Taking Burn Care on the Road

ALSO INSIDE:
New neuroscience center breaks ground
Employee gifts fund dental program
St. Paul Fire partnership brings care home
Estate gift to fund nursing education
I am so thankful for the generosity of community members like you!

Because of your generosity, it’s important to me that you know about the great work we’re doing at Regions Hospital. Your contributions strengthen and expand our ability to support the community. In this issue, you will read many stories that illustrate our commitment to improving the health of the community.

We know that nothing is more important than our health. It impacts every aspect of our lives and has a ripple effect on our family, friends, co-workers and the community. That’s why Regions Hospital is here for everyone. Our platform for providing the best care in the full range of specialty services – like Parkinson’s, dementia, stroke, heart, cancer or orthopedic conditions – is our status as a Level I Adult and Pediatric Trauma Center. In the coming year, we will build on this platform by expanding how we care for patients with traumatic injuries such as burns.

In fact, our feature story showcases the Vanderbeek family from North Dakota. Young Evan Vanderbeek was cared for by our burn team, and our new mobile burn clinics, being launched thanks to proceeds from the 2015 Wine Auction, will reduce the travel burden on his family and hundreds of others who seek burn care from greater Minnesota and the surrounding area.

In addition to delivering award winning clinical care, Regions Hospital has a strong foundation centered on providing the best care and experience to every patient and visitor. We want to build on that success by making care less complicated and stressful. One way we are addressing this is through the Community Paramedic Program, a partnership with the St. Paul Fire Department that brings care to patients’ homes. In this way, we ensure they have the education and support they need to improve their health and thrive.

These are just two examples of the inspiring stories you will read in this newsletter. They illustrate the power of charitable contributions to shape the care we provide, which includes growing the hospital’s capacity to meet the expanding needs of our community. Our goals are lofty, yet we know they are achievable because of loyal friends like you. Thank you for making our community a healthier place to live.

Megan Remark
President and CEO, Regions Hospital

EMPLOYEE CONTRIBUTIONS FUND DENTAL HEALTH PROGRAM

As part of a program funded by the Sharing at Work employee giving campaign of Regions and HealthPartners, vouchers for free care at a local dental clinic are being handed out to patients who lack proper dental insurance and who visit the Regions Emergency Center with a chief complaint of oral pain. The ER is tracking the results of the program to see if it improves the dental health of participating patients while reducing ER visits.

When patients without dental insurance experience dental problems, they often seek care in hospital emergency rooms. Unfortunately, emergency room care providers do not have the equipment, training or licensure needed to provide the necessary dental care. Not properly treating such problems can result in a cycle of repeat emergency room visits and can even lead to other health problems such as bronchitis and pneumonia that require hospital admissions.

“The dental voucher program allows us to treat the underlying causes of dental pain and ensures the overall health of patients,” said Kory Kaye, MD, an ER physician.

The Sharing at Work campaign raised $942,000 in 2015. Employees gave $471,000 and all contributions were matched by HealthPartners. Campaign contributions fund programs that improve patient care, advance medical research and provide education to staff.

“I’m proud to work with people who will fund such important programs with their own contributions,” said Dr. Kaye. “I think it says a lot about this organization and the care it provides to each patient.”
ST. PAUL FIRE, REGIONS TEAM UP TO KEEP HEART PATIENTS HEALTHY

As part of a collaboration with Regions Hospital, community paramedics from the St. Paul Fire Department are visiting the homes of patients with congestive heart failure. The visits are designed to educate patients and ensure they have what they need to improve their health. The program is supported with proceeds from the 2013 Wine Auction.

“Every day, St. Paul Fire responds to 80 to 100 medical calls, and of those, approximately 10 are for heart concerns. This program will help us get in front of 9-1-1 calls that can be prevented and keep people healthy,” said Matt Simpson, assistant fire chief at St. Paul Fire.

Here is how the program works. When patients with congestive heart failure are discharged from the hospital, physicians refer select ones for a free home visit. Community paramedics then offer the following services:

- Provide education on the patients’ medications
- Perform a clinical assessment and notify physicians when additional care is needed
- Help patients understand potential symptoms and who to call if they experience them

COMMUNITY CELEBRATES NEUROSCIENCE CENTER GROUNDBREAKING

On July 8, HealthPartners broke ground on a project that will bring together nationally recognized programs for stroke, spine care, dementia, Parkinson’s disease, brain and spine tumors and other neurological disorders, all under one roof.

As the need for these services grows with our aging population, the HealthPartners Neuroscience Center will provide high-quality, convenient and coordinated care for the patients and families in our community, as well as access to groundbreaking research and clinical trials. It will be the largest free-standing neuroscience center in the Upper Midwest and one of only a few in the country. The four-story building will open in 2017.
In November 2014, nine-year-old Evan Vanderbeek received third degree burns over 48 percent of his body, including his legs, back, right arm and hand. The resident of Cando, North Dakota was flown almost immediately to the Regions Burn Center. “We were told that Regions was the best place for our son,” said Jennifer, Evan’s mother.

The Burn Center at Regions Hospital is the most complete and extensive facility of its kind in the Upper Midwest, offering state-of-the-art care for all types of burns and wounds. Using proceeds from the 2015 Wine Auction, the Burn Center will improve the care it offers at Regions and in clinics throughout the five state area. It will also bolster its clinical research of new treatments.

“The care we received at Regions during every one of the 49 days we were there was always above and beyond the call of duty,” Jennifer said. “Even in stressful and exhausting situations our needs were met with tireless care and concern. If I were to write a list of the kindness shown to us by the staff I might fill a book.”

Evan’s need for expert care did not end when he was discharged from Regions. Caring for burn injuries often involves regular and long-term follow-up appointments for wound care, bandage changes, rehabilitation, face mask refittings, school reentry programs and more. Evan has received some follow-up care at his hometown hospital. “The people there are wonderful, but they aren’t experienced in burns,” said Kyle, Evan’s father. As a result, the Vanderbeeks have made the eight-hour trip to St. Paul several times in order to receive follow-up care in the Burn Center.

Such trips can be a burden for families traveling long distances. The Vanderbeeks spend approximately $600 for each trip, including the fuel, hotel rooms and food required for the minimum of two days. Kyle must also take time off from work and Jennifer from home schooling her other six children.

With proceeds from the 2015 Wine Auction, Burn Center specialists will visit clinics throughout Minnesota, Iowa, Wisconsin and the Dakotas to provide follow-up care that is closer to the homes of patients like Evan. By working with our burn specialists, local health care providers will also improve their ability to care for patients in their communities.
“To have any of the doctors and nurses familiar with Evan’s injuries come to our area will be a tremendous relief of mine on numerous levels,” Kyle said.

Mikki Rothbauer, the Burn Center’s psychotherapist, will accompany Burn Center staff during these remote burn clinics. Burns are traumatic injuries to the mind as well as the body. In fact, the rate of post-traumatic stress disorder (PTSD) in civilian burn centers is equal to that of our military forces — approximately 45 percent. Having a psychotherapist onboard to treat the psychiatric needs of patients is a unique feature among burn centers. Wine Auction proceeds will allow the Burn Center to make the psychotherapist a full-time position, allowing her to see all the center’s patients.

“Mikki helped us as we came to grips with the reality of Evan’s injuries and helped us talk to Evan about that same reality,” Jennifer said. “Her continuing care will be valuable to us as we go through Evan’s healing process.”

Sarah Bazey’s passion as a Regions Burn Center volunteer and advocate began with her own experience as a patient. “Living through the trauma of a burn injury and then enduring the painful process of burn care is difficult to describe to someone who has not been through the experience,” said Sarah. “If I can offer one ounce of assistance, hold a hand, listen to a story, or give hope to a patient, I am all in.”

Sarah, the owner and president of Simplex Construction Supplies, was involved in a helicopter crash while touring a construction project in 1994. The accident left her with severe burns across 40 percent of her body, and she spent the next 50 days in the Burn Center. “What a blessing it was for me to be taken there,” Sarah said. “The entire burn team cared for me as a whole person. Not only did I receive the most advanced burn care, but my physical and occupational therapy assured my range of motion and ability to assimilate back into life. A staff psychologist checked on my progress, the social care helped my transition to home, and a chaplain was available and appreciated.”

Since her burn injury, Sarah has shown an inspiring ability to live life to the fullest. After enduring 15 surgeries, 18 months of therapy and countless additional medical procedures, she continued her education, graduating from Harvard Business School. She continues to lead Simplex and has competed in several pageants, winning the titles of Mrs. Minneapolis, Mrs. Minnesota and Mrs. International.

Sarah is a strong advocate for burn survivors and their families. She serves as vice president of the National Board of Trustees for the Phoenix Society, a nonprofit organization dedicated to empowering burn survivors. Sarah is also a trained SOAR (Survivors Offering Assistance in Recovery) volunteer, meeting with recently burned patients and their family members in the Burn Center to offer her experience as a survivor and hope during a challenging time.

Sarah’s work with other burn survivors began a few weeks after she returned to work in 1995, when she heard a breaking news story about a young man who also received burns in an aviation accident. “Without thought I drove to the Burn Center and visited with the man and his family,” Sarah said. She has stayed in touch with the man over the years. “The Christmas card I received from him this past year included a picture of his wife and child. It still makes me cry.”

Sarah joined Sheryl Ramstad, a Regions Hospital Foundation board member, as honorary chairs of the 2015 Wine Auction. Proceeds from the event will help fund Burn Center programs. Given her history with the Burn Center, “it was a very easy decision.”
In her 51 years as a nurse, Katie did it all: she worked in everything from a neonatal intensive care unit to hospice care, rode in an ambulance, performed discharge planning and case management and learned the insurance side of the business. “I could do all of that because I was trained at the Ancker Hospital School of Nursing,” Katie said.

Established in 1891 as a three-year training program, the Ancker Hospital School of Nursing provided outstanding education until it closed its doors in 1976. (Regions Hospital was formally known as Ancker Hospital.) To support the education of the next generation of nurses, Ancker alumni established a scholarship fund. Donations to Regions Hospital Foundation are continuing this tradition by assisting Regions employees who are pursuing a nursing degree. As part of her estate plan, Katie will endow a scholarship that will further benefit nursing education.

“The Ancker school changed my life. It allowed me to grow and gave me the confidence to pursue further education. Now I want to help others,” Katie said.

Katie was also inspired by previous Ancker scholars. She remembers one woman who received assistance several decades ago when Katie was a member of the Ancker alumni scholarship committee. “She was divorced with a couple of kids, working as a nurse while trying to go to school. A scholarship helped her get her degree and she became one of the first midwives in what would become the HealthPartners system. She wrote our committee a thank you note and I saw the impact of the scholarship. It seemed like a little bit of money but it made a big difference.”

With her estate gift, Katie wants to make a similar impact on the lives of future nurses. “I want them to realize their true value, that they have more potential than they can see. People need to reach their potential.”

In 1964, Katie graduated from the Ancker Hospital School of Nursing, which was formerly housed on Regions Hospital’s campus.

To guide patients and families through this process, social workers like Angie McDonald from HealthPartners Hospice & Palliative Care meet with them in the comfort of their own homes. “Patients are able to express their wishes and receive the care they desire,” McDonald said. “Family members are given the gift of knowing what their loved one would want rather than guessing when the moment arrives. Doctors can better discuss a patient’s goals of care based on what is included in the directive.”

With the help of charitable contributions, HealthPartners Hospice & Palliative Care offers advance care planning services to patients with no insurance to pay for them. Raising funds for such services will be a special push of Regions Hospital Foundation’s fundraising efforts on Give to the Max Day 2015, which will be celebrated on November 12.

Advance care planning can be a source of comfort for families dealing with serious illness, allowing them to focus more energy on being together.

For seriously ill patients and their families, advance care planning can be a source of comfort and relief. With advance care planning, families learn about the types of decisions that might need to be made in case a patient becomes incapacitated. In this way, patients can make those decisions ahead of time and let their families and care providers know their preferences, often by stating them in advance care directives. However, without proper education, many patients can feel overwhelmed by the thought of completing a directive.

Advance care planning can be a source of comfort for families dealing with serious illness, allowing them to focus more energy on being together.

For more about Give to the Max Day, visit GiveMN.org. To learn about Regions Hospital Foundation’s efforts on this special day or to become a matching donor, contact Alexandria Kouame at 651-254-3395.
Win $20,000!

THE WINE AUCTION CASH RAFFLE
Want to support the Burn Center at Regions Hospital and win $20,000? Here’s your chance.

Raffle ticket details
Price: $50 per ticket
Number of tickets available: only 1,500
Drawing will be held at The Wine Auction; you do not need to be present to win
Tickets to The Wine Auction are sold separately

For more information:
Phone: 651-254-2376
Email: Brittanie.A.Aune@HealthPartners.com
Web: thewineauction.org

To reserve your raffle tickets, fill out this form, attach your check if that is your payment method and send it using the enclosed envelope. (Make checks payable to Regions Hospital Foundation. The form with payment must be received at Regions Hospital Foundation by Thursday, September 17, 2015, to be processed before the event.) Please do not send cash via U.S. mail. Sorry, but by law, credit cards cannot be used to pay for raffle tickets. However, debit cards can be used.

☐ I will purchase _____ raffle tickets x $50. Total amount $___________

Name: ________________________________________________________________
Address: ______________________________________________________________
City: ___________________________ State: _________ Zip: __________
Phone: __________________________________________________________________
Email: __________________________________________________________________
Payment method: Check ☐ Debit Card ☐
Debit Card #: ____________________________
Signature: __________________________________________________________________

Raffle ticket information
$20,000 gross value; taxes will be assessed against the total value. Need not be present to win. Must be 18 or older to purchase ticket or win prize.
Permit no. X-32408-15-007

By law, credit cards cannot be used to purchase raffle tickets.

The Wine Auction’s musical guest: KAT PERKINS

A resident of the Twin Cities, Kat Perkins reached the semifinals of The Voice in season 6, and her single “Fearless” placed in the top five on iTune’s rock chart when it was released in 2014. Rolling Stone calls her a “powerhouse.”

The 2015 Wine Auction
Date: Saturday, September 19
Location: Saint Paul RiverCentre
Traditionally, a definitive diagnosis of Alzheimer’s or dementia could only be made upon a patient’s death, after an autopsy had been performed. As a result, many patients living with memory loss have failed to receive a timely diagnosis and prognosis to plan their future.

A new technology offered by the HealthPartners Center for Memory and Aging and the PET/CT Nuclear Imaging Department may change that. Amyloid imaging is a diagnostic research tool that is gradually making its way into clinics that treat Alzheimer’s disease and other forms of dementia. The tool, which uses a contrast agent that binds specifically to amyloid plaques, is primarily used with patients who experience atypical dementias.

“The technology gives families the closure of a diagnosis in cases of atypical dementia and helps them plan for their future care,” said Michael Rosenbloom, MD, clinical director of the Center for Memory and Aging.

The Center for Memory and Aging is the only Twin Cities-based multidisciplinary dementia care center to offer amyloid imaging, but the test is expensive and currently not covered by insurance.

Using a portion of proceeds from the Alzheimer’s Fundraising Breakfast, hosted by Regions Hospital Foundation, the center is offering amyloid imaging to a select group of patients whose diagnosis is uncertain.

“If we can show that amyloid imaging improves the outcomes of patients and families, then insurance companies may be encouraged to pay for the service and more clinics will offer it as an option,” said Dr. Rosenbloom.

The 5th Annual Alzheimer’s Fundraising Breakfast took place on June 3 at the Nicollet Island Pavilion. The event, which was attended by over 300 community members, raised $179,000 to support the internationally-recognized dementia care and research of the Center for Memory and Aging.