

KNOWING *you*



HAND IN HAND FOR YOUR HEALTH

CHN REHABILITATION SERVICES MORE THAN PHYSICAL THERAPY

Rehabilitation Services is often incorrectly—and too simply—defined as physical therapy. At CHN, Rehabilitation Services is so much more. The department consists of 22 professionals

licensed in physical therapy, occupational therapy, occupational health, speech therapy, cardiac rehabilitation and athletic training. In this issue of *Knowing You*, you'll see the wide scope of services

offered by these therapists and how they improve the lives of area residents.

CHN Rehabilitation Services Includes:

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Sports Medicine
- Athletic Training
- Medical Fitness
- Cardiac Rehabilitation
- Occupational Health
- Transitional Rehabilitation



CHN Rehabilitation Services staff members.

IN THIS ISSUE:

PAGE TWO: Stroke Patient Tells Success Story

PAGE THREE: Badger Mining & CHN Working Together for Better Health

PAGES FOUR & FIVE: Lymphedema Therapy Produces Amazing Results

PAGE SIX: Swallowing Difficulty; Hand Therapy

PAGE SEVEN: No Need to Travel Far for Cardiac Therapy

PAGE EIGHT: Injuries Won't Slow One Athlete Down



STROKE PATIENT BENEFITS FROM PERSONAL TOUCH BY THERAPISTS

When Mike Fuller of Green Lake began rehabilitation following a stroke, he readily admits he wasn't sure he could make it through the long—and sometimes grueling—sessions. He says it was the personal support of CHN therapists Bill Bergthold, OTR, and Amy Clarke, MPT, that brought him to the point he is today—back to pre-stroke condition.

Bill Bergthold, OTR and Amy Clarke, MPT helped stroke patient Mike Fuller make a complete recovery.

It all started when Fuller had a stroke in Illinois, where he and his wife Sue split time between a condominium and a home on Green Lake. The stroke affected the entire left side of his body. After some initial inpatient therapy in Illinois, he began outpatient therapy with the CHN rehabilitation staff.

When Fuller arrived at CHN Rehabilitation he was still in a wheelchair and couldn't even open his left hand. For ten weeks, Bergthold and Clarke worked with Fuller to get him walking again and be able to complete tasks of daily living. The therapists had him stretching on mats, steering a steering wheel, completing balance exercises and



Fuller says it was especially beneficial the way the therapy staff worked with his wife Sue so that she could assist him when he exercised at home. "They took all the time in the world with her so she knew how to continue the exercises with me."

Today, Fuller is able to drive a car, go fishing, mow the lawn and even swim laps every morning in Green Lake. He says his goal was to get back to pre-stroke condition and is happy to report after 10 weeks of therapy, he's there. "I'm able to live a normal life," says Fuller. "I owe everything to Bill and Amy."

"I'm able to live a normal life."

Mike Fuller
CHN Rehabilitation Patient

learning to walk again. "Bill and Amy pushed me to the fullest," says Fuller. "There were times when I was petrified, but the relationship I established with them gave me the confidence that everything we were doing was going to help me out in the end."

CHN Rehabilitation Locations

Berlin

Berlin Memorial Hospital
225 Memorial Drive
Berlin, WI 54923
920-361-5534

Juliette Manor
169 E. Huron Street
Berlin, WI 54923
920-361-3092

Montello

Montello Medical Building
215 Church Street
Montello, WI 53949
608-297-8305

Ripon

1080 Medical Building
1080 W. Fond du Lac Street
Ripon, WI 54971
920-748-9633

Wautoma

Wautoma LifeQuest Building
N2930 Hwy 22 North
Wautoma, WI 54982
920-787-5030

LOCAL EMPLOYER PARTNERS WITH CHN TO KEEP EMPLOYEES HEALTHY

When Badger Mining Corporation asked CHN Occupational Health to provide bi-annual associate health screenings for their 177 associates, it brought together two of the area's largest employers. The partnership has proven beneficial to both organizations.

For Badger Mining, the convenience of having a local healthcare provider handle pre-employment and other health screenings, drug tests and flu shots has been extremely convenient. Barb Swanson, Badger Mining Benefits Specialist says it's made her job easier. "If we need it done, they take care of it," says Swanson. "They know us so well I don't need to go into a long explanation."

Badger Mining is very proactive in offering health services to their associates. The physicals include chest x-rays,

Shown outside the Badger Mining Corporation are Kalen Dumke, left, CHN Occupational Health Nurse, with Barb Swanson of Badger Mining Corporation.

stress tests, hearing tests and back assessments. "In the long run, it's very beneficial to our organization to make sure our associates are healthy," says Swanson.

CHN's occupational health nurse Kalen Dumke, BSN, says the working relationship with Badger Mining is not unlike how she works with many local employers. "We try to offer a one-stop package for industry," says Dumke. "Whether the employer needs a hearing test, physical, or onsite training, we utilize all of CHN's resources to get it done." According to Dumke, that means offering the service at the location that's most convenient for the employer. With two hospitals and more than 10 clinic locations, employers have a number of options.

CHN Occupational Health Service Offerings:

- Worksite Safety
- Drug Testing
- Flu Shots
- Hearing Screening
- Pre-Employment Physicals
- First Aid/CPR Training
- Blood Borne Pathogen Training
- Hearing Protection Training
- Health Fairs
- TB Testing
- Hepatitis B Injections



Meeting the needs of more than 200 clients has expanded the Occupational Health service offerings over the last 10 years. Dumke says offering health fairs and onsite testing has become extremely popular with employers.

According to Swanson, the number of services offered, along with the responsiveness of Dumke and her staff make it a great fit for Badger Mining. "It's such a good relationship," says Swanson. "They're always our first call on any kind of health-related matter."

THERAPY RELIEVES PAINFUL SWELLING FOLLOWING SURGERY OR RADIATION TREATMENT

Lymphedema is a condition that affects 140-250 million people in the world but many of us have never heard of it. It usually develops after surgery or cancer radiation treatment and can be extremely painful. Unfortunately, because the condition is not well known, many sufferers don't know treatment to relieve the pain is available.

At CHN Rehabilitation, Physical Therapists Diane Klika (in Berlin) and Becky Davis (in Montello) are certified in lymphedema therapy. They use massage, compression techniques and exercises to help area residents relieve the pain associated with lymphedema.

Lymphedema occurs when lymph nodes in the body fail to properly filter fluids from the body tissues and distribute it to other areas of the body. If the fluid—comprised of protein, water and cellular debris—

accumulates in an area, it causes massive swelling of the affected body part, usually the arms or legs.

According to Klika, her goal with every patient is to first reduce the swelling by up to 50 percent and then educate the patient to be able to treat themselves. “Unfortunately, we can't cure lymphedema, so we have to teach people to manage it,” she says.

The first visit consists of a full evaluation to ensure the patient is medically stable before starting treatment.

Klika then uses massage to re-route built-up fluid, compression bandages to prevent further swelling and exercises to encourage fluid movement. At every visit, she works with patients to educate them about their lymphedema problem. “Our goal is to get the swelling down enough so that it's manageable and they're able to self-treat,” says Klika. “Once educated, patients can manage their lymphedema.”

Klika has seen some severe cases where the patient has lost more than seven inches around his calf that had grown to the size of his thigh. “With my first patient, I wasn't sure how successful we could be,” remembers Klika. “But after I saw the results of a couple patients, I was pretty amazed at the things we could do.”



Bob Malchetske of Berlin enjoys life today as a Pop Warner football coach.

Malchetske says before the lymphedema treatment he was in constant pain, and at great risk for severe infection. In fact, a few years ago, he was in the hospital for four days with a 104 degree fever when his lymph nodes weren't able to filter out an infection. “When they had a tough time finding an antibiotic to treat me, I realized it might be time to try something,” remembers Malchetske.

During the first few months of lymphedema treatment, Klika used massage and compression to get Malchetske's leg swelling under control. It didn't take long for Malchetske to see improvement. “It was phenomenal,” says Malchetske. “We were able to eliminate 20 centimeters of swelling.”

Once the swelling was under control, Klika educated Malchetske on how to keep swelling from occurring again and to reduce his risk for infection. “I used to be in constant pain,” says Malchetske. “With the things Diane taught me, there's still some pain, but it's nothing like it used to be.”

The best thing for Malchetske is being able to look to the future without constant pain and in fairly good health. “It was the best thing I ever did,” says Malchetske. “The beauty is that I'm a young person and now I can enjoy life without pain.”

LYMPHEDEMA TREATMENT IMPROVES LIFE FOR MALCHETSKE

Signs of Lymphedema

1
A full or heavy feeling in an arm or leg

2
A tight feeling in the skin on the arm or leg

3
Your ring, watch, and/or bracelet feels tight but you have not gained weight

4
Less movement or flexibility in your hand, wrist or ankle

5
Difficulty fitting into clothing in one specific area such as the sleeve of your jacket or your socks being tight

Many people in the area remember the accident that severely injured volunteer fireman Bob Malchetske when responding to a 1989 fire call. The accident kept Malchetske, a long-time Berlin liquor store owner, hospitalized for four months. What many people don't know is the long and difficult rehabilitation process that Malchetske is still dealing with almost 15 years later. Fortunately, for Malchetske, the recovery has taken a turn for the better after CHN physical therapist Diane Klika convinced Malchetske to try treatment for lymphedema.

In Malchetske's situation, pockets of infection still remain in the scar tissue of his injured leg. Because lymph nodes in his leg were crushed in the accident, fluids aren't able to properly filter and be distributed to other parts of the body, causing swelling and pain.

***Information Provided by American Cancer Society*



Becky Davis, PT, uses lymphedema therapy on the arm of a patient.



Diane Klika, PT, continually works with patients to relieve pain and pressure.

VIDEO STUDY DIAGNOSES SWALLOWING DIFFICULTIES



Kristen Mertens, Speech Pathologist

Most of us can recall the uncomfortable feeling during a meal when the food you're enjoying goes "down the wrong way." You start coughing uncontrollably, your eyes water and you have difficulty talking.

Although for many people this is just an occasional incident, some people deal with chronic swallowing difficulties.

According to CHN Speech Pathologist Kristen Mertens, MS, CCC-SLP, swallowing problems are common in people with neurological impairments like stroke, Parkinson's Disease and multiple sclerosis, but can also occur in people without these chronic conditions. "The process of swallowing uses 50 pairs of muscles and occurs in four phases," says Mertens. "Any interruption in the use of the muscles during any one of these phases can cause swallowing difficulties."

When swallowing problems (dysphagia) are difficult to assess or the root of the problem cannot be determined at

bedside, Mertens recommends a video swallow study. The patient is given a number of different foods and liquids mixed with barium so that Mertens and a radiologist can watch on x-ray how the foods pass through the four swallowing stages.

The study is recorded so it can be reviewed after testing. "The test shows us if all the muscles are working as they should," says Mertens. "It's a great way to spot a problem and determine how to treat it."

One recent video swallow study revealed that a patient's constant coughing wasn't due to a swallowing problem. "The study saved him from having to be tube fed," remembers Mertens. "In his case, and with many other patients, the study can be a very valuable tool."

HANDS ARE FOCUS OF THERAPIST'S PRACTICE

Bill Bergthold is definitely a hands-on kind of guy. Bergthold has spent most of his 10-year career as an occupational therapist working to rehabilitate his patient's hands. Whether it's arthritis or a fracture, tendonitis or a stroke, Bergthold's specialty is hands.

Trained in occupational therapy, Bergthold's internship focused on hand therapy which encouraged him to search for a job that allowed him to practice just that. He found it

at CHN Rehabilitation. "It's a good mix," says Bergthold. "About 75 percent of my patients are hand patients."

To serve those patients, Bergthold uses Baltimore Therapeutic Equipment (BTE), a computerized system that allows patients to simulate common hand movements at home and work. "With BTE, we might have the patient turning a door knob or twisting a screw driver," says Bergthold. "And depending on patient

progress, I can increase or decrease tension as needed."

Many of his patients see him after surgery with local orthopedic surgeons David Jones, MD, and Joel Cler, MD, and he also works with Fox Valley surgeons who focus on hands and the upper extremity. "Just because you have surgery in Appleton or Madison, doesn't mean you have to travel for therapy," says Bergthold.

COMPLETE CARDIAC REHABILITATION AVAILABLE CLOSE TO HOME

After going through major surgery and an out-of-town hospital stay, many cardiac patients are relieved when they find out the rehabilitation process can take place closer to home.

CHN Rehabilitation works with cardiologists from throughout the state to care for patients following cardiac surgery, a heart attack or angina.

Leading the program are Joanie Nagel, Exercise Specialist and Renee McCann, RN, who has specialized in cardiac care for more than 20 years.



The Phase II rehabilitation program is an outpatient program for patients recovering from cardiac surgery. The program looks at each patient's lifestyle and tailors the rehabilitation to the activities the patient will experience after recovery. "We set goals for them so that the patient can get back to their previous lifestyle," says Nagel. "And if there are any previous health issues, like knee surgery, we make sure we keep that in mind throughout rehabilitation."

After the initial assessment is complete and both the rehabilitation staff and patient have a good feel about the program goals, patients come in three times a week for exercise and educational sessions on everything from nutrition to stress management to depression. "We've seen some amazing results," says Nagel. "Patients will come through our doors for the first appointment in a wheelchair and six weeks later they walk out on their own."

Following a recent heart attack, Don Maes of Wautoma utilizes the treadmill in cardiac rehab under the supervision of Exercise Specialist Joanie Nagel (right) and Renee McCann, RN.

Those kinds of results help to develop a close relationship between the rehabilitation staff and patients. In addition to getting patients back to pre-surgery shape, Nagel and McCann assist patients by checking medications, incision healing, blood pressure, weight gain or loss and heart rhythms. "They may not see their cardiologist for three weeks after surgery," says McCann. "They really rely on us during the time period immediately following surgery."

CHN BANS ALL TOBACCO PRODUCTS

As a leader in the healthcare industry, we are taking steps to promote healthy lifestyles. Effective November 17, 2005, employees, volunteers, physicians, patients and visitors will no longer be permitted to use tobacco products anywhere on a Community Health Network property. This includes outside the buildings, the parking lots or in a vehicle.

We appreciate everyone's help and support as we create a healthier environment at all of our CHN locations.

ATHLETIC TRAINERS HELP PRINCETON STUDENT RECOVER FROM THREE KNEE INJURIES



Licensed Athletic Trainer Melissa Johnston works to get Jordan Lyman back to his game.

really helped me out,” says Lyman. “They were a support system, but pushed me when I needed to be pushed.”

Johnston provides athletic training services for Berlin, Princeton and Wautoma school districts, and says the need for professional athletic training in high school sports is due to increased ability and aggressiveness of young athletes. “We need to be sure the athletes are physically trained to participate at the level they’re playing,” says Johnston.

In addition to providing event coverage, Johnston spends much of her time evaluating athletic injuries. “Once a week I have an evaluation day to see how everyone is doing,” says Johnston. “I’ll talk to kids about new injuries and check-up on a previous injury.” She also provides athlete, coach

Jordan Lyman will be a senior at Princeton High School this year. Since his freshman year, he’s looked forward to participating in football, wrestling and track. Unfortunately, three anterior cruciate ligament tears have barely given him the opportunity to play in any of the sports his four years of high school. After another round of surgery followed by rehabilitation, he’s hoping this year will be different.

Lyman admits the injury and recovery process has been difficult, but he credits CHN’s athletic trainer, Melissa Johnston, LAT, and Stacy Budde, MSPT with helping him make it through. “They

and parent education along with the appropriate referrals for follow-up care.

As for Lyman, he’s hoping the rehabilitation and extra recovery time following his third injury will prove successful. He’s going to skip football—the sport where all three of the knee injuries took place—and concentrate on wrestling. “Because of the injuries, I haven’t had a chance to wrestle since youth wrestling,” says Lyman. “I’m just really looking forward to getting out there and competing.”

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