

the Pulse

October 2018

News for Munson Healthcare Paul Oliver Memorial Hospital Medical Staff

Great Place to Practice Survey: Your Feedback Matters

*Creating a **Great Place to Practice** for providers is something Munson Healthcare Paul Oliver Memorial Hospital strives to achieve.*



Nancy Reye, MD
Chief of Staff
Paul Oliver Memorial Hospital

Look for our new, shorter provider survey on Nov. 1. The redesigned survey – based on provider feedback – allows us to ask questions more relevant to Munson Healthcare's goals and strategies, as well as be more nimble in addressing emerging issues such as burn out. Additionally, our ambulatory providers will receive a different set of questions than hospital based providers. Your feedback will help physician and senior leaders focus on the areas that truly matter.

Paul Oliver Memorial Hospital medical staff will receive an email invitation from survey vendor, Culture Amp, on Nov. 1 inviting you to participate in the online satisfaction survey by Nov. 15. Providers will have two weeks to complete the survey. Please note that there will be no phone interviews as in previous surveys. The new survey should take approximately 5 minutes to complete, and your responses are confidential.

Look for survey results in future issues of The Pulse.

If you have questions regarding the survey, please contact Dr. Nancy Reye at 231-642-5556 or nreyel@mhc.net.

"I am proud of the quality health care that we provide to our community. It is important to our community that we continue to provide excellent health care and thrive and flourish as a hospital. Please take a few minutes to help us complete the Great Place to Practice Survey so that we may better understand the opinions and needs of our medical staff. Our goal is for 100% of our medical staff to complete the survey, because your feedback will help us to continue to grow and support you and, in turn, the members of the community we serve. Thank you for your time, and I look forward to continuing to work together to provide first class health care in northern Michigan."

– Nancy Reye, MD
Chief of Staff
Paul Oliver Memorial Hospital

Tell Us What You Think

Please check your email for the survey link from Culture Amp on Nov. 1, and complete the survey by Nov. 15.





Photo Courtesy/Aubrey Ann Parker. Alexis Howell, foreground in white, plans to become an occupational therapist

Concussion Protocol Moves into New Season

Football, soccer, and other full contact sports this fall mean concussions can occur to young area athletes. Creating more awareness around concussion prevention is a primary goal of Paul Oliver Memorial Hospital's new Director of Sports Medicine Matt Jackson, DO (see article pg. 3).

Across Munson Healthcare, physical therapists in 2017 created an evidence-based, standardized return-to-play protocol for student-athletes call CRANIUM. Goals of the program provide primary care providers with testing and results on concussed patients to support decision making if and when the athlete should return to play.

Under the protocol:

- Athletes are assessed on the field and removed from play.
- The athlete visits a primary care provider (PCP) for an assessment.
- If the PCP determines it is appropriate, the athlete is referred to the CRANIUM Concussion Management Program.
- The athlete is tested by the PT with VOMS, SCAT 3, Balke Treadmill Test, ImPACT, and Graduated Return to Play protocol.
- Results/testing are shared with the PCP.
- PCP determines whether athlete is cleared to return to athletic competition.

Dr. Jackson commends the Paul Oliver Sports Medicine and Rehab team members for their work with local school districts to initiate athletic training services, create awareness of injury prevention, and concussion prevention and treatment. Often the athletic

trainers also can help direct athletes and parents to the appropriate care setting should an injury occur.

Benzie Central graduate and soccer player Alexis Howell said she benefited from the program last spring, after suffering a concussion.

While receiving therapy with Paul Oliver rehabilitation therapists Lori Darling and Adrienne Stephen Jones, Alexis came to realize the significance of a concussion, its impact on her brain, and the importance of allowing the brain to heal completely. Under the protocol, students go through complete brain rest, then light exercises, and then slowly work back into their sport in the last three stages.

"I had to learn what heart rate I could work up to and still be safe. A lot of people don't take it as seriously as they should. You can play soccer without your pinky, but you can't play without your brain."

Managing Concussions On and Off The Field

POMH Sports Medicine & Rehab Team offers \$20 baseline concussion testing for all student athletes using an evidence-based tool called ImPACT.

Whether the athlete is participating in school sports or other activities, such as skiing, hockey, horseback riding, or motocross, it is recommended that they receive baseline testing every two years and be retested if a traumatic brain injury (concussion) does occur. This testing allows medical professionals to better diagnose and treat injuries, should they occur, and ensure safe return to play.

For an appointment: call **231-352-2231**

New Sports Medicine Director: Matt Jackson, DO



Matt Jackson, DO
Director, Sports Medicine
Paul Oliver Memorial Hospital

Creating more awareness around concussion prevention is a primary goal of Paul Oliver Memorial Hospital's new Director of Sports Medicine Matt Jackson, DO.

Dr. Jackson is board certified in both family medicine and sports medicine. He practices at Crystal Lake Health Center

in Traverse City and joins the hospital to ensure Benzie area athletes receive the same kind of support as those in urban areas across the state.

"There is a gap in coordinated rural sports medicine between Traverse City and Grand Rapids," he said. "The initiatives we're working on are really in line with what you might expect to see in a metropolitan area, and help prepare student athletes for safety in whatever is next, whether that is college sports, active adult lifestyles, or in the workforce."

Dr. Jackson commends the Paul Oliver Sports Medicine and Rehab team members for their work with local school districts to initiate athletic training services, create awareness of injury prevention, and concussion prevention

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— Matt Jackson, DO
Director, Sports Medicine

and treatment. Often the athletic trainers also can help direct athletes and parents to the appropriate care setting, should an injury occur.

"We view these health professionals as the quarterback for medical services," he said. "They help identify issues early and get students where they need to be for care. My goal is to support them and grow the initiatives already in place in the region."

A graduate of Touro University California College of Osteopathic Medicine, Dr. Jackson formerly served as medical director for Central Michigan University Athletics and head team physician.

New Medical Director for Paul Oliver Living and Rehabilitation: Mark Langlois, MD



Mark Langlois, MD
Medical Director
Paul Oliver Living and Rehabilitation

As of August, Mark Langlois, MD, is the new medical director for Paul Oliver Living and Rehabilitation (POLAR). Dr. Langlois replaced Gerard Mahoney, DO, who had decided to scale back his practice after many years of dedicated service to POLAR.

Dr. Langlois is board certified in family medicine and practices with the Crystal Lake Health Center in Traverse City. A graduate of American University of the Caribbean, Dr. Langlois completed his residency at St. Joseph Mercy Health System.

As POLAR's medical director, Dr. Langlois will coordinate patient care, lead quality improvement initiatives, and provide medical direction through the development, implementation, and evaluation of policies and procedures.



Bravery Brigade: Support for People with Parkinson's Disease

Putting your best foot forward can become challenging for individuals experiencing Parkinson's disease.

A new support group at Betsie Hosick Health & Fitness Center focuses on facilitating relationships and sharing information to improve quality of life for individuals with the disease and their care partners. Their motto is: "Do not confuse my bad days as a sign of weakness. Those are actually the days I'm fighting my hardest."

They call themselves: "The Parkinson's Bravery Brigade." "There are so many questions that arise during a life with Parkinson's disease," said Linda Gottschalk, a Brigade leader. "We're fortunate for the collaboration with Munson Healthcare Paul Oliver Memorial Hospital to include guest speakers on topics relevant to all of us."

Meeting topics have included: swallowing, language, and throat care with a speech language pathologist; movement basics

for people with Parkinson's with certified occupational therapists; and nutrition and Parkinson's with registered dietitian nutritionists.

Weekly exercise and movement classes complement the monthly meetings. Retired registered nurse and exercise specialist Deb Cenname said the "Movement and Balance" class started at the fitness center in 2017.

"We wanted to create a class that addressed movement and balance issues for individuals of different ages and at different

levels of physical ability," she said. "As we continue to address the movement and balance needs of our clients, we have added other group classes, including Pilates for Health, varying levels of yoga, and Moving Forward, a class coordinated with our colleagues in the occupational therapy department."

All of these classes offer modification to clients who have physical limitations.

Support Group:

Meets 2nd Thursday of every month, 9:30 am, Fitness Center
For more information:

Benzie.Parkinsons@gmail.com | 231-622-5140

Movement & Balance Exercise Classes:

Senior Movement & Balance

Monday, Wednesday, Friday, 11:30 am, Fitness Center

Moving Forward

Tuesday & Thursday, 11 am, Fitness Center

For more information:

Deb Cenname | **231-352-7481** | **dcenname@mhc.net**

munsonhealthcare.org/bhhfc



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The Pulse is published six times a year.

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