

Right

Lewistown Hospital Here

The Power of Local Healthcare



Jyotish Grover, MD
Pain Management Specialist

NO PAIN, ALL GAIN

Less invasive options for pain management

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8 Real, Simple Medical Training



10 Travel for Vacation, Not for Surgery





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A word from the president



Thank you for reading this summer issue of *Right Here* magazine. I hope you have had a happy, healthy and safe summer.

Many good things are happening at Lewistown Hospital this summer. One of those good things is our pain management program. This issue of *Right Here* features this program as well as other important information. As an RN, I know the management of our patients' pain is very important. It is also very important to our organization.

Although the procedures performed by Dr. Jyotish Grover are very effective in treating pain, the management of pain is also very important to all clinicians at Lewistown Hospital. It starts with each caregiver knowing how to assess a patient's pain level and taking the appropriate measures to manage and minimize that pain. We work hard to provide ongoing education for our staff to ensure that we are creating the best possible patient experience for all those who trust their care to our Hospital.

Lewistown Hospital has always placed priority on ensuring that we provide the healthcare services that are matched to the needs of our community. For example, a few years ago, our research indicated that we have a higher than average rate of heart and lung disease here in the Juniata Valley. In response, we renovated our cardiovascular department to enhance the care we provide for those patients.

Today we are involved in a community needs assessment that is larger in scale and scope than anything we have done in the past. Together with various organizations and community leaders, Lewistown Hospital is helping to define the needs and solutions for issues that include housing and nutrition in addition to healthcare services. Once we know the issues, it gives us a platform for action, and we are determined to do the right thing for our community.

I hope you enjoy this issue of our magazine. As always, I welcome your comments and feedback. www.lewistownhospital.org/feedback/

Kay
Kay Hamilton
President and CEO
Lewistown Hospital



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WE'VE GOT YOUR BACK

How minimally invasive procedures at Lewistown Hospital can help reduce pain and change lives.

Nancy Clark

NANCY CLARK, 55, OF SHIRLEYSBURG, PENNSYLVANIA, is all too familiar with chronic pain.

“It isn’t fun, you can’t do anything,” she says. “You can’t even plan a normal day until you see how bad the pain is when you get out of bed.”

About 20 years ago, Nancy lifted a bolt of fabric in a sewing factory where she worked. She felt something tear in her back. The pain was excruciating. Three back surgeries, injections, physical therapy, pain medications, and two decades of gritting her teeth later, there was still no relief from the pain.

“I was living with chronic pain and nobody could fix it,” Nancy recalls. “But one of my doctors referred me to Dr. Grover at Lewistown Hospital, and it has made all the difference in the world.”

After making an appointment to meet with Jyotish Grover, MD, at the Lewistown Hospital Pain Management Clinic, Nancy was cautiously optimistic. They initially tried steroid injections, therapy and medication, but the relief was fleeting.

A Stimulating Conversation

Ever vigilant to ease Nancy’s pain, Dr. Grover suggested a minimally invasive procedure in which a temporary neurostimulator is placed in a patient’s back, and if it is successful, a permanent implant is used. Nancy agreed to the treatment.

“It was a significant difference!” Nancy says. “When they asked me before treatment what level, on a scale from one to ten, my pain was at, I said, ‘Twenty.’ After the procedure, it was down to about a four. Amazing!”

The temporary implant was successful and a few days later Nancy asked Dr. Grover, “Okay, when can we do the real thing?”

Minimal Effort, Maximum Results

The essence of the minimally invasive procedure is relatively simple. Spinal cord stimulation is a therapy in which a device is implanted under the skin to deliver an electrical pulse that alters pain signals to the brain. The pain becomes a slight tingle and, over time, some patients don't even notice the sensation over the course of the day.

As experienced by Nancy and a countless number of people in the United States, back pain can result in being unable to function at work, interrupted sleep patterns, inability to care for family or difficulty performing tasks such as driving, eating and even simple household chores.

“DR. GROVER DIDN'T GIVE UP ON ME. I OWE HER EVERYTHING. I JUST LOVE HER.”

Nancy Clark, 55

When medications, physical therapy and counseling aren't producing significant results in alleviating a patient's pain, sometimes other methods, like minimally invasive procedures, can help to provide relief.

“I used to use the motorized scooters at the grocery store to shop,” Nancy says. “Now, I can use my exercise bike, go on trips with my husband and even do my shopping without even thinking about the pain.”

We Can Help

Lewistown Hospital continues to improve the quality of resident life right here in the Juniata Valley. Gone is the need to travel out of the area to see a pain specialist. The Lewistown Hospital Pain Management Clinic, under the direction of Jyotish Grover, MD, offers a wide range of procedures with a strong focus on treatments commonly needed by local residents.

“My husband Walter thinks this is great. He's so surprised at how much the pain was lessened,” Nancy says. “We can live our life now. Dr. Grover has helped us so much—I recommend anyone with back pain to get in touch with her.”

If other forms of therapy are not successful in managing your pain, consult your family doctor, neurologist or surgeon for a referral to the Pain Management Clinic. For more information, visit: www.LewistownHospital.org/Pain/

4
out of
5

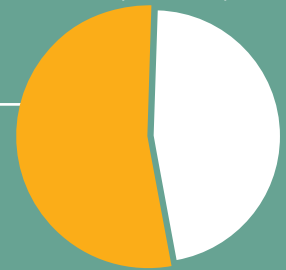


people in the U.S. will seek medical help for back pain in their lifetime.

According to the Mayo Clinic

Most studies show that about 50-60% of patients who try neurostimulation find **meaningful pain relief** (reduction of pain by at least 50%).

50-60%



According to Clifford A. Berstein, MD, contributing author for Spine-Health.com

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GOODBYE PAIN, HELLO FREEDOM

The comprehensive approach Lewistown Hospital takes to improve the quality of life for those in chronic and acute pain can help reduce pain and change lives.

“It worked,” exclaims James Knepper, 70, of McClure, Pennsylvania. “I haven’t used my cane in quite a while—the pain isn’t really there anymore.”

For people suffering from chronic pain, a statement like this seems like an elusive dream. But for James Knepper, a Juniata Valley local, the dream is a reality.

Born and raised in the Lewistown area, James is no stranger to hard work. With his late wife, Doris, they owned and operated Big Valley Auction Center in Belleville, Pennsylvania. Lifting refrigerators and other heavy appliances was a normal part of his day. But with lifting heavy objects comes the potential of injury and, over time, age plays a factor as well.

“I’M ON THE GO ALL THE TIME NOW.”

James Knepper, 70

“I’ve always had back pain, it seems,” James says. “It shoots down your leg and doubles you over.”

So, in order to alleviate the pain, James visited Lewistown Hospital for steroid injections to help manage his discomfort. While the injections offered some relief, they never lasted more

than a few days. Taking pain pills didn’t solve the problem either. In fact, they made him nauseous every time he took them. It was time for a change.

His pain management physician, Jyotish Grover, MD, suggested a new type of procedure that might be able to help—it is called the *mild*[®] procedure.

Contain the Pain

The *mild* procedure is used to address complications from lumbar spinal stenosis (LSS), a condition in which the spinal canal narrows and compresses the spinal cord nerves in the lower back. Whether it’s pain, numbness, or a tingling in the legs, buttocks or lower back, it’s clear that spine pain can be a debilitating condition for many people at some time in their lives.

“At first, I wasn’t sure about *mild*,” James recalls. “But the few weeks leading up to the procedure were bad. I couldn’t stand or move around much. Dr. Grover said to me, ‘Why don’t we try this procedure?’ And so I did.”

Some doctors have described the goal of treating LSS as being similar to removing a kink in a drinking straw. Specialized tools

are inserted through a tiny incision in your back and are used to remove small pieces of bone and excess ligament that cause the narrowing of the canal. And the best part of *mild* is that no general anesthesia, implants or stitches are required—a patient typically goes home a mere five hours after the procedure is performed.

“After the procedure, I’m doing things I wasn’t able to do before, like planting trees and mowing the grass—I even moved the electric scooter to the shed,” James says.

Managing Pain, Right Here at Lewistown Hospital

Pain management is a branch of medicine that takes a team approach for easing suffering and improving the quality of life for those living with pain.

The Hospital’s interdisciplinary team of medical practitioners, clinical psychologists, psychiatrists, physiotherapists, occupational therapists and nurses all work together to utilize the latest advances in medicine to relieve the patient’s pain. Lewistown takes two approaches to pain management: medication/physical therapy and minimally invasive procedures.

About 3 of 4 mild patients have +positive+ outcomes

According to the Spine Patient Outcomes Research Trial (SPORT) funded by the National Institutes of Health

The goal of pain management is to minimize pain rather than eliminate it. This is because quite often it is not possible to completely do away with it. But pain management goes far beyond a pill or a procedure—it is a tireless, comprehensive approach that spans the breadth of the Hospital’s capabilities to effectively help those who face chronic pain in the Juniata Valley.

“I’m amazed, Dr. Grover really did help ease my pain,” says James. “Every day I can go to the Middleburg Flea Market and walk around looking at the junk for at least an hour. It’s a heck of an improvement.”

If you suffer from chronic pain and haven’t contacted Lewistown Hospital, give us a call today. Our medical staff will listen to your needs to help you find comfort. Call (717) 242-7121 or visit www.LewistownHospital.org/Pain/ ➤

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Localizing Pain Management

It is safe to assume that at some point in our lives, we all have had headaches, sore muscles or some type of pain that caused discomfort for a short period of time. But for others, pain is a chronic, crippling part of their everyday reality. The dream of being pain-free, for those with chronic pain, is exactly that—a dream.

The Burden of Pain on Everyday Life

For people in the Juniata Valley, having the Pain Management Clinic nearby can be a sense of great relief. It plays a significant role in helping them reclaim their lives, by bringing about a renewed sense of normalcy.

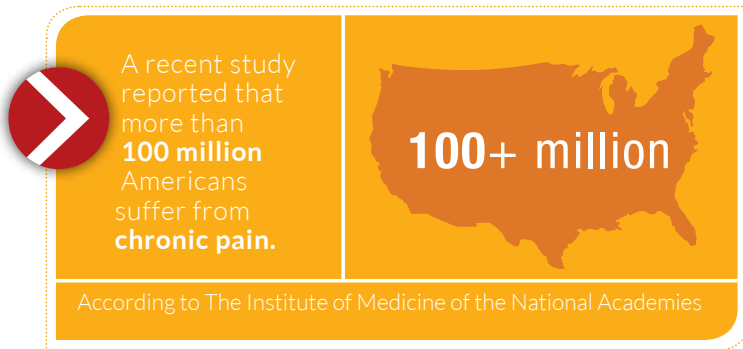
While most people with chronic pain would go to the ends of the earth for a cure or even moderate ease to their discomfort, there's no need to travel far, because the Pain Management Clinic at Lewistown Hospital is close to home.

Less Invasive Options for Pain Management

The most common pain management procedure performed at the Hospital is an epidural steroid injection, which is commonly used to treat lower back and leg pain. But other minimally invasive procedures besides injections are available.

For the medical staff at Lewistown Hospital, pain management goes beyond the one-department mentality and covers the span of the Hospital's combined efforts to comprehensively help those who face chronic pain in the Juniata Valley.

To learn more about the Lewistown Hospital Pain Management Clinic and how it can help you reclaim your life, visit www.LewistownHospital.org/Pain/ >



However, there's hope for those suffering from pain. And the hope is closer than most people think.

The Lewistown Hospital Pain Management Clinic is an out-patient service under the direction of anesthesiologist Jyotish Grover, MD, that offers alternatives to major surgery and provides minimally invasive procedures that are, to many, equally effective.

Wide-Ranging Expertise

After completing her residency in anesthesiology, Dr. Grover undertook a fellowship to receive special training in the subspecialty of pain management at the New York University School of Medicine in New York City. She is board certified by the American Board of Anesthesiology in the specialty of Anesthesiology with a subspecialty in pain management.

Dr. Grover began her practice at Lewistown Hospital in 2000 and, through evidence-based documentation, determined the treatments and procedures that would be helpful to the local community. Though Dr. Grover is certified to practice a wide range of procedures, she focuses primarily on treatments that are commonly needed by the residents of the Juniata Valley.

When asked about four common types of pain, respondents of a National Institutes of Health Statistics survey indicated that **low back pain** was the most common.

27%
REPORTED **LOW BACK PAIN** WAS MOST COMMON





Services Offered at the Lewistown Hospital Pain Management Clinic

- **Botox Injection** can be used to reduce the severity of migraine headaches, contractures and muscle dystonia.
- **Disc Decompression** is used to alleviate pain caused by pinched nerves in the lower back, neck and pain radiating to the leg and arm.
- **Epidural Steroid Injections** are used for back and neck pain and inflammation around the spinal nerves.
- **Kyphoplasty** is a procedure that repairs compression fractures of the vertebrae.
- **Lumbar Sympathetic Block** is an injection to treat lower back pain.
- **Peripheral Nerve Block** is an injection for lower back and neck pain.
- **Radiofrequency Neurotomy** is used to relieve back and neck pain.
- **Sacroiliac Joint Injections (SJI)** are used for lower back, buttocks, groin or leg pain.



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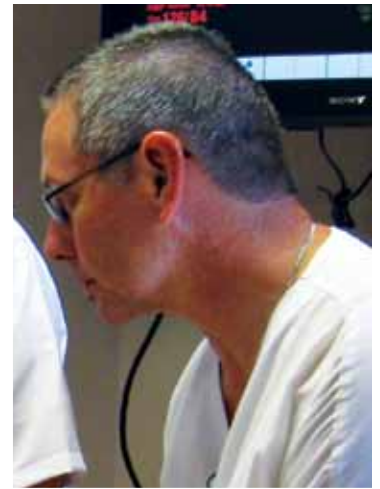
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REAL, SIMPLE MEDICAL TRAINING



Robert Templeton, RN, and Patrick Kelly, RN

Imagine how beneficial it would be for a medical professional to have the ability to practice a host of real-life medical procedures without the need for an actual patient. While it may sound like science fiction, Lewistown Hospital now has the technology to perform such training.

In a vested interest to improve the quality of care and capabilities, the Hospital now has a patient simulation lab. The lab features a



Rebecca Taylor, RN, BSN, and Gayle Cowan, RN, BSN

patient simulator on which clinical staff can practice their skills. This gives them the ability to make and learn from their mistakes in a controlled setting.

“Role playing or rehearsing realistic scenarios can sharpen critical thinking and problem-solving skills, especially for low-volume and high-risk situations,” says Gayle Cowan, RN, BSN, Manager of the Education Department. “It helps our clinical staff recognize potential patient problems earlier and respond in a safe, appropriate and timely manner.”

SimMan® Sponsored by CHART

In June 2011, Lewistown Hospital became a recipient of the Laerdal simulation manikin—a full-body adult wireless simulator with many human features, including airway, breathing, cardiac function, circulation, eye movement, vascular access and much more.

The SimMan Essential, the Hospital’s manikin, is on indefinite loan from CHART, a hospital-owned malpractice insurance company focused on providing patient safety tools to control risks.

The benefits of simulation training are numerous and help promote learner confidence in critical thinking with detailed feedback from the SimMan software. The high-fidelity SimMan is far more advanced than a cardiopulmonary resuscitation doll.

From a palpable pulse and blinking eyes to breathing sounds and ECG rhythms, the SimMan is an ultra-realistic and indispensable training tool for Lewistown Hospital's staff.

Having this technology right here in the Juniata Valley is evidence that Lewistown Hospital is committed to keeping the area healthy for years to come.

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Travel for Vacation, Not for Surgery

Our health is our greatest treasure. It seems like the sun shines brighter when our physical well-being isn't darkened by the shadow of sickness or disease. But for those in need of a skilled surgeon and a compassionate nurse, there is a light that shines nearby.

The Surgical Center at Lewistown Hospital combines all surgical services into one state-of-the-art building that's close to home. It contains five operating suites that are staffed with highly qualified physicians, RNs and surgical technicians.

Having to go to a hospital for surgery is traumatic enough, but having to travel out of your community, far from your comfort zone, puts unnecessary stressors and complications on a patient. It's good to know that a wide range of medical conditions can be treated locally with reduced recovery times and minimized risks. Now you can save the traveling for vacation instead of surgery, thanks to Lewistown Hospital.

The Care Behind the Care

While the Hospital offers local procedures in many important categories such as general surgery, oncology, vascular, obstetrics/gynecology, ear-nose-throat, ophthalmology, podiatry and orthopedics—effectively eliminating the need to travel out of the area for such services—it's also important to understand the value that the Hospital places on compassion.

With consideration given to pre-admission concerns, RNs are there to help allay any fear or trepidation with regards to an upcoming surgery. Lewistown Hospital places a good deal of importance on the care behind the care, allowing time for questions to be answered to help soothe patient apprehension or curiosity.

We often hear how a gentle touch or empathetic smile from one of our staff has made a significant impact on patients who have come to Lewistown Hospital.

The Science of Surgery

The Hospital's surgeons have concentrated for years on improving their technical skills to advance the science of surgery right here in the Juniata Valley. Lewistown Hospital is proud to offer and perform a great number of laparoscopic (minimally invasive) surgeries. This specialty minimizes recovery time and patient discomfort.

From minimally invasive surgery to major surgery, Lewistown Hospital offers state-of-the-art procedures close to home. Residents of the Juniata Valley don't have to go far to receive critical surgical services. It has been the focus of the Hospital to continue to develop and offer these advanced procedures locally, not only for the health of the patients but for the health of the community. ➤

Surgical Services at Lewistown Hospital

Here are a few examples of the procedures performed at Lewistown Hospital:

- **Pain Management:** epidural or regional block anesthesia for post-operative pain control; kyphoplasty, neurostimulator implants, or Minimally Invasive Lumbar Decompression (MILD procedure) to treat chronic back pain
- **Gynecology:** laparoscopic hysterectomies (removal of uterus); Essure tubal sterilization for birth control; NovaSure endometrial ablation for excessive menstrual bleeding; TVT-O sling for urinary incontinence
- **Spine:** anterior cervical decompression/fixation and lumbar procedures to relieve spinal bone, cord, and nerve pain

- **Otolaryngology (Ear, Nose, Throat):** endoscopic sinus procedures and sinusplasty
- **Urology:** extracorporeal shock wave lithotripsy and stent placements to treat kidney stones; prostate laser procedures to ease urinary symptoms
- **Vascular:** VNUS Closure procedure to treat varicose veins
- **General:** laparoscopic hernia repairs; laparoscopic bowel resections for colon and intestinal disorders; MammoSite catheter insertions for breast cancer radiation; Realize Band surgical procedure for weight loss

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STRATEGIC PLANNING AT LEWISTOWN HOSPITAL

I would like to take this opportunity to tell all of you about the strategic planning that the Board of Directors, Senior Management and members of our medical staff have been working on for the past year and a half to two years. We recognize that our most important responsibility is to assure that Lewistown Hospital stays open as the hospital it is today or as an even better hospital (more specialists and more services). We know that healthcare services are vital to our community, and we know that we are the economic engine for our community. We take all of that very seriously, and that is why we have entered into discussions about partnership options.

As you know, our healthcare delivery system is undergoing the most radical changes since Medicare was enacted in 1965. The new model emphasizes population management and integrated systems that will be very difficult, if not impossible, for stand-alone, small community hospitals to accomplish. Our payments from Medicare, Medicaid and commercial insurance companies will be based on our ability to meet these new requirements. This is not a local issue—small, stand-alone hospitals across the nation are taking similar paths for the same reasons.

While we are in the black today, an indication that this is not about bad management, our financial forecast shows that we will not be able to maintain that status into the future. Clearly, everyone knows that it is better to negotiate a proposed partnership from a position of strength rather than waiting until we are in trouble.

So today we are doing exactly that—discussing potential partnerships with different healthcare delivery systems. The names of those organizations are confidential at this time. However, I want

you to know that those discussions and any subsequent negotiations have been and will be based on the needs of our community: much needed renovations for our Hospital (private rooms for example), more specialists to serve our community better without having to go elsewhere, more services available right here, which is better for all of us.

Our employees and physicians are very important to us, and their concerns are a significant part of our discussions and negotiations. We recognize that change is scary, but we will work diligently to assure that any negative impact is as minimal as possible for our employees, our physicians and even our community.

The LHF Board of Directors, Senior Management and members of the medical staff have spent many hours discussing these issues and will continue to do so in order to reach the best conclusion for our community. We will then go through the formal approval processes we are required to do. This will take months to accomplish, but that is appropriate because this is the single most important decision we have faced. Such a decision requires thoughtful deliberation and due diligence.

I will update you as I can. In the meantime, if you have questions or comments, I would be happy to discuss them with you.

Kay Hamilton
President and CEO
Lewistown Hospital

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Only women with excessive menstrual bleeding who are finished having children may be candidates for the NovaSure procedure. As with any medical procedure, there are risks to be considered. In a small percentage of patients, side effects of the NovaSure procedure included cramping, nausea/vomiting, discharge, and spotting. Talk to your doctor for further information about the full benefits and risks of the NovaSure procedure. 1. Data on file, Hologic, 2009. 2. Cooper J, Gimpelson R, Laberge P, et al. A randomized, multicenter trial of safety and efficacy of the NovaSure system in the treatment of menorrhagia. J Am Assoc Gynecol Laparosc. 2002;9(4):418-428. 3. Laberge PY et al; Assessment and Comparison of Intraoperative and Postoperative Pain Associated with NovaSure and ThermoChoice Endometrial Ablation Systems. J Minim. Invasive Gynecol. 2003; 10(2): 223-232

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