Big and Loud!
An innovative physical therapy approach for Parkinson’s disease

To watch Dan Crumrine walk backwards and play catch with physical therapist Hannah Ehrenhardt at the same time, it’s hard to imagine that Dan has been coping with Parkinson’s disease for nearly a decade.

But the backward game of toss, part of a twice-a-day exercise regimen and fine-tuned medication dosages, has helped keep the 61-year-old life-long Marshall resident moving, as well as enjoying life and travel with The Boss—wife Denise.

Noticiable improvements

“I absolutely see improvements,” Dan said when asked about the changes in his symptoms since starting an innovative physical therapy program at Borgess Physical & Occupational Therapy, Borgess Health Park in Battle Creek. “From the first day with Hannah, it has been an eye-opener. Hannah is perfect. Very positive and she challenges me all the time, challenges me to get better.”

In 2006, Dan started noticing a mild off-and-on tremor in his left hand. Over time, however, tremors worsened, and he and Denise visited their family physician who, after tests, diagnosed Parkinson disease. Their physician referred Dan to Dr. Jeffery M. Jones, a neurologist who has been treating Parkinson’s disease and

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Outstanding nurses throughout Borgess Health were recently honored at the annual Friends of Borgess Nursing (FoBN) Awards Reception. The celebration reception was held on May 7 at the LEC Auditorium with 121 nursing supporters in attendance. The event honored 2015 recipients of the Rising Star Award, Excellence in Clinical Practice Awards, Nursing Leadership Award, Sisters of St. Joseph Legacy Award, Clinical Advancement Program, and Friends of Borgess Nursing Certification grants.

2015 FoBN Award Recipients

Rising Star
Rachel VanderVeen, RN
Borgess Medical Center

Nursing Leadership Award
Delia Stafford, BSN, RN
Borgess Medical Center

Sisters of St. Joseph Legacy Award
Maggie Paynich, MSN, RN, NE-BC
Borgess Medical Center

Excellence in Clinical Practice I
Debra Sue Newhouse, RN, ADN
Borgess Medical Center

Barbara Love, RN
Borgess-Pipp Hospital

Excellence in Clinical Practice II
Gail A. Pickett, RN
Borgess Ambulatory Clinics

Certification Grants
Angela Barber, RN
Allyson Claey, RN, CNRN
Ann Culp, BSN, RN, CCRN
Wendy M.C. Lupiya, MS, BSN, RN
Janice M. Parker, BSN, RN
Dayana-Nanda L. Siriwardhana, MBA, BNA, CNRA

Recertification Grants

Allyson Claey, RN, CNRN
Diana Mitchell, IBCLC, RLC

Clinical Advancement Program
Julie Pellow-Clancy, BSN, RN – Level 3
Charlene Orwat, BSN, RN – Level 3
Cassandra VanNortwick, BSN, RN – Level 3
Heidi Dean, BSN, RN – Level 3
Ronald Dayot, BSN, RN – Level 3
Judy Cooper, BSN, RN – Level 3
Erica Danov, BSN, RN – Level 3
Kimberly M. Coe, BSN, RN, CNOR – Level 4
Jessica Cook, BSN, RN, CEN – Level 4
Sherri Khillah, BSN, RN, SANE-A – Level 4
Laurie Daschner-Simmons, BSN, RN, CRN – Level 4

Since 2006, more than $360,000 has been raised from the generosity of many donors to the FoBN Endowment Fund, which recognizes Borgess nurses and community advocates with awards and scholarships. An estimated $40,000 was raised this year to the Endowment Fund from the reception, as well as from two Friends of Borgess Nursing silent auctions that were held at Borgess Medical Center and Borgess-Pipp Hospital. Many thanks to our FoBN Platinum Sponsors: Miller Johnson, Attorneys and Counselors and Borgess Medical Staff for their most generous support of the FoBN awards ceremony.

Pictured above: Recipients and presenters of the 2015 Friends of Borgess Nursing Awards pose at the celebration reception outside the LEC Auditorium. Standing left to right are: Wendy M.C. Lupiya, MS, BSN, RN; Barbara Love, RN; Lois Van Donselaar, Vice President & Chief Nursing Officer, Borgess Medical Center; Gail Pickett, RN; Jessica Cook, BSN, RN, CEN; Kathy A. Young, President & CEO, Borgess Health; Angela Barber, RN; Allyson Claey, RN, CNRN; Debra Sue Newhouse, RN, ADN; Rachel VanderVeen, RN; Julie Pellow-Clancy, BSN, RN; Maggie Paynich, MSN, RN, NE-BC; Delia Stafford, BSN, RN; Kimberly M. Coe, BSN, RN, CNOR; Erica Danov, BSN, RN; Janice M, Parker; BSN, RN; and Dayana-Nanda L. Siriwardhana, MBA, BNA, CNRA.

Safe Surgery and Procedure Week 2015 (June 8-12)

Ascension Health Ministries are marking June 8-12, 2015 as Safe Surgery and Procedure Week (SSPW). SSPW has three broad goals:

- To raise the level of awareness of safety culture as a High Reliability practice in the operating room and procedural areas;
- To showcase the various System-wide initiatives available to Ascension Ministries; and
- To celebrate the great work of Ascension associates and providers to improve patient safety and quality.

Safety is everyone’s responsibility. Borgess Health associates are encouraged to demonstrate commitment to patient safety by speaking up for safety and assuring a safe experience for the patient and staff. For SSPW information, contact John Garbo, director, Care Excellence, Ascension Health, jgarbo@ascensionhealth.org.
Borgess again earns Gold-Plus Quality Achievement Award for heart failure care

Borgess Medical Center has again received the Get With The Guidelines® – Heart Failure Gold-Plus Quality Achievement Award from the American Heart Association. Borgess is recognized for implementing specific quality improvement measures outlined by the American Heart Association/American College of Cardiology Foundation secondary prevention guidelines for patients with heart failure.

Save lives, speed recovery and reduce hospital readmissions

Get With The Guidelines—Heart Failure is a quality improvement program that provides hospital teams with the most up-to-date, research-based guidelines. Launched in 2005, the program’s goal is to speed recovery and reduce hospital readmissions for heart failure patients. Studies credit the program with reductions in deaths within 30 days of leaving the hospital and with lower re-hospitalization rates.

Borgess earned the award by meeting specific quality achievement measures for the diagnosis and treatment of heart failure patients at a set level for a designated period. The measures include evaluation of the patient, proper use of medications and aggressive risk-reduction therapies, such as beta-blockers, ACE inhibitors/ARBs, diuretics, anticoagulants and other appropriate therapies. Before patients are discharged, they also receive education on managing their heart failure and overall health. A follow-up visit and other care transition interventions are coordinated as well.

Borgess also received the American Heart Association’s Target: Heart Failure Honor Roll. Target: Heart Failure is an initiative that provides hospitals with educational tools, prevention programs and treatment guidelines designed to reduce the risk of heart failure patients ending up back in the hospital. Hospitals are required to meet criteria that improves medication adherence, provides early follow-up care and coordination, and enhances patient education. The goal is to reduce hospital readmissions and help patients improve their quality of life in managing this chronic condition.

A vote for Anthony Tersigni supports One Ascension

One Integrated Ministry, One Ascension is a vital element of fulfilling our Mission to meet the needs of individuals and communities with special attention to those who are poor and vulnerable. Anthony Tersigni, President and CEO, Ascension Health, needs votes of associates to help continue our leadership role as the largest Catholic and largest not-for-profit health system in America.

Tersigni has been on Modern Healthcare’s list of 100 Most Influential People in Healthcare for 10 years in a row. Continuing that recognition and visibility helps Ascension Health. Recognizing his position acknowledges the efforts of all associates, physicians and volunteers across Ascension Health. Rankings are determined half by readers’ votes and half by the senior editors of Modern Healthcare.

Please vote by visiting the link on the Borgess Intranet located on the left navigation panel. Voting ends June 26.

that’s where indoor exercise turns into outdoor adventure

Come experience forward motion video featuring iconic trails, roads and landscapes. You’ll never look at running on a treadmill the same again. And, for a limited time, employees of Borgess Health, Ascension Health and wholly owned subsidiaries of Ascension Health may join the fitness center for only $10 and pay no membership dues until July 1, even if you’ve been a member before and cancelled your membership!
Innovative approach to Parkinson’s disease
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other nervous system disorders in Battle Creek since 1980.

Dr. Jones prescribed Sinemet and other medications to help control Dan’s symptoms, which included tremors, stiffness and difficulty speaking. Earlier this year Dr. Jones referred Dan to Hannah, who recently had been trained in a novel physical therapy program for people with Parkinson’s disease called Big and Loud.

Big and Loud is an intense 16-session, four-week speech and movement treatment program. “Loud” is designed to train patients to monitor and control how loudly they speak through exaggerated vocal exercises so they can make themselves better understood. “Big” uses the same principals of exaggerated movements to help better control walking, and arm and other movements.

“The goal of our program is to teach patients so that they can do the exercises at home,” Hannah said. “We give them the power to help themselves. It sounds like a lot, but once they do it regularly, it becomes routine.”

Dan agrees with that assessment. “At first, I didn’t look forward to coming to the program,” he said. “But after a while, I definitely looked forward to working with Hannah. It made me realize that I was shuffling and wasn’t speaking clearly. She made me realize that I needed to talk louder and walk with a longer stride.”

“We are taught to be proactive, not reactive, to take the medicines and do the exercises. She tries to get me to do two or three things at the same time. We do word games when I exercise and Hannah made me do homework. She made a 61-year-old man do homework!”

“Now I do all the exercise routines at home, twice a day. It definitely helps me battle the disease.”

Dr. Jones said that a tailored program of medications and exercise helps Parkinson’s patients maintain mobility. He said when he first came to Battle Creek in 1980, he had Parkinson’s patients who could not walk. Today, he says, all his patients can walk, albeit some are still somewhat limited.”

One key to improvement, he said, is to teach patients to think about those movements we normally don’t think about—the way we swing our arms while walking, for example, or our facial expressions. Those movements, he said, are components of the extra-motor system and are the ones affected by Parkinson’s disease.

In the 1970s, doctors discovered that Parkinson’s symptoms could be treated with a neurotransmitter called dopamine, which is a normal product of the brain but deficient in people with Parkinson’s disease. Over the years, physicians have employed a variety of strategies to deliver dopamine to the brain while tempering the negative effects of dopamine in the rest of the body.

“People with Parkinson’s don’t swing their arms and they talk with a low voice,” Dr. Jones said. “The Big and Loud program teaches patients to think about the extra-motor movements that we don’t think about and to improve motion.”

“The patients themselves are the best testament of the effectiveness of the treatment.”

LEARN MORE about Parkinson’s disease and the Big and Loud treatment by viewing WWM’T’s “Doc Talk.” The news story can be seen by visiting borgess.com.

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2. Complete the HRQ (Health Risk Questionnaire)—$100.
3. Complete your PCP Wellness Visit—$75.

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