

Insights

your health and your hospital



New Inpatient Unit Opens in March

The second major milestone of NMC's Master Facility Plan Construction opens in March – the new addition to the inpatient unit, offering all private patient rooms.

The new addition sits behind the current inpatient Medical-Surgical wing and includes 20 new private rooms, with 10 of those dedicated to Intensive Care services. The new rooms give patients and visitors more space including a fully-furnished family zone with a couch, chair and end table. Research shows that the benefit of private rooms include greater privacy, improvements in patient care, reduction in risk of cross-infection, and greater flexibility for clinicians.

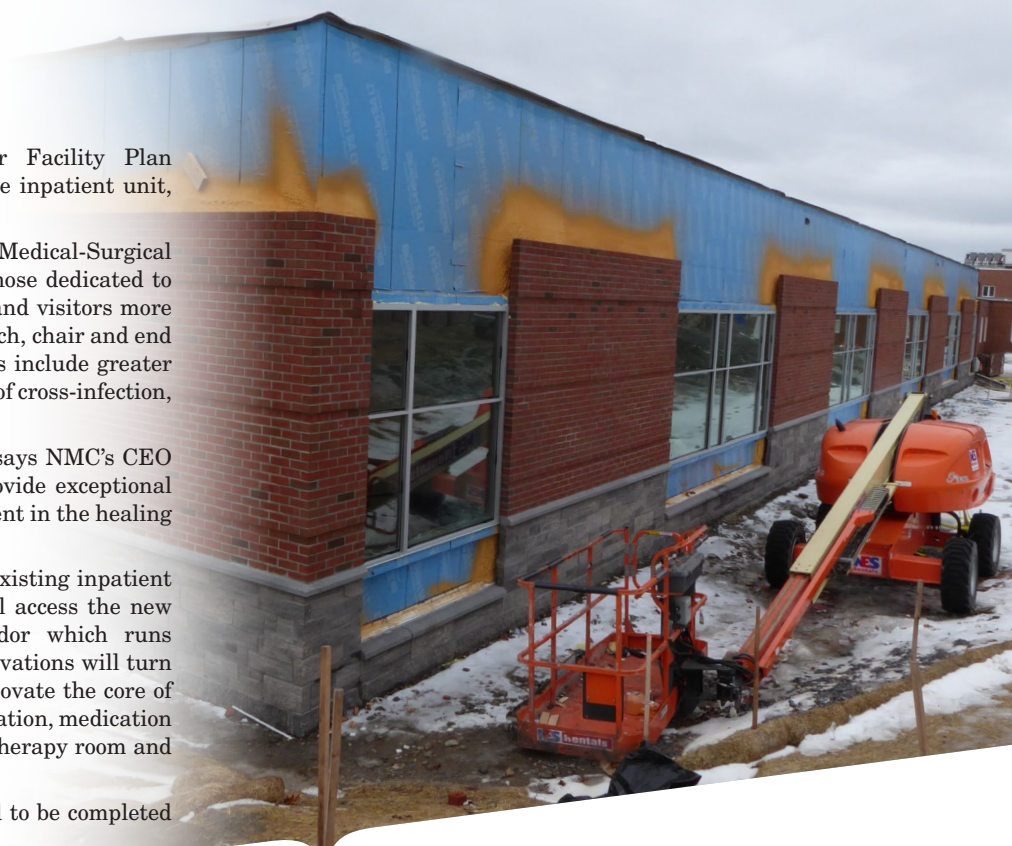
"The change to private rooms incredibly exciting," says NMC's CEO Jill Berry Bowen. "This advancement allows us to provide exceptional clinical care and facilitate family support and involvement in the healing process."

Once the new inpatient wing opens in March, the existing inpatient unit will be renovated. Patients, visitors and staff will access the new addition through a specially built, dedicated corridor which runs alongside and bypasses the existing building. The renovations will turn existing rooms into private patient spaces and also renovate the core of the inpatient wing including areas such as the nurse's station, medication and nourishment rooms, storage spaces, the Physical Therapy room and more.

The renovations to the inpatient unit are scheduled to be completed in October.

Spring Openings for Outpatient Buildings

Later this spring, NMC will celebrate the opening of two new outpatient buildings at the front of campus. The Medical Clinics building is attached to the main building through the lobby and will open in April. The nearby, two-story Medical Office Building will open in June.



New Inpatient Unit
{we do that here}

NMC publishes Insights on a bimonthly basis to help our neighbors have a better understanding of their primary care hospital. If you have questions or comments about this publication, please email insights@nmcinc.org or call our Community Relations Office at 524-1280.

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NMC Taking New Steps to Address Lung Cancer

Lung cancer continues to be a deadly, and mostly preventable, form of cancer that affects both women and men. In fact, 90 percent of lung cancers are attributable to smoking. This means that collaborative work to prevent youth tobacco use, increase cessation, and protect the community from secondhand smoke can take us 90 percent of the way toward eliminating this deadly cancer.

In 2016 and 2017, NMC has taken steps to increase its efforts to prevent lung cancer as well as to participate in activities that will identify lung cancer earlier, in much more treatable stages. The Franklin Grand Isle Tobacco Prevention Coalition, housed and supported by NMC with grant funds through the Vermont Department of Health, has always promoted smoke-free communities and led initiatives in youth prevention and cessation promotion.

Starting in 2016, NMC provided more resources, allowing the Coalition to reach at-risk populations more directly. There has been an increase in efforts to promote cessation at area agencies and businesses where more tobacco users might work.

A new initiative in the local region is a lung cancer screening for patients at high risk for lung cancer. The screen is a Low Dose CT (computed tomography or CAT) scan, a service NMC began offering to patients starting in August 2016.

Northwestern Medical Center was designated a Lung Cancer Screening Center by the American College of Radiology (ACR). The designation means that NMC is prepared to help coordinate the care for these high risk patients. NMC will be following, tracking and coordinating their care as well as connecting them with Chari Anderson, NMC's dedicated smoking cessation specialist. Lung cancer screening with low-dose computed tomography scans, and appropriate follow-up care, significantly reduces lung cancer deaths.

In December 2013, the United States Preventive Services Task Force recommended screening of adults aged 55 to 80 years who have a 30 pack-year smoking history and currently smoke or have quit within the past 15 years. Lung cancer is the nation's leading cancer killer – taking the lives of more people each year than breast, colon and prostate cancers combined.

Low Dose CT scans can be used as a lung cancer screening tool for high risk individuals: individuals who currently smoke or have quit

in the past 15 years, are aged 55 to 74 years and in fairly good health, and have smoked the equivalent to a pack a day for 30 years. This new early detection screening, along with increased provider initiated conversations about quitting tobacco have given NMC an opportunity to not only catch lung cancers at earlier, more treatable stages, but support long-term tobacco users in quitting before any lung cancer develops.

Of the initial group of screenings performed at NMC between August and September, 26 screenings were performed, 100% of current smokers were offered cessation support, and there were zero lung cancers detected. This is good news that means NMC is actively working with many high risk patients to help them to quit before cancer has developed.

Quitting smoking is the most important thing that can be done to prevent lung cancer. If you or someone you know is a tobacco user, consider making a quit attempt. Remember, quitting takes practice and the only way to become tobacco free is to give it a shot. As referenced above, the good news is you don't have to do it by yourself. NMC's VT Quit Partner, Chari Andersen, RN, is here to help with tips, techniques and support along with free nicotine replacement, like patches, gum and lozenges. Starting in January, 2017, NMC will be offering an ongoing quit smoking group called "FreshStart." The group will meet Wednesdays, starting January 4th, from 11am-12pm at NMC's Grand Isle Conference Room. For additional information or to work directly with Chari, contact her at 524-1296 or candersen@nmcinc.org.

802QUITS.org is another program that offers support and free patches, gum and lozenges over the phone or online. The great news is, unlike tobacco products, the support and nicotine replacement are free!

For more information about whether Low Dose CT scans are appropriate for you, contact your primary care practitioner.

PT Helps Strouse Get Running Again

After spending more than a year struggling with hip discomfort and pain, Pediatrician Stacy Strouse began to contemplate what life would be like without running. The active young physician ran track in high school and running and hiking have been a part of her active lifestyle ever since. After her second child was born, though, her eagerness to lace up her running shoes was quickly dampened when she found that she could no longer run without pain. Soon, her hip issue meant that even sitting in a car for 30 just minutes caused discomfort, and so she sought out treatment.

Strouse's provider, Dr. Toby Sadkin referred her for therapy at Northwestern Physical Therapy where she began to see Carolyn Weber, PT. Weber treated Strouse with Postural Restoration, working on her muscular imbalances and postural asymmetries.

After seven PT visits, Strouse is back in action, running and hiking once again without pain or limitations.

"It was amazing," said Strouse. She said the Postural Restoration exercises helped her retrain her body and "turn off" the overused muscles, instead using her strengthened core to do the work.

Strouse said she has long been a supporter of Physical Therapy, referring her patients at Northwestern Pediatrics for therapy when appropriate. "It makes a big difference in the lives of young athletes," she says. The Postural Restoration treatment was new to her, however, and she found it an interesting and effective technique for correcting the iliotibial band tendonitis she experienced.

Postural Restoration, often referred to as PRI, is an integrative and holistic approach that identifies and corrects common postural patterns. PRI credentialed professionals recognize imbalances and typical patterns associated with system disuse or weakness that develop because of dominant overuse.

Strouse was pleased with more than just the effectiveness of the therapy. She said she was also pleased with Weber's flexibility in accommodating her work schedule. Strouse was able to get appointments in the early morning before work or on her occasional weekdays off, sometimes in the Enosburg office of Northwestern Rehabilitation Services, and sometimes in St. Albans. That flexibility and little wait times at appointments were important to Strouse, who said it made it easy to fit therapy into a very busy schedule. "She really went above and beyond," she said of Weber.

Now, she's out running regularly again and happy to be back in action. "I feel really good," she said.

To learn more about Postural Restoration, contact Northwestern Rehabilitation Services at 802-524-1064.



RISE



Embracing Healthy Lifestyles

RiseVT Hires Denise Smith as New Project Manager

RiseVT, the community campaign to embrace healthy lifestyles, welcomes Denise Smith as the new Project Manager for the Franklin and Grand Isle County region.

"We are very excited to have a strong local leader like Denise join the RiseVT team as we work to help engage everyone in northwestern Vermont in being more active, eating better, and adopting other healthy habits," said Jill Berry Bowen, NMC's Chief Executive Officer and the co-chair of the Franklin & Grand Isle Community Committee on Healthy Lifestyles.

Smith is the former Executive Director of the Friends of Northern Lake Champlain and previously served as the Resource Development Coordinator at the former Franklin Grand Isle United Way. She is currently pursuing her Masters in Leadership for Sustainability from the University of Vermont, where she also earned her undergraduate degree. Smith also recently served on the Community Committee for Healthy Lifestyles which provides local insight and advice for RiseVT.

"Denise's history of active involvement in our community will serve her well as RiseVT Project Manager," said Judy Ashley, District Director of the Vermont Health Department and co-chair of the Community Committee on Healthy Lifestyles. "This movement is built on local energy and excitement around a healthier future for all and Denise's familiarity with RiseVT and with our community will make for a smooth transition."

"RiseVT is an example of a creative population health initiative whose mission strongly aligns with my vision to help sustain a healthy, vibrant, and connected community," said Smith. "I am beyond thrilled to be joining such an incredible team of dedicated professionals at RiseVT!"

Smith started work with RiseVT in January, leading the team of wellness specialists, wellness advocates, and health coaches as they work to help members of the community embrace healthy lifestyles while improving their quality of life and reducing their healthcare costs where the live, work, learn, and play.

"The response to RiseVT in its first year and a half has been amazing," said Elisabeth Fontaine, MD, the Medical Director of NMC Lifestyle Medicine and RiseVT. "To have 9 communities and 46 businesses and 15 schools and more than 16,000 people getting involved puts us on a path to being a healthier community. Having someone with Denise's energy and experience leading the team means that positive progress will continue and we will all rise together."

Visit RiseVT, for more information.

INSIGHTS TO HEALTH

Your guide to local healthy programs, classes, and more!



Exercise

Postural Restoration: Got Pain? Come learn about this new approach to treating pain

Tuesday, March 14 5:30 to 6:30 p.m.

Carolyn Weber, PT, certified in Postural Restoration, will be introducing this new concept for treating the human body. Postural Restoration (also referred to as PRI) is a holistic, posture-based approach that considers the influence of multiple body systems in managing pain. Learn how PRI works, what physical therapists can do to help you with this treatment approach, and how NMC is offering this service. Hear success stories about those that have had underlying pain and transformational changes from PRI that gave them back their quality of life.

Location: NMC Conference Center, Green Mountain Room

Pre-Registration encouraged please call to sign up @ _____

Fee: Free

How to Manage Hip and Knee Pain and the Role Water Can Play

A Collaboration of Northwestern Physical Therapy, Northwestern Orthopedics and Branon's Pool to Present

Monday, March 20 5:30 to 6:30 p.m.

Join us at Branon's Pool with Northwestern Physical Therapy's Katie Guerino, PT and Northwestern Orthopedics as they provide an overview of hip and knee pain: when to see a doctor, self-management techniques and an overview of the role the water can play in managing hip and knee pain. Attendees will have the opportunity to get in the pool for an exercise program demonstration and will be given a coupon for a reduced rate at Branon's Pool for two months! Please bring a towel and swimwear.

Location: Branon's Pool

Pre-Registration Required:

Fee: Free, attendees receive a coupon for 2 months reduce rate to Branon's Pool.

Cancer Exercise Rehab Group

Ongoing every Tuesday and Thursday 11:00 to 12:30 p.m.

A physical therapy evaluation is required to assure that the client is able to participate. This class pin points the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema.

Featuring: Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

Location: NMC Rehab gym, Cobblestone Building

Pre-Registration Required: Call 524-1064

Fee: Free for the first 8 weeks, then \$40 for open gym access



Featured Program

How to Manage Low Back Pain and the Role Water Can Play

Wednesday March 8 5:30 to 6:30 p.m.

Join us at Branon's Pool with Northwestern Physical Therapy's Katie Guerino, PT and Northwestern Orthopedics Physician, Simon Shapiro, MD as they provide an overview of low back pain: when to see a doctor, self-management techniques and an overview of the role the water can play in managing low back pain. Attendees will have the opportunity to get in the pool for an exercise program demonstration and will be given a coupon for a reduced rate at Branon's Pool for two months! Please bring a towel and swimwear.

Location: Branon's Pool

Pre-Registration encouraged please call to sign up @ _____

Fee: attendees receive a coupon for 2 months reduce rate to Branon's Pool

Prenatal Fitness

Every Wednesday 5:30 to 6:30 p.m.

Northwestern OBGYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

Featuring: Stephanie Preedom, AFAA

Location: NMC Wellness & Fitness Room

Pre-Registration Required: Call Stephanie @ 802-288-1141 or email stephanie.preedom@gmail.com.

Fee: Free to Northwestern OB/GYN patients

Education

Vermont Quit Partners Fresh Start Tobacco Cessation Class

Wednesdays 11:00 a.m. to 12 p.m.

Join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Location: Northwestern Medical Center, Grand Isle Room

Pre-Registration Required: Call Chari at 524-8480

Diabetes and You

Mondays, February 13 to March 13 10:00 a.m. to 12:00 p.m.

Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Location: Northwestern Medical Center, Cobblestone Building Suite 202

Pre-Registration Required: Contact Deborah Robertson at 514-1031

Fee: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

YMCA Diabetes Prevention Program

Wednesdays, March 15 (for 16 weeks) 10:00 to 11:00 am

The YMCA's Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by increasing physical activity, eating healthier, and losing a modest amount of weight. This year-long offering is for persons who have been diagnosed with prediabetes or meet specific risk criteria for developing the disease. Participants receive support and encouragement from both a trained lifestyle coach and fellow classmates in a small group classroom setting. Sixteen weekly one-hour sessions are followed by 8 monthly sessions.

Location: Northwestern Medical Center, Cobblestone Suite 202

Pre-Registration Required: Call Deb Robertson at 524-1031 or email drobertson@nmcinc.org

Pre-registration is required. Please call 524-1234 to pre-register or receive more information on content. Programs are FREE unless otherwise indicated.



THIS PUBLICATION IS 100% RECYCLABLE.

Maternity

Breast feeding and You

Friday, February 17 Noon to 1:30 p.m.

Location: Vermont Department of Health, St. Albans District Office, Federal Street

Thursday, March 16 6:00 to 7:30 p.m.

Location: Northwestern Medical Center's Family Birthing Center Conference Room

Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help!

Speaker: Vermont Department of Health staff

Pre-registration Required: Call 524-7971

Breastfeeding Moms Group

First Wednesday of Each Month 10:30 am to 12:00 pm

Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts.

Location: Northwestern Counseling and Support Services Family Center

Pre-Registration Required: Call 393-6591

Breastfeeding and Infant Massage Group

Second Wednesday of Each Month 9:30 to 11:15 am

Join other Moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary.

Location: Alburgh Library

No Pre-Registration Required

Latch On! Discussion Group

Third Saturday of Each Month 10:00 a.m. to 12:00 p.m.

Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms.

Location: NMC Family Birth Center

No Pre-registration Required

Baby Bumps Support Group for Mothers and Pregnant Women

Second and forth tuesday 5:30 a.m. to 6:30 p.m.

Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric Registered Nurse.

Location: NMC Family Birth Center

Pre-Registration Required: Call Rhonda Desrochers, (802)527-7531

Support Groups

Healing Circle Women's Cancer Support Group

March 7 Socializing 4:30 to 5:00 pm Meeting 5:00 to 6:30 pm

A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call (802) 524-8479 with any questions or to RSVP (not required).

Location: Northwestern Medical Center Conference Franklin Room

Pre-Registration Required: No

Fee: Free

Look Good Feel Better

April 3 4:30 to 6:00 pm

For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops/interactive demonstration led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options.

Featuring: Carol Lumbr, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique

Location: Northwestern Medical Center Grand Isle Room

Pre-Registration Required: Call to 524-8479

Healthy Weight Support Group

Every Monday Noon to 12:30 p.m.

This is a weekly support group for those working on weight management. It combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check.

Featuring: Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian, Northwestern Medical Center

Location: Northwestern Medical Center, Grand Isle Room

No registration required, just drop in to attend.

Fee: Free