IN GOOD HEALTH

SPRING 2020

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As spring and summer months approach, more people will start enjoying outdoor activities, such as jogging, biking, boating and gardening. While those activities are usually enjoyable, sometimes minor and even serious injuries are sustained.

Traumatic injuries are serious emergencies. In St. Clair and Sanilac counties, falls are the biggest cause of trauma cases, with many involving fractured hips. Motor vehicle accidents – including cars, motorcycles, ATVs, dirt bikes and boats – are the second biggest cause. Other trauma cases involve animal bites, bicycle accidents and assaults. When serious trauma occurs, the availability of a medical facility that can respond quickly and effectively means the difference between life and death.

McLaren Port Huron has taken an important step forward in its effort to serve our community with comprehensive, efficient emergency care. McLaren Port Huron was recently re-verified by the American College of Surgeons as a Level III trauma facility. Our hospital is one of only 45 verified trauma centers in Michigan and the only nationally verified trauma center in the Blue Water Area. As the American Trauma Society indicates, a Level III Trauma Center provides prompt assessment, resuscitation, surgery, intensive care and stabilization of injured patients and emergency operations.

What does a nationally verified trauma center mean to our community?

• The team providing care are working under nationally recognized protocols for injury treatment.
• We continuously work to educate the community on injury prevention and to enhance the trauma care that we provide to our patients.
• Trauma patients can remain here in the Blue Water community to receive trusted, high-quality care for most serious conditions.

Our physicians and staff take our trauma distinction very seriously. When the threat of a serious injury or medical emergency happens, the hospital is a critical resource that is available to Blue Water Area residents. Our experience and verification make us a great choice versus lesser experienced trauma centers.

This voluntary accreditation gives us capabilities to care for a wider range of serious emergencies, and it means exceeding national standards for trauma care staffing, injury prevention and quality improvement.

On behalf of the trauma and ER team at McLaren Port Huron, we hope you have an enjoyable spring. Should an emergency arise, please turn to McLaren Port Huron for expert emergency and trauma care.
You need only drive past McLaren Port Huron to see all the changes and growth over the last few years. You’ve noticed our buildings have grown and access to services is now greater than ever. What you can’t see from the outside is the significant growth within our walls.

One example is our trauma center status. What was once an Emergency Department, then later an Emergency Center, is now the only Level III Trauma Center in St. Clair County that has been verified by the American College of Surgeons. This sets McLaren Port Huron apart from any other local trauma service and raises the level of trauma care in significant ways.

As a Verified Level III Trauma Center, McLaren Port Huron provides:

- 24-hour immediate coverage by emergency medicine physicians and the prompt availability of general surgeons, orthopedic surgeons and anesthesiologists
- A comprehensive quality improvement program
- Transfer agreements for patients requiring care at Level I or Level II trauma centers
- Back-up treatment for rural and community hospitals who send patients to us for advanced care
- Ongoing education of the nursing and allied health personnel and the trauma team
- Prevention efforts and an active outreach program for its referring communities

This means that 24 hours a day, surgeons, physicians specializing in emergency medicine, specially trained nurses, and other vital personnel provide immediate care rather than on-call care. This makes such a difference in outcomes when time and expertise is of the essence.

In addition to immediate care, vital support services throughout the hospital are available, such as the blood bank, laboratory services and diagnostic radiology, as well as case managers, clinical social workers, respiratory therapists, physical therapists and other medical professionals. These are all part of the McLaren Port Huron trauma team.

Following initial trauma care, and if follow up treatment is required, McLaren Port Huron has additional advantages:

- It has been recognized as a high-performing hospital in the treatment of heart failure and chronic obstructive pulmonary disease (COPD) by U.S. News & World Report
- It is the only open heart surgery program in the area, so interventional cardiology can be obtained quickly, and without being transferred
- It is a certified stroke center with a comprehensive continuum of care
- It is the only county facility to offer 24-hour inpatient psychiatric care

Seeking and obtaining this high-level verification is not something all hospitals do, nor are they required to do. It is pursued by hospitals that want to ensure the highest levels of care.

“We are advancing to meet the growing health care needs of our community,” says Jennifer Montgomery, McLaren Port Huron’s president and chief executive officer. “We do it because providing the highest quality patient care experience has always been at the core of what we do.”

To learn more about our trauma verification, visit www.mclaren.org/phtrauma.
MAKE A DIFFERENCE – VOLUNTEER!

Have you been thinking about finding balance in your busy life by giving back? Do you have high school age children (age 14 and over) who are looking to build their resume for college or employment applications? Do you know older adults who are looking for ways to stay engaged? There are a variety of volunteer positions available and representatives will be on hand to talk about opportunities with McLaren Port Huron, Marwood Nursing & Rehab, McLaren Hospice and McLaren Port Huron Foundation.

In today’s fast-paced world, it can be hard to find the time to volunteer. However, the benefits of volunteering can be enormous. Volunteering can help you make friends, learn new skills, advance your career, and even feel happier and healthier. While it’s true the more you volunteer, the more benefits you’ll experience, volunteering doesn’t have to involve a long-term commitment or take a huge amount of time out of your busy day.

VOLUNTEER RECRUITMENT FAIR:
Thursday, April 23, 2-6 p.m.
McLaren Port Huron Jefferson Building
1320 Washington Ave. | Port Huron

WHY I VOLUNTEER:
I started volunteering at McLaren Port Huron because I like to give back to the community. I began in the Gift Shop, and now volunteer at the Skylight Café. I enjoy interacting with all the different people who come to the café. I enjoy making them smile and making their day a little better.

– Mona Williams • Volunteer since 2010

WHY I VOLUNTEER:
I started coming to Marwood when a good friend was admitted to the memory care unit over six years ago. At first, I tried to see her twice a week; however, the more I visited her, the more I wanted to be at Marwood. I feel comfortable sitting with the residents, even if we’re not doing anything but chatting about the good old days. I’m going to be 86 this year, and I’m glad I am able to volunteer. I often wonder why I didn’t start volunteering when I was younger. I look forward to volunteering at Marwood – it is fulfilling for me.

– Charlene Sinne • Volunteer since 2017

WHY WE VOLUNTEER:
What a special, rewarding, and wonderful service McLaren Hospice provides for so many patients, families, and caregivers! When asked why we volunteer while holding down such busy work schedules, we simply and quickly respond by saying, in our opinions, nothing is more important than responding affirmatively to the calling! We have experienced the “privilege” of saying our final goodbyes (however sad) to loved ones, and realize how sacred and cherished this time is. Even if the patient isn’t immediately close to death -- we find it a joy, and so rewarding, to be able to share our encouragement, kindness, and love, while patients, family, and friends deal with sickness. Sometimes patients don’t have anybody to visit them, or, their family members may simply need a small respite to recuperate. We appreciate allowing them the time to “catch a breath of fresh air” to get back on track with caring for loved ones. Sometimes patients (and family) simply need a friend and a listening ear -- what a privilege to work with such a wonderful and caring group of people, and then to be able to call ourselves a part of their fantastic hospice team!

– Pat & Mike Pearson • Volunteers since 2019
GUARDIAN ANGEL PROGRAM

Gifts received through this program recognize deserving caregivers, and also provide a healthier tomorrow for our community. As a non-profit hospital, McLaren Port Huron provides millions of dollars in charity care each year, as well as community benefit activities like free health screenings, educational programs, and partnerships with our local schools.

Guardian Angel brochures can be found in different locations of the hospital, accessed online at www.mclaren.org/phangel, or by calling the McLaren Port Huron Foundation at 810-989-3776.

FROM A PATIENT:

“I came into the ER presenting with chest pains. The team in the ER saved my life after I coded. I, along with my family, are forever grateful we have the “team” we do at McLaren that provided such awesome care!”

~ 2019 GUARDIAN ANGEL RECIPIENTS ~

Calla Adamo  
Amy Bolt (2)  
Karen Bonney  
Anne Brady  
Stacy Britz  
Nicole Chalut  
Andrew Chandler  
Dr. Kimberly Clark-Paul  
Bonnie DePalma  
James Dickinson  
Melissa Farquhar  
Claire Feher  
Linda Galbraith  
Stephanie Gallo  
Elizabeth Geldhof  
Heather Gieleghem (4)  
Joanna Gorecki  
Georgia Griner  
Amanda Guzman  
Dr. Michael Helmreich  
Marie Huffman  
Meghan Hull  
Victoria James-Vail  
Eugenie Judson-Sanchez  
Karen Kelly  
Brittany Kerluke (2)  
Kayla King (2)  
Rose Kittridge  
Jennifer Koehn  
Jessica Kolman  
Kristen Krahnke  
Diane Kring (2)  
Amberli Kue  
Dr. Alan Kuester  
Matthew Kulman  
Amy Magnus (2)  
Sherry McKenzie  
Amanda McKeon  
McLaren Port Huron – 6 North Staff  
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Thomas Moore  
Marta Munroe  
Jennifer Mynhier  
Martha Nowakowski  
Dr. Michael Paul  
Nicole Pauly  
Tristane Payne  
Rachel Pearson  
Keely Ptach  
Scott Quade  
Dr. B.R. Reddy  
Tresa Rogalski  
Heather Salgat  
Barbara Sawher (6)  
Wendy Scofield  
Alyssa Seidl (3)  
David Singleton  
Paige Smith (2)  
Amy Spencer  
LeAnn Stern  
Kara Thomas  
Jessica Tolin  
Dr. Stacey Tremp  
Michelle VanCamp  
Amy VanNest  
Shannon VanNest  
Maribeth Vickers  
Danielle Watson  
Samantha Weiss  
Hannah Wiegand  
Lauren Williamson  
Laura Winkelman  
Derrick Wise  
Kathryn Woodburn  
Melinda Wright  
Jaclyn Yost
Bariatric Informational Seminars
Upcoming seminar dates and information about surgeons and surgery options is listed at mclaren.org/phbariatric.
MPH Wismer Third Floor Classroom • Cost: Free

Breakfast with the Doctor: Diabetes
Diabetes mellitus refers to a group of diseases that affect how your body uses glucose (blood sugar). Join Dr. Vladimir Stefan, McLaren Port Huron Family Medicine, to learn about the different types of diabetes, risk factors, and treatment.
April 8; 8:30 – 10 a.m.
MPH Charles Classroom • Cost: Free

Hands-Only CPR & Basic First Aid
Hands-only CPR is CPR without mouth-to-mouth breaths. This procedure is simplified so that individuals can respond quickly to medical emergencies. Participants will also learn basic first aid techniques to assist in treating common on-the-spot medical emergencies. This class is for informational purposes only.
April 14; 10 – 11:30 a.m.
Marwood Main Lounge • Cost: Free

Medicare Counseling Appointments
Need help with Medicare? A Michigan Medicare/Medicaid Assistance Program (MMAP) counselor is available to meet with St. Clair County residents on the third Thursday of the month. An appointment is required. To make an appointment, call MMAP at 1-800-803-7174.
April 16 • May 21 • June 18; by appointment only
MPH Jefferson Building • Cost: Free

Legal Aspects of Long-Term Care
All older adults, regardless of current health, should have a long-term care plan. Join Brian Duda of Brian Duda Financial and Kellen Elliott of the Kelly Law Firm to discuss the advanced planning checklist, including topics such as Medicaid planning, general estate planning, and financial planning for long-term care. Sponsored by McLaren Port Huron Foundation.
April 21; 10 – 11:30 a.m.
MPH Jefferson Building • Cost: Free

Beauty & Healing
This program teaches women during any stage of cancer treatment about skin care, makeup application, and using scarves and hats as head coverings. Select a wig, free of charge, from our wig bank. Registration is required. Call HealthAccess at 1-800-228-1484 to register.
April 23 • May 28 • June 25; 1 p.m.
MPH Charles Classroom (Rourke Entrance) • Cost: Free

Volunteer Recruitment Fair
Interested participants ages 14 and up will learn about volunteer opportunities with McLaren Port Huron, McLaren Port Huron Foundation, McLaren Hospice and Marwood Nursing & Rehab. Complete a volunteer application on-site. Enjoy refreshments and enter to win prizes. No registration required.
April 23; 2 – 6 p.m.
MPH Jefferson Building • Cost: Free

Lunch with the Nurse Practitioners: Preventing the Spread of Infection
Join nurse practitioners Christine Allor, MPH Marysville Family Medicine, and Laura Winkelman, MPH Fort Gratiot Internal Medicine, to learn how to prevent the spread of infection from common viruses, like colds and flu, and debunking myths. An overview about what you need to know about Coronavirus and how to keep you and your family safe will also be included.
April 29; 11:30 a.m. – 1 p.m.
MPH Duffy Classroom • Cost: Free

Art Therapy: April Showers Bring May Flowers!
Join Registered Art Therapist Sara Sharpe for a therapeutic spring flower painting session. Participants will learn the purpose and benefits of art therapy while creating their own masterpiece. Seating is limited. Registration required.
May 7; 10 – 11:30 a.m.
Marwood Main Lounge • Cost: Free

CarFit
CarFit offers area senior drivers a free opportunity to check how their cars “fit” them. CarFit’s trained professionals take older drivers through a 12-point checklist with their vehicle, recommending minor adjustments that help make their cars “fit” better for comfort and safety. Occupational therapists from Marwood Nursing & Rehab will provide information on how to maintain and strengthen driving health.
June 2; 9 a.m. – 3 p.m.
MPH Jefferson Building - Cost: Free

Lunch & Learn: Be Prepared for 72 Hours
June is National Safety Awareness Month. Join the St. Clair County Office of Homeland Security for an emergency preparedness overview. Participants will learn how to prepare for and respond to an emergency. Seating is limited. Registration required.
June 16; 11:30 a.m. – 1 p.m.
Marwood Main Lounge • Cost: Free
DIABETES EDUCATION

**Diabetes Education**
MPH offers diabetes education in a small group or individual setting Monday – Friday at various times. A physician order and registration are required. For more information or to register, call 810-989-3362.

MPH Diabetes Education Classroom • Wismer Third Floor • Cost: Varies

**Diabetes Care: Put a Spring in Your Step**
Join the McLaren Port Huron Diabetes Education team for an informational program on wound healing and foot health. A cooking demonstration with recipe ideas and a fun exercise activity will also take place. Sponsored by the Lions Club of Michigan and the Lions Club International Foundation.
April 21; 1:30 – 3 p.m. • MPH Charles Classroom • Cost: Free

SUPPORT GROUPS

**Alzheimer’s Support Group**
April 28 • May 26 • June 23
2 – 3:30 p.m.
Marwood Nursing & Rehab
Blue Water Room at Independence Pointe
1300 Beard St., Port Huron

**Bariatric Surgery Support Group**
April 15 • June 17
5:30 – 6:30 p.m.
MPH Wismer 3rd Floor Classroom

**Heart to Heart Support Group**
April 15 • May 20 • June 17
5:30 – 7 p.m.
MPH Jefferson Building

**Multiple Sclerosis Support Group**
April 11 • May 9 • June 13
10 a.m. – noon
MPH North Classroom

**Overeaters Anonymous**
April 1, 8, 15, 22, 29 • May 6, 13, 20, 27
June 3, 10, 17, 24
7 – 8:30 p.m.
MPH North Classroom

**Stroke Survivors Support Group**
April 1 • May 6 • June 3
10 – 11 a.m.
MPH North Classroom

AMERICAN RED CROSS BLOOD DRIVE
SAVE THE DATE! July 8; 10 a.m. – 4 p.m.
Marwood Main Lounge

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**CHILD BIRTH EDUCATION**

Several courses are offered throughout the quarter. For more information or to register for the following classes, call HealthAccess at 1-800-228-1484.

**Saturday Express**
April 4 • May 2 • June 6
8:30 a.m. – 4 p.m.

**Breastfeeding**
May 20
5 – 7 p.m.

**Comfort and Relaxation During the Birthing Process**
May 18 • June 22
6 – 8 p.m.

**Childbirth Education Online**
Call HealthAccess for more information.
McLaren Port Huron is grateful for the generosity of this community. In every area of the hospital, generosity has impacted our patients, staff and community. Charitable gifts from our supporters are used for new technology, upgraded equipment, education programs, and financial assistance. Generosity brings scholarships for employees continuing their education, support for those being treated for cancer, and the new James C. Acheson Heart & Vascular Center, scheduled to open this summer.

**GENEROSITY TOUCHES LIVES. GENEROSITY IMPACTS PATIENTS. GENEROSITY HEALS.**

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- Lisa Harris Pink Ribbon of Hope Foundation
- Little Black Dress for Breast Cancer

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*Deceased
The Shape Up for Surgery program was developed in May 2013 in alignment with the Michigan Surgical Quality Collaborative (MSQC). The initial focus was on elective colectomy procedures. After the successful implementation for colectomy surgeries, the program has grown to include general surgery procedures such as cholecystectomy (gallbladder) and hernia repairs, elective total knee and hip procedures, bariatric surgery, open heart surgery, and cesarean sections. Thanks to the generosity of the members of McLaren Port Huron Foundation’s Cornerstone Club, each patient receives a McLaren Port Huron Shape up for Surgery bag directly from their surgeon’s office at the time their procedure is scheduled.

**EACH SHAPE UP FOR SURGERY BAG CONSISTS OF:**

**An Instructional Insert**
Step-by-step instructions for evidence-based interventions to be done prior to surgery.

**One Incentive Spirometer**
To be used three times a day each day before surgery to strengthen respiratory muscles and decrease the incidence of pneumonia.

**CHG Surgical Scrub Sponges**
Antibacterial sponges to be used when showering the night before and the morning of surgery to decrease the risk of surgical site infections. Orthopedic patients receive three sponges and are instructed to use them two days before surgery and the morning of surgery.

**Mouthwash**
1.5% hydrogen peroxide mouthwash to be used the night before and the morning of surgery to aid in the decrease of post-operative pneumonia.

Multiple studies have shown that the implementation of a prehabilitation program such as Shape Up for Surgery is beneficial in decreasing the incidence of postoperative complications. Since 2012, the Shape Up for Surgery program has played a successful part in improving our patients’ surgical experience.

| General Surgery Postoperative Pneumonia | DECREASED BY 35% |
| General Surgery Length of Stay | DECREASED BY 1 DAY |
| General Surgery Surgical Site Infections | DECREASED BY 27% |
| Opioid Reduction (Includes all MSQC cases) | DECREASED BY 75% |
| General Surgery Morbidity | DECREASED BY 32% |

Morbidity includes events such as:
- Cardiac arrest
- Myocardial infarction
- Deep vein thrombosis
- Pulmonary embolism sepsis
- Stroke
- Blood transfusions within 72 hours
- Urinary tract infections
- Sepsis
- Deep & organ space SSI
EXAM JACKETS BRING PRIVACY, DIGNITY TO CANCER PATIENTS

Donna Sefton is a breast cancer survivor who treated at McLaren Port Huron. Throughout her cancer journey, she brought her own exam jacket, which she felt gave her more privacy, warmth and dignity during her many treatments and hours spent at the hospital. Donna wanted other women to have the option to feel the same way she did and made a very generous donation to McLaren Port Huron Foundation to purchase the same exam jacket she owns. The jackets are now available for women at the Barbara Ann Karmanos Cancer Institute and the Demashkieh Women’s Wellness Place at McLaren Port Huron.

Thank you, Donna, for making a difference in the health of our community and lives of women in our care.
DEVELOP A HEALTHY HABIT.

Listen to McLaren's In Good Health Podcast for the latest health and wellness information. Visit mclaren.org/podcast or subscribe today.

McLaren Port Huron has recently re-earned Level III Trauma Center Verification from the American College of Surgeons. Verified trauma centers must meet stringent national standards and demonstrate its commitment to providing the highest quality trauma care for all injured patients.

McLaren Port Huron is one of only 45 verified trauma centers in the state of Michigan and the only verified trauma center in St. Clair County. Our staff and surgeons are specially trained to provide the right care, right away. Trust the most experienced trauma team in town – McLaren Port Huron.