

Northfield

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HOSPITAL

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Program helps children improve concentration and coordination

TWO PEDIATRIC physical therapists at the Center for Sports Medicine and Rehabilitation (CSMR), a service of Northfield Hospital, are now certified in a new, computer-based protocol that can benefit children who have concentration and/or coordination issues.

Amy Strohm and Jamin Sawyer, pediatric physical therapists with CSMR, now offer Interactive Metronome® (IM), a patented technology program with more than

INTERACTIVE
METRONOME®
STIMULATES
LEARNING AND
PERFORMANCE.

10 years of research and development, first made available to certified professionals in 1999.

IM combines the concept of a musical metronome with the precision of a personal computer to create a noninvasive therapy that stimulates learning and performance. The IM program “trains the brain” to plan, sequence and process information more effectively.

The protocol typically consists of 15 one-hour sessions administered over three to five weeks. Using headphones and hand and foot sensors, patients perform 13 specific hand and foot exercises while auditory guide tones direct them to match the metronome beat. Like training wheels on a bicycle, the guide tones instantaneously provide feedback on the accuracy of each movement and encourage improvement. The IM can help children ages 6 or older, as well as adults.

“This gives us another tool to help kids with motor coordination, planning, focus and concentration concerns,” Strohm says.

IM studies have shown improvements in focus and attention, aggression and impulse control, coordination, language processing, and academic performance. Strohm says it will have applications for children and adults who have a wide spectrum of diagnoses.

For more information, call Strohm or Sawyer at 507-645-4359. ♦

Kelly, a patient at CSMR's Pediatric Clinic, works with the Interactive Metronome® program.



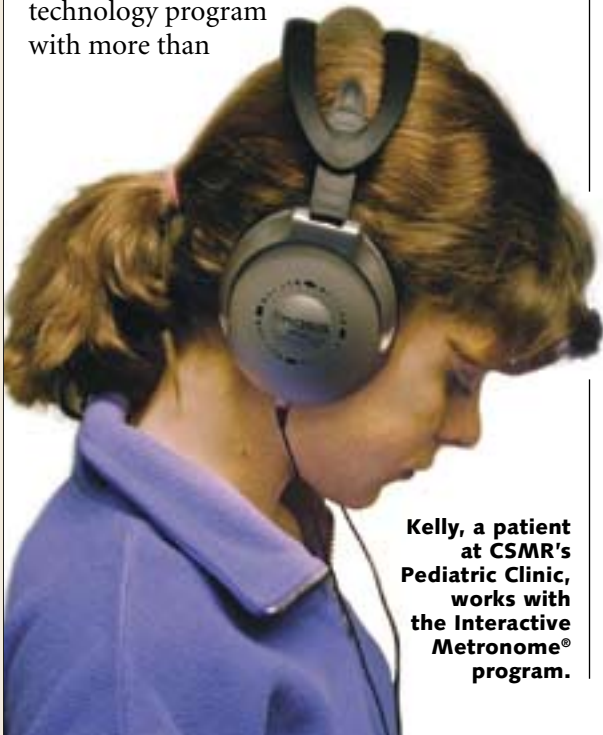
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Book fair April 27 through May 1



Celebrating success through collaboration

By Scott Richardson, Chairman of the Northfield Healthy Community Initiative

TEN YEARS ago, the Northfield Healthy Community Initiative (HCI) was little more than an idea. Now, as it approaches its 10th anniversary, it is widely accepted as a key institutional player with a reputation for promoting the health, safety and opportunities for area children and youth through collaboration.

The planets were aligned when the initiative was launched in 1994. There was a convergence of vision, energy and leadership from many different corners of the community, and HCI has remained relevant to enough people and institutions to have sustained itself for 10 years.

HOW IT BEGAN

The general concept was introduced to the community by several members of the health care community—Cynnie Buchwald, then of Northfield Hospital; Don Lum, MD, then a family practice physician; and Jim Finholt, then a member of the hospital Board of Trustees—after they had attended a National Civic League conference about new approaches to community health.

It was fueled by the energy generated by a number of collaborative



By spending time with his young neighbors, Lewis Appeldoorn exemplifies the spirit of the Healthy Community Initiative's youth asset-building message.

projects in the 1980s and early 1990s, ranging from the AIDS education project to the adolescent health forums, and the Northfield Chemical Health Task Force.

Add to that the collaborative ideas imported from the Blandin Community Leadership Program by Carla Johnson, then the executive director of the Northfield Community Action Center, and the Northfield School District exploration of Search Institute's

Youth Asset Building, and you have a recipe for success.

Championing youth asset-building was HCI's first emphasis largely because of its existing momentum and universal appeal. It seemed to be a good place to learn about collaborative action.

Over the years, HCI has ventured into other areas, such as diversity, domestic violence and a Web-based community information and referral system, but youth asset-building and efforts to create

more nurturing connections between adults and youth continue to have the most currency.

ACCOMPLISHMENTS

Some of the things HCI has done include:

- Introducing the language and the concept of youth asset-building to the community.
- Promoting nurturing connections between adults and young people through mentoring programs, tutoring programs or low-maintenance programs such as "Company

for Breakfast" at the elementary schools.

■ Creating a climate that brought a variety of parties together to create the Northfield Community Resource Center.

■ Reviving the Parent Communication Network.

■ Acquiring federal Department of Justice funds of more than \$250,000 to invest in the community for the promotion of asset-building.

■ Developing strategies for engaging minority youth and their families.

■ Supporting the middle school after-school activity program.

■ Creating Spotlight on Youth and other intergenerational events.

■ Identifying Parent Education And Resource Liaisons (PEARLS) in each school.

Much has happened in the past 10 years, and HCI has positively affected the community. Let's celebrate the path it has traveled and recommit to supporting it as we move forward. ♦

**YOUTH
ASSET-BUILDING
HAS POSITIVELY
INFLUENCED THE
COMMUNITY.**

24-HOUR SERVICE

ATM-style prescriptions

ALIMITED menu of prescription drugs is now available 24 hours a day to Northfield Hospital outpatients before they leave the facility.

Prescriptions for pain medications, some eye drops and some antibiotics can be filled through InstyMeds, a fully automated, ATM-style dispensing system located in the waiting area of the Emergency Department. It is designed to serve those who are treated in the Emergency Department as well as same-day surgery patients.

According to Gary Anderson, director of Pharmacy at Northfield Hospital, this new service is all about service and safety.

“This eliminates the need for



Gary Anderson, director of Pharmacy Services, says InstyMeds is a convenience for hospital patients.

a patient to make one more stop before they go home to mend,” he says. “And there is a lot of redundancy built into the system so that patients are guaranteed that their prescription is filled correctly.”

The new system is a cross between a vending machine and an ATM. When your medical

provider prescribes a medication, the prescription will be entered electronically into the InstyMed system.

Using prompts on a touch screen, patients enter their prescription orders and their dates of birth for validation.

Payment can be made at the machine with cash or a credit card.

If patients need to refill their prescriptions, they can simply take them to their regular pharmacy.

The InstyMed system is not intended to compete with local pharmacies, Anderson says. It will not be able to process prescriptions from local clinics or other care providers. ♦

LATCH: Holding kids tight

ANYTHING THAT makes a parent's life easier is certainly welcome.

Welcome LATCH, or *Lower Anchors and Tethers for Children*, a system that makes child safety seat installation easier. LATCH is required on most child safety seats and vehicles made after Sept. 1, 2002.

The LATCH system is made up of two lower attachments and an upper strap (tether) that secure the child safety seat to the vehicle's anchors without using seat belts.

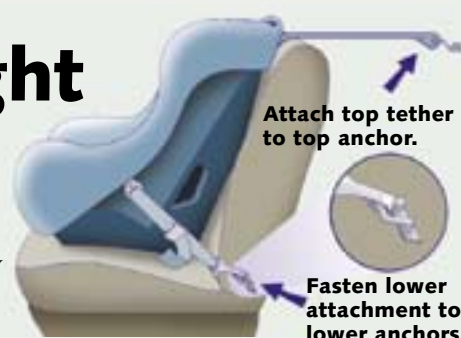
According to the American

Academy of Pediatrics, the LATCH system can:

- Stabilize car seats better.
- Reduce the chance of head injury (because of the top tether).
- Reduce the number of car seats used incorrectly.

However, if your child safety seat isn't LATCH-equipped, it's still safe to use. Just be sure that the seat hasn't been recalled or damaged and is correctly installed using a seat belt.

Of course, always follow your vehicle owner's manual and child safety seat manufacturer's instructions for correct installation and use.



Source: National Highway Traffic Safety Administration

Also, have your child safety seat inspected by a certified technician. Northfield Hospital, in partnership with Dokmo-Ford Chrysler, sponsors a car seat clinic on the second Saturday of each month at Dokmo Ford, from 9:30-10:30 a.m. For more information, call Nancy at 507-646-1035. ♦

COLLEGE GRATEFUL FOR

EMERGENC



▶ **Christina Osheim**

▼ **Allan Trapp II**



BY ALL RIGHTS, their names shouldn't be listed in the St. Olaf College student directory. They shouldn't be worrying about spring term finals or summer plans.

But Christina Osheim and Allan Trapp II are walking around campus, attending classes and planning their futures. They both beat the odds. They survived life-threatening accidents because of the timely and expert care provided by Northfield Hospital Emergency Medical Services (EMS), and Emergency Department physicians and staff.

Greg Kneser, now in his fourth year as St. Olaf College dean of students, thinks about their remarkable outcomes every time the chimes toll on the campus memorial monument.

"It's a very emotional thing when these kids get hurt so badly. We're very gratified for what we have right out of our window here," Kneser says, gesturing to the hospital located just north of the campus. "Not only the care provided, but the support we get from our doctors and care providers."

AMAZING RECOVERIES

Trapp, a math education major from Washburn, Wis., was sledding behind a dormitory one night last winter. He was hurtling down a hill with a friend on a plastic sled, when they ran headlong into a tree.

Trapp sustained multiple facial fractures. His injuries were severe and

About Northfield Hospital Emergency Medical Services

Northfield Hospital Emergency Medical Services:

- Made 1,861 transports in 2003.
- Has 15 paramedics and eight EMTs on its roster.
- Has three ambulances; two are staffed each day.

The Northfield Hospital Emergency Department:

- Had 8,000 visits in 2003.
- Is physician-staffed 24 hours a day, seven days a week.
- Has four physicians on staff who specialize in emergency medicine.

Y SERVICES

his care made more challenging by the difficulty EMS personnel had ministering to him on a steep, snow-swept hill. Kneser says Trapp's recovery is nothing short of a miracle.

"He nearly died on the hill. He nearly died at the Emergency Department. He nearly died at Hennepin County Medical Center (HCMC)," says Kneser. "Each time, he was stabilized. They saved his life, and when you see it happening in front of you, it's amazing."

Trapp, now a sophomore, returned to school last year for spring semester. He has no memory of the accident or the 36 hours immediately following. He has some hearing loss, but he is back on campus, pursuing his degree.

Osheim, an art major from Charlottesville, Va., was working on the grounds crew last summer when she fell out of a utility vehicle, banging her head on the highway pavement.

The fall fractured her skull and caused severe head trauma. She also was transported from the scene by Northfield Hospital EMS to the Northfield Hospital Emergency Department and then to HCMC, where she remained in intensive care for three weeks. Her recovery was more labored, but she returned to campus last fall as a junior, ready to continue her studies.

BRINGING ORDER TO CHAOS

Don Asmussen, MD, director of medical affairs, says Northfield Hospital is blessed with a sophisticated Emergency Department. It is staffed 24 hours a day, seven days a week by physicians who specialize in emergency medicine and are supported by highly trained EMS personnel and Emergency Department

staff. They see more than 8,000 cases a year, ranging in complexity and severity from sore throats and ear infections to heart attacks and severe trauma.

"They routinely do lifesaving work—the EMS people in the field and our emergency room physicians and staff at the hospital," he says.

Andy Yurek, director of Emergency Medical Services at Northfield Hospital, says his people are trained to bring order to chaos. Observation and a thorough exam at the scene are key.

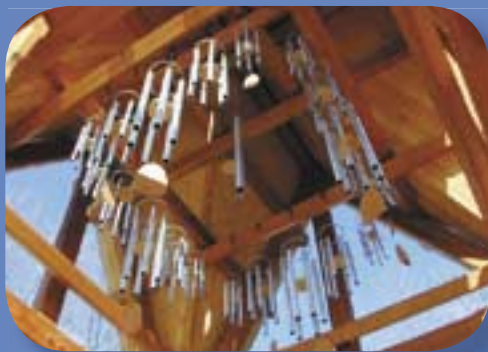
"Every little thing means something," Yurek says. "You take what you have, put enough pieces together and report to the hospital."

The Emergency Department physicians and staff take it from there. They stabilize the patients and when, as in the case of Osheim and Trapp, they need to be transported to a regional trauma center, they prepare patients so their care will be seamless when they make their journeys.

They've earned high praise for their thorough preparation of patients from people like Joe Clinton, MD, chief of HCMC's Emergency Medicine Department.

"Northfield has developed a model program for the emergency care of critically injured patients," he says. "Referrals to our Emergency Department from Northfield are always well managed and timely."

Kneser has nothing but admiration and gratitude for the work they all do. "I've been a firsthand witness to the amazing work that they've done, and I am very thankful," he says. ❖



Every time the chimes toll on the campus memorial monument, Greg Kneser, St. Olaf College dean of students, thinks about the remarkable outcomes of Allan Trapp II and Christina Osheim.

Understanding miscarriage

CARLA BREWER was devastated when her seemingly normal pregnancy ended in miscarriage at 13 weeks. She worried that it was somehow her fault and feared that she might never have a healthy baby.

What she learned, though, is that as many as 20 percent of diagnosed pregnancies end in miscarriage and that most of these are not preventable. And much to her relief, her doctor told her that most women who miscarry can have healthy pregnancies later.

Miscarriage is the loss of a baby before 20 weeks of pregnancy. More than half of those that occur in the first 13 weeks are caused by genetic problems of the fetus,

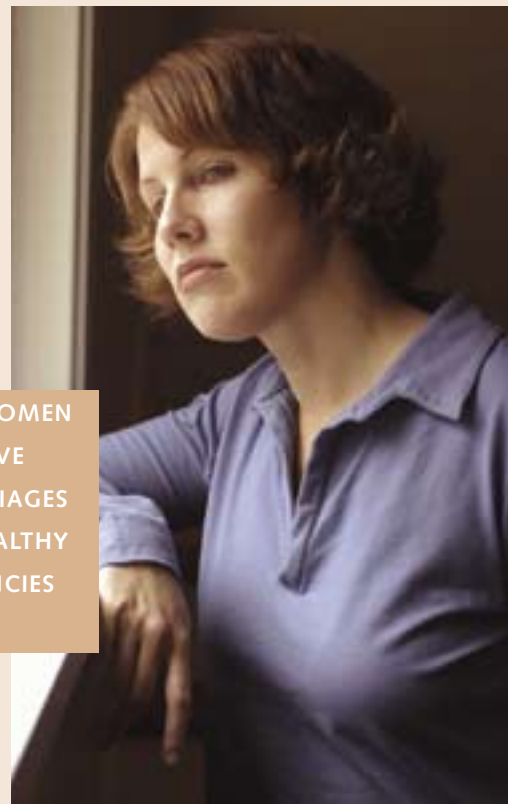
although often the cause is not known. What is known, however, is that the normal routines of daily life, such as working, exercising or having sex, do not increase the risk of miscarriage.

While most miscarriages cannot be prevented, there are steps a woman can take to protect her pregnancy:

- Get early prenatal care.
- Eat a healthful diet.
- Stay away from alcohol, tobacco and other harmful substances.
- Take a daily multivitamin that contains 400 micrograms of folic acid.

When Brewer became pregnant again five months later, she was excited but anxious. Much to her joy

MANY WOMEN WHO HAVE MISCARRIAGES HAVE HEALTHY PREGNANCIES LATER.



and relief, this pregnancy produced a perfect baby girl, who was joined by a sister two years later. ♦

TRANS FAT

What's it doing in my doughnut?

A LONG shelf life might be good for business, but it may not be good for your heart.

Trans fatty acids are formed when vegetable oil undergoes *hydrogenation*. This process results in solid fats that are less likely to go bad, so they are often used in commercial baked goods

to lengthen their shelf life.

This may make for a fresher-tasting doughnut, but too much of this type of fat may raise LDL (“bad”) cholesterol and lower HDL (“good”) cholesterol, changes that have been linked to heart disease. Other foods that contain trans fat include shortenings, margarine, cookies, crackers and many fast foods.



What's a consumer to do? In addition to limiting the total amount of fat in your diet, you can reduce your intake of trans fats by following these tips from the American Heart Association:

- Read food labels and avoid foods whose labels contain words like “hydrogenated” or “partially hydrogenated.” Some products list trans fat on their food nutrition labels and all will be required to by 2006.
- Use tub or liquid margarine instead of the stick form.
- Use unhydrogenated oils, such as canola or olive oil.
- Limit fried foods and commercial baked goods. ♦



UPDATE

BREASTFED BABIES NEED VITAMIN D

Breast milk is an excellent source of nutrition for your growing baby. But it doesn't provide all of the vitamin D your baby needs.

Our bodies make vitamin D when our skin is exposed to sunlight. But babies and young children should be protected from the sun because exposure can increase their risk of skin cancer later in life, according to the American Academy of Pediatrics (AAP).

When babies don't get enough vitamin D, they may develop a bone disease called rickets.

The AAP recommends breastfed babies be given a vitamin D supplement once a day. Ask your doctor what kind you should use and how much your baby should take. Babies who drink about 17 ounces of formula a day or babies who are over 1 year old and drink D-fortified milk don't need extra vitamin D. ❖



SNORING LIKE A PRO: WHAT YOU MAY HAVE IN COMMON WITH A FOOTBALL PLAYER

Though you may dream of scoring a touchdown, you probably have a lot more in common with a football player if you snore.

Loud, persistent snoring with brief pauses in breathing, followed by gasps for air, are signs of a sleep disorder called sleep apnea.

Among 302 professional football players, 14 percent had sleep apnea, nearly five times the rate of other adults the same age, according to a study in *The New England Journal of Medicine*.

Sleep apnea was once thought to be a rare disorder affecting middle-aged and older men with large body mass and neck size. But this study suggests that younger men with these physical

traits, including those whose health might not be as good as the athletes tested, may also have undiagnosed sleep apnea.

Untreated, sleep apnea can contribute to serious health problems such as heart disease, high blood pressure and stroke. People with the disorder don't get enough deep sleep and may experience fatigue, daytime sleepiness, depression, morning headaches, trouble concentrating and memory lapses. Family members are usually the first to notice a person gasping for air during sleep.

If you've experienced any of these symptoms, see your doctor. Treatment may include wearing a mask during sleep or, in some cases, surgery. ❖

EVERY little thing

An electrocardiogram—an **ECG** or **EKG**—is a recording of the electrical activity of the heart. Electrodes are placed on the surface of the skin, usually on each arm and leg and across the chest.

—American Medical Association

If you have a **POISONING** emergency, call 1-800-222-1222. If the victim has collapsed or is not breathing, call 911.

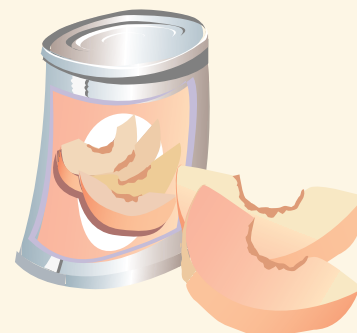
—American Association of Poison Control Centers

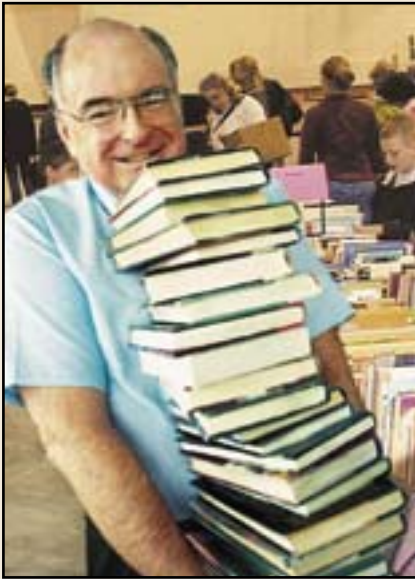
Nearly 90 percent of Americans know that **OBESITY** is bad for the heart, but only 25 percent know it can increase the risk of cancer.

—American Cancer Society

Just **CHILL**—keep a few cans of peaches, pears or fruit cocktail in the refrigerator. Pop one open for a quick, nutritious side dish.

—U.S. Department of Agriculture





Bookmark this book fair

THE NORTHFIELD Hospital Auxiliary Book Fair—“The Great Northfield, Minnesota, Book Raid”—will be open through Saturday, May 1, at the Northfield Ice Arena, west of the intersection of Highway 3 and Jefferson Parkway. Hours are:

- Tuesday, April 27, 5-9 p.m.
- Wednesday, April 28, through Friday, April 30, 9 a.m. to 9 p.m.

■ Saturday, May 1, 9 a.m. to 3 p.m. This is the auxiliary’s 43rd annual book sale. It has become a signature community event, involving more than 270 volunteers and attracting book buyers from the Twin Cities and beyond. Buyers will find thousands of good used books, including children’s literature, history, fiction, nonfiction, cookbooks and even rare books. There are also videos, audio cassettes and CDs.

Over the years, the sale has raised almost a quarter of a million dollars, which has been reinvested in the community through contributions to Northfield Hospital. ❖

Oliver named head of Clinic Operations

DAVID OLIVER is the new vice president of Clinic Operations at Northfield Hospital. He is responsible for the development and operation of the hospital’s new medical practice network.

He comes to Northfield Hospital from Immanuel St. Joseph’s—Mayo Health System in Mankato, where he was administrator of a new multispecialty medical



David Oliver,
Vice President of
Clinic Operations

practice. Prior to that he worked for Immanuel St. Joseph’s as a quality improvement coordinator and later for Minnesota State University (MSU)—Mankato where he directed the Student Health Service.

Oliver graduated from Concordia College—Moorhead with a degree in Business Administration—Program in Healthcare Administration. He

worked in support services administration for 10 years at several Twin Cities hospitals before earning a graduate degree in Health and Human Services Administration from St. Mary’s University.

His past experience includes several health-related community fund-raising activities, serving as president of the Mankato Area Council for Quality and as an adjunct member of the Industrial/Organizational Psychology graduate faculty at MSU—Mankato. ❖

HEALTHY COMMUNITIES™ is published as a community service for households served by Northfield Hospital. Additional copies are available by calling community relations, 507-645-6661. **NORTHFIELD HOSPITAL** is part of Allina Hospitals & Clinics, through a management contract.

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