

HEALTHY decisions

Lakewood Hospital's Level II Trauma Center *Working to Get Trauma Victims Through the "Golden Hour"*

We hope never to be in an automobile, bicycle, or boating accident. Not one of us plans to get assaulted, shot, or stabbed. Who expects to fall and get a skull fracture?

But if any of these traumas do occur, it is best to be near a hospital with a Trauma Center that can provide immediate and precise treatment for your injury. In 1993, Lakewood Hospital became Cleveland's first Level II Trauma Center and it has been recertified every three years since.

Trauma care begins outside the hospital with the Emergency Medical Service (EMS) units that first respond to the accident or trauma. As the EMS unit assesses, initiates treatment, and transports the trauma patient, unit members relay important information to the hospital regarding the patient's condition and injuries. Meanwhile, a trauma alert goes out to mobilize all the hospital personnel and equipment needed to treat the specific trauma when the patient arrives at the hospital. The hospital's trauma team is on call 24 hours a day, seven days a week.

"This level of response is required if we are to get the patient from the site of the trauma to the hospital operating room within one hour," says Virginia Evans, MD, Assistant Director of the Emergency Department and Health Commissioner in Lakewood. "One hour



Left to right: Jim Chaky, FF/EMTP, City of Lakewood Fire Department; Carol Brennan, RN, Assistant Nurse Manager, Lakewood Hospital Emergency Department; S. Craig Pearce, MD, trauma surgeon; Virginia Evans, MD, Assistant Director, Lakewood Hospital Emergency Department; Scott Mitzel, EMTP, City of Lakewood Fire Department; Alex Kosmos, RN, Lakewood Hospital Emergency Department

is our window of opportunity in trauma. We call it the *golden hour*."

Each year, Lakewood Hospital's Emergency Department sees 100 patients a day—about 38,000 annually. About 500 patients a year have injuries that qualify as "traumatic."

"We are excited about what we do here," says S. Craig Pearce, MD, Director of Lakewood Hospital's Trauma Center. "Our whole purpose is to provide the patient with continuity of care and get them back home safely." ✱

Questions? Comments? We'd like to hear from you. E-mail us at healthydecisions@lkwh.org.

Level II—**What Does it Take?**

There are four levels of trauma services, as designated by the American College of Surgeons. To be designated a Level II Trauma Center—as Lakewood Hospital is—requires certain key elements. The first is 24-hour immediate coverage by a team of professionals that includes general surgeons as well as specially trained nurses and specialists in orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology, respiratory, and critical care.

The only difference between hospitals with Level I and Level II Trauma designations is that Level I has a research component on site. Other key elements necessary for Level II designation include a proactive community education program to prevent trauma, continuing education of the trauma team, and a comprehensive quality assessment program.

For more information about services at Lakewood Hospital, please call **216-227-2440**.

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Fixing Bones with Balloons

Want more information?

Join us on Thursday, November 20, at 7 p.m. in the Lakewood Hospital Community Center, 1450 Belle Avenue. Dr. Roberts will be discussing the kyphoplasty procedure and will be on hand to answer your questions. Reservations required. Call 216-227-2570.

“It used to be,” says Lakewood Hospital orthopedic surgeon Jeffrey J. Roberts, MD, “that we could not restore alignment of a fracture of the vertebra properly. We had to cement the vertebra together in the broken position. But now we have kyphoplasty—and that has changed the way we treat compression fractures of the spine.”

Since December 2002, Dr. Roberts has used kyphoplasty—a new procedure featuring an inflatable balloon—to repair osteoporotic vertebral fractures, which are most commonly caused by osteoporosis. Advantages of the procedure include increased potential for height restoration and better alignment of the spine.

With kyphoplasty, Dr. Roberts makes a small incision in the back, creating a narrow pathway into the fractured bone. He then inserts an inflatable balloon-like device into the collapsed vertebra. When the balloon is inflated, it lifts the collapsed portion of the spine back into place and creates a space that is then filled with special bone cement.

Before kyphoplasty, patients with vertebral fractures would wear a back brace, be on bed rest, and take medication. “Now,” Dr. Roberts says, “patients stay in the hospital overnight but they do not require medication or a brace. Kyphoplasty allows them to return to the mainstream of life much sooner.”

Kyphoplasty also can be used for patients with multiple myeloma, which causes pathological fractures in the bone due to cancer. But its primary use is to repair fractures in the spine called osteoporotic fractures or vertebral compression fractures.



Jeffrey J. Roberts, MD

Osteoporosis is a skeletal disorder that weakens bones, causing them to collapse and fracture. Osteoporosis affects nearly 44 million people in the United States. Of the 1.5 million fragility fractures in the United States each year, 700,000 occur in the spine, studies indicate.

“Weakened bones can collapse from something as simple as a sneeze,” Dr. Roberts says, “and the fracture is not always painful.” Studies have shown osteoporosis causes spine fractures every 45 seconds.

Osteoporotic fractures are most common in postmenopausal women and men and women older than age 75. Dr. Roberts recommends bone density studies for postmenopausal women on hormone replacement therapy as well as anyone who has had an osteoporotic fracture. “Getting your bone health tested is important,” Dr. Roberts says, “because left untreated, vertebral fractures are serious—whether or not you have pain. They can cause your lungs to function poorly, and also can lower life expectancy.” Dr. Roberts can be reached at Orthopaedic Associates, 440-892-1440. ✨

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Founded in 1907, Lakewood Hospital is a 400-bed, acute care, community-oriented hospital located in the heart of Cleveland's West Shore community. Lakewood Hospital offers a wide range of health services and education programs for women, men, and children. Each year, Lakewood Hospital provides high-quality and innovative patient care for more than 130,000 patients. In 1997, Lakewood Hospital became part of the Cleveland Clinic Health System, a partnership between the Cleveland Clinic Foundation and nine community hospitals.

Advance Directives: Hope for the Best, but Plan for the Worst

It's hard to think about death. It's even harder to talk about it. But if you or someone you love has strong opinions about what it means to have a good death, the day will come when you will need to discuss it and to plan for it.

How can you ensure that your decisions on this matter will be honored? The best way is to make your wishes known by preparing and signing an advance directive.

An advance directive is a legal document that clearly defines your wishes for your future medical care if you are terminally ill and/or unable to speak for yourself.

You may want to make your wishes known about specific treatments, such as:

- ☐ cardiopulmonary resuscitation (CPR)
- ☐ mechanical breathing machines
- ☐ intravenous feeding tubes
- ☐ antibiotics
- ☐ pain medication.

You may indicate the level of care you wish to receive. This can range from prolonging life



Mary Osburn, Lakewood Hospital Patient Representative, helps a local resident complete a living will.

as long as possible to providing only comfort care and treatment of pain. You may add personal instructions if you wish to receive or refuse any treatments that are not listed on the document. You also may state that you wish to spend the rest of your days at home or that you do not wish to be placed in a nursing home. And you may want to appoint a close family member or friend who will make choices about your care if you cannot or if your written wishes are unclear. ✨

Lakewood Hospital, in collaboration with the Lakewood Department of Human Services, Division of Aging, will offer a **FREE Living Will Clinic** on Wednesday, November 19, at 10 a.m. at the Lakewood Hospital Community Health Center, second floor, 1450 Belle Avenue. The Living Will and Durable Power of Attorney forms will be reviewed with you and a notary public will be available to notarize your documents. Reservations are required. Call 216-227-2570.

Lakewood Hospital Stroke Team Honored with “Champion of Quality” Award

Clinic Health System for their success in making the Lakewood Hospital stroke team the most successful in the rapid evaluation, timely diagnosis, and effective treatment of strokes. Stroke teams throughout the nine hospitals in the Cleveland Clinic Health System were honored, but Drs. Dick and Mervart, co-medical directors of the Lakewood Hospital Neuro Integrated Care Unit (NICU), were singled out for their role in helping Lakewood Hospital achieve consistently high

Neurologist Arthur P. Dick, MD, and neurosurgeon Michael J. Mervart, MD, received special mention and a Champion of Quality Award from the Cleveland

rates of thrombolytic drug use over the past three years. The Lakewood stroke team has the highest rate of dissolving blood clots that cause strokes among the nine Cleveland Clinic Health System hospitals and a higher rate than those reported in the national literature.

For more information or to receive a FREE stroke information kit, please call **216-227-2440**.



**Michael J.
Mervart, MD**



**Arthur P.
Dick, MD**

**Postmaster: Please deliver between
October 27 and October 31.****Visit our website at www.lakewoodhospital.org.**

Something Not Right? Lakewood Hospital's Comprehensive Rehab Program Can Help

“**W**hen people talk about rehab services,” says Mary Stilphen, PT, Director of Rehabilitation Services and Biometrics, “they generally are referring to physical, occupational, and speech therapy.”

But at Lakewood Hospital, “rehab” means a total continuum of care that meets every conceivable need. It encompasses both cardiac and pulmonary rehab, cardiopulmonary rehab, an exercise group for stroke survivors, treatment for pelvic pain and incontinence, and massage therapy.

More than 30 therapists conduct some type of rehabilitation therapy at Lakewood Hospital. Some therapists work in the inpatient acute rehab unit at the hospital and treat patients who have had a stroke, orthopedic surgery, or have other medical or neurological conditions.

“Our purpose and focus for the rehab unit is to get patients to the very best level of functioning,” says Judi Wagner, RN, Clinical Nurse Manager of the Acute Rehab Unit. Opened in 1996, the Acute Rehab Unit is accredited by the Committee for Accreditation of Rehabilitation Facilities (CARF). On the unit, therapists see approximately 500 patients annually and the average length of stay for patients is 11 or 12 days. While in acute rehab, patients work up to three hours a day at therapy to promote their full recovery. “Every patient has an individual-



Joanne Arunski, RN, takes the blood pressure of Dorothy Lewis, cardiac rehab patient.

ized treatment plan,” Ms. Wagner says, “with each patient working toward the goals set by the rehab team. We offer a very fluid and individual plan of care in which each patient is involved.”

At the hospital's outpatient rehab department, physical therapy is ongoing as patients with a variety of orthopedic injuries, medical or neurological disorders recover their functional ability and regain stamina. Speech therapists work with individuals who have swallowing, speech, or cognitive disorders. Occupational therapists teach patients how to safely perform the tasks of daily living, such as bathing, dressing, and cooking. They also treat people with carpal tunnel syndrome, tendonitis, fractures of the hand or upper extremity, arthritis, and neurological disorders.

For quality care close to home or for more information on the Lakewood Hospital comprehensive rehabilitation services, call **216-529-7173**. ❖

Experience Massage

Stressed out? Sore muscles? Schedule an appointment for a massage in our outpatient therapy department. Massage promotes overall health and well-being and provides other benefits, which include stress relief, pain relief, and improved circulation. It's a natural way to help alleviate the discomfort associated with everyday and occupational stressors, muscle overuse, and many chronic pain syndromes.

Lakewood Hospital massage therapist Cookie Biltz, LMT, is licensed by the Ohio Medical Board and is certified in neuromuscular therapy. Massages are offered on Tuesdays through Thursdays in a private room with subdued lighting and soft music to enhance relaxation. The cost of a 30-minute massage is \$25 and a one-hour massage is \$45. Appointments are required. For more information or to schedule an appointment, please call **216-529-7173**.

