staff on 8, 9, and 11 Tower. Lynne received her Associate of Science in Nursing from MaComb Community College, her Bachelor of Science in Nursing from Oakland University and her Master of Healthcare Administration from Central Michigan University. Lynne maintains certification in Adult Critical Care and Nursing Professional Development. She is also currently the President of the Southeastern Michigan Nursing Staff Development Organization.

Physician Leads by Example with Cycling

John Chahbazi, M.D., a physician with McLaren's Family Practice Residency Group and founder of Innovative Wellness P.C. is riding a new set of wheels to work for the warm summer months-his bicycle. His passion for promoting healthy lifestyles and environmental protection have merged with his mission to create a network of biking trails and riverside bike paths throughout Genesee County.

After several years as a member of local trail committees, he's taking his cause to the street. In May, he began biking to work at McLaren's Family Practice residency and MRMC from his home in Flushing.

"Once the temperature reached 40 degrees, I began a sort of trial run with biking to work," said Dr. Chahbazi. "There have been some challenges such as the traffic, flat tires, and the lack of a designated bike lane. But I have also noticed some benefits of biking as well."

Dr. Chahbazi noticed that the physical exercise and meditative commute in the morning has made him more alert and focused. An added benefit is setting a good example for his patients.

"Both myself and Dr. (Scott) Plensdorf, who bikes with me on occasion, have seen that our patients take note when they see us coming into the office with our bikes," said Dr. Chahbazi. "Hopefully, they see that we practice what we preach about getting plenty of exercise and living well."

The biggest motivator for his decision to bike to work, was to draw attention to the need for more bike trails in Genesee County.

As a member of several trail interest groups such as the Metro



Planning Council's Flint River Trail Interest Group, Flushing Trail Committee, and the McLaren Trail Committee, Dr. Chahbazi's goal is to have a trail to extend the Flint River trail from Ballenger to Linden Road, then continue on to connect to Flushing County Park and the Flushing Trailway. Some of these would be scenic riverside trails separate from the road. Others would be a part of the existing road, a concept referred to as "complete streets". An example of creating a complete street would be to take a four lane road, with two lanes of traffic in each direction and repaint it to accommodate a bike lane on either side, one lane of automobile traffic in either direction and a center turn lane. Efforts to develop a connected network of bike trails are under discussion but progress is slowed by financial and public concerns.

"I would like to be a part of creating a place where people can exercise safely and combine their exercise with their daily transportation needs," he said.

Dr. Chahbazi plans to continue his commute on bicycle until temperatures dip back to 40 degrees in the fall. Until then, he hopes motorists will remember to watch out for the bikers. Or better yet, people could save a little gas money by leaving the car at home occasionally and riding their bike.



John Chahbazi, M.D. stores his bike in his office and packs his work clothes and emergency gear in a courier case designed for cyclists.

Dr. Chahbazi hopes cycling to work at Family Practice Residency Group on Beecher Rd. will have a positive effect on his patients as well.

"Our patients take note when they see us coming into the office with our bikes. Hopefully, they see that we practice what we preach about getting plenty of exercise and living well."

– John Chahbazi, M.D.

Beam Signing Celebration

(Far Right) Erin Foster, Ph.D., Associate Director of McLaren's Psychology Department signs the final beam in support of the project. Her signature will be a part of the building for many years to come.

The rain held off just long enough to allow construction workers to guide the final beam into its place at the top of the building. It is tradition to mount the American flag on the final beam along with a pine tree signifying no workers were injured on the project.

Friends of McLaren made their mark on McLaren's new Medical Education Building! A "Beam Signing Party" was held on Wednesday, May 14. Guests signed the last beam to be placed on the building and then stayed to watch as the beam was raised into place. The Medical Education Building was made possible through the generosity of numerous donors and will provide enhanced clinical experiences for the medical residents in Family Practice and Internal Medicine Residency Programs, improve access to care for the uninsured/underinsured population and expand the Pulmonary Rehabilitation program.





Welcome to McLaren

Donna E. Seeley, RN, BSN, has recently joined MRMC as Nursing Director of Emergency Services. In this position, Seeley will support medical center clinical goals through planning and implementation of ideas with ED nursing staff. She will also serve as Director of Emergency Management at MRMC. Seeley is heavily involved in national emergency preparedness and relief efforts as an active member of the Federal Disaster Team which is deployable under the Department of Homeland Security. Since joining the disaster team in 2001, she has attended several special trainings and been deployed to assist in disasters such as the terrorist attack in New York on September 11th and natural disasters such as Hurricane Katrina in the Gulf Coast. Seeley has been a nurse for 15 years, spending most of her time in Emergency care. She received her Bachelor of Science in Nursing from the University of Phoenix. Most recently, Seeley worked in Detroit Medical Center's Sinai Grace Hospital Emergency Department. Currently, she lives in Tecumseh with her husband and four children.

Congratulations Nursing Excellence Award Recipients

Five McLaren nurses were recently named as this year's Nursing Excellence Award Recipients. The honorees were nominated by their peers and selected by a special committee. The recipients will be honored again in November, the month of Margaret McLaren's birthday, at a special reception in their honor.

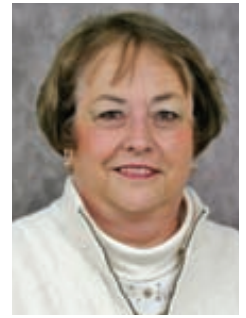
Mary Crawford an RN in Pre-Admission Testing has been employed at MRMC since July, 1969. During Mary's time at MRMC she has worked on the 2N-Medical Unit, the OB/GYN Unit, in the Ambulatory Surgery Department and the Recovery Room before coming to P.A.T. 11 years ago. Mary has been married to David for 38 years. She has two sons and one daughter. Away from work Mary enjoys spending time on the beach up in Mackinaw with her grandson, Cameron.

Lori Keefer graduated from Mercy School of Nursing-Detroit in August of 1973. She began her career as a Registered Nurse right here at McLaren immediately after graduation in September 1973. During her career here she has worked in various nursing units including rehab, medical teaching, orthopedics, telemetry, pediatric, surgical/oncology, utilization review, and quality. She has been the Case Manager for 12 South for over 10 years. Lori also serves as the Case Management spokesperson. She is known to be passionate about nursing and the patients she serves.

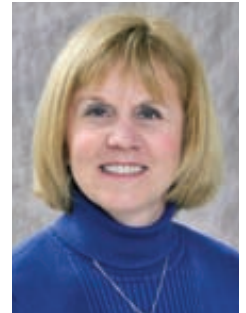
Jeannette Oslund came to McLaren in 1986. She worked on 2 North before going to the Operating Room in 1989. Over the years in the OR she has been a staff nurse and an assistant nurse manger. Jeannette's current role is a staff nurse who specializes in gynecological procedures and robotics. Jeannette trains all our robotic nurses and has received a certification in this discipline. In Jeannette's free time she travels all over the country racing sailboats. We are very proud to have her as part of the McLaren Surgical Services Team.

Gwen Walton, a graduate of the Mott Community College Nursing Program, is an outstanding registered nurse on the 12 Tower team. Gwen has spent the past 17 years on the floor. She is exceptional in her practice and valued for her years of experience with heart patients. Gwen is on the Health Care Team in her community and volunteers her medical services at her church. She loves to promote and be a part of the nursing profession.

Mary Williams is currently a staff RN on 9 south and has been employed at MRMC since June 2002. She obtained her nursing degree from Kirtland Community College, in Roscommon in 1993. Mary brought to MRMC her experiences as an Infection Control Coordinator, Staff Development/Inservice Director, Train the Trainer, and Wound Care Nurse. She transferred to 9 south from TCU in 2007. Mary's consistent passion and commitment to patient care and customer service are just two of the reasons she is deserving of this award.



Mary Crawford, RN



Lori Keefer



Jeannette Oslund



Gwen Walton



Mary Williams, RN

Genesee County Disaster Drill 2008

**Thanks go out
to everyone
who took part.**

*Barb Jareo from
Employee Health
evaluates a tornado
victim's condition.*



This year's county disaster drill scenario was an easy one to imagine: severe weather. The scenario went like this: On the morning of May 13, 2008, at approximately 8:00 a.m., the National Weather Service issues severe weather warnings for Tuscola and Genesee Counties. A couple of hours later the worst part of the storm moves into Genesee County resulting in a tornado touching down at Crossroads Village. It is 10:00 a.m. and victims are headed to McLaren.

An Emergency Operations Center is set up in the boardroom in Administration. Patients are to be triaged in the Dining Room on the ground floor. After 18 patients were 'treated', the drill concluded. On May 15, a debriefing on the drill was held. The Emergency Management Committee is following up on the questions and concerns that were raised during the exercise. Thanks go out to everyone who took part. The Disaster Committee is planning an internal drill using evacusleds in the tower, sometime this summer.

*Diane Kallas,
Director of Case
Management talks
with a patient to see
if he is well enough
to be discharged.*



*Stephanie Steadman
and Matt Powell of
the lab worked with
nursing staff to care
for patients needs.*



Sonographer's Work Recognized Nationally

Congratulations to Ted Crowe, Registered Cardiac Sonographer, who works on McLaren's Heart and Vascular Unit. Earlier this year Ted submitted some 3-D tricuspid mitral, and aortic valve reconstruction images that were recently selected for a nationwide journal. The images were available for on-line viewing during May on the American Society of Echocardiography website. Ted has been an RCS for six years. Other Heart and Vascular team members are very complimentary of his imaging skills and are not surprised his work received national attention.



Ted Crowe views a recent image he took of a patient's heart.



Great Job!

Behavioral Health successfully completed a four day unannounced survey by the Office of Psychiatric Programs, Bureau of Health Systems at the Michigan Department of Community Health. The license for the inpatient psychiatric unit (7 Central) and the psychiatric partial hospitalization programs at Oak Bridge has been renewed for two years. The surveyor was complimentary of the hospital and appreciated the cooperation of everyone he met. He indicated the vast majority of his findings were consultative in nature.

Congratulations

Beth Maurer, RN, BSN, MSA, CDE, coordinator of outpatient diabetes education has been named as the recipient of the American Association of Diabetes Educators (AADE) annual scholarship. She will be recognized for this award at the AADE's National Annual Conference in Washington D.C. August 5-9, 2008. The conference covers all aspects of diabetes care, including innovations in diabetes education. Beth is very active in Michigan Organization of Diabetes Educators (MODE), and also a member of the American Diabetes Association. She has been working for MRMC for 29 years as a diabetes educator.



Beth Maurer, RN, BSN, MSA, CDE

Mary Fitzpatrick, assistant librarian was recently awarded two scholarships to pursue her Master of Librarian Information Science degree from The Metropolitan Detroit Medical Library Group (MDMLG) and the Miriam T. Larson scholarship through Wayne State University. Mary has worked at MRMC for 15 years. Prior to her coming to MRMC, Mary worked as a librarian at Lapeer Regional Hospital.



Mary Fitzpatrick

Russell W. Becker, D.O., a member of Michigan Vascular Center has been accepted into the Society for Vascular Surgery (SVS), a prestigious national organization. SVS seeks to advance excellence and innovation in vascular health through education, advocacy, research, and public awareness. SVS currently has a membership of more than 2,400 vascular specialists who have shown an active interest in the field of vascular disease.



Russell W. Becker, D.O.

May 15
“New
Technologies
for the Hearing
Impaired-
Options Beyond
Hearing Aids”

Community Connection

Cochlear Implant Educational Program

McLaren Regional Medical Center hosted, “New Technologies for the Hearing Impaired-Options Beyond Hearing Aids,” on Thursday, May 15 in Ballenger Auditorium. Dr. Wayne Robbins, neurotologist, was the featured speaker. Dr. Robbins oversees McLaren’s Cochlear Implant Program, which began at the Medical Center in December 2007. Joining Dr. Robbins were his audiologist Victoria Hingst and Cochlear Americas representative Gina Cooper. Two patients also shared their implant stories, one a Baha implant recipient, and the other a Cochlear Implant recipient.

Cochlear Implants

The cochlear implant is an electronic device designed to stimulate hearing in someone who has severe to profound hearing loss and can derive little or no benefit from hearing aids. The implant mimics how hearing works. A mini computer that looks like a hearing aid captures sounds outside of the ear and converts them to electrical impulses. The impulses are then sent through the skin to an electrode implanted in the cochlea, the sense organ of hearing. This implant stimulates the patient’s cochlear nerve, which then transmits sound information to the brain where the perception of sound takes place.

Baha® Implants

The Baha® system utilizes your body’s natural ability to conduct sound. Bone, like air, can conduct sound vibrations. For people with hearing loss, this provides another pathway to perceive sound. Typical hearing aids rely on air conduction and a functioning middle ear. In cases where the middle ear function may be blocked, damaged or occluded, the Baha system may be a better option as it bypasses the middle ear altogether. Instead, sound is sent around the damaged or problematic area, naturally stimulating the cochlea through bone conduction. Once the cochlea receives these sound vibrations, the organ ‘hears’ in the same manner as through air conduction; the sound is converted into neural signals and is transferred to the brain, allowing a Baha recipient to perceive sound.

Source: Cochlear Americas

Wayne Robbins, D.O., neurotologist listens as Jason, a cochlear implant patient, shares his surgical and implant activation experiences with the audience.



Mark Your
Calendars!

Blood Drive
August 22

Connection

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