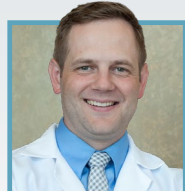


# Healthy Living

Riverwood Healthcare Center's Newsletter  
Encouraging Healthy Lifestyles

SPRING 2019

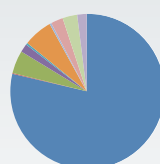
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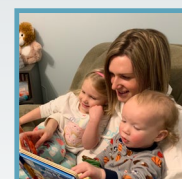
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## The skills of a surgeon. The precision of technology. The da Vinci® System comes to Riverwood.



Dr. Andrew Loveitt, Dr. Howard McCollister, Dr. Paul Severson, Dr. Tim LeMieur, Dr. Shawn Roberts

Riverwood Healthcare Center has recently added the most advanced robotic surgical system—the da Vinci® Xi System—to its comprehensive list of surgical services. This cutting-edge robotic surgical system allows surgeons to perform some complex minimally invasive surgical procedures with a higher degree of precision. Examples of procedures where the robotic technology can be used include upper and lower gastrointestinal operations and the many types of hernia repair.

Our team of general surgeons, **Dr. Tim LeMieur, Dr. Andrew Loveitt, Dr. Howard McCollister, Dr. Shawn Roberts and Dr. Paul Severson** are experienced in using the latest minimally invasive procedures and technology, and they perform these procedures at the Minnesota Institute for Minimally Invasive Surgery (MIMIS) in Aitkin and Crosby.



The da Vinci surgical robot is an additional tool that can now be utilized, allowing our surgical team to bring more flexibility, a higher degree of precision, and improved patient outcomes to some of the minimally invasive operations that these highly skilled surgeons perform at Riverwood every day. The da Vinci surgical system empowers surgeons to perform complex operations using its four robotic arms. This technology takes surgery beyond the limits of the human hand and provides surgeons with greater precision and control, as well as access to hard-to-reach areas. The benefits for patients include shorter hospital stays, less blood loss, less need for narcotic medications, fewer complications, and a faster return to normal activities.

The da Vinci is powered by robotic technology that allows the surgeon's hand movements to be translated into smaller, precise movements of tiny instruments inside the patient's body. The surgeon is in complete control of the robotic system at all times.

Visualization inside the body is accomplished by a state-of-the-art video system, which provides a 3-dimensional, high-definition view inside the body revealing a crystal-clear, magnified view of the procedure area.

Acquiring the latest generation of robotic technology aligns directly with Riverwood's commitment to advancing healthcare and giving patients access to the latest in surgical technology without having to travel out of the area. As the field of medical robotics gains momentum nationwide, this revolutionary technology will also help recruit surgeons to our healthcare system in the years ahead. It's an investment in our patients and in our community. ●

## Hip replacement patient goes home the day after surgery

Doug Green had been having pain in his legs for seven or eight years before he learned that his hip joints had worn down from osteoarthritis.



Doug Green

"I worked my legs very hard for many years as a dragline operator, which is a piece of heavy equipment often used for large excavation projects," Doug said. "I was in so much pain that I was living on Advil. For the last few months before my surgery, I had trouble walking the length of the plant where I work at American Peat Technologies in Aitkin."

Doug came to Riverwood for orthopaedic care and learned that he had to have two hip joint replacements with Dr. Erik Severson, orthopaedic surgeon. With the aid of the Rapid Recovery pain management program for joint surgeries, Doug went home the next day after each of his hip replacements (performed three months apart). He used assistive devices—a walker and a cane—for a short period of time.

"For my first hip surgery, Helen Weimer, a secretary in the Riverwood surgery department, was my hero," Doug explained. "She alerted me to an earlier opening in the surgery schedule, but there was a delay in gaining payment approval from my insurance plan. Helen got the medical documentation to them very promptly—ensuring that I could move up my surgery date. I was hurting so bad at this point that it meant the world to me."

Doug also found the joint replacement class before surgery to be very helpful. He learned that the joint replacement surgery process is a partnership between the patient and the medical staff—and the patient needs to ask whatever detailed questions are necessary to thoroughly understand the healing process.

"The Riverwood staff should be proud of what they do for patients," he said. "I've had nothing but a positive experience there."

He also cautions other joint replacement patients to not return to work too early and to be careful to follow all of the doctor's orders.

"The medical staff does the surgery, but it is the patient's responsibility

## Joint Replacement Class

For anyone considering joint replacement surgery or treatment options, a monthly class is offered at Riverwood Healthcare Center in Aitkin.

The class covers common signs, symptoms, and causes for hip and knee arthritis, and the range of treatment options, including what to expect before, during, and after surgery. It's held on the third Wednesday, from 10:00 to 11:30 a.m. in room C & D at Riverwood's hospital in Aitkin.

The presenters are Nurse Practitioner **Josh Jacobson**, who sees orthopaedic patients Monday through Friday in Aitkin, and Orthopaedic Coordinator **Brianna Brophy, RN**.

To register for the class, call Brianna Brophy at 218-670-0894. She can also help with scheduling orthopaedic appointments.



To see more about orthopaedic care at Riverwood, go to <https://riverwoodhealthcare.org/specialties/orthopaedic/>

to heal, and that healing process needs to be understood to have the best results possible. In my case, the weak link was me," said Doug. "I went back to work too early—within the first week after both surgeries. While I was mostly doing office-type work, I ended up on my feet more than I should have been. One project involved getting in and out of my pickup about 20 times in one day and that set me back a bit. You shouldn't be doing any physical work right away—just focus on your recovery."

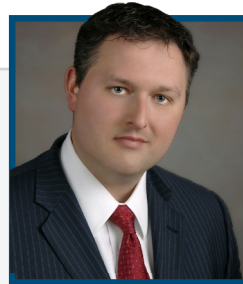
A positive outcome for Doug is that he can split wood again.

"I had to quit because of my leg pain and I didn't think I would be able to do it again. But several weeks ago, I was able to pick up the splitting maul and I had no trouble working on the wood pile."

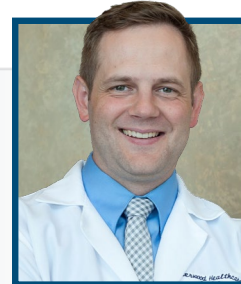
## Your trusted leader for healthy joints

Whether you need a shoulder, knee, or hip joint replaced, the orthopaedic team at Riverwood is ready for you. **Dr. Erik Severson**, Total Joints Program Medical Director for the Minnesota Center for Orthopaedics in Aitkin and Crosby, is one of only a few orthopaedic surgeons in northern Minnesota who is able to perform revisions of hip or knee joints, as well as first-time joint replacements. **Dr. Jon Herseth**, who specializes in sports medicine, performs a complex reverse shoulder replacement as well as knee replacements. For hand, wrist, or elbow conditions and injuries, **Dr. Susan Moen** is the surgeon to see.

All three surgeons are fellowship trained in their specialties and bring patients a high level of skill for great patient outcomes. They also use a Rapid Recovery protocol for pain management that often enables patients to go home from the hospital the day after a knee or hip replacement and speeds recovery with less pain.



Dr. Erik Severson



Dr. Jon Herseth



Dr. Susan Moen



To self-refer for an orthopaedic appointment, call our specialty clinic at 218-927-5566.





## Promoting Child Literacy, one book at a time

In February, Riverwood launched a child literacy program called Riverwood Reads. Our providers will present children, from birth through eight years old, with a new, age-appropriate book at each Well Child visit.

Both **Dr. Melissa Herbranson** and Nurse Practitioner **Lisa Gerhart** helped develop the Riverwood Reads program, giving input on the types of books needed for each development phase and age of children eligible for the program.

“Riverwood Reads is a way for us to use a book during the exam to examine a child’s motor skills and other developmental milestones,” said Dr. Melissa Herbranson, a family physician who helped develop and implement the program. “Young children become readers on the laps of their parents. We’re excited to give families a prescription for reading aloud to their children to foster lifelong learning and skills.”

Riverwood Foundation raised funds to purchase a year’s supply of books. Anyone interested in giving a gift to purchase more books should contact Katie Nelson, Foundation Director, at 218-927-5158 or [knelson2@riverwoodhealthcare.org](mailto:knelson2@riverwoodhealthcare.org).

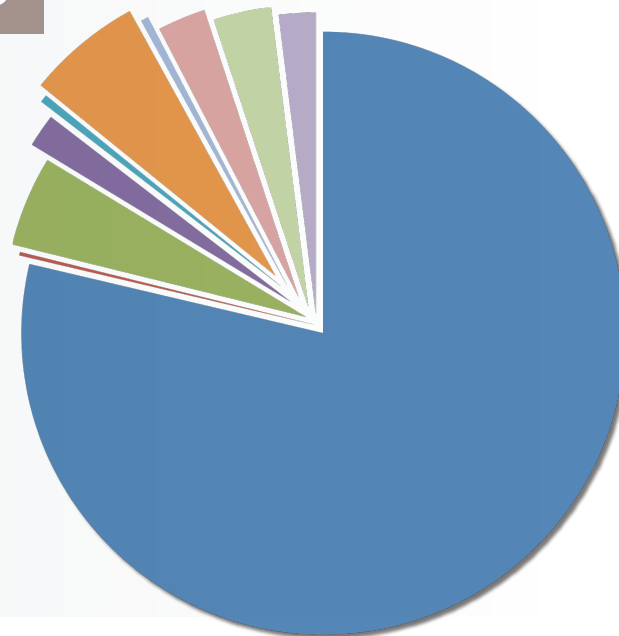


Dr. Melissa Herbranson enjoys reading aloud to her children, Brooke and Hunter.

## Foundation News

### Donor Dollars at Work

Each year, Riverwood Foundation lends support to quality healthcare programs and medical equipment that benefit patients and our staff as well as community members. **For the fiscal year 2018, disbursements totaled \$508,369.**



- Growing Together Campaign- \$400,000
- Better Together Campaign- \$903
- Hospice & Pallative Care- \$24,553
- Michael Zilverberg Education Fund- \$9,000
- Oncology Department- \$2,040
- McGregor Clinic- \$31,200
- Roger Wilson Scholarship Fund- \$2,000
- Riverwood Resources- \$13,000
- Hospital Nursing Services- \$15,673
- Zach Johnson Kids with Cancer Fund- \$10,000



## Honoring and Remembering Loved Ones

Riverwood Foundation donors have made gifts to honor and remember those listed here. Donations from November 1, 2018 – January 31, 2019

### In Memory of:

John Akerson	Kathleen Franzen	Donald Hale	Marian Alice Latham	Ken Tetrick
Kevin Conner	John Fremling	Noel “Buzz” Jones	Blanche & Warne MacDonald	Jack Wagner
Leonard E. Cox	James W. Gale	Ted Kellerman	Gordon Root	Ross Watland
Elaine Farah	Barbara A. Greifzu	Marion Kilpela	Russell Ruud	
Linda Farah-Thompson	Dick Hakes	Ray Kirkhorn	Michael F. Ryan	

### In Honor of:

The Emergency Department	Emma Grace Killeen	Elaine & Lowell Wegner	Bea & Bernie Roscoe
Fr. David Forsman		Children & Grandchildren	Grandchildren



To make a donation in memory or honor of a loved one, visit [www.riverwoodhealthcare.org/foundation/donationform](http://www.riverwoodhealthcare.org/foundation/donationform). All gifts recognized in newsletter.

## UPCOMING SEMINARS:

### Solutions for Reflux and Heartburn

Tuesday, March 19,  
6-7 p.m.

AITKIN: Riverwood  
Healthcare Center



Dr. Andrew Loveitt

#### REGISTRATION REQUIRED:

218-927-5188 or email  
healthyliving@riverwoodhealthcare.org

Dr. Andrew Loveitt, reflux specialist with the Minnesota Reflux and Heartburn Center (MRHC), will provide an overview of the latest advances in diagnostics and treatment for gastroesophageal reflux disease (GERD). He will discuss testing and innovative procedures available at Riverwood Healthcare Center in Aitkin.

A light meal will be served at no charge

### Solutions for Elbow Pain



Dr. Susan Moen

Monday, April 8, 5:30-7 p.m.

AITKIN: Riverwood  
Healthcare Center

#### REGISTRATION REQUIRED:

218-927-5188 or email  
healthyliving@riverwoodhealthcare.org

Dr. Susan Moen, orthopaedic surgeon who specializes in hand/wrist/elbow care, and Terri Peterson, occupational therapist, will present information on common conditions and injuries related to the elbow. Learn about symptoms and treatment for tennis elbow, golfer's elbow, cubital tunnel, bicep tendon rupture, and arthritis.

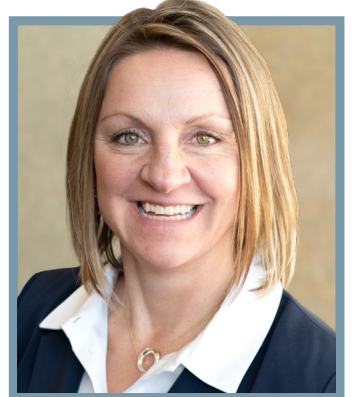
A light meal will be served at no charge

## Welcome to three new providers!

### Meet Kathy Halbert, Family Medicine

#### Nurse Practitioner Kathy Halbert

joined our medical staff in January. She sees patients at our Aitkin clinic with some coverage of Urgent Care and Garrison Saturday clinics. Kathy has 13 years' nursing experience with the past three years as a family nurse practitioner for a local health system in northern Minnesota.



Kathy Halbert, CFNP

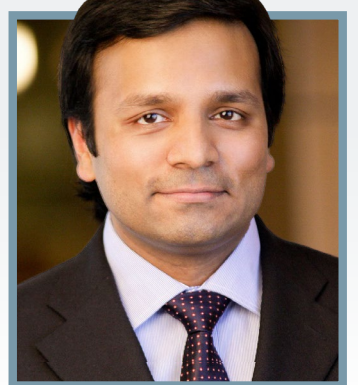


For an appointment with Kathy,  
call Riverwood at 218-927-2157.

### Meet Dr. Aby Philip, Oncologist & Hematologist

#### Dr. Aby Philip, oncologist and hematologist

with Essentia Health in Brainerd, began seeing patients on Mondays at our specialty clinic in Aitkin in January. He completed his residency in internal medicine and a fellowship in hematology and medical oncology, both at the University of Connecticut, Farmington.



Dr. Aby Philip

### Meet Jessica Nybakken, Oncology & Hematology

Jessica Nybakken, a nurse practitioner with Essentia Health in Brainerd, works with Dr. Philip to provide care and treatment for cancer patients. She will see patients several days a month in Aitkin on Thursdays. She has a master's degree in Nursing from the College of St. Scholastica, Duluth.



Jessica Nybakken

Our cancer care team also includes

**Jan Hegman**, nurse practitioner and oncology care coordinator who works closely with **Dr. Philip** and Jessica. She offers one-to-one support for cancer patients from the time of diagnosis through treatment and recovery.