

ENGAGE

Connecting the community to health



Swing Bed Program
Optimizes Care



HowardMemorial
hospital

Spring 2022



It's been a year since the grand opening of the Howard Memorial Hospital Pediatric Therapy Center, and we are thrilled with how this new space has allowed us to provide specialized pediatric therapy services for our community.

The space, located at 1315 S 4th St. in Nashville, provides about 4,000 square feet of treatment space for pediatric physical therapy, occupational therapy, and speech language pathology services.

The center has a staff of five full-time therapists with in-depth knowledge about pediatric therapy as well as several part-time therapy staff members, and the team continues to grow. The full-time staff includes:

- Hannah Hanney, PT, DPT
- Morgan Miller, SLP
- Jayla Jacques, SLP
- Kiley Doherty, COTA
- Erica Tollett, Pediatric Office Assistant

And for those who may not have seen the facility firsthand, there is no doubt that it was designed with children in mind.

Paul Cox, PT, DPT shared, "The location features individual treatment rooms, including a special sensory room and plenty of open space for kids to run and play while working towards achieving their goals and reaching their highest potential. We also have compiled a large offering of play structures, games, and activities to be incorporated into therapy."

This emphasis on creating a place of comfort and fun helps young patients achieve their goals in the healthiest way possible. A safe and engaging environment combined with truly individualized, one-on-one care goes a long way in ensuring that each child gets the best care possible.

Pediatric Therapy Center

Brings Compassionate Care in Fun, Nurturing Environment for Kids

“

All services at the pediatric therapy center are provided on a one-on-one basis. A child first participates in an in-depth evaluation for the specialty that they were referred to using standardized tests,” Hannah Hanney explained. “These evaluations along with clinical judgement determine functional level, need for therapy and appropriate goals to target these deficits. Once an evaluation is completed, the therapist will create an individualized treatment plan based upon these findings.”

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These specially tailored therapy plans can help address a multitude of concerns for children and adolescents of all ages. Some of the most commonly address issues at the facility are:

- Autism Spectrum Disorders
- Developmental Delays
- Cerebral Palsy
- Genetic conditions
- Neurologic disorders
- Language delay
- Speech delay and motor speech disorders
- Feeding and swallowing impairments
- Motor coordination disorders
- Sensory integration dysfunctions and sensory processing disorder
- Musculoskeletal conditions such as clubfoot or sports related injuries

The facility provides over 150 patient visits per week now and continues to grow. The therapy team has worked immensely hard to ensure each patient has the best experience possible, and Howard Memorial Hospital is excited to see how the center can continue to improve the health and lives of children in our community.

“We all pride ourselves on making therapy fun. If you were to observe a treatment session with any therapist you would likely think we were “just playing” with the children,” Morgan Miller said. “We have all worked tirelessly to find ways to address goals in a way that the children do not realize how hard they are working on improving their skills.”

If you have questions or would like to schedule an appointment, please call
870-845-8161.



Expert Surgical Care Close to Home:

the Howard Memorial Hospital
Surgical Team is Here for You

On any given day the general surgery team at Howard Memorial Hospital provides patients with needed surgical services to address serious health concerns and improve quality of life.

Lindsay Hooper, RN, Interim Surgical Services Director, said, "We have a team of three general surgeons who perform a variety of surgeries including laparoscopic surgeries, endoscopies, even amputations. Each patient is given the utmost care during their procedure."

The Surgery Department at Howard Memorial Hospital not only has a team of three general surgeons but also nine nurses who have a combined 135 years (yes, you read that right!) of surgical nursing experience. The department also boasts 79 years' of anesthesia experience between Gary Manly, CRNA and Dr. Fawad Walajahi, M.D.

Gary and Dr. Walajahi worked together years ago in Pine Bluff and rejoined forces when Dr. Walajahi joined the team last September.

Meet Our Surgical Providers!

GENERAL SURGEON

Dr. John Hearnberger

- Board Certified in General & Cardiothoracic Surgery
- Will celebrate 50 years in practice in 2023!



Dr. Mark Sutherland

- Began surgical practice in 1994
- 28 years' experience
- Has been performing robotic surgery since 2011

Dr. Bertrand Fonji

- Joined the HMH team in 2021 - welcome!
- Has been performing robotic surgery since 2013

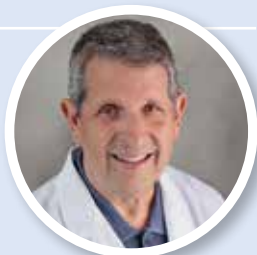


Dr. Fawad Walajahi

- Certified Anesthesiologist
- 38 years' experience

Gary Manly, CRNA

- Certified Registered Nurse Anesthetist
- 41 years' experience



In a smaller facility like ours, the anesthesia provider who does your pre-operative interview is the same provider who will be administering your anesthesia. This is huge for our patients.

At Howard Memorial Hospital, our goal is always to provide high quality, state-of-the-art surgical services with an emphasis on personalized, compassionate care that can only be found in a small community like Nashville. Plus, having surgical services locally makes scheduling needed care much more convenient.

"Unlike in larger healthcare systems, when you have a surgical procedure at HMH you will see the same friendly faces from the clinic to the operating room and then in your post-op care. It's truly excellent continuity of care that helps put patients at ease and makes them feel like more than just a procedure," Lindsay explained.

"You really can't understate the benefit of keeping care local whenever possible," Lindsay said. "It makes it easier on patients and their caregivers. And helps avoid people putting off a procedure they might be resistant to travel for."

But perhaps the greatest benefit offered to patients who have their surgical procedures performed by our surgery team is the emphasis on patient education and preparation. This helps alleviate pre-operative anxiety.

"Ahead of a surgical procedure all patients are given a detailed explanation of what to expect and get to meet the surgeon who will perform the surgery and ask any questions they might have," Lindsay explained. "Then the day of the surgery they are given further education to ensure they are mentally prepared. Plus, the family of the patient gets to meet with the surgeon before and after the procedure, so they are also informed."

It's truly a team effort to ensure that every patient who has a surgical procedure performed by Howard Memorial Hospital has the best experience and outcome possible. With over 309 years of combined experience, our surgical staff is here for you.

To learn more about the surgical services offered by HMH please call
870-845-6979.

Swing Bed Program Optimizes Care

for a Successful Return Home



The Swing Bed Program at Howard Memorial Hospital allows the care team to provide the highest level of care for each patient, meeting them where they are at in their healthcare journey.

When patients no longer need acute care but aren't quite ready to return to their normal life, the Swing Bed Program allows them to "swing" to a lower level of care that helps prepare them mentally and physically for discharge while being cared for around the clock by acute care hospital staff.

Director of Case Management, Shelby Witherspoon, RN, explains, "Patients in our swing beds have access to all disciplines of therapy [Physical, Occupational, Respiratory and Speech] plus an in-house physician to make transitioning out of the hospital after a long or strenuous stay easier than a more rapid discharge."

Before a patient enters the swing bed program, an evaluation is done to determine if they will benefit from swing bed care and what rehabilitation therapies they would need. Some common medical conditions or procedures patients experience before entering the program are:

- Strokes
- Knee or hip replacements
- Post-COVID-19 patients
- Complex wound care
- Patients with severe physical deconditioning or weakness

However, according to Shelby, nearly any patient with a need for rehabilitation could be eligible for a swing bed.

“I would say the best thing about our program – outside of the care itself – is that it serves so many communities beyond Nashville,” Shelby said. “Patients like that it’s so close and their families can visit without needing to drive an hour to see them.”

“It’s about bridging the gap between their acute care and their discharge,” Shelby shared. “Between a pre-program evaluation and working with the insurance provider to determine what is covered, we then create individualized treatment goals to determine when they will be ready to go home.”

There are several benefits to having a program like this right here at Howard Memorial Hospital, but perhaps the most significant is the location. It provides care “close to home” for many patients and families.

Howard Memorial Hospital is dedicated to helping patients return to their lives in the best health possible, and the Swing Bed Program provides the care patients need to accomplish this.

If you have more questions about the Swing Bed Program, please contact our case management department at **870-845-6934**.

A Community Problem Needs a Community Solution:

How Howard Memorial Hospital is Helping to Address Food Insecurity



Feeling a pang of hunger is never comfortable. But when those hunger pangs become more than an inconvenience—and instead a regular occurrence due to lack of access to consistent, nutritious meals—that's when food insecurity becomes all too real.

And that's a problem that needs to be addressed in Nashville and the surrounding areas, according to a recent Community Needs Health Assessment.

Kim Turbeville, Administrative Director of Howard Memorial Hospital shared, "Food insecurity has been an issue in our community for several years."

While anyone can experience food insecurity, there are some populations that often experience the brunt of its effects.

"In our area, I really feel it is our elderly and children especially," Kim said. "I think it gets worse during the holidays but for school children, it's bad during breaks and over the summer. A lot of the kids only get good, nutritious meals while they are at school. Two of our local schools now have food pantries where children and their parents can pick up items to take home."

To help address the need of many for access to nutritious food, a variety of community programs have been put into place in Nashville. These include a community garden and farmer's market, soup kitchen and food pantries at several local churches and even some schools.

One of the newest programs is launching at Howard Memorial Hospital, as another avenue to address community members facing food insecurity.

Howard Memorial Hospital and its staff is happy to help support any initiative to help provide food to those who need it.

"Employees have always been supportive of programs for those in need. During Christmas each year, several children are "adopted" from the Angel Tree Program and gifts are purchased for a specific family at times during the holidays," Kim shared. We recently held a competition among our staff to help kick-off the new Food Insecurity Program during the month of March for Nutritional Awareness."

This new program, that has recently launched, will see the addition of two food boxes installed on the Howard Memorial

Hospital campus (one in the front parking lot and one at the back of the hospital behind Surgery) that will contain essential food items that people can take at any time. They will be stocked by the hospital staff. HMH will have a list of other locations in the community people in need can receive food, such as the soup kitchens and food pantries.

Food Box Locations



The Behavioral Health Clinic, Medical Clinic and the Surgery Clinic will also have smaller food boxes stocked by employees to help patients who face food insecurity. There are also food boxes that will be available for our patients in need on the Patient Care Unit, Emergency Department or Wound Care.

Kim and everyone at Howard Memorial Hospital knows the importance of coming together as a community to address this issue.

“Food insecurity is something that we should all take seriously. As our mission states, we are committed to ‘Improving the Health of the Communities We Serve’ – and that includes ensuring that everyone can get the vitamins and nutrients their bodies need to thrive.”



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Services

Main Phone: 870-845-4400

Central Scheduling: 870-845-8156

Inpatient Services (Hospitalist) 870-845-6900
- Swing Bed Program

Surgical Services 870-845-6978
- General
- Cataract
- PICC Lines
- Injections & Infusions

Radiology 870-845-8070
- CT (64 Slice)
- 3D Mammography
- Ultrasound (diagnostic, vascular and ABI)
- Nuclear Medicine
- Mobile MRI
- Mobile PET/CT
- Bone Density Testing

Inpatient & Outpatient Rehabilitation 870-845-8161

Pediatric Therapy Center 870-845-8059

Clinical Laboratory & Blood Bank 870-845-8062
- Blood Transfusions

Cardiopulmonary 870-845-6942
- EKG
- Pulmonary Function Testing
- Arterial Blood Gases
- EEG
- Sleep Lab

Cardiac/Pulmonary Rehab 870-845-8026
- Exercise Stress Testing

Geriatric Behavioral Health - Compass 870-845-6069

Allergy Clinic 870-845-8095

Wound Care 888-835-6946

Registered Dietitian Nutritionist 870-845-6935