

Healthy Living

Riverwood Healthcare Center's Newsletter
Encouraging Healthy Lifestyles

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July 2015



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Less Pain & Rapid Recovery

Dr. Severson reported these key patient outcomes in his presentation:

- Total knee replacement patients now go home from the hospital an average of 1.5 days earlier, compared to 2.75 days pre-Rapid Recovery.
- Patients' pain is now significantly reduced, from 4.8 out of 10 pre-Rapid Recovery to 3.2 out of 10 with Rapid Recovery.
- Knee replacement recovery is faster, with extended rehab stays declining from 17 in 100 pre-Rapid Recovery to 8 in 100 with Rapid Recovery.

Outstanding outcomes bring orthopaedic surgeon to worldwide audience



Dr. Erik Severson, orthopaedic surgeon with Minnesota Center for Orthopaedics (MCO) who practices in Aitkin and Crosby, is not only helping many individuals with outstanding outcomes for total joint replacements; he's also sharing his expertise with other surgeons worldwide.

After a very competitive process involving thousands of submissions, the 2015 American Academy of Orthopaedic Surgeons (AAOS) invited Dr. Severson to present outcomes of the MCO's Rapid Recovery program for total knee replacement patients at their March 2015 annual convention in Las Vegas. This event was attended by 14,000 orthopaedic surgeons from the United States and internationally.

The data Dr. Severson used in his presentation covers 50 surgeries he performed without Rapid Recovery protocols and 50 surgeries using Rapid Recovery for total knee arthroplasty patients. See an article about Dr. Severson's AAOS presentation in a national medical publication, MedPage Today at <http://www.medpagetoday.com/MeetingCoverage/AAOS/50687>

Dr. Severson is also writing a chapter on total joint infection care for a textbook and will be submitting additional articles for publication in medical journals later this year.

For an orthopaedic care appointment at Riverwood, call (218) 927-5566.

Aitkin's hospital receives new 5-star rating

Just 251 U.S. hospitals got the highest score on a new five-star rating system the Centers for Medicare and Medicaid (CMS) announced in late April. Riverwood Healthcare Center is one of 11 Minnesota hospitals given the five-star rating.

The new ratings are part of a broader initiative by the federal agency to use a five-star rating system across all of its web pages intended to help consumers compare the quality of health care providers. These ratings are based on patient survey comments gathered by CMS from July 1, 2013 and June 30, 2014 as part of the Hospital Consumer Assessment of Health Care Providers and Systems (HCAHPS) survey.

The hospital star ratings are based on the average ratings from patients in 11 areas, including nurse and doctor communication, responsiveness of hospital staff, pain management and cleanliness.

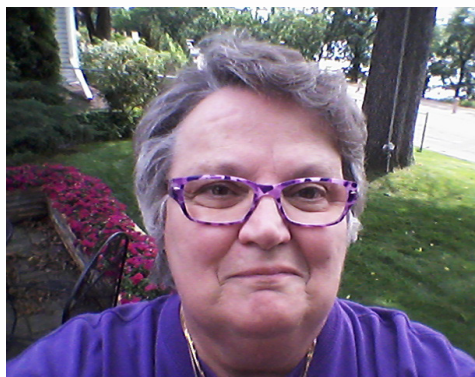
"It is an honor to rank among the top 7 percent of hospitals nationwide, based upon feedback from our patients," says Chad Cooper, chief executive officer. "Consistently providing high quality care and positively impacting our patients' experience speaks to the dedication and teamwork of everyone at Riverwood!"



1 of 11 MN
hospitals to receive
5 STARS
Top 7% Nationwide

Thanks Riverwood!

Great knee replacement experience for Twin Cities woman



Lenna Scott, St. Paul

When Lenna Scott needed a second knee replacement she did thorough online research and decided to come to Aitkin from her home in St. Paul to get the best orthopaedic care.

"I delayed getting a knee replacement for my left knee for several years because my prior experience with a right knee replacement at a hospital in the Twin Cities was so poor," Lenna explains. "I explored the Rapid Recovery method used by Dr. Erik Severson and that seemed to be the right procedure for me. His reputation is terrific and his outcomes are fantastic. I wanted to have my knee replaced with this kind of success."

Lenna was able to do her pre-op exam and lab work with her primary doctor in St. Paul. She had her left knee replacement surgery with Dr. Severson and team on Nov. 13, 2014, at Riverwood Healthcare Center.

She adds: "My entire hospital experience was really superior. The level of professionalism and patience of all the staff members was remarkable. I have never seen a cleaner hospital. For the first time, I had no nausea with the anesthesia. The surgical team did a great job and I got great results!"

Lenna would have gone home from the hospital the second day after her surgery, but a minor complication with her diabetes added two more days to her stay. After three physical therapy visits, she "graduated" with optimal range of motion in her left knee. In three weeks, she was able to ride a bike and walk stairs with no problem.

"Riverwood is an excellent hospital with a well-deserved outstanding reputation," Lenna says. "The surgical procedure was on the cutting-edge with minimal pain and maximum care! If you're considering a knee replacement, go for it in Aitkin. The two-hour drive from the Twin Cities is an easy one."

New foot care service

Do you have a hard time reaching your feet, trimming your nails or doing routine foot care? Riverwood now offers a new Foot Care service in our Aitkin Outpatient clinic.

Get your toenails clipped, nails filed and a foot massage by **Jamie Lamke**, a licensed practical nurse, at a cost of \$25 per visit. Insurance does NOT cover this service and payment is required at the time of check-in. **For an appointment, call Riverwood's Outpatient clinic at (218) 927-8281.**

"I have been seeking a clean, comfortable, careful and caring place where I could get my toenails trimmed. I have found it at Riverwood's Aitkin Outpatient Clinic. LPN Jamie Lamke is friendly, uses sanitized toenail-cutting instruments and does a complete job of nail trimming. My toes feel good after being trimmed and having lotion massaged into them. I am very satisfied with the foot care I have received at the clinic. This service is not only for women, men may use it too."

— Joyce Anderson, Foot Care Patient

Foundation News



Join us for annual hospice event

Sunday, July 12

Registration/Lunch/Games: 10:30 AM to NOON

Golf Scramble: Shotgun start at noon.

Social "par-tee": 4:30 PM

Casual dinner: 5:30 PM

Cost: \$125 for golf, which includes 18 holes with a cart, lunch and dinner. Dinner only is \$30.

If you like to golf and enjoy supporting a good cause, consider joining us for **Holes fore Hospice**, an annual charity event golf tournament and dinner, on Sun., July 12, at Minnesota National Golf Course in the McGregor area.

The championship course, located in the scenic north woods with abundant wildlife, has meticulously maintained bent grass fairways, tees and greens, and Ohio white sand bunkers.

Holes fore Hospice supports hospice care and palliative programming for patients, and their families, who are facing terminal illness. With generous support from local sponsors and enthusiastic community participation, this event has consistently raised \$20,000 or more in recent years. The event provides valuable exposure to local business sponsors.

For more information or to register for the event, call (218) 927-8286 or email peklund-fisher@riverwoodhealthcare.org



Open House for new CT scanner

Thursday, July 16, 5:00 – 7:00 PM

Aitkin: Riverwood Healthcare Center

In June, we installed a new state-of-the-art 64-slice CT scanner in the radiology department here at Riverwood's hospital in Aitkin.

This CT technology allows for improved image quality and speed. The new scanner reduces total time-to-diagnosis and improves patient care by speeding physician access to high quality images.

"After months of planning and raising funds for this project, we are thrilled to have patients using our new CT scanner," says Riverwood CEO Chad Cooper. "We are extremely grateful to all those who supported this project with generous donations. We invite community members to join us for an open house and tour of our radiology department on July 16."

We are hosting the open house with the Aitkin Chamber of Commerce as a Business After Hours event. There's no need to RSVP and light refreshments will be served.

Giving online is easy

For those who prefer to give online, it's easy to do. We offer an electronic form for making donations on our Riverwood website. Encryption technology protects your personal information.

If you have any questions about making a gift to support your local hospital and clinic, contact **Katie Nelson**, Riverwood Foundation director, at (218) 927-5158 or knelson2@riverwoodhealthcare.org.

Make a contribution to enhance healthcare in your community in 3 easy steps:

1. Visit www.riverwoodhealthcare.org
2. Click on Foundation drop-down menu
3. Click on GIVE NOW button



Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here.

Donations from March 1 - April 30, 2015

In Memory of:

Ray Evans

Rodina Fahrendorff

Harvey Fairchild

Simon Len Hill

George Ince

Doris Kvanvig

Roger Pearson

Brent Sherman

Tony Sundholm

Nancy Taylor

Roger Wilson

Georgiana Wold

Lucille & Jack Young

To make a donation in memory or honor of a loved one, visit www.riverwoodhealthcare.org/foundation/donation-form. All gifts recognized in newsletter.

Garrison Clinic & Pharmacy

SATURDAY HOURS REMINDER: 8:30 AM - 2:00 PM

Our Riverwood clinic and pharmacy, located at 27278 State Highway 18 just west of downtown Garrison, is open for your convenience on Saturdays all year round. Call for an appointment at (320) 525-3400 or toll-free at (888) 270-1882.



Urgent Care at Riverwood

Monday - Friday, 10:00 AM - 7:00 PM



- Located in our Aitkin Clinic, Riverwood's Urgent Care is a same-day, walk-in clinic.
- Convenient care for minor health concerns.
- One of our highly trained nurse practitioners will diagnose and prescribe treatment as necessary for common health issues.



Unless noted otherwise, register for all events via (218) 927-5188 or email healthyliving@riverwoodhealthcare.org

Events

Aitkin County Fair

Visit Riverwood's booth on Joint Pain Solutions
July 8 - 11
Aitkin: Fair Grounds

Holes fore Hospice

Golf tournament and dinner program
July 12
McGregor: Minnesota National Golf Course
Register: (218) 927-8286

CT Scanner Open House

July 16, 5:00 - 7:00 PM
Aitkin: Riverwood Healthcare Center

Garrison Play Days 5K Run/Walk

July 25, 8:00 AM Start
Garrison: Meet near Fire Hall
Register: 7:30 AM at the event

Big Sandy TRI

Kayak, Bike, Run / 3-person teams
August 1, 8:00 AM Start
McGregor: Big Sandy Lake
Register: <https://runsignup.com/Race/MN/McGregor/BigSandyTri2015>

Wild Rice Days 5K Run/Walk

September 5, 8:00 AM Start
McGregor: Meet at Dairy Queen, Hwys 201 & 65
Register: 7:30 AM at event

WELLNESS CALENDAR

Education & Support

Breastfeeding Education & Support

Call for free consultation with nurse certified as lactation counselor

Aitkin: Riverwood Healthcare Center
Birthing Center: (218) 927-2121

Joint Replacement (Pre-surgery class)

Second Friday, 10:00 AM - 12:00 PM
Aitkin: Riverwood Healthcare Center
Surgical Services: (218) 927-5549

I Can Prevent Diabetes

16 week class series
Tuesdays, 4:30 - 5:30 PM
July 14 through October 27
Aitkin: Riverwood Diabetes Center
Register: (218) 927-8281

Prenatal Education Classes

Tuesdays, 6:30 - 8:30 PM
August 25, September 1, 8, 15, 22
Aitkin: Riverwood Healthcare Center
Education: (218) 927-5552

Breast Cancer Support Groups

Men's: Partners of breast cancer patients
Fourth Monday, 6:30 - 8:00 PM
Sister-to-Sister: Breast cancer patients
Fourth Monday, 6:30 - 8:00 PM
Aitkin: Riverwood Healthcare Center
Breast Health: (218) 429-3975

Diabetes Support Group

Second Thursday, 4:00 - 5:00 PM
Aitkin: Riverwood Diabetes Center
First Wednesday, 9:00 - 10:00 AM
McGregor: McGregor Clinic
Diabetes Education: (218) 927-8281

Lunch & Learns

Registration for these programs is required.
Light lunch provided at no cost.
Contact (218) 927-5188 or healthyliving@riverwoodhealthcare.org.

Alphabet Soup of Cardiology

Dr. James Furda
August 20, 12:00 - 1:00 PM
Aitkin: Butler Building