

Fall 2013

Hines VA Hospital
5000 S. Fifth Avenue
Hines, IL 60141



Drum Circle: A Rhythm of Wellness

For more information, contact us at CIIRP, (708) 202-8387, ext. 21256.

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Our Mission Summary

- Proudly serving our Veterans by providing compassionate, comprehensive care of the highest quality supported by education and research.
- We offer comprehensive services designed to serve individuals with activity and functional limitations who need rehabilitation to attain their full physical, psychosocial, educational, and vocational potential to return to the community.
- We further the field of rehabilitation through research activities and training rehabilitation professionals.



On November 7, Recreation Therapy provided a special event for the Out-patient Program: “Drum Circle: A Rhythm of Wellness.”

Twenty Veterans were led on a fun, rhythmic journey by community drum facilitator John Yost.

Group drumming has a way of connecting us to each other as well as to ourselves. Drumming has many health benefits, to include reduction in stress and anxiety, elevation of mood, improved control with movement, and

increased appropriate social engagement.

For more information about drumming or music therapy, speak with Hines Music Therapist Mitra Gobin, MM, MT-BC, NMT, at extension 21452.



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CARF has accredited Hines' Comprehensive Intensive Inpatient Program continuously since 1997

Hines Driver Rehab Specialists Guest Speakers

Hines VA driver rehabilitation specialists Roger Kelsch, RKT, CDRS, and Joseph Neczek MS, RKT, DRS, were guest speakers at the fourth annual meeting of the Illinois Medical Advisory Board in October.

The meeting served as an opportunity for current and new advisory board members to gather with the administrative staff and discuss the role and duties of the advisory board and new laws, and review case policies and procedures.

Feedback from meeting participants indicated that information provided at the meeting will be useful with review of cases.

The Medical Advisory Board currently has 18 physician members, including the Chairman. One of the aims of Illinois Medical Advisory Board members is to help make Illinois roads safer.



Hines Driver Rehabilitation Specialists Roger Kelsch and Joe Neczek, third and fourth from left.

PM&R Wins Performance Improvement Award

Physical Medicine and Rehabilitation's poster took second place in the Performance Improvement category of Hines' Quality & Systems Redesign Fair in October.

The poster, titled "Improving Access to Outpatient Physical Therapy," was a joint project between PM&R and Patient Administrative Service staff assigned to the Physical Therapy clinic.

Poster lead was Poonam Bhargava, PM&R Health Systems Specialist.

PM&R Administrative team members were physiat-

rists Monica Steiner, MD, and Sung Ahn, DO; Ileana Elicier, Chief of Physical Therapy; and Luanna Mills, Rehabilitation Service business manager.

Additional poster support was provided by PAS Members Stella Caro, Medical Support Assistant supervisor; and Julia De Mello, MAS clerk in Physical Therapy.

Outpatient Physical Therapy team members included physical therapists Arnold Canete, Matthew Jacob, Binu Joseph, and Sophiamma Philips; and physical therapy assistants Dennis Kaus and Janet Williams.

Environment of Care Excellence Award

Congratulations to the 11th Floor winners of Septembers Environment of Care Excellence Award



The Environment of Care (EOC) Excellence Award was recently awarded to the 11th floor of Building 200.

Hines' inpatient rehabilitation unit and PM&R therapy clinic are located on the 11th floor.

The award is given to one of eight units inspected during the weekly EOC rounds from the prior month.

Avoiding Wintertime Slips and Falls

It's that time of year when slips and falls can occur.

It's important to be aware of your surroundings during the winter months and ways to prevent slips and falls.

Walking to and from parking lots during the winter requires special attention.

How to prevent slips and falls

Wear the proper footwear. Choose a good pair of winter boots. For warmth and stability, look for features such as well insulated and waterproof, thick, non-slip tread sole, wide, low heels and light in weight.

- ◆ Bend your knees and take small steps to keep your center of balance under you.
- ◆ Walk slowly and never run on icy ground.
- ◆ Keep both hands free for balance, rather than in your pockets.
- ◆ Use handrails from start to finish on stairs.
- ◆ Avoid carrying loads on stairways or carry loads

you can see over.

- ◆ Keep your eyes on where you are going. Don't walk and text.
- ◆ Test potentially slick areas by tapping your foot on them.
- ◆ Step, don't jump from vehicles and equipment.
- ◆ When getting out of your car, swing both legs around and position yourself with both legs squarely in front of you and feet properly positioned on the ground (avoiding ice if possible) and support your arms by holding onto the vehicle and then stand up.

Safe winter walking

No matter how well snow and ice are removed from streets and sidewalks, people will encounter slippery surfaces when walking outdoors in the winter. It is important to be continually aware of the dangers and to walk safely on ice and slippery surfaces.

- ◆ Plan ahead. Give yourself sufficient time and plan your route.

(Cont. on page 4)

Veterans Day Artwork: Peace Paper Project

Veterans at Hines observed Veterans Day by celebrating Veteran artwork and making handmade paper from unserviceable military uniforms with Peace Paper Project.

This project utilizes traditional hand papermaking as a means of engaging communities in art practices which bring people together, broadcast their stories, and transform their fibers into meaningful art pieces.

Photographic artwork displayed was brought to Hines through FOB Healing Arts, a non-profit organization dedicated to supporting the healing power of the arts in conjunction with Independence Fund, providing tools, guidance and therapy to veterans severely injured from the war on terror.

Drawings and paintings displayed were created by Veterans involved in the art therapy programs here at Hines.

Artists created Mandalas on handmade paper from unserviceable military uniforms. Mandalas, Sanskrit



for circle, represent wholeness and can be used as a method to focus attention, release anxiety and engage in active meditation.

Say Good-bye to Wintertime Slips and Falls

(Cont. from page 3)

- ◆ Wear shoes or boots that provide traction on snow and ice, such as rubber and neoprene composite.
- ◆ Avoid plastic and leather soles.
- ◆ Use special care when entering and exiting vehicles. Use the vehicle for support.
- ◆ Walk on designated walkways as much as possible. Taking shortcuts over snow piles and areas where snow and ice removal is not feasible can be hazardous. Look ahead when you walk. A

sidewalk completely covered with ice may require travel along its grassy edge for traction.

Remember, safety first!

Employees can call Environmental Management Service to report areas that need to be addressed, at extension 21639 or 22393. Veterans and visitors can notify any Hines staff member of unsafe conditions.

Modified from **Hines Happenings October 2013**

Veterans' TEE Tournament 2013



Twelve Veterans from Hines, including nine from the Blind Rehabilitation Center, participated in the 2013 TEE tournament in Riverside, Iowa, this past September.

The National Veterans TEE Tournament, (Training, Exposure and Experience), originally begun for blind Veterans, has expanded to include Veterans who are amputees, those who use wheelchairs, and those with other disabilities.

The four-day Tournament provides Veterans an opportunity to develop new skills and strengthen their self-esteem through adaptive golf, bowling, kayaking, horseback riding, and other adaptive sports workshops.

Recreation Therapist Melissa Winter was one of five Hines staff members who accompanied the Veterans to the tournament, which is held annually near Iowa City, Iowa.



From the Amputation Care Clinic



Hines' Amputation Care Clinic provides comprehensive evaluation and specialized care for Veterans who have had amputations, from a team of health care professionals.

The goal of the team is to provide each Veteran with a prosthetic device that will meet his or her needs and allow the highest level of safety and function possible.

The team blends extensive experience with advanced technology to provide exceptional care to the Veterans it serves.

Team members include a physiatrist, who evaluates Veterans for prosthetic limbs; a podiatrist, who evaluates intact feet to prevent further injury; a prosthetist, who creates and fits prosthetic limbs; and a physical and occupational therapist, who provide training in the use of a prosthetic limb.

A nurse and a mental health clinician, along with the Amputation Rehabilitation Coordinator, are other members of the team. A driver's rehabilitation expert may also participate in the Veteran's care once he or she wishes to drive after an amputation.

The clinic meets at least once a week in Building 228.

Hines has an on-site certified Prosthetic Lab, where prosthetists fabricate limbs prescribed by the physiatrist. The prosthetists have broad experience in evaluating, making, and fitting prosthetic limbs for arms and legs.

Veterans also have access to a Peer Visitor Program. Peer Visitors are Veterans who have had an amputation and who have been trained to offer support to their fellow Veterans.

Veterans or their loved ones can call (708) 202-3879 with questions about Hines' approach to amputee care, or to make a clinic appointment.

News in Brief

- VA recently launched a new Women Veterans hotline: **1-855-VA-WOMEN (1-855-829-6636)**.

Just one call to the Women Veterans Call Center will allow callers to discover all the VA has to offer. It is open to women Veterans, their families, and caregivers.

Hines' Women Veterans Program Medical Director is Dr. Sudha Bhoopalam. The Program Manager is social worker Diane Shearod.

Program Managers are available at the Community Based Outpatient Clinics as well, as follows.

Aurora: Jevon Johnson; Elgin: Vitalina Goldenberg; Joliet: Felicia Fisher; Kankakee: Lindsay Emanuele; LaSalle: Michael Goldstein; Oak Lawn: Mary J. Thompson.

- PM&R anticipates the opening of the Employee Fitness Center early in January 2014.

Family Empowerment Network Workshops

After retiring from military service, many Veterans find it difficult to adjust back into civilian life. Others may struggle with challenges related to their military experiences and find that they now need some support.

Some have developed successful coping strategies they wish to share with other Veterans who are going through similar experiences. However, most find that they still have some unanswered questions.



The Family Empowerment Network (FEN) provides a connection to education, support, and encouragement for Veterans and their support systems, whether they are family members, significant others, or caregivers.

FEN regularly hosts workshops that address a variety of Veteran-related concerns such as returning home, posttraumatic stress disorder, traumatic brain injuries, relationship problems, caregiver responsibilities, VA benefits, pain, sleep, grief and loss.

After providing educational information on the specific topic being addressed at the workshop, participants are given the opportunity to meet the TBI/Polytrauma Team and ask any questions they may have. FEN aims to provide support, guidance, and encouragement to Veterans and their loved ones who wish to share about what their challenges have been like and what concerns they still have.

FEN's last workshop, "Healing through the Arts: Bursting the Bubble That Art and Music Are Just for Fun," was held in mid-November, and reviewed the many uses and applications of music and art therapy.

This workshop began with Veteran Ray Ariaz helping to set the mood and welcome guests while playing his guitar.

Then, Levi Moore, Executive Director of the National Veterans Art Museum (NVAM), shared information about the artwork created by military members and veterans that are not only on display at the museum, but also available for viewing at <http://www.nvam.org/>.

Next, Music Therapist Mitra Gobin, MM, MT-BC, NMT, enlightened the group on the healing power of music in healthcare settings. Mr. Gobin engaged attendees in a variety of musical activities, including multiple audience-wide sing-alongs and an overview of how music can be used to aid patient recovery in a wide range of rehabilitative contexts and patient populations. Attendees were also able to share their own experiences using music as a therapeutic tool with other members of the group.

During lunch, Vietnam Veteran Bill Crist spoke of his personal journey of recovery with the help of art therapy and even shared with us some of his favorite pieces of work.

To help make the concluding presentation more memorable, children from the Hines Child Care Center were invited for a special performance by Geoff Akins, an internationally recognized bubbleologist, who provided Veterans with the opportunity to experience his motivational message, "anything is possible," through the eyes of a child.



Workshops are held on a Friday in February, May, August, and November from 9:45 a.m. to 1:30 p.m. at Hines.

For information about the next FEN Workshop, contact Dr. Rene Pichler-Mowry, Clinical Psychologist for the TBI/Polytrauma Team, at (708) 202-2937.

—Article contributed by Miranda Campbell and Alicia Kopicki, Hines psychology externs.

Tips for Avoiding Holiday Aches and Pains

Source Newsroom: University of the Sciences

Newswise — While the holiday season is a selfless time of year, individuals are encouraged to keep in tune with their bodies as the festive shopping, baking, and cleaning often triggers bodily aches and pains.

Lisa Hoglund, PT, PhD, assistant professor of the Department of Physical Therapy at University of the Sciences in Philadelphia, said many factors that contribute to seasonal aches and pains can be avoided by practicing good posture and stretching.

“People tend to get caught up in shopping, cleaning, cooking, and often forget to take good care of their bodies during the holidays,” said Dr. Hoglund. “Factors such as walking around the mall with heavy shopping bags, or cooking and baking for extended periods of times each contribute to the seasonal aches and pains many people experience.”

Dr. Hoglund is also an American Board of Physical Therapy Specialties-certified orthopedic clinical specialist. Here’s a list of tips she said can help prevent a painful holiday season:

1) While shopping:

- **Wear comfortable shoes** as high heels on hard surfaces can contribute to foot and ankle injuries.
- **Distribute the weight of shopping bags equally on both sides of your body**, and make frequent stops to the parking lot to unload bags. If possible, use a shopping cart to transport your bags.
- **Consider wearing a small backpack** instead of carrying a heavy purse.

2) While baking and doing dishes:

- **Choose a work surface that is approximately the height of your elbows.** By doing so, the shoulders and back will be in better position, and lower the risk of straining those muscles.
- **Avoid lifting and twisting.** For example, when lifting a turkey from the oven, pull out the oven rack, lift the turkey closely to your body, and then take a few steps while turning to place it on a countertop.
- **Frequently perform gentle movement exercises** to keep the muscles in your back, neck and shoulders loose. Backbend stretches help ease back muscles after leaning forward for a prolonged period of time.

3) While doing household chores:

- **Test an object's weight** before attempting to lift heavy packages or luggage. If possible, try pushing heavy items with your hands or feet.
- **Bend at your knees and lift with your legs** when carrying heavy packages, holiday decorations, and grocery bags.
- **Ask for help** if something is too heavy to lift and/or carry.

Because some aches and pains cannot be avoided, Dr. Hoglund said it is important for people to set aside time each day for relaxation by stretching tired and sore muscles. They can also manage their aches and pains through rest and applying ice to areas that are sore from performing these types of activities. For more information, visit www.usciences.edu.

PM&R Updates

Lisa McKenna will be assuming the Polytrauma Coordinator position vacated earlier this year. She has been serving as Amputation Rehabilitation Coordinator.

PM&R won the Golden Hand Award, for outstanding hand hygiene practices, for the third quarter of 2013.

Secret shoppers observed PM&R personnel as they performed their duties in clinics and on hospital wards, noting how well they adhered to good handwashing protocols before and after treating patients.

Winners of the Golden Hand Award are featured in a quarterly video on the Hines webpage.

Inpatient Rehabilitation Unit Outcomes Data

In an effort to offer the highest quality of care for our Veterans participating in our inpatient rehab unit, the Rehabilitation Service monitors several patient outcomes and their demographics. This monitoring activity helps the treatment team identify opportunities for improvement. For additional information, contact Poonam Bhargava at (708) 202-7834.

	Current Quarter data 4/1/13 to 6/30/13		Year in review FY12 data	
	Hines	Nat'l	Hines	Nat'l
Average Length of Stay	12	17	12	18
Patients Discharged to Community	82%	87%	92%	85%
Patients Discharged to LTC	16%	7%	6%	6%
Patients Discharged to Acute	2%	3%	1%	4%
Patients Expired	0%	0%	0%	0%
FIM Change/Length of Stay	3.10	2.28	2.41	2.3
Patient Satisfaction (MedTel)	3.97	3.67	3.77	3.67

	Current Quarter data 4/1/13 to	Year in review FY12 data
# of patients achieving predicted outcomes	42	157
Total patients discharged from	45	170
Average Hours of Therapy	3 to 4	3 to 4
Males	96%	100%
Females	4%	0%
Average Age	66	67
Disabilities:		
Ortho	24	89
Debility	4	16
Stroke	7	20
Cardiac	1	9
Amp	4	11
Brain	4	10
Neuro	1	6
Med Complex	0	3
SCI	0	0
Arthritis	0	2
Multiple Trauma	0	2
Pulmonary	0	1
Pain	0	0
Other	0	1

Contact Information

Chief of Rehabilitation Service

Monica Steiner, MD (708) 202-4982

Inpatient (11E) Consumer Representative

Jenifer Bednar (708) 202-1604

Outpatient (PM&R) Consumer Representative

Jacqueline Steward (708) 202-8387 ext. 21862

We're on the web!

<http://www.hines.va.gov>



To submit information to this newsletter, contact Susan Raich at Susan.Raich2@va.gov or (708) 202-2280