

Via Christi

August-September 2012

Life

a publication of Via Christi Health

Here to stay

Aging adults enjoy freedom, convenience of Via Christi Care At Home



Family affair

SHAPEDOWN program for kids helps the whole family get fit

Survivors share lessons of hope

Defeating breast cancer

...because your life matters



Chat with the CEO



Our Mission

Inspired by the Gospel and our Catholic tradition, we serve as a healing presence with special concern for our neighbors who are vulnerable.

Our Core Values

Human Dignity
We recognize and respect the sacredness of each person.

Stewardship
We responsibly care for all resources entrusted to us.

Excellence
We extend ourselves in outstanding service.

Our Vision

We will boldly lead the transformation of health care to enhance the health of the individuals and communities we serve for generations to come.

Dear readers:

We strive every day at Via Christi Health to put the needs of our patients and senior living residents first in everything we do.

People come to us in their times of need — whether it's for routine health care, a complicated medical condition or because their loved one needs a new place to live — and they place deep trust in us to properly care for them.

We must earn that trust every day by providing care that is truly centered on the needs of our patients and residents. We must make sure that all of our decisions as an organization put our patients, residents and their families squarely in front of us to guide our work. We also owe patients and residents the very best in quality, safety and caring service.

The stories in our latest issue of Via Christi Life show our commitment to serving the needs of our patients, our residents and our communities. We introduce four breast cancer survivors whose personal stories — like those of thousands of other patients — inspire us.

One survivor, Misty Frank, describes her experience with Via Christi Clinic's Breast Care Services, which is a model for patient-centered care thanks to the work of breast surgeon Patty Tenofsky, MD, FACS; nurse navigator Terri Leschuk, RN, BSN; and other clinicians.

At Via Christi Hospital in Pittsburg, patient-centered care means taking preventive health screenings on the road with our Wellness on Wheels Van. Cynthia Adams underwent a mammogram when the van visited a local mall and that diagnostic screening provided the early detection she needed to win her battle against breast cancer.

Patient-centered care also means providing services that help prevent disease and keep you healthy. For 10 years, Via Christi Clinic has provided SHAPEDOWN weight-management classes for children age 8 to 16 to help combat the alarming rise in childhood obesity. Nisha Jackson enrolled her three daughters in the program and talks about the lifestyle-changing work of instructor Elaine Harrington, MD, a pediatrician who specializes in combating childhood obesity.

Finally, patient-centered care sometimes means getting involved to help change laws to better protect those we serve. A team from the Via Christi Sports Medicine Clinic joined with other sports medicine experts to gain passage of a law designed to safeguard student athletes who suffer concussions.

These inspiring stories characterize the commitment, dedication and service of our thousands of Via Christi employees as we try to earn your trust every day by providing the best possible care to you and your loved ones.

Sincerely,

Jeff Korsmo
President and CEO, Via Christi Health

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What do you think?

How can we improve Via Christi Life magazine? Take our online readership survey for a chance to win a \$50 movie theater gift pack. Visit surveymonkey.com/s/vclife

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Via Christi Sports Medicine staff promote concussion recognition, management

Taking brain injuries out of play

Maize High School athlete Connor Eleeson has experienced concussions playing both basketball and football.

Connor Eleeson, a running back for the Maize High School football team, was carrying the ball in a game against Derby last November when he was hit up high by two tacklers.

"I was able to walk off the field, but I could instantly tell something was wrong," he recalls. "My head was spinning and I felt kind of dizzy."

Connor, 16, suffered the first of two sports-related concussions within three months — the second came in January on the basketball court — and he took time off from competition after both injuries thanks to a new state law designed to protect student athletes.

Concussions on the rise

Sports-related concussions have tripled among athletes ages 13-19 in a recent 10-year period, according to a Brown University study. Spurred by a nationwide campaign by the National Football League, Kansas became one of the first 10 states to pass a law to safeguard athletes suspected of suffering a concussion.

Via Christi Sports Medicine manager and athletic trainer Travis Francis served as president of the Kansas Athletic Trainers Society, which pushed through the legislation.

"There was no standardized way of saying, 'Yes, this athlete is clear and can safely return to play,' " says Francis. "And, we were leaving those decisions up to people who potentially were not trained to make them, such as coaches or parents."

The new law prohibits an athlete suspected of having a concussion from returning to practice or a game the same day in which he or she is injured and requires the athlete to

inner skull or to rotate, shearing and straining brain tissue. With rest and appropriate treatment, most athletes recover and can return to competition within a few weeks. Athletes who return to competition too soon can face prolonged recoveries or suffer Second Impact Syndrome, a rare but devastating brain injury that can result in death.

Making safety a priority

In Connor's case, Maize athletic trainer Chris Cannizzo put the sophomore athlete through a concussion test and banned him from returning to the football field until he had been seen by a physician. At the direction of his



Chris Cannizzo, Via Christi certified athletic trainer, checks for concussion symptoms.

have a physician's signature before returning to activity. The return must also be on a graduated basis over five to seven days, based on the athlete's condition.

A concussion is a traumatic brain injury in which a blow to the head or body can cause the brain to strike the

family physician, Connor took a week off from football and missed the next game, though he did return to finish the season.

Doctors estimate that as many as 30,000 sports-related concussions happen every year and far too many such injuries go unreported.



Q&A with Robert Huebner, MD, medical director, Trauma Services, Via Christi Hospital in Pittsburgh

As a Level III Trauma Center, Via Christi Hospital in Pittsburgh annually holds a concussion seminar for medical professionals, high school coaches and college coaches from southeast Kansas. The hospital's Trauma Services department diagnosed more than 100 concussions last year.

Q What is a concussion?

This is a brain injury that can be caused by a bump or blow to the head or a forceful body movement that causes the brain to move around inside the skull, disrupting the brain's normal function. The latest studies indicate a concussion is not always the result of one "big hit." Repetitive hits over time also cause damage.

Q What should you do if you suspect someone has a concussion?

For a concussion or any sort of head trauma, seek medical care. Anyone with a concussion needs follow-up care and monitoring by a physician. Make sure to discuss all symptoms with a physician.

Q How are concussions treated?

Brain rest — the elimination of music, television, computer and video games until symptoms improve — and a gradual return to activities are important. The amount of time it takes to recover varies. A referral to a brain injury specialist may be necessary in cases where symptoms are slow to resolve or with people who have complicated health issues.

Watch for the signs

Parents, family members, coaches, athletic trainers, friends, teachers and the athletes themselves should be alert to the potential symptoms of a concussion immediately after an injury and during the next few days. Some of the signs of a concussion that may occur after an athlete has suffered a head injury are as follows.

The athlete:

- Appears dazed or stunned
- Is confused about assignment
- Forgets plays
- Is unsure of game, score or opponent
- Moves clumsily or has slurred speech
- Answers questions slowly
- Loses consciousness
- Shows behavior or personality changes
- Cannot recall events prior to or after a hit

Stop signs

When a concussion is suspected, the first consideration should always be the athlete's safety. An athlete must STOP playing immediately to preserve the brain's functions and prevent further damage. Hold the athlete out of the competition if he or she reports any of these signs:

Headache

Nausea or vomiting

Balance problems or dizziness

Double or fuzzy vision

Sensitivity to light or noise

Feeling sluggish or drowsy

Feeling foggy or groggy

Concentration or memory problems

Confusion

"My advice to other student athletes would be to be safe and don't overdo it" if you suffer a head injury, he says. "Do what they tell you to do and don't try to do too much too quickly."

click+learn

Visit viachristi.org/andrewporterdo to view a video of Andrew Porter, DO, discussing sports injury prevention and care, including concussion.

"If an athlete reports having the symptoms of a concussion, we will start treatment right away. Their concussion likely won't be as severe ... and they absolutely will get back to play sooner if they report it sooner," says Andrew Porter, DO, assistant director, Via Christi Sports Medicine Fellowship, who strongly encourages athletes to be honest about reporting their symptoms.

"If you're in doubt, hold them out."

— Travis Francis, athletic trainer

Francis, Mark Stovak, MD, medical director of Via Christi Sports Medicine, and James Haan, MD, medical director of Pediatric Trauma at Via Christi, are part of the Kansas Sports Concussion Partnership, a project sponsored by the Kansas Medical Society and the Medical Society of Sedgwick County.

The group educates coaches, athletes and parents on the new law and on how to recognize and deal with head injuries. There will always be those athletes who don't want to leave the game.

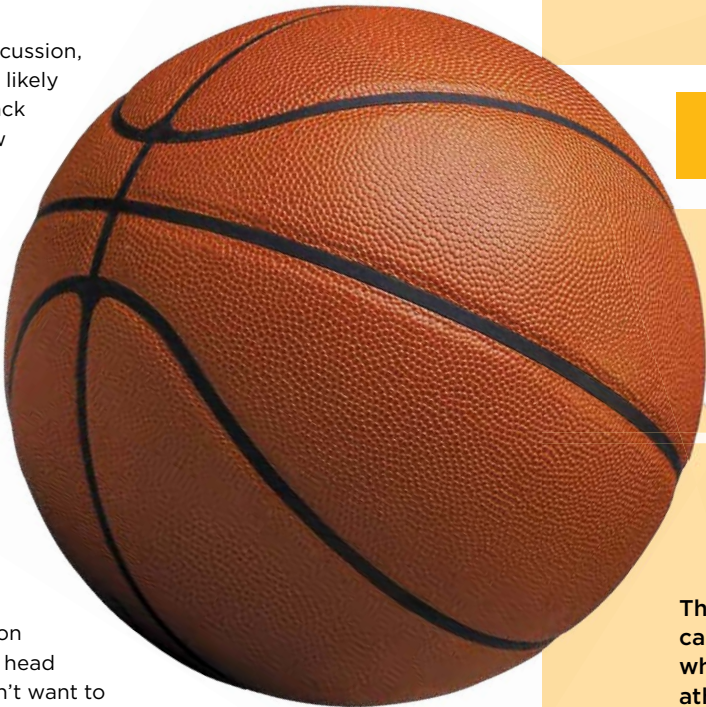
"Those are the scary kids," says Francis. "They're late getting off the pile and shake their head a lot. They'll come off the field and ask what happened on that play ... so you just hold them out."

Connor said his second concussion, suffered while at Maize basketball practice in mid-January, was worse than the first.

"We were practicing hard, so it was physical, and I took an elbow to the head. It knocked me out. I was out before I hit the floor," he recalls. "My coach propped me up and made sure I was OK. I was helped to walk to the trainer's room. I was really tired and dizzy. My head was throbbing."

Connor was treated at Via Christi Sports Medicine and barred from playing sports for nearly two weeks. He had to perform a series of graduated running and concussion tests before he was allowed to return to the court — something required under the law.

Connor is planning to play football for Maize again this season — his junior year — but has switched to defense so that he won't get hit as often as a running back.



Getting back in the game

Using SCORE Cards to determine a safe return to play

The first health care professional who evaluates the athlete will fill out a concussion evaluation tool called a **SCORE Card 1**. This will contain important information that the physician will use to determine how to care for the athlete's concussion and monitor his/her recovery from the injury.

When can the student athlete return to play again? Once he/she has no symptoms or signs of concussion and achieves normalized results on **SCORE Card 2**, a medical authorization will start a **Warm Up for Return 3**.

For more information and to download Kansas Sports Concussion Partnership's SCORE Cards, visit kansasconclusion.org

Start SCORE Card

Give athlete Concussion Guides and SCORE Card

Athlete's symptoms

SCORE Card

Administered by medical professional, coach, athletic trainer, or designated school official. Athlete takes SCORE Card to medical exams.

Medical assessment

SCORE Card

Administered by medical professional or physician.

Copy scores to the Athlete's SCORE card.

Repeat both assessments until athlete is symptom-free and normal.

Do active symptoms/problems continue?

Yes

No

Consider referral to concussion specialist.

Start Warm Up for Return SCORE Card

If any symptoms recur, stop and rest for the day. Repeat step once symptom-free.

Step 1 Increase heart rate.

Step 2 Add movement.

Step 3 Add coordination and cognitive load.

Step 4 Restore confidence and assess functional skills.

Warm up completed. Symptom free?

No

Yes

Consider referral to concussion specialist.

Release for competition and practice.