

MY HOSPITAL™

WINTER 2012
keepingyouwell.com/abh

Linking You to Wellness



A High-Tech Approach to Patient Safety

To err is human, but in a hospital setting, the consequences can be life-threatening.

The Institute of Medicine has estimated that more than a million people are hurt by medication errors each year, and the Institute for Safe Medication Practices points out that such incidents are often under-reported.

Adventist Bolingbrook Hospital recognizes the problem and is doing something about it. In the fall of 2011, the hospital launched a computerized system to confirm that patients are matched with the correct medicine. The new system's name is long—it's called Medication Positive Patient Identification—but the concept is simple.

BAR-CODING SYSTEM

"We're using technology to administer medication to ensure patients' safety, and reduce medication errors," says Jolene Albaugh, R.N., chief nursing officer at Adventist Bolingbrook Hospital.

Here's how the new system works: Every patient has a wristband with a bar code, and

medication in the pharmacy is also bar-coded. Each time a medication is ready to be given, the patient's wristband is scanned—and up pops the patient's medical history on a computer screen. The medical records list what medication—including type, method of delivery (such as a pill or injection), and dosage—the patient needs. If the medicine is not a match, the computer beeps to alert the nurse to stop the medication and consult a physician.

MORE TIME WITH PATIENTS

"We bar-code 100 percent of the drugs in the pharmacy," says Aleem Aziz, Pharm.D., pharmacy director. "No medication is administered that isn't bar-coded and run through this system." These medications are dispensed by a machine that delivers the exact medication and dosage in a bar-coded package when a prescription request is entered into a computer.

The new system is designed to prevent medication errors. "It also allows even more time for the nurses to be at the bedside, offering more one-on-one

time with each patient," says Albaugh.

With the medication identification system and other high-tech tools in place, Adventist Bolingbrook Hospital patients can feel confident about their care.

AN ADDED LAYER OF SAFETY

"This is a very important step," says Aziz. "We want to take full advantage of every technological advancement that furthers our goal of patient safety. Throughout Adventist Bolingbrook Hospital we have checks and balances to avoid errors in everything we do. Now with the Medication Positive Patient Identification system, we have another layer of protection in place before any medication is given."

The medication verification system is just one of the latest advances Adventist Bolingbrook Hospital has adopted to enhance safety—our number one priority.

Adventist Bolingbrook Hospital uses an electronic medical records system, so doctors and nurses have access to comprehensive, up-to-date information on each patient. Doctors also use a computerized physician order entry system, in which they enter prescriptions right into the computer. This avoids any confusion if a doctor's handwriting isn't clear. Prescriptions now leave little room for error.

Where's the Heart?
FIND IT AND WIN \$75!

Find the hidden heart image in this issue and be entered in a drawing for a \$75 Whole Foods gift card. To enter, visit us at

www.keepingyouwell.com/myhospitalmyheart by February 29. Be sure to include your name, street address, and email address.



What Women *May Not Know* About Their Heart Disease Risk



When it comes to heart disease, what you don't know can hurt you.

Everyone has a heart, but when it comes to heart disease risk factors, women and men just aren't the same. In updating its heart disease prevention guidelines for women, the American Heart Association included new findings regarding a few small but important differences in how heart disease affects women differently than men.

"Heart attack and stroke are major health risks for both sexes," explains James McMahon, M.D., board certified cardiologist at Adventist Bolingbrook Hospital. "But while the number of heart attacks for men has dropped over the last decade, the number of women having heart attacks is on the rise," he notes.

"The Heart Association guidelines emphasize that 55,000 more women than

men die of stroke each year. Knowing this can empower women to be more focused on stroke and heart disease prevention. Learn the warning signs and seek emergency care if you suspect a problem," Dr. McMahon adds.

In addition, women should understand their personal risk factors and discuss them with their doctor. Some lesser-known risk factors discussed in the guidelines include atrial fibrillation and pregnancy complications.

ATRIAL FIBRILLATION

Atrial fibrillation is an abnormal heart rhythm that commonly occurs in both men and women. But the guidelines point out that women who have atrial fibrillation are four to five times more likely to have a stroke than those who don't.

Heart disease is the number one killer of women. But women have the power to prevent it. Learn heart disease prevention tips by visiting the American Heart Association patient portal, www.hearthub.org.

PREGNANCY COMPLICATIONS

The guidelines show that women who had certain complications during pregnancy have a higher risk for cardiovascular disease later in life. These complications include having gestational diabetes, pre-eclampsia (high blood pressure and protein in the urine), and a premature or low-weight baby. For example, women with a history of pre-eclampsia have double the risk for coronary artery disease or stroke in the five to 15 years after pregnancy compared with women who did not develop pre-eclampsia when they were pregnant.



Women at Heart

Ladies, join us for an evening of education, glamour, and fun. In honor of Heart Month, Adventist Bolingbrook Hospital and Macy's have teamed up to present **Women at Heart**. There will be a panel discussion on heart disease, and makeovers will be provided by Macy's cosmetics department. Women will also receive a Macy's swag bag and cholesterol screening vouchers. Refreshments are included.

The **Thursday, February 16**, event will be at Macy's at the Promenade Bolingbrook. Space is limited, so call **630-856-7525** early to register. **Check the back-page calendar for speakers and topics.**

GOOD NEWS, BAD NEWS on Colorectal Cancer



Colorectal cancer is a tale of two age groups. Among people older than 50, rates of this disease have been falling. Credit increased screening, which can prevent some cases by finding precancerous growths. But among those younger than 50—who aren't routinely screened—a study found colorectal cancer rates have risen since the early '90s.

"What's to blame? Researchers theorize that genetics, poor eating habits, and obesity could be the culprits," says Sameer Barkatullah, M.D., board certified gastroenterologist at Adventist Bolingbrook Hospital. "If you're in the 50-plus group, regular screening exams, a healthy diet, and regular exercise can help lower your risk for colon cancer. For younger adults, eating a healthy diet and managing

your weight can be very beneficial."

MORE DAIRY, LESS RED MEAT

Besides consuming more dairy products and less red meat, you can fine-tune your menu in other ways that may help lower your risk for colorectal cancer:

- Limit your intake of processed meats.
- Eat a variety of fruits and vegetables.
- Avoid drinking alcohol in excess.
- Consider calcium and vitamin D supplements.
- Get regular exercise.

SCREENINGS ARE KEY

"Starting at age 50, it's crucial to get screened for this disease," says Dr. Barkatullah.

"Screening helps detect cancer early, when it's easier to treat. Some tests also help find precancerous growths, called polyps, so they can be removed before they turn into cancer."

"Colonoscopy is currently regarded as the best screening tool for colon cancer," adds Dr. Barkatullah. "It provides the ability to examine and remove polyps from the entire colon." Flexible sigmoidoscopy, double-contrast barium enema, and CT colonography can also be used to find both precancerous growths and cancer, but are not considered as comprehensive as a colonoscopy.

Other screening options include the fecal occult blood test, fecal immunochemical test (FIT), and stool DNA test, which examine a stool sample for signs of cancer. These noninvasive tests are less likely to find polyps.

Your doctor can help you choose the best screening method.

✓ Take Charge!

Colorectal cancer is the second most common cause of cancer death in the U.S. When detected early, it has a very high cure rate. Attend Dr. Sameer Barkatullah's program on Wednesday, March 14, at 6:30 p.m., highlighting the importance of screenings, risk factors, and the latest treatment options. Free fecal immunochemical test (FIT) screening kits will be offered. **Check the back-page calendar for more details.**

IS WEIGHT-LOSS SURGERY RIGHT FOR YOU?

When obesity is treated effectively, patients can expect significant improvement in common conditions such as hypertension, type 2 diabetes, and cardiac and pulmonary disorders.

"Unfortunately, for many patients, interventions that rely on medically supervised diet, exercise, and behavior modification produce only modest and often temporary results," says Vafa Shayani, M.D., board certified bariatric surgeon. "For patients who meet the criteria, however, and who receive appropriate long-term, multidisciplinary support, bariatric surgery can be an effective therapeutic alternative for weight

loss, long-term health-risk reduction, and improved quality of life."

Two common bariatric procedures in the U.S. are laparoscopic adjustable gastric banding and laparoscopic Roux-en-Y gastric bypass.

"Successful bariatric surgery depends on proper patient selection," adds Dr. Shayani. Current guidelines identify candidates for surgery as patients with a body mass index (BMI) of at least 40 (or a BMI of 35 when the patient also has a medical condition), a history of ineffective dietary weight control, no medical or psychological contraindications, a proper

understanding of the procedure and its risks, and strong motivation to comply with the postsurgical regimen.

With the proper motivation and support, bariatric surgery can help improve health-related quality of life for morbidly obese patients.

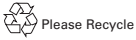
KNOW YOUR OPTIONS. Learn about weight-loss surgery and hear from people who have had the surgery at a presentation by Vafa Shayani, M.D. The sessions are at 6 p.m. on Thursdays, February 2 and March 1. Registration is required. Call **630-856-7525**.

MY HOSPITAL™

Rick Mace
Chief Executive Officer

Ronda Klocko
Marketing

My Hospital Linking You to Wellness is published by Adventist Bolingbrook Hospital. Information provided in this publication should not be substituted for medical advice provided by a physician. Please consult your physician regarding specific medical concerns and questions. ©2012 Printed in the U.S.A.



10328M

Adventist Midwest Health
120 North Oak Street
Hinsdale, IL 60521

NON-PROFIT ORG
U.S. POSTAGE
PAID
PERMIT #992
LONG PRAIRIE MN

CALENDAR FOR *winter*

Registration is required for all classes and events. Call **630-856-7525** or register online at www.keepingyouwell.com/abh. Click on "Education and Events."

HEART MONTH SCREENINGS:

February is a great time to think about your heart health. Take a look at our special offers to make it easier to get the tests you need:

Heart Smart. Total cholesterol, HDL, LDL, triglycerides, and cholesterol ratio, \$35.

Sweetheart. Lipid profile, A1c, and blood typing, \$40.

Heart Score. A complete cardiac risk assessment, total cholesterol test, HDL, blood pressure assessment, blood sugar test, body fat, personal lifestyle analysis, and EKG. Valued at \$400, during heart month it's \$50.

Heart Scan (calcium score). Our 15-minute test can find if you have any blockages or calcium buildup in your arteries. In February, Adventist Plainfield Imaging & Outpatient Center will be offering Heart Scans for \$75. Physician order is required for this screening. For an appointment, call **630-856-7070**.

Vitamin D. This assessment screens for deficiency or toxicity. It measures both D2 and D3 together and reports a total 25-hydroxy vitamin D, all for \$40.

Diabetes Check. A1c measures the amount of sugar in the blood, \$30.

To schedule an appointment, call **630-856-7525**.

DESIGNING A HEART-HEALTHY DIET

Registered Dietitian Kelly Felker will help you choose foods that improve your health and avoid those that increase your risk for heart disease and diabetes. Learn to expand your range of healthy choices to include a variety of delicious foods. Food samples provided.

Wednesday, February 1, 6:30 p.m., FREE

CONSIDERING WEIGHT-LOSS SURGERY?

This program will review gastric banding and surgical options, and describe lifestyle changes necessary after the surgery. Past patients will share their experiences.

Thursdays, February 2 and March 1, 6 p.m., FREE

♥ Women at Heart

Learn about all these aspects of heart disease risk factors at Macy's at the Promenade Bolingbrook. Space is limited; call **630-856-7525** to register. (See page 2.)

"Women and Heart Disease: 10 Things Every Woman Should Know"—Cardiologist James McMahon, M.D.

"A Good Night's Sleep: Your Heart Will Thank You"—Pulmonologist Nikki Hansra-Godfrey, M.D.

"Eat to Your Heart's Content"—Registered Dietitian Sonal Choudhary.

Thursday, February 16, 6:30 p.m., FREE

TIRED OF COUNTING SHEEP?

Put an end to sleepless nights. Board certified sleep specialist and pulmonologist Arnon Rubin, M.D., will discuss common sleep disorders—from insomnia to sleep apnea—and techniques and treatments to manage sleep efficiency. You will want to stay awake for this presentation. A sleep screening is included.

Tuesday, March 6, 6:30 p.m., FREE

✓ SPRING INTO AWARENESS! TAKE CHARGE OF YOUR COLON

Colorectal cancer is the second most common cause of cancer death in the U.S. Sameer Barkatullah, M.D., board certified gastroenterologist, will discuss screenings, risk factors, and the latest colon cancer treatment options. Free fecal immunochemical test (FIT) screening kits.

Wednesday, March 14, 6:30 p.m., FREE

HEALTHY MEALS ON A BUDGET

Healthy eating doesn't have to be expensive. Our registered dietitians will discuss how to plan healthy family meals for less than \$10. Learn tips to create healthy meals and snacks for those on the run or for the entire family. Don't let cost be a barrier to healthy eating.

Tuesday, March 20, 6:30 p.m., FREE

CHILDBIRTH CLASSES, SUPPORT GROUPS, AND MORE

Visit www.keepingyouwell.com/abh.