



MRMC staff representing each stage of care for stroke patients, from Emergency to rehabilitation, comprised the committee who worked diligently to earn The Joint Commission's Gold Seal of Approval. Front row (l to r): Sue O'Brien, RN, and Debbie Main, RN. Standing (l to r): Sam Caron, RN; Jennifer Fishwick, RN; Hollie Green, RN; Ray Rudoni, MD; Terri Harding, and Lori Walters.

# Connection

A Bimonthly Publication of McLaren Regional Medical Center Volume 10, Issue 2 February/March 2011

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## McLaren Regional Medical Center Certified As Primary Stroke Center by Joint Commission

After undergoing a rigorous on-site evaluation and demonstrating compliance with nationally developed standards for stroke care, McLaren Regional Medical Center was recently awarded The Joint Commission's Gold Seal of Approval™ for certification as a Primary Stroke Center.

"In stroke care, time is brain," says Jean E. Range, executive director, Disease-Specific Care Certification, The Joint Commission. "By achieving certification as a Primary Stroke Center, McLaren has proven that it has the ability to provide effective,

timely care to stroke victims and can significantly improve outcomes for stroke patients."

Each year about 795,000 people experience a new or recurrent stroke, which is the nation's third leading cause of death. On average, someone suffers a stroke every 40 seconds and someone dies of a stroke every 3.1 minutes. Stroke is a leading cause of serious, long-term disability in the United States, with about 4.7 million stroke survivors alive today.

"A lot of work went into achieving this  
Continued on page 2

# McLaren Regional Medical Center Certified as Primary Stroke Center by Joint Commission

Continued from page 1

## Stroke Task Force Committee Members

Sunita Tummala, MD, *Stroke Director*  
Sue O'Brien RN, *Neuro Coordinator*  
Debbie Main, RN, *Critical Care Director*  
Raymond Rudoni, MD, *Medical Director*  
James Stathakios Jr., MD, *Rehabilitation*  
Eric Zimmerman, DO, *Neurology*  
Faisal Ahmad, MD, *Neurology*  
Prajesh Patel, MD, *Academic Hospitalist*  
Allen Trager, DO, *Hospitalist*  
Donna Seeley, RN, *ED Director*  
Hollie Green, RN, *ED Manager*  
Diane Kallas, V.P., *Nursing Services*  
Cheryl Ellegood, V.P., *Business Development and Clinical Services*  
Sharon Baker, *Director Business Development and Physician Recruitment*  
Lori Walters, *Director Therapy Services*  
Terri Harding, *Manager Therapy Services*  
Jim Nielsen, *Director Laboratory Services*  
Ron Conlen, *Manager Radiology*  
Jennifer Fishwick, RN, *10 South Manager*  
Brooke Belanger, RN,  
*Neuro Rehab Institute Manager*  
Sherry Stewart, *Marketing Communications*  
Don Adams, *EMS Manager*  
Keith Ford, RN, *ICU Manager*  
Linda Ross, RN, *Rehabilitation Manager*  
Tamar Swain, RN, *Director, Case Manager*



**Sunita Tummala, M.D., Medical Director, McLaren Stroke Program**

designation as a Joint Commission-certified Primary Stroke Center, and I am ecstatic about this certification," noted Sunita Tummala, M.D., Medical Director, McLaren Stroke Program. "Becoming a Primary Stroke Center assures that McLaren Regional Medical Center is providing the appropriate care and access for patients suspected of suffering acute strokes. We are able to provide immediate assessment, evaluation and unprecedented access to early intervention as well as comprehensive care for more complex cases."

Dr. Tummala noted that interventions may be with iv thrombolytic therapy such as ivTPA or with intra-arterial or endovascular management. Patients are subsequently managed on a designated stroke floor where

appropriate institutional protocols have been established for the most efficient patient care.

"Studies clearly show that patients treated at certified stroke centers have better outcomes," Dr. Tummala emphasized. "They live longer and with less disabilities. It's as simple as that."

"We are proud to achieve this distinction from The Joint Commission and to be recognized for our commitment to providing the best possible care to our patients and the community," noted Don C. Kooy, President/CEO of McLaren. "Joint Commission accreditation provides us a framework to continually evaluate and enhance the care we provide and also to maintain our culture of excellence."

The Joint Commission's Primary Stroke Center Certification is based on the recommendations for primary stroke centers published by the Brain Attack Coalition and the American Stroke Association's statements and guidelines for stroke care.



Nancy Sullivan,  
RN, IV

**Nancy Sullivan, RN, IV Therapy** can now add Vascular Access Board Certified to her credentials. Nancy's experience and knowledge of all things IV related (including her love for PICC line placement), helped her acquire this certification. Nancy continually seeks out opportunities to expand her skills and abilities and those of the whole team.



Ann Martin, RN

**Ann Martin, RN**, is the new Manager of the Case Management Department. Ann began her nursing career in her hometown of Hartford, Connecticut. She has been an RN for over 30 years with an array of critical care, long term acute, home care, auto/workman's compensation and hospital case management experience. During her seasoned career path, she has also held various leadership/administrative positions. Ann has been a part of McLaren's Case Management team since 2004 working weekends as a casual Case Manager.



## State's First Fully Robotic Whipple Performed at MRMC

The first fully robotic Whipple surgery in the state of Michigan was recently performed at McLaren Regional Medical Center. The Whipple, also called a pancreaticoduodenectomy, is considered the most complex of surgeries and is only performed by surgical oncologists with extensive cancer treatment training. This procedure is used for treatment of tumors of the head of the pancreas and involves the removal of the gallbladder, bile duct, part of the stomach and duodenum (small intestine) as well as the head of the pancreas. The remaining bile duct, pancreatic duct and stomach are then reconnected to simulate the body's natural connections.

This first-of-its kind surgery at McLaren, and in the state, was performed by Douglas Iddings, D.O., FACS, surgical oncologist, assisted by McLaren O.R. staff trained on the daVinci Robotic Surgical System. The patient not only had a complex malignant tumor but also has complex medical conditions including anemia and extensive lung disease (Chronic Obstructive Pulmonary Disease or C.O.P.D.).

"I personally feel an open surgery would have been too much for this patient," said Dr. Iddings. "If anyone can benefit from minimally-invasive surgery it is a person with a complex medical history and complex malignancy. This particular approach made the critical difference for this patient."

A classic open Whipple procedure using standard open surgical techniques generally requires a very long abdominal incision to expose the pancreas and other organs. This results in significant postoperative pain and a greater chance of complications. The robotic Whipple procedure takes close to the same amount of time to perform as the open procedure but it offers numerous potential benefits to patients. These include very small incisions which result in less pain, decreased inflammatory response, less chance of infection, less blood loss and a quicker recovery.

Whipple surgery is currently the most commonly performed operation to treat pancreatic cancer. However, less than 0.01 percent of institutions have fellowship-trained surgical oncologists providing a minimally invasive option to treat such a complex condition. Dr. Iddings was trained at the John Wayne Cancer Institute.

# McLaren Foundation Announces Enhancements to Team



Roxanne Caine,  
McLaren  
Foundation  
Vice President

Roxanne Caine has been promoted to Vice President of the McLaren Foundation. Prior to this move, Roxanne served for five years as Director of the Foundation and has been instrumental in reviving and re-energizing Foundation efforts. She led the Medical Education building campaign that raised over \$1 million, raised awareness and funds for the Art Therapy program, and conducted the “A Little Change Makes A Big Difference” campaign for the brick patio. During the last five years, the Foundation’s McLaren Legacy Fund has grown to more than \$5 million; the regular “Windows to the Future” series has helped reconnect the McLaren family of supporters, and Foundation support for employee scholarships and research for our graduate medical education programs has greatly increased.

Roxanne holds a Bachelor of Arts Degree in Communications from the University of Michigan, Ann Arbor and a Master of Health Services Administration from Central Michigan University. She also received the designation of Certified Fund Raising Executive (CFRE) in June 2008. Roxanne lives in Grand Blanc with Joe, her husband of 14 years, their children, Jason 11 and Brian 10.



Catherine Stacey,  
McLaren Foundation  
Development  
Coordinator

Catherine Stacey has been promoted to Development Coordinator for the McLaren Foundation. In this role, Cathy coordinates and administers specific areas of ongoing or special project funding programs including special events, planned giving and direct mail campaigns by collaborating and working as a team member in MRMC’s donor-centered philanthropy program. In addition, she will conduct donor research and manage department volunteers. Cathy joined the McLaren Foundation in 2007 as senior administrative assistant. Cathy and Bob, her husband of 17 years, live in Flint.



Ann Boller,  
McLaren  
Foundation,  
Senior  
Administrative  
Assistant

Ann Boller has joined the McLaren Foundation team as Senior Administrative Assistant. Ann has 27 years experience in administrative support at McLaren Health Care. In her new role, Ann will be responsible for maintaining the donor database, gift processing, acknowledgments, donor wall maintenance and pledge reminders. She will also schedule and coordinate meetings for the Foundation. She lives in Lapeer with her husband Ed, their children Scott 20, a student at UM-Ann Arbor and Marlena 17, a student at Lapeer West.



## My McLaren Access at MRMC

Employees can now access MyMcLaren from new on-site computer kiosks.

Two computer stations were recently installed in the cafeteria and on the Ground Floor outside the Central elevators at MRMC for employees to access the MyMcLaren HR Benefit and Payroll information. Employees can also access MyMcLaren from their home, or any computer with internet access.



Receiving the Excellence in Practice Award are (front l to r): Clyde Bell, GASC Principal; Susan Theakston, McLaren Regional Medical Center; and Dwayne Parker, Hurley Medical Center. Gathered behind them are teachers from the GASC Health Sciences Programs and coordinator Carol Clark, GASC CTE TRAC Coordinator (upper left).

## Local Health Science Education Program Receives Top Honor in State

Each year, the Michigan Office for Career and Technical Education (CTE) recognizes exemplary CTE programs across the state with an Excellence in Practice Award. This year, the Genesee Area Skill Center (GASC) Tech Center was honored for every program within their Health Science platform.

McLaren Regional Medical Center was recognized for contributing to the strength of the GASC program during the recent Michigan Career Education Conference in Grand Rapids. Susan Theakston, Human Resource Manager of Recruitment and Employment for MRMC, coordinates McLaren's partnership with GASC and represented McLaren at the award presentation.

Clyde Bell, principal of the GASC Technology Center, spoke to the importance of the community partnership.

"McLaren has provided a true eye-opening experience for students to see all aspects of health careers," stated Bell. "Without this partnership, students would lack the hands-on experience and/or knowledge needed to be successful in this field. McLaren has also provided academic support with the funding of scholarships for our students here at GASC."

In 2010, eight students received McLaren Regional Medical Center's full-ride scholarships in Nursing, the largest number to date for any school in the county. Upon completion of the three-year Associates of Nursing program, the students agree

to work for McLaren for a minimum of three years. Susan Theakston hopes to see McLaren's support continue to grow.

"The scholarships are funded through the McLaren Foundation," said Theakston. "We are very grateful to our donors who have enabled us to provide this financial support. The scholarships help many of these students achieve a promising career in healthcare. Awarding scholarships to the GASC students is also an effective way to mentor the best and brightest nursing staff here at McLaren. I look forward to continuing, and hopefully expanding, our support of the Health Sciences platform at GASC Tech Center."

MRMC, along with the two other Flint-area medical centers, provide opportunities for GASC students to develop clinical skills. Participation among the three medical centers encompasses 46 departments with an average of 100 students daily gaining clinical experience.

The Excellence in Practice Award recognizes outstanding state-approved Tech Prep CTE programs that prepare students for careers that are aligned with postsecondary education as well as employment opportunities. The programs chosen for the award demonstrate outstanding outcomes, produce measurable student results and meet the challenge of high academic rigor.

Getting ready  
just got easier.

## Emmi Electronic Patient Education Program Launched

McLaren Regional Medical Center is utilizing the convenience and expanded capabilities of the internet to educate patients about medical procedures. MRMC contracted with Emmi Solutions, a Chicago-based patient engagement technology company, to provide easy-to-understand educational programs.

Written in plain language, the programs use audio, text and images to help patients make sense of vital evidence-based medical information. Patients can view their secure program online, at home, at their own pace and as often as they would like. In mid-January the first two patient groups at MRMC began using the educational modules. Surgical patients now watch an interactive, guided program about anesthesia, including preoperative planning, risks and benefits, and recovery. Those considering a bariatric procedure are now able to learn more about the procedures and ask questions online. These questions are answered promptly by a member of the McLaren Bariatric Institute staff. Emmi has developed over 150 modules covering specific procedures as well as broader topics such as general patient safety issues.

“Over 100 hospitals across the country use Emmi Solutions for web-based patient education programs,” stated Cheryl Ellegood, VP of Business Development and Clinical Services at MRMC. “In many of these instances, patient satisfaction scores have risen with the implementation of the interactive patient education programs. Emmi Solutions is a simple, friendly way to provide valuable information to our patients that will ultimately empower them to become an active member of their healthcare team.”

MRMC’s use of the web-based educational program expanded into its second phase in late of February to encompass several surgical procedure specific modules.

The benefits of moving to an electronic educational program extend beyond ease of use for the patient. Clinicians and staff can track the progress of patient education as the patient moves through the module. In addition, the patient education programs enable organizations to take a proactive approach to risk, allowing patients to be more informed. Furthermore, the programs have been proven to improve patient satisfaction, and enhance operational efficiencies at hospitals and physician offices nationwide.

A kiosk has been installed in the PAT conference room for patients to use. Patients are given an access code to view the program specific to their condition or scheduled procedure.

### McLaren Patient Education Kiosk

Emmi helps you understand what you need to know and takes you through your procedure step by step. Knowing what to expect can help you feel more comfortable and can even help you recover faster. It answers your questions—even ones you didn’t know you had!

Getting Started with Emmi

1



Plug your headphones into the computer.

2



Click Emmi icon to access the Emmi website.

3

Enter your 11 digit code.

4

Enter the patient's date of birth.

5

Click begin.

Ready to get started?

access code: [input field]

patient's date of birth: [input field] (example: March 11, 1982)

[begin button]

We have about 1000 22803

**McLAREN**  
REGIONAL MEDICAL CENTER  
A McLAREN HEALTH SERVICE

**Need Help?**  
Please contact the  
receptionist near you.

# McLaren Recognized Nationally for Excellence in Organ Donation

McLaren Regional Medical Center is among 21 Michigan hospitals to be recognized nationally for outstanding accomplishments in organ donation. McLaren earned the Silver Medal of Honor, which is awarded by the U.S. Department of Health and Human Services.

The award was presented during the Sixth Annual National Learning Congress on Organ Donation and Transplantation in Grapevine, Texas, near Dallas.

“We’re extremely proud that we achieved the standards to be recognized in the area of organ donation,” noted Donald Kooy, President and CEO of McLaren Regional Medical Center.

Those hospitals honored converted at least 75 percent of eligible candidates for organ donation, which is a national goal set by the U.S. Department of Health and Human Services. The winners also were able to maintain a 10 percent rate of organ recovery from donation after cardiac death, or they achieved a higher than expected number of organs transplanted per donor.

“Our hospitals are dedicated to saving lives through organ donation and they



deserve recognition for that,” said Richard Pietroski, CEO of Gift of Life-Michigan. “Their success means more than getting a medal – it means new life for nearly a thousand patients. We’re motivated to continue working hard to help Michigan residents fulfill their wishes to become organ and tissue donors.”

In their efforts to save lives through organ donation, the state’s hospitals worked closely with the MHA Keystone Center for Patient Safety & Quality and Gift of Life Michigan.

“The Gift of Life award was recognition of the collaboration and team work of staff, physicians and multiple departments,” states Debbie Main, Director of Critical Care Services. “The Gift of Life Task Force includes representatives from ED, ICU, CCU, SCU, OR, trauma, critical care education, pulmonary rehab and Gift of Life hospital liaisons. Nursing staff also meet as unit champions to educate staff regarding timely referrals to Gift of Life and they work closely with Gift of Life staff when consent for organ donation occurs. Everyone who is involved in this

effort is committed to the process of organ donation to help our patients.” McLaren’s Gift of Life Task Force is planning more awareness activities for this spring.

Since 2007, residents no longer sign the back of their Michigan driver’s license to indicate their wish to be an organ and tissue donor. Instead, they join the Michigan Organ Donor Registry. After doing that, a heart emblem from the Michigan Secretary of State goes on their driver’s license or state I.D., officially designating them as a donor.

Of Michigan’s 10 million residents, 2 million are registered donors. Those wishing to make a commitment to someday donate organs can register at [www.giftoffilemichigan.org](http://www.giftoffilemichigan.org) or at any Secretary of State branch office. For more information or to join the Donor Registry, call **1.800.482.4881**.





1.



2.



3.



4.

## Employees Wear Red for Women's Heart Health

McLaren Regional Medical Center is the "Cause Sponsor" of the American Heart Association's 2011 awareness efforts in Genesee County, including "Wear Red Day." This national event took place on Friday, February 4. Employees from many MRMC Departments wore red to raise awareness about heart disease among women. Heart disease is the number one cause of death among women in the United States.

1. Kim Tylenda, Infection Control and Charlene Hammond, Quality Management.
2. The Accounting Department can be counted on to promote a great cause. (Front l to r): Molly Bowen, April Walker, Julie Coon, (standing l to r): Jo Keely, Darlene Kay, Sandy White, Mary Roland, Karen Aurand, Marsha Bergeron, and Jennifer Foether.
3. LaShawn Brown, Physician Billing
4. The Bristol Road Therapy crew have their hearts in the right place. (kneeling l to r): Kelly Leavy, Doris Duncan, Callie Taoso, Helen Gerhardt, (standing l to r): Audrey Bowe, Karen Humphrey, Cathy Tremain, Bob Myers, Sally Lee, and Carmen Boyd.



# 90 Seconds to Relief from Heavy Menstrual Periods

Excessive menstrual bleeding is a debilitating condition that affects one in five women ages 35 to 49 years old in the United States. It is one of the most common afflictions in contemporary gynecology. Two-thirds of sufferers are anemic and may also experience severe pain and fatigue, all of which can result in restricted social activities, missed time from work and emotional distress. In recent years, the practice of endometrial ablation has brought relief to more than one million women sufferers.

Historically, physicians had few options for women with heavy menstrual bleeding. Hysterectomy or long-term hormonal therapies were the primary choices for treatment. Now endometrial ablation has become a popular option for its effectiveness and convenience.

Joseph Metz, MD, an OB/GYN with McLaren OB/GYN Associates is one of several area physicians utilizing the NovaSure system to perform endometrial ablation procedures in his office and at MRMC.

“The NovaSure System was selected for use among McLaren physicians because it is safe and effective,” noted Dr. Metz. “I am pleased with the built-in safety check to test the integrity of the uterus before the procedure. The entire procedure takes approximately 90 seconds. Of the many patients I have treated with NovaSure, over 90% have experienced a return to normal periods or no longer have a period at all.”

## About the NovaSure System

Since the procedure was approved by the FDA in 2002, over one million NovaSure treatments have been performed.

The NovaSure system works by applying a 90-second, precisely controlled dose of radio-frequency energy to destroy the lining of the uterus. Unlike other endometrial ablation treatments, the NovaSure procedure is customized to

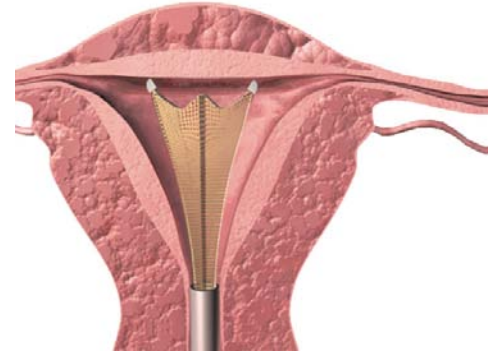
each patient and requires no hormonal pre-treatment, which is often associated with side-effects and treatment delays. It can be performed in an outpatient setting or doctor’s office at any time during the menstrual cycle, increasing flexibility for both the patient and physician. The NovaSure procedure provides a safe and effective alternative to hysterectomy and oral contraceptive therapy for women suffering from excessive menstrual bleeding.

Endometrial ablation is appropriate only for premenopausal women with patient-perceived excessive menstrual bleeding due to benign causes who have completed childbearing. The procedure does not replace birth control for the prevention of pregnancy.

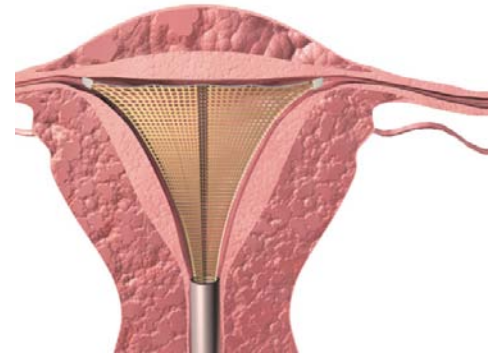
In 2008, global endometrial ablation (GEA) procedures were the most common treatment for heavy menstrual bleeding. Doctors performed approximately 312,000 GEA procedures across the country, with NovaSure accounting for 66 percent of the GEA market. Despite the potential surgical complications and lengthy recovery times, hysterectomy is still considered a common treatment option for heavy menstrual bleeding. Of the roughly 600,000 hysterectomies performed each year in the United States, approximately 17 percent are performed to treat excessive menstrual bleeding.

Anyone considering this procedure is encouraged to contact their gynecologist to discuss treatment options. For more information, visit [www.novasure.com](http://www.novasure.com).

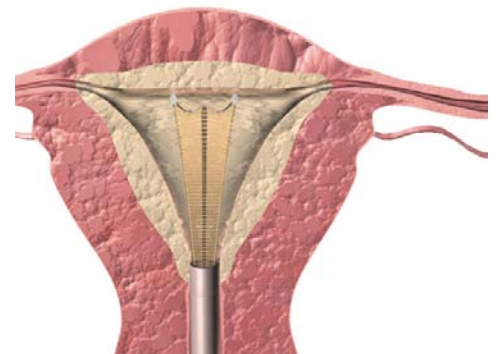
## Here’s how NovaSure works:



The doctor slightly opens the cervix (the opening to the uterus), inserts a slender wand, and extends a triangular mesh device into the uterus



The mesh gently expands, fitting to the size and shape of the uterus; Precisely measured radio frequency energy is delivered through the mesh for about 90 seconds



The mesh device is pulled back into the wand, and both are removed from the uterus.

# the ROARING 20's

club 401

McLaren Regional Medical Center



# FLIGHT NIGHT

of flappers, gangsters, spats



## AN EVENING OF FUN AND FUNDRAISING

was in store for guests at McLaren Regional Medical Center's Club 401 Charity Gala, held Jan. 29 at the Holiday Inn Gateway Center, Flint.

With the theme "Roaring 20s" dictating the décor and entertainment, the event provided a night of flappers, gangsters, spats, and beads...all to raise funds for the Child Evaluation Clinic housed at McLaren Regional Medical Center.

Founded 19 years ago, the Child Evaluation Clinic is housed on the extended campus of McLaren Regional Medical Center. The Clinic serves a five-county region and is the area's only such clinic designed to provide medical and psychosocial evaluations for suspected victims of child sexual abuse. Family practice physicians Dr. Edwin

# MCLAREN GALA RAISES NEEDED FUNDS FOR CHILD EVALUATION CLINIC

Gullekson and Dr. Mischa Pollard volunteer their time to provide the physical examinations, supported by a team of nursing and social work professionals from McLaren. The physical evidence obtained at the Clinic is critical in successfully prosecuting cases of child sexual abuse through the legal system.

The Child Evaluation Clinic works collaboratively with area law enforcement officials, the court system, and the Child Advocacy Centers in Genesee and Lapeer Counties. Since its inception, the Clinic has served nearly 3,000 children, some as young as four months old. McLaren's Club 401 Benefit Gala is the primary source of funding for the Clinic.

This year's event netted nearly \$60,000 for the Child Evaluation Clinic and related child advocacy efforts.

"I would like to thank all of the sponsors, donors and contributors to this year's Club 401 event, as well as the committee members who make this fundraiser so successful every year," said

Nanette Beer, chairman of Club 401. "We are truly grateful that the community and the extended McLaren family continues to embrace this worthwhile cause. The services and staff at the Clinic truly make a difference in the lives of children."

Along with Nanette Beer, the Club 401 Committee included Beth Griffin, Patti Kooy, Shelly Kovach, Joy Martinbianco, Debra Pascoe, Laurie Prochazka, Kristen Skivington, Shamiah Specht, Catherine Stacey, Lori Stauffacher and Barbara Worrell.

For more information on the Child Evaluation Clinic or Club 401, please contact 810-342-4476.



# Community Connection



Entertainment included a performance by the Delta Sigma Theta, Inc.-Flint Alumni Chapter, GEMS Youth Group.



Diane Allen and Christine Szostak from Behavioral Health Dept. dig in to spicy sausage gumbo and olive oil whipped mashed potatoes.



Sister Delores, radio personality from WFLT 1420 AM, served as emcee for the community program.



Speakers Nicole Franklin, Psy.D.; Susan Theakston; and Maral Kojaiian, M.D., discussed topics relating to physical health, mental health, and career opportunities in healthcare.

## Uniting Health and Heritage

Sampling gumbo, dancing the hustle, and providing students with tools for a healthy, happy and bright future added up to some fun festivities this February. McLaren's Black History Month Committee planned several events to celebrate African-American culture and address health issues facing African-Americans in mid-Michigan.

- February 8: Healthy soul food tasting
- February 10: Get Moving, exercise and dance demonstrations
- February 14: Black history puzzle and health information
- February 15: Uniting Health and Heritage community event

2011 McLaren Black History Month Committee Members:

- Jennifer Forbes
- Danyetta Henry
- William Parker
- Ellen Peter
- Lisa Rogers
- LaRhonda Stallings
- Tamar Swain
- Annetta Wilbon

# Connection

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

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

**McLAREN**  
REGIONAL MEDICAL CENTER  
A McLAREN HEALTH SERVICE

Better doctors. Better care.<sup>SM</sup>  
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