

# ENGAGE

*Connecting the community to health*

Rehab for all ages, all needs,  
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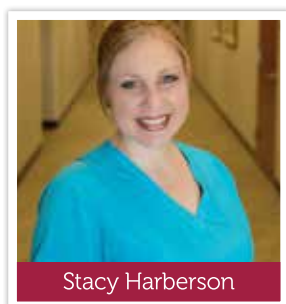
**Howard** Memorial  
hospital

*Spring 2020*



# Changing Radiology Technology

Means Even Better Patient Care at HMM



Stacy Harberson

At Howard Memorial Hospital we continually strive to provide our community with the latest and greatest in-patient care, and we're fortunate to see this effort pay off with new services in our radiology department. According to **Stacy Harberson, Director of Radiology**, these technology developments in the radiology department will directly improve the already excellent diagnostic imaging capabilities at HMM.



## Upgraded CT System

Last October the radiology department began using an upgraded CT (computed tomography) scanner called a Revolution EVO. This scanner utilizes a series of detectors that spin around the patient and emit x-rays to form a series of images that are sent to processing software for reconstruction into an image that radiologists can interpret.

The new system features 128-slice reconstruction, an upgrade from the previous system's 64-slice reconstruction. A "slice" is a cross-sectional picture of different angles of the body, which are combined to create a 3D image. The greater number of slices the CT scanner is able to produce for reconstruction, the better the detail and resolution of the image and the easier it is for a radiologist to interpret and use for diagnosis and treatment.

According to Stacy, this new scanner features other benefits as well.

"This scanner is audibly quieter, which can help reduce patient anxiety," she said. "Plus, it has a feature called Smart MAR, which helps reduce image degradation from metal implants patients may have and allows those areas of the body to be evaluated."

For Stacy and the radiology department the importance of an upgrade like this is invaluable. A CT scanner is an essential part of their everyday work.

"CT can be used for any body part and may be used to diagnose an abundance of issues ranging from fractures to cancer," she shared. "There is a plethora of situations where CT is necessary and being able to provide excellent technology paired with top notch technologists makes me very proud to be a part of HMM and the radiology family."

## Nuclear Medicine System Upgrade

Nuclear medicine is a modality of radiology that uses radiation via a radiotracer to monitor and evaluate the physiologic function of a particular organ or tissue instead of just producing images. It helps medical professionals get a clear picture of a person's current condition for diagnosis and treatment.

Currently HMM has a nuclear medicine system with a single head gamma camera, which allows performance of general studies for patients as part of their care.



However, we have recently partnered with a company called Heart Care Imaging, which will allow us to elevate the capabilities of our nuclear medicine system with a dual head gamma camera. This camera will be an ideal tool for all general imaging and will also allow us to perform myocardial perfusion imaging, also known as cardiac imaging, which is an accurate tool for diagnosing coronary artery disease in patients who may be at risk of a heart attack.

According to Stacy, there are many benefits of having an advanced nuclear medicine system at HMM.

"This modality, used in conjunction with other modalities in radiology, helps paint a clear picture of what is going on with the patient," she shared. "It has multiple different tests depending on the organ system in question, which can help to determine if these systems are functioning correctly and oftentimes allows practitioners to be proactive rather than reactive to the patient's health."

## HMM is a Cut Above

With all these new services in the radiology department Stacy feels that HMM is more than well equipped to provide the best care possible for our community.

“Many people have no idea what we have nestled here in the heart of Nashville. We are so fortunate to have a full-service radiology department. Patients are able to stay right here at home and have the best radiology services available to them.”

# ALL UNDER ONE ROOF



## The Care You Need Where You Need It

### Rehabilitation Services at HMH

We are exceptionally proud to offer full-service rehabilitation at the Howard Memorial Hospital Rehabilitation, Fitness and Aquatic Center. This allows us to provide patients with the care they need right in their own community. And we've decided it's high time to spread the word and ensure that everyone in Nashville and the surrounding area knows the services we can offer them.

**That's why we recently started an educational campaign called *All Under One Roof Rehab*.**

Whether you need physical therapy following surgery or have a child who could benefit from working with a speech pathologist our therapy and rehab team has you covered. In our 4,300-square-foot, state-of-the-art outpatient facility we offer physical therapy, occupational therapy, and speech

and language pathology all under the same roof and can care for patients of all ages and health levels. The 15-person staff includes five physical therapists, six physical therapist assistants, one occupational therapist, two occupational therapist assistants, and one speech language pathologist.

**Together these staff members provide our community services including:**

- Sports rehab
- Orthopedic and spine rehab
- Pain management
- Pediatric developmental therapy
- Stroke care
- Activities for daily living rehab
- Stuttering and voice disorder therapy
- Social communication rehab
- Aquatic therapy
- Much more!

“We’ve always had all these services, but we wanted to share that more with the community. They can receive well-rounded, high-quality rehab and therapy services right here in our community.”

- Dr. Hannah Haney, PT, DPT

With the start of the All Under One Roof Rehab campaign they’ve seen a definite increase in the number of patients coming in and of patients realizing that they can get all the services at HMH instead of traveling to multiple care providers.

“We offer one of the largest therapy groups in the area—it’s unique,” Hannah said. “And with a staff that large you can optimize a patient’s care plan. For example if a patient who has suffered a stroke needs help with their balance both a physical therapist and occupational therapist can see that patient at the same time to make their rehab program work best for them.”

In addition, **Dr. Paul Cox, PT, DPT**, said, “Having such a large team allows us to offer patients one-on-one treatment and more specialized services, including the latest advancements in pain management and treatments for orthopedic injuries like dry needling and kinesiotaping. We offer high tech gait and balance training using Biodex computerized testing and training equipment, which assesses balance and provides feedback throughout treatment. We also have an aquatic center, which includes a heated resistance pool and an underwater treadmill for aquatic therapy.”

“Aquatic therapy is very beneficial for patients in a lot of pain since it’s easier on the body,” Hannah said. “Less gravity means the therapy is more comfortable, and you can really challenge patients in different ways than you can out of water.”

#### Why choose HMH Rehab, Fitness and Aquatic Center?

1. Supports our local non-profit community hospital
2. Large staff offers numerous specialized services
3. Offers continuity of rehab from acute hospital care to outpatient therapy
4. Offers all rehab disciplines (Physical Therapy, Occupational Therapy, Speech Language Pathology)
5. Offers continuity of rehab across the lifespan from newborn to geriatric
6. Only have licensed therapists on staff
7. Utilizes one on one therapy care
8. Offers land-based and aquatic therapy
9. Accepts all insurance including Medicaid



## STEVE MARSH’S STORY

Steve Marsh was involved in a serious vehicle accident in September of 2019 in which he suffered a pelvic fracture that left him using a wheelchair, barely able to walk and in constant pain. When he came to us, we knew he was a perfect candidate for our aquatic therapy program and were so excited to help him on his rehab journey.

With the assistance of his physical therapy team he progressed from aquatic to land-based therapy, and is now able to walk without an assistive device as he continues to rebuild his strength and balance.

Our team at Howard Memorial Hospital Rehab was able to assist him further when he began to experience increased pain and swelling in his hands. Our occupational therapist treated him in conjunction with his physician with fluidotherapy, which helped reduce the pain and allowed him to continue to progress in his physical therapy.

Treating Steve was a pleasure, and we’re so happy to be able to share his success story.





# Education Services at HMH:

## Skills for a Healthier & Safer Community



Jeff Williams

**Jeff Williams**, the Director of Education at Howard Memorial Hospital, leads a small but mighty team of educators who strive to make a difference at HMH and in their community every day. He, along with eight other instructors, teaches courses both for medical professionals inside HMH and for members of the community.

Having such a robust education center at HMH is extremely beneficial for our hardworking staff as it ensures maintaining their certifications and other necessary continuing education is simple and convenient.

In addition to the professional learning side of the program, there are also courses designed for local residents who aren't medical professionals but would like to have helpful medical training.

### Heart Saver and Stop the Bleed Programs

A program that has been extremely successful and continues to be very popular is the **Stop the Bleed** program.

"We have done a ton of these classes," Jeff shared. "At the moment it's definitely our most popular class for laypeople in the community." This class, which typically lasts just over

an hour, teaches people what to do in the event someone is bleeding from a traumatic injury or illness. This includes the most basic principle in controlling bleed—applying direct pressure—as well as how to use a tourniquet and other potentially life-saving techniques. At the end of the class, participants receive a supply kit that reinforces the skills they just learned.

**Heart Saver** is a relatively new class that follows the same model—teaching community members skills to help in a medical emergency. This class is slightly longer, typically three to four hours, and covers topics including CPR and how to locate and use an AED (*automated external defibrillator*).

"The Heart Saver class is really starting to take off," Jeff said, "We've been going into places like schools and churches quite a bit to teach the class and getting good feedback. We can offer certification that lasts for two years simply for the small cost of the certification card. Or if certification isn't necessary people can just take it for general knowledge."

"Living in a more rural community where people tend to be more spread out and farther from medical assistance means having the skills you learn in the Stop the Bleed or Heart Savers program can make a huge difference," Jeff said. "Educated members of the community can save someone's life."

# American Diabetes Association Recognizes Diabetes Education Program at HMH

We're thrilled to share that the Diabetes Education Program at Howard Memorial Hospital, Diabetes Self-Management Education, has been officially recognized by the American Diabetes Association (ADA).

## Meet the heart and soul of the program

This program, led by certified Diabetes Educator **Denise Graves, RDN, LD, CDE**, focuses on providing participants with the knowledge they need to better manage their condition and live the healthiest lives possible.

## What participants can expect.

The recognized program is broken into four parts, which are typically completed in a given month.

- 1 One-hour one-on-one self-assessment with Denise to understand current habits, issues, etc. and set goals
- 2 First Class: Three-hour session that covers basic questions and important information
  - a. "What is diabetes?"
  - b. "How do you treat diabetes?"
  - c. "What are possible complications?"
  - d. "How do you monitor blood sugar?"
- 3 Second Class: Nutrition and how it affects diabetes
- 4 Third Class: Daily self-management skills to continue after the program
  - a. Cooking with diabetes
  - b. Social support
  - c. Review & paperwork

According to Denise, participants are typically motivated to learn more about living with diabetes and that plays a key role in ensuring the program is successful. "The couple that just finished the program was really excited," she shared. "They felt like they had learned how to successfully control their blood sugar."

## Why HMH excels at diabetes education.

"The benefit of this program being at a hospital is all the additional resources we have outside of just me," Denise explained. "Two wonderful nurses, who previously had an unrecognized program in place, help run the program and can answer questions I may not have immediate answers to."

Plus, the multiple disciplines represented at a hospital provide a wide range of additional knowledge. Denise said, "I had a pharmacy question in a recent class, and I was able to call the pharmacy and get the answer for the next class." The expertise across the board helps Denise provide a well-rounded program that ensures participants get the best diabetes education possible.

## Who is eligible for the education program?

Anyone who has an official diabetes diagnosis is eligible to enroll in Diabetes Self-Management Education. Individuals can stop in at HMH to pick up an information brochure and to fill out a self-referral. Once approved by their healthcare provider they can begin the program. For more information call us at **870-845-4400** today!





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## Here When You Need Us

**Primary care** and **emergency services**  
available at Howard Memorial Hospital

If you live in the Sevier County area, know that high quality medical care is just a short drive away. We invite you, our neighbors, to discover how Howard Memorial Hospital is here for you with primary care, emergency services, and more. We've got short wait times, plenty of providers, and everything you need to get and stay healthy while Sevier County's own healthcare facility is in transition. Until they're ready for you, we're here for you.

**Learn more about HMM**

Visit us online at [www.howardmemorial.com](http://www.howardmemorial.com)