

Insight

A publication of FHN

Volume 5, Issue 2

ACL Knee Reconstruction at FHN

Are You Ready for
Severe Weather?

Prescription
Savings with RxCut



We're here, for you.

FHN



Welcome to the Spring Issue of INSIGHT!

I'm sure you're as glad as I am to finally welcome warmer weather! I like winter too, but this past winter "exceeded my expectations."

In this issue, you'll learn about state-of-the-art **ACL reconstruction for knee injuries** – Dr. John Glusic at FHN performs the same type of surgery that professional athletes like Derrick Rose have relied upon to get them back into the game.

You can also read about **FHN's Emergency Preparedness Team** and all of the information that helps ensure that we're ready for tornado season or any other type of emergency. There is lots of community-wide information available on the FHN website, including checklists and other useful tools for you and your family.

There's an article on a **free prescription savings card** you can get and use even if you're not an FHN patient, and some updates on recent achievements of our staff and providers. There's also a piece on a donation of stethoscopes and blood pressure monitor and cuffs from the FHN Foundation to local churches in a **partnership between FHN and the Stephenson County Health Department**.

In addition to a number of other articles, we've also included information on our **Miles And Minutes summer exercise and activity program**, which is gearing up to begin at the end of May – I hope to see you out and about this summer!

**Thank you for choosing FHN,
and enjoy this issue of INSIGHT!**



FHN Foundation Gifts at Work

FHN and Stephenson County Health Department Team Up for Community Health

A gift of stethoscopes and sphygmomanometers (blood pressure monitors) will enable local churches to help parishioners monitor their blood pressure.

"Many of our city's citizens don't see their healthcare provider very often, or don't have a provider at all," said Stephenson County Public Health Administrator Craig Beintema. "We wanted to provide them with good information about health and a way to monitor some of their important health issues that didn't involve a trek to a doctor's office, so we reached out to our local pastors and asked for help."

When the pastors suggested bringing health education and simple tests like blood pressure checks to their churches, Beintema turned to FHN for help.

"We're working with organizations like CAPS (Community Activities Partnership Support) and the Health Advisory group, both in the 3rd Ward area, to bring health



education and services to the underserved population, so we asked FHN for help with the clinical aspect of the project," Beintema said.

Enter the FHN Foundation, purchasing stethoscopes as well as blood pressure monitors and cuffs for local churches.

"It's part of our mission to promote health, and there's no better way to do that than to support programs that are teaching people about good nutrition

and taking care of themselves," said FHN Foundation Executive Director Terry Egan.

FHN physician Sandra Jackson, MD, will work with Beintema to train volunteers on the proper use of the blood pressure monitors, and will be part of the team to help educate parishioners about what to do if their readings come back high.

"After we help them put the plans in place, we are going to ask each church to let us know how many people are having their blood pressure taken, and how those readings are going," Beintema said. "We're not asking them to share anyone's readings, but give us an idea of how many people in their church had high blood pressure, and what we can do to help them."

For more information on how FHN supports the health department's outreach program, contact Beintema at 815-235-8271.

Are You Prepared for Severe Weather Season?

Severe weather can strike at any time of the year, as we learned last winter. In Illinois, however, our biggest weather threat, tornadoes, are most likely to occur during the spring and summer. The winds of a severe thunderstorm can cause significant damage, too – downed trees and power lines can be dangerous and even deadly.

FHN's emergency preparedness team works with area law enforcement, fire and ambulance agencies to make sure our communities are prepared for disaster. We also prepare and share emergency preparedness information with all the members of the Illinois Emergency Medical Services Region Planning Area 1, which encompasses 17 area hospitals spanning most of northwest Illinois. In the event of a disaster, these hospitals and organizations, including FHN, will share resources and work together to help those affected.

As part of the area's emergency preparedness team, FHN provides

an online listing of area emergency management contacts and information at www.fhn.org/ready. Participating agencies include the Federal Emergency Management Agency, the State of Illinois, the American Red Cross and the Northwest Illinois Chapter of the American Red Cross, Stephenson County Emergency Management, Ogle County Emergency Management, and the Stephenson County Health Department.

If there is a disaster in the area, these agencies will post the latest information online at www.fhn.org/ready. In the event of a disaster, please visit this site for information.

One of the collaborative efforts of this group is a Premise Alert Program, which gathers important information from residents with special needs to share with first responders who may be called to assist in an emergency. You can download a Premise Alert Program enrollment form (and the instructions to complete and return it) at www.fhn.org/ready.

Always at the Ready

FHN maintains preparedness with drills and training to prepare staff for various situations such as a large influx of patients, isolation of a patient with a highly infectious disease, chemical decontamination, radiological decontamination, and facility evacuation. FHN has equipment to decontaminate and treat up to 50 ambulatory patients per hour in an emergency situation. The equipment includes such items as chemical protection respirators, personal protective suits, and portable showers designed for decontamination.

FHN also has equipment to convert some of the hospital's meeting rooms into ward-style treatment areas, increasing hospital bed capacity by 20 percent in an emergency situation. We also have the equipment and capability to set up temporary treatment centers or temporary care centers off-site in the event our structure is damaged or the increase in patients requires additional facilities.



Are You Ready?

Is your family ready to handle an emergency situation? The Illinois Emergency Management Agency (IEMA) offers a Severe Weather Preparedness Guide with information on what to do in case of a tornado, severe thunderstorm, or flood, as well as a checklist to put together your family's own emergency supply kit.

You can view and download the IEMA 2014 Severe Weather Preparedness Guide at www.fhn.org/ready. While you're there, check out the red box on the page – that is where local agencies will post the latest information in case of a disaster.



ACL Reconstruction?

Please, Please Check with Me Before Going Anywhere Other than FHN!

Fell off your bike and onto your knee during a century ride? High school athlete with a football injury? Twisted your knee while running? If an ACL reconstruction is in your future, don't choose another healthcare organization without checking with Dr. John Gluscic first!

Your ACL, or anterior cruciate ligament, is one of the four major ligaments of the human knee. Injury to this ligament, which is usually the result of hyperextension or a twist, is one of the most common types of injuries in committed athletes. John Gluscic, MD, is an FHN orthopedic surgeon who employs the surgical procedure used on the world's top athletes to repair ACL injuries.

Two well-known professional athletes, Adrian Peterson and Derrick Rose, underwent the exact same procedure that is performed by Dr. Gluscic (pronounced GLUE-sic), and they

often use tissues from the patient's hamstring or even cadaver tissue, and reconnect the ligaments in a different way. These options may work as a last resort, but failure rates are much higher and recovery takes a lot longer."

Why would a patient or surgeon go with a different reconstruction procedure? "Considering my commitment to athletic performance and rehabilitative excellence and recovery, no other technique really makes sense," Gluscic says. "If you have access to a surgeon with the training to do this procedure, this is without a doubt the best option."

Recovering to Full Potential

Dr. Gluscic's patients generally can bear full weight on their injured knee immediately following surgery and experience at least a 94 percent chance of recovery to their pre-injury levels of strength and flexibility within four to five months. They



bounced back to their professional athletic careers in near record time. But whether they play for the Chicago Bulls, the Highland Community College Cougars, or the pick-up team at the gym on Saturday, athletes undergoing the type of procedure performed by Dr. Gluscic are back on their feet faster, with unprecedented levels of functionality.

Three Elements for Success

ACL reconstruction performed by Dr. Gluscic has three major elements: The surgery itself, the graft used to reconstruct the ligament, and the rehab process after the surgery. According to Dr. Gluscic, each component needs to be executed expertly to ensure the type of results he wants for his patients.

"I use the patient's own tissue for the graft, usually from the front of the knee that's injured," says Gluscic, "and I utilize a bone-tendon-bone method of reconstruction. Other surgeons

begin physical therapy in three days or less, and Dr. Gluscic is personally involved in overseeing this crucial element in the recovery process.

"I can't say enough about the rehab team at FHN," Gluscic says. "We all work together with the patient to get them back on the court or field as quickly as possible, feeling as good as new."

So whatever your team, if you're diagnosed with an ACL injury requiring surgery, get in touch with Dr. Gluscic and his FHN team before making your surgery decision. There's no need for you to expect – or accept – anything less than Adrian Peterson or Derrick Rose!

Reach Dr. Gluscic through a referral from your family practice provider or toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 902.

It's Back!

FHN Miles And Minutes 2014

Last year's FHN Miles And Minutes competition paid off for six area school districts and more than 1,500 participants. Join us again this summer to make your exercise count for your school!

FHN's Miles And Minutes program encourages you to be active as you log various types of physical activity to win prize money for the school system of your choice.

Register for this online program at www.fhn.org/milesandminutes. All of the rules of the competition are there, as well as information about how miles and minutes will be calculated to determine the winning school systems.

A calculator on the website automatically converts minutes of almost any type of physical activity into miles, and prizes will be awarded in miles in two categories:

- School system with the most average "miles" logged per participant
- School system with the most "miles" total

Miles are normalized based on the number of students in each system to help ensure that all schools have an equal chance to win. First prize for each category is \$2,000, second prize is \$1,000 and third prize is \$500! Prize money will be awarded in September.

Competition begins Sunday, June 1 and runs through Sunday, August 31. Participants (must be age 12 and above – and student athletes are welcome to participate!) can support any school system, and running totals will always be on the website as well as reported through the media and the Miles And Minutes Facebook page (FHN Miles And Minutes) and Twitter feed (@MilesAndMinutes).

For more information, contact FHN Marketing toll-free at 1-877-6000-FHN (1-877-600-0346) ext. 901.

SCHOOL SYSTEMS IN FHN SERVICE AREA

Chadwick-Milledgeville
Dakota School District
Durand School District
East Dubuque
Eastland School District
Forrestville Valley School District
Freeport Catholic Schools
Freeport School District
Galena
Immanuel Lutheran School
Lena-Winslow School District
Orangeville School District
Pearl City School District
Pecatonica School District
River Ridge
Scales Mound
Stockton School District
Tri-County Christian School
Warren School District
West Carroll School District



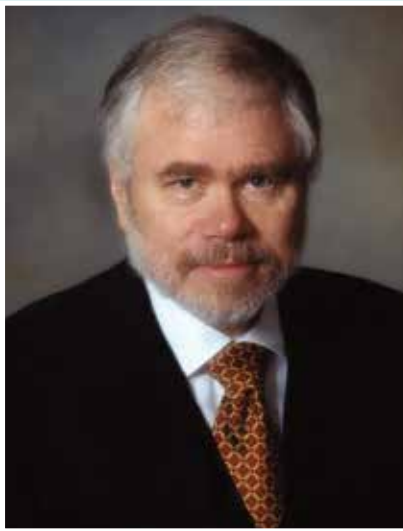
Interested in Pursuing a Healthcare Career?

Visit www.fhn.org/scholarships

for information on this year's FHN Healthcare Scholarships!

The deadline for all applications is Sept. 12.





Nation's Top 15 Percent FHN Physicians Named to Castle Connolly Top Doctors List

FHN physicians **Martin Cleary, MD**; **Robert Geller, MD**; and **Toni Levine, MD** are among the nation's top 10 – 15 percent of physicians, according to America's Trusted Source for Identifying Top Doctors Castle Connolly.

Dr. Cleary sees patients of all ages at FHN Family Healthcare Center – Warren and FHN Family Healthcare Center – Stockton. He was named to the list this year.

Dr. Levine, an otolaryngologist (ear, nose and throat specialist), was first named to the Castle Connolly list in 2001. She sees patients at FHN Specialty Care – Stephenson Street in Freepoint.

Dr. Geller is an infectious disease specialist and the vice president of medical affairs at FHN. He was named to the list this year.

Physicians are selected for the list by Castle Connolly's physician-led research team. Castle Connolly has been recognized by several national media sources including *The New York Times*,



The physicians included in America's Top Doctors® were nominated by their peers in an extensive survey process of thousands of American doctors each year.

USA Today, Good Housekeeping, Redbook, Town & Country, Ladies Home Journal, Good Morning America, the Today Show, 20/20 and more than 100 other television and radio stations. Castle Connolly is considered America's trusted source for identifying Top Doctors.

Physicians do not (in fact, cannot) pay to be included in the Castle Connolly list. The physicians included in

America's Top Doctors® were nominated by their peers in an extensive survey process of thousands of American doctors each year. Each doctor's medical education, training, hospital appointments and more is screened by the Castle Connolly physician-led research team. The doctors who are among the very best in their specialties and in their communities are selected for inclusion.

Join Our
Talent Network

Consider a career at FHN! Go to the Career section of www.fhn.org.

If you're not ready to apply or don't see a job that interests you, join our **Talent Network** to receive job alerts for future opportunities.



RxCut

FHN Offering Free Prescription Savings Card

If you request generic prescription drugs at the pharmacy, you may have found that your insurance co-pay can be higher than the actual retail price of the medication. FHN is proud to offer the RxCut® Plus prescription savings card, which can help you save money on your prescription medications.

The free RxCut card guarantees each user the lowest price possible on your prescription, whether it's your insurance copay, the pharmacy retail price, or the RxCut discount. You don't have to have any insurance to use the RxCut card.

There is no application process, and anyone can use the RxCut card. You can ask for a free card at any FHN location, or download a card now at www.rxcut.com/rxc81003. You don't need to be an FHN patient to get a card. It doesn't expire and can be used every time you fill a prescription – even on some pet medications!

Locally, RxCut cards can be used at:

- | | |
|---|---|
| CVS , any location | Warren Drugstore , Warren |
| Walgreens , any location | Schultz Pharmacy , Monroe, Wis. |
| Walmart , any location | Felkers Snyder Pharmacy
Byron and Dixon |
| Pecatonica Pharmacy , Pecatonica | Oregon Snyder Pharmacy , Oregon |
| Pharmacy Center , Mount Carroll | Pinnow Pharmacy , Brodhead, Wis. |
| Charleys Pharmacy , Polo | Cub Foods Pharmacy , Freeport |
| Snyder Pharmacy , Winnebago | |

Visit www.rxcut.com/rxc81003 for more information on the program, including a list of pharmacies across the nation that accept RxCut and a pharmacy price search to help you find the lowest-priced option for your medications.

RxCut is not insurance. When savings are generated, RxCut collects an administrative fee from that savings in order to support this program.

Congratulations! FHN COO Earns Top Healthcare Management Credential



Mark Gridley, MBA, FACHE

FHN Executive Vice President and Chief Operating Officer Mark Gridley, MBA, FACHE, has become a Fellow of the American

College of Healthcare Executives (ACHE), the nation's leading professional society for healthcare leaders. Mark has been with FHN since 2010, when he was hired as Vice President Physician Affairs.

Fellow status represents achievement of the highest standard of professional development. Only 9,100 healthcare executives nationwide hold this distinction. To obtain Fellow status, candidates must fulfill multiple requirements, including passing a comprehensive examination, meeting academic and experiential criteria, earning continuing education credits, and demonstrating professional and community involvement. Fellows are also committed to ongoing professional development and undergo recertification every three years.

"The healthcare management field plays a vital role in providing high-quality care to the people in our communities, which makes having a standard of excellence promoted by a professional organization critically important," says Deborah Brown, FACHE, CAE, president and chief executive officer of ACHE. "By becoming an ACHE Fellow and earning board certification from ACHE, healthcare leaders can show that they are committed to providing high-quality service to their patients and community."

Welcome! **Mark Wright Joins FHN Board of Directors**

President and Co-CEO of Midwest Community Bank Mark Wright has accepted a position on the FHN Board of Directors.

Mr. Wright has strong Freeport roots – his parents grew up in Freeport and graduated from Freeport High School, and Midwest Community Bank is a third-generation, family-held commercial bank with offices in Freeport, Rockford, Naperville, St. Charles and Chicago. Before joining Midwest in 1988, he was directly responsible for three community banks with assets in excess of \$1 billion as Regional President of F&M Bank South Dakota.

He has a bachelor's degree from Macalester College in St. Paul, Minn., and graduated from executive programs with Harvard Business School and the Wharton School of Business. He has been married for nearly 30 years and with his wife has



raised two children, both of whom graduated from Freeport High School.

His community service resume includes time spent on the board of directors of the FHN Foundation; the YMCA, where he was the leader of the first Strong Kids Campaign; the Freeport Chamber of Commerce; United Way of Northwest Illinois; Highland Community College; Partners in Planning; Community Development Corporation; and Ducks Unlimited of Northwestern IL. He has been a board member of the Northern Illinois Development Alliance (NIDA) – previously the Northwest

ern Illinois Economic Development Group – for many years, serving as chairman in 2001-02. He was asked to rejoin the board in 2013. He enjoys competing in triathlons, running and bicycle racing. He has been an avid hunter – especially bow hunting – for many years.

Stay in the know, and stay healthy!

Welcome to FHNNews, where you can read about advances in healthcare and get tips on living a healthy lifestyle. We'll pull stories from a variety of sources and put them all in one place for you, with many articles including insights from FHN providers. Go to fhn.org/fhnnews to read or sign up for your free subscription!



FHN Memorial Hospital Earns an 'A' in Patient Safety

FHN Memorial Hospital has been awarded an "A" grade for the second year in a row by The Leapfrog Group in its latest update to the Hospital Safety ScoreSM, the "grades" assigned to U.S. hospitals based on preventable medical errors, injuries, accidents, and infections. The 2013 scores were announced April 29, 2014.



The Leapfrog Group is a national, not-for-profit organization founded by the nation's leading employers and private healthcare experts to advance

the safety, quality and affordability of healthcare in the United States. The group focuses on measuring and publicly reporting hospital performance through the annual Leapfrog Hospital Survey, a trusted, transparent, and evidence-based national tool in which more than 1,300 hospitals voluntarily participate free of charge.

For more information on how FHN Memorial Hospital compares nationally and locally, visit www.hospitalsafetyscore.org.

Insight

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