

MERCY INSIGHTS

Imagine Better Health

Spring 2015

MERCY IN MOTION: VICKI PEDERSEN

Looking back on a career of more than 30 years, Vicki Pedersen, RN, is grateful for the connections she's made with patients and the people she's worked alongside.

Vicki came to CHI Mercy Health in 1979 to work in the intensive and critical care units and to help out in the hospital's nursery. One of her first jobs—and her first love—was in obstetrics caring for mothers and babies. Vicki quickly moved on, getting to know the hospital well as she worked her way through the Surgical Services Department, the Swing Bed Program, Home Care (where she served as Director for 13 years), and most recently, Cardiac Rehabilitation, which she currently manages.

"I've really enjoyed the variety of working in all of the different departments," Vicki says. "If I had to choose a favorite, I would say it was working with mothers and their new babies or spending time with families and patients in home health."

The mother of five passed on her love of nursing to her children, two of whom are also registered nurses. Her daughter, Amanda Nielsen, works on the floor where Vicki got her start more than 30 years ago.



"In all the years I've been a nurse, I've never wanted to work anywhere else but CHI Mercy Health. And I'll be right here until it's time to retire."

—VICKI PEDERSEN, RN



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Healing from Surgery, **ONE STEP AT A TIME**

The Physical Therapy Department at CHI Mercy Health can help you cope with a variety of musculoskeletal issues, including:

- neck and back pain
- shoulder issues related to rotator cuff injuries
- elbow pain
- hip and knee pain related to osteoarthritis
- ankle and foot problems

In addition to our hospital-based services, we offer physical therapy through our CHI Health at Home program to serve our friends and neighbors who aren't able to come to the hospital. We treat people dealing with generalized weakness, as well as those who have just undergone surgery. We're here to help and are willing to work with you based on your individual needs. To learn more, call (701) 845-6550.

Physical Therapy rehabilitation services at CHI Mercy Health are here to make recovering from a difficult procedure a little easier every day.

Scott Jorissen needs healthy knees to get around his farm in Rogers. But when pain and discomfort started slowing the 56-year-old farmer down, he needed some place that could get him back to normal.

"I injured my knee when I was in high school and have had two knee surgeries," he says. "But my knee kept deteriorating. It just got to be too much and I knew it was time for knee replacement surgery."

Although it was a surgeon at Sanford Medical Center in Fargo who replaced Scott's knee, the physical therapists at CHI Mercy Health got him moving again.

TREATING PATIENTS ONE-ON-ONE

Scott's surgery took place in early January 2015, and he began physical therapy five days later at CHI Mercy Health, where the rehabilitation team focused on range of motion and strengthening exercises in order to help Scott's new knee move normally.

"We treat many musculoskeletal issues conservatively," says Grant Goven, PT, ATC, physical therapist at CHI Mercy Health. "We may initially address pain and swelling with modalities, but mostly, we use therapeutic exercise or manual treatments to restore range of motion and strength."

The length of each session varies by patient, Grant says. Each session usually lasts 30 minutes to an hour, and patients come in two to three times per week. Treatment can run anywhere from four to eight weeks, depending on how a patient is progressing.



“We are compassionate and always do what’s best for the patient. We practice CHI’s core values on a daily basis and help carry out its mission.”

—GRANT GOVEN, PT, ATC, PHYSICAL THERAPIST AT CHI MERCY HEALTH

“Each patient is different, and we take that into consideration when we’re creating a rehabilitation plan,” Grant says. “We get to know our patients, and often their families, very well. We understand their needs and give them the time needed to treat their specific injury or illness. We treat our patients as we would our family members.”

A DOSE OF ENCOURAGEMENT

Within two weeks, Scott had worked up to riding a stationary bike.

“It’s been tough,” Scott says, “but my recovery is progressing much faster than my physical therapists expected. I’m still in a bit of pain sometimes, but the staff are really helpful with suggestions on how to cope with the pain. They really work to fit your needs.”

Scott previously underwent physical therapy at CHI Mercy Health after a back injury and says he returned because of the personalized approach.

“They take the time to listen to your questions and concerns,” Scott says. “On days you don’t feel like exercising, they encourage you and give you small goals. They really made my recovery a whole lot easier.”

The CHI Mercy Health Physical Therapy Department can help you recover from a variety of health problems. To learn more, visit www.mercyhospitalvalleycity.org and click on “Medical Services” and then “Physical Therapy.”

Getting Back to Normal on Your New Knee

Recovering from knee replacement surgery will take time, but you can help yourself bounce back by taking a few pre-surgery precautions around your home:

- **Get help rearranging your furniture.** You may be required to use a cane, crutches, or a walker after your surgery, so clear a path in your living areas to make it easier to navigate with the extra equipment.
- **Scan your home for anything that might cause you to trip.** Pay special attention to area and throw rugs, electrical cords, pet beds, and other loose furnishings.
- **Boost the comfort of your favorite chair.** Add cushions in order to raise the height of the seat, which will make it easier to sit down and stand up, and place a footstool close by to elevate your knee.
- **Fall-proof your bathroom.** Installing a shower chair and raised toilet seat are low-cost ways to prevent falls while also easing pressure on your recovering knee.
- **Grab some help.** Grabbing tools will reduce your need to bend over or get up for items that are just out of reach.

The most important thing to remember once you get home is to avoid being too sedentary. Perform any exercises your physical therapist recommends—after all, staying mobile speeds recovery.

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3 Tips for Safer Spring Cleaning

It feels great to freshen up your home after a long winter. Before you break out the buckets and rags, keep these cleaning safety tips in mind.

- 1. Go green where you can.** Many store-bought cleaning products contain harsh chemicals, but simple homemade cleaners involving baking soda and vinegar can be equally effective. In particular, vinegar mixed with water is great for removing salt stains from floors.
- 2. Ventilate, ventilate, ventilate.** For big jobs, such as running your oven's self-cleaning cycle or tackling dirty grout, be sure to run fans or open windows to prevent pollutants from building up indoors.
- 3. Wash windows wisely.** Whether indoors or out, use caution when climbing ladders to clean windows. Always place a ladder on a level surface, and have a helper around to hold it steady while you're working. When you're on the ladder, never reach to do a job; move it as close as it needs to be to complete a task safely. Window washing doesn't need to involve serious scrubbing, either. The pros recommend squirting a small amount of dishwashing soap into a bucket of warm water and cleaning with a sponge and a squeegee.

We've got you covered if you need medical care this spring. Visit www.mercyhospitalvalleycity.org and click on "Medical Services" for a comprehensive listing of specialties.

Your Donations at Work

On November 29, 2014, the Mercy HealthCare Foundation held its 19th Festival of Trees. This annual event, organized by the Foundation Board and volunteers, features beautifully decorated Christmas trees and wreaths that are auctioned off to raise funds for the hospital. The evening was a smashing success—\$17,000 was raised to benefit CHI Mercy Health's Physical Therapy Department.

The proceeds from this year's Festival of Trees were used to purchase two motorized Hi-Lo Scissor Treatment Tables and a Total Gym. These equipment upgrades include wider treatment tables to help our patients feel more comfortable and secure during therapy.

"Each Festival of Trees gala supports a different department within the hospital," says Stephanie Mayfield, Foundation/Mission Director at CHI Mercy Health. "When you attend a Mercy HealthCare Foundation event or make a donation, you help improve and keep health care close to home."

To support the Mercy HealthCare Foundation, visit www.mercyhospitalvalleycity.org/mercy-healthcare-foundation.htm or call (701) 845-6557.

