



## Restoring an Active Lifestyle: joint replacement frees Deslauriers from pain

**P**eter Deslauriers spent a decade in pain from a knee injury he suffered in college. After a total knee replacement he finally feels good enough to run, jump and even play basketball with his kids and his grandchildren without a touch of pain.

"To me, it's truly a miracle," he said.

Deslauriers is a St. Albans native who teaches at St. Albans City School and was mayor of the Rail City for 12 years. He also says he's a bit injury-prone. Those injuries led him to Dr. Robert Beattie, a surgeon with Northwestern Orthopaedics. Over the years, Deslauriers established a strong relationship with Dr. Beattie, who always took a patient-first approach. His friendly professionalism instills confidence, Deslauriers says, to the point where he felt he wasn't just seeing a doctor, but getting care from a trusted friend.

Deslauriers spent years dealing with his knee pain, getting regular injections that offered temporary relief. Eventually, Dr. Beattie recommended joint replacement surgery and Deslauriers was confident he'd have a good outcome. He was right. Within two months he was back to what he felt was full function, free of the nagging pain he'd had for so long.

"He is tremendously skilled, tremendously gifted," Deslauriers said about Beattie's skill as a surgeon.

Deslauriers has also seen Dr. Beattie for a shoulder injury and had surgery to repair a rotator cuff. Although he was cautioned that this surgery might not get him back to 100 percent function, Deslauriers said he once again had a great outcome.

Dr. Beattie is a board-certified orthopaedic surgeon and has been in practice for more than three decades. He specializes in arthroscopic joint surgery, which is performed through smaller incisions than general surgery. Dr. Beattie has an interest in sports medicine, and he worked as an ortho surgeon for both the Canadian Ski Team and the Ottawa Rough Riders before beginning practice in Vermont. He is part of an orthopaedic team at NMC that includes Dr. Michael Barnum, Dr. Denise Durant, and

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Dr. Robert Beattie in the operating room.

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](mailto:insights@nmcinc.org) or call our Community Relations Office at 524-1280.

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# On The Rise:

## innovative wellness program wins \$400,000 grant

The Vermont Department of Health recently announced the award of a \$400,000 Vermont Health Care Innovation Project grant to the Community Committee on Healthy Lifestyles and its new RISE VT program.

The RISE VT grant award, which will be spread over two years, supports the development of a community-wide, multi-stakeholder campaign to improve the health of Franklin and Grand Isle counties. The program would engage people of all ages in better health by offering membership for individuals, groups, and businesses, through a point system that recognizes and encourages participation in healthy habits. As participants increase their commitment to healthy lifestyles, they are rewarded with higher levels of membership.

In addition to the membership program, RISE VT will also be the catalyst for several new community-based healthy lifestyle building blocks, including:

- **Access to Care:** improved access to initial health risk appraisals as a complement to Primary Care;
- **Worksite Wellness:** increased community and employer-based education and healthy challenges;
- **Local Support:** a network of health advocates embedded in the community to serve as ambassadors of positive change;
- **Systemic Change:** encouragement of policy changes and infrastructure development; and
- **Online Tools and Resources:** creation of an online wellness portal to serve as a central informative and interactive resource for the community.

The RISE VT approach was developed by the Community Committee on Healthy Lifestyles, a passionate local group that includes healthcare providers, schools, municipalities, State agencies, local organizations,

businesses, media, and more. The RISE VT name came from the group's spirit of taking action to elevate the health and wellbeing of the community.



"RISE VT is an incredible opportunity to bring alive the vision of a healthier community using prevention efforts to improve health and reduce health care costs," said Judy Ashley who Judy Ashley co-chairs the Community Committee on Healthy Lifestyles with NMC CEO Jill Berry Bowen. Ashley is the District Director of the St. Albans office of the Vermont Department of Health, which is a co-partner in the initiative.

"This is a community-wide campaign that involves individuals, families, schools, businesses, and municipalities as well as looking at policies and systems. We are not creating something new but maximizing the existing synergy to make it easier for us all to make healthier choices in our daily lives."

Northwestern Medical Center has also committed \$200,000 in its fiscal year 2015 budget to support the RISE VT initiative and will soon hire a coordinator to begin implementation of the program's structure.

NMC is deeply committed to improving the health of our community.

"Northwestern Vermont has some of the most challenging health indicators in the State, including higher rates of cardiovascular disease and other chronic conditions," said Jill Bowen, NMC's Chief Executive Officer. "Our heightened rates of obesity and other significant medical problems result in increased costs within the healthcare system which could have been prevented. There is no greater investment we can make than an investment in wellness, prevention, and better health."

## The Giving Season

Community support to Northwestern Medical Center provides a vote of confidence in our local hospital and direction. The NMC Community Fund helps to ensure access to exceptional care, enhanced community wellness programs and enriched educational opportunities to expand the expertise of our staff. As the giving season approaches, we hope you will consider a gift to

the NMC Community Fund. Your recognition motivates our team and your gifts make a difference - allowing NMC to continue providing exceptional care in our community.

Jill Berry Bowen, Chief Executive Officer



# Strengthening Our Healing Environment



Schematic Concept Drawing of the Med-Surg/ICU wing featuring all-private patient rooms.

As NMC looks to the future, we must ensure our facility's design can meet the anticipated needs of our community and changes in healthcare. Our current facility was designed years ago as an inpatient-focused facility which met the standard of care at that time. It is now inefficient and parts of it are outdated. 76% of our care is now provided on an outpatient basis, so our facility design must evolve to efficiently keep pace with advances in best-practice medicine. Plus, our "Age of Plant Building" is now calculated at 20.2 years, 59% worse than the state average. It is time for NMC to invest in strengthening our healing environment to maintain our ability to care for current and future generations.

The NMC Board has anticipated this need and has wisely positioned NMC to take on this exciting challenge. We have supplemented our Strategic Plan with a Master Facility Plan to ensure our facility aligns with our future. This effort has been intentionally deliberate over recent years to ensure we make the best investment possible. Our refined plan, which comes together in three major projects, focuses on the highest and most strategic priorities:

**Private Inpatient Beds:** NMC needs to convert our Medical/Surgical and Intensive Care inpatient rooms from two-bed rooms to private rooms. Having a roommate when you are sick enough to be hospitalized is no longer best practice in medicine. Private rooms are proven to improve privacy, infection control, and restfulness for the patients as well as efficiency. This is the evidence-based approach to modern hospital design and we anticipate all hospitals will appropriately move in this direction as facilities are updated.

**Outpatient Addition:** To keep pace with community need, NMC must provide expanded space for our Medical Cardiology and Pulmonology services. With this addition at the front of the hospital, we will centralize Registration and make access improvements at main entrance. This addition will enable Obstetrics & Gynecology to be in the same building as the Family Birth Center. It also allows us to create flexible clinic space to help us re-establish part-time specialty services such as Dermatology, Neurology, Rheumatology, and Endocrinology. This would be a significant advancement in care and prevention in our community which lines up directly with a top priority in the Community Health Needs Assessment.

**Medical Office Building:** To improve access, we need to bring Primary Care and Urgent Care to the front of our campus into an attached multi-specialty Medical Office Building which will also provide efficient space for our busy Orthopaedics practice. This building will complement existing spaces on campus, helping relieve the space crunch we are currently experiencing. A shelled second floor will provide efficient future flexibility to continue to meet community need.

We are currently preparing Certificate of Need applications to obtain State regulatory permission to make these important investments, with the intention of starting construction as early as the Fall of 2015. You will be hearing more about our plans for this exciting advancement as we move through the process.

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Physician Assistants Tim Balise, Sara Talbot and Troy Turner.

Getting to know Dr. Beattie and his interests helped forge trust for Deslauriers. He also described Dr. Beattie has having skills akin to those of psychiatrist; he knew Deslauriers' mind-set and tailored his messages to the teacher in a way that resonated. "He truly cares," Deslauriers said.

Deslauriers paid close attention to Dr. Beattie's recommendations both before and after surgery, something that he said was easy to do because of the doctor's availability and willingness to discuss and explain at length. Deslauriers also gave high marks to NMC's Surgical Services team who shepherded him through his procedures in St. Albans. Following the total knee replacement, Deslauriers took full advantage of Northwestern Orthopaedics referral to NMC's Rehab Services department for follow-up physical therapy, which helped his recovery go quickly and smoothly.

Getting such high-quality, collaborative care right in his hometown made Deslauriers' experience all the sweeter.

"We can get the best right here," he said. "We are lucky to be in a community with this level of skill," he said.

## Healthy Hearts on the Move

Saturday, February 7th - 9 a.m. to noon  
St. Albans City Elementary



Join us this February 7 for NMC's third annual Healthy Hearts on the Move in Northwestern Vermont. Follow through on healthy New Year's resolutions at a morning event that includes fitness activities, educational booths, health screenings, healthy food and recipes --- all for free!

This year's heart-healthy event will take place at St. Albans City Elementary School on Saturday, February 7. Healthy Hearts is family friendly, too! Bring your kids to take part in active children's fun while you try out a 30-minute work out session. Tour our informational booths and meet some of our providers and treat yourself to a free massage.

Watch NMC's website for details and updates about the event

[www.northwesternmedicalcenter.org](http://www.northwesternmedicalcenter.org)



Pre-registration is required. Please call 524-1234 (or email [cfhw@nmcinc.org](mailto:cfhw@nmcinc.org)) to pre-register or receive more information on content. Programs are FREE unless otherwise indicated.

# DECEMBER & JANUARY PROGRAMS

## Oncology Rehab

**Ongoing every Tuesday and Thursday 11:00 to 12:30 p.m.**  
This class pin points the common needs of patients, including decreased range of motion, decreased strength, cancer-related fatigue and lymphedema. A physical therapy evaluation is required to ensure that participants are able to join.

**Featuring:** Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist

**Location:** NMC Rehab gym, Cobblestone Building

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

**Pre-registration Required:** Call 524-1064

## Breastfeeding: Keep It Simple

**Monday, December 8 6:00 to 7:30 p.m.**

**Location:** NMC, Family Birth Center Conference Room

**Friday, January 30 Noon to 1:30 p.m.**

**Location:** Vermont Department of Health, 27 Federal St., St. Albans  
You are invited to Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help in this Breastfeeding Prep class offered by the Department of Health.

**Featuring:** Vermont Department of Health staff

**Pre-registration Required:** Call 524-7970

## Living Strong in Vermont Program (light strength training)

**Mondays & Wednesdays, starting Jan 5, 2015 3:00 to 4:00 p.m.**

**Tuesdays & Thursdays, starting Dec 30, 2014 4:00 to 5:00 p.m.**

This strength training course is designed for those over the age of 50 to reduce the effects of osteoporosis, but participants of all ages are welcome. Through a series of simple chair based or standing weight bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participant must have had a physical exam in the past year and will need their physician's approval to participate.

**Instructors:** CVAA Certified Instructors: Lynne Marie Villareal, Louise Doyle and Charlene Gless

**Location:** Hawk's Nest Senior Housing, Community Room, St. Albans

**Pre-Registration Required:** Call 524-1234 or email [cfhw@nmcinc.org](mailto:cfhw@nmcinc.org)

## Introduction to Tai Chi

**Mondays, starting January 5 5:30 to 6:30 p.m.**

This introductory course is designed for those with joint pain, arthritis and balance issues or for anyone wanting an introduction to this ancient Chinese art and is led by an NMC PT who is also a certified instructor. Tai Chi is a slow, gentle series of movements designed to enhance mental and physical well-being.

**Location:** Healthy U Exercise and Wellness Room in the NMC Conference Center

**Instructor:** Pat Cervini, NMC Physical Therapist

**Cost:** \$5 per class

**Registration Required:** Call 524-1064.

## Healthier Living with Diabetes

**Tuesdays, January 6, 13, 20, 27, Feb 3, & 10 1:00 to 3:00 p.m.**

Are you or someone you know living with diabetes? Then this Healthier Living Workshop is for you! Learn how to manage the issues that go along with your chronic disease.

**Facilitator:** Various

**Location:** Northwestern Medical Center, Conference Room 1

**Pre-registration Required:** Call 524-1031 or email [drobertson@nmcinc.org](mailto:drobertson@nmcinc.org)

## Vermont Quit Network: Freshstart (Tobacco Cessation Classes)

**Wednesdays, January 7, 14, 21 & 28 3:00 to 4:00 p.m.**

**Location:** Four Winds Senior Housing, Elm St., St. Albans

This 4-session series will 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. Vermont residents get free patches, gum & lozenges.

**Pre-Registration Required:** Call Chari at 524-8480

## Healthier Living with Chronic Disease

**Mondays, January 19, 26, & Feb 2, 9, 16, 23 12:30 to 3:00 p.m.**

Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications.

**Location:** Northwestern Medical Center, Conference Room 2

**Pre-registration Required:** Call 782-5323 or 524-1031, or email [hmessier@nmcinc.org](mailto:hmessier@nmcinc.org)

## Look Good, Feel Better

**Monday, February 2 4:30 to 6:00 p.m.**

*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 led by trained, volunteer cosmetologists
- Get help with cosmetics, skin care, and head covering options

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

**Location:** Northwestern Medical Center, Conference Room #1

**Pre-registration Required:** Call 524-8479

## Saturday Childbirth Education Workshop

**Saturday, January 3 8:30 a.m. to 4:30 p.m.**

Join other expectant parents in a day-long workshop to prepare for the birth and care of your baby. Learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop.

**Location:** Franklin County Home Health, 3 Home Health Circle, St. Albans

**Program cost:** \$90.00

**Pre-registration required:** Call 527-7531.

