Hiding the Evidence
Minimally Invasive Surgery Results in Smaller Scars

The Road to Recovery
Comprehensive Outpatient Therapy Services

8 Steps to Better Breastfeeding

Find the Scar and Win!
Turn to page 6 for details.
Quality Is Our Chief Concern

Under the leadership of chief quality officers, processes are reviewed and best practices are instituted to maintain a high level of quality care for patients at each Texas Health hospital.

Chief quality officers work hand-in-hand with physicians, nurses and caregivers at their hospitals to develop and implement safety measures—such as hand hygiene and patient identification—and monitor execution. “From educating staff members to implementing safety initiatives and developing treatment protocols, a chief quality officer oversees all things related to quality,” says Bradford Davis, M.D., chief quality officer at Texas Health Arlington Memorial Hospital, “As a physician executive, it is my job to get evidence-based medicine to our patients’ direct-care providers in an effective manner.”

WORKING TOGETHER

All Texas Health hospitals have either a full-time or part-time chief quality officer on staff. Every month, chief quality officers from each hospital meet as a council to compare outcomes and discuss what steps can be taken to improve safety measures. By sharing successful quality initiatives, chief quality officers are able to institute best practices at their hospitals. It is this dedication to quality that helps patients receive excellent care throughout their hospital experiences, while easing patient fears and discomfort along the way.

For more information about quality initiatives at Texas Health hospitals, visit TexasHealth.org/Quality.

EMPOWER Yourself

The most important thing patients can do for their well-being is take charge of their health care.

• Get a second opinion. An extra perspective can be illuminating and may help you make a more informed choice about treatment.

• Don’t go it alone. Take a family member or caregiver with you to appointments to act as an extra set of ears.

• Ask away. Pose as many questions as necessary to your physician until you understand an issue. Write questions down before an appointment to save time and help you remember what to ask.

• Exercise caution when using the Internet. Much health information in cyberspace isn’t credible, so stick to well-known organizations, such as the American Heart Association or Texas Health Resources, when searching for facts about a disease.

For a credible health encyclopedia, medication guide and other empowering resources, visit TexasHealth.org/HealthInfo.
Do you eagerly await your daily newspaper delivery or does news pop up on the Kindle™? Texas Health hospitals are connected to a number of media outlets to help you gain access to updates and happenings, regardless of your preferred platform.

Social media Internet sites, such as YouTube™, are some of the most viewed sites on the Internet, and we want to ensure our patients have access to Texas Health hospitals via these pages,” says Charlie Dierker, consumer portal manager at Texas Health Resources. “We want you to become a ‘fan’ of us.”

Although there have been no discoveries of health benefits related to using social networking sites, remaining informed and up-to-date on health care happenings may help you become a more empowered patient.

Find the most recent updates regarding Texas Health on the following Internet sites:

- **Twitter™**: The innovation of blogs, which are similar to Internet diaries, gave rise to Twitter. On this site, users are invited to “tweet” micro-blog updates no more than 140 characters long. Twitter users can follow the Texas Health blog by visiting twitter.com/TexasHealth. **Bottom line:** Twitter is for you if you like your news and tips in small tidbits.

- **Facebook™**: This social networking site is designed to connect you with people around the world. Users create a profile, then connect with other users or “friends.” Facebook has many interesting features, including the opportunity to post photos. You can become a “friend” of or “like” Texas Health by finding us at facebook.com/TexasHealth. **Bottom Line:** Facebook provides a variety of interactive options. If you are ready to build a network or connect with old friends, it’s a great outlet to do so.

- **YouTube**: This site allows you to post video clips. Ranging from funny to newsworthy, Texas Health’s YouTube site features exercise tips, volunteer and patient testimonials, and much more. Find us at youtube.com/TexasHealthResources. **Bottom Line:** If you are a nightly news watcher or fan of television, you may prefer YouTube, as it provides a visual way to obtain your news.

Texas Health actively participates in social media outlets. See what the buzz is about and join us at TexasHealth.org/SocialMedia.
hospital-based therapy center, Rehabilitation Services at Texas Health Cleburne provides a full range of physical, occupational and speech therapy services, including specialty services focusing on women’s health, wound care and stroke rehabilitation.

“We take a comprehensive approach to care,” says Cindy Stepp-Gann, M.S., director of Rehabilitation Services at Texas Health Cleburne. “We offer the support and services of highly trained, certified therapists who often collaborate with a goal to provide the best possible outcomes for our patients.”

A RANGE OF SERVICES

Physical, occupational or speech therapy can be the first step to regaining independence after a severe injury or illness. At Texas Health Cleburne, therapists work with patients to help them regain their independence so they can lead the most fulfilling lives possible. Through a variety of exercises designed to strengthen and retrain muscles, physical therapists work with patients after sports injuries, orthopedic surgeries, strokes or neurological brain injuries.

Occupational therapists at Texas Health Cleburne work with patients of all ages, helping them develop motor and sensory skills. Occupational therapists also recommend special equipment that might make tasks more manageable, as well as changes in patients’ environments that might help them feel more independent in their homes. Speech therapists work with patients who suffer from dysphagia (difficulty swallowing) or who have trouble speaking or pronouncing certain words, which interferes with learning and understanding the correct sounds. Therapeutic measures can greatly aid patients of all ages who suffer from these difficulties.

“Patients need to know they have a choice when it comes to selecting a rehabilitation program,” says Gann. “When your doctor recommends therapy services, consider Texas Health Cleburne, as we have all the services you may need right here, close to home.”

For more information about outpatient therapy services available at Texas Health Cleburne, please call 817-556-4260.
A Diet for Better Breastfeeding

If you are breastfeeding, the nutrients you take in are the same ones your baby does as well. Follow these eight tips for a better breastfeeding diet for both of you.

1. Avoid foods that contain caffeine as they can upset a baby's stomach.
2. Switch full-fat dairy for low-fat dairy products—the extra fat is unnecessary.
3. To stay hydrated, drink plenty of water and avoid sugary sodas.
4. Spicy foods can upset a baby’s stomach, so avoid them when possible.
5. Consume low-mercury-containing fish, such as wild-caught salmon and rainbow trout, which are high in brain-boosting omega-3 fatty acids.
6. Foods known to cause gas, such as cabbage, should be avoided, even if they do not cause gas in the mother.
7. Limit alcohol consumption and wait at least two hours to breastfeed after drinking alcohol.
8. Avoid added-sugar or fried foods, which can cause your baby to be fussy and offer little nutritional value.

“The best nutrition a woman can give her baby is breast milk,” says Susie Morrison, R.N.C.-O.B., lactation consultant at Texas Health Harris Methodist Hospital Cleburne. “Women's bodies were made to provide this perfect form of nutrition that helps babies grow healthy and strong.”

Texas Health Cleburne offers lactation services and resources to new mothers, including education and breast pump sales. For more information, please call 817-556-5590 or visit TexasHealth.org/Cleburne.

The Great 100

Three nurses at Texas Health Harris Methodist Hospital Cleburne were named to the Great 100 Nurses list for raising the bar in nursing.

The Texas Nurses Association and the Dallas-Fort Worth Nurse Executives association annually sponsor the Great 100 Nurses award, recognizing exceptional nurses in the Dallas-Fort Worth region. Winners are nominated by their peers and selected for demonstrating excellence in the field of nursing.

This year’s award winners from Texas Health Cleburne include:

LaDonna McKee, R.N., works in the Surgical Services Department, where she is often found holding the hands of patients undergoing procedures. McKee was nominated for her leadership both on the job and in the community. She donates time and money to various charitable organizations, helping further the health of residents throughout the region.

Nettie Davis, R.N., currently works in both the Emergency Department and Women’s Services Department as a charge and staff nurse. She is a childbirth educator working with couples to prepare for their birth experiences and a Safe Sitter instructor helping adolescents promote high-quality skills as safe baby sitters in their communities. She was nominated for the award due to her enthusiasm for nursing and her dedication to comforting and educating patients.

Laurie Ratliff, R.N., a charge nurse in Women’s Services, was nominated for consistently going above and beyond to help her patients. She has coordinated community resources for new mothers who could not afford meals and has even purchased car seats for underprivileged families. Her compassion and dedication to caring for patients inspires her fellow co-workers.

To learn about the medical services available at Texas Health Cleburne, visit TexasHealth.org/Cleburne.
The world of surgery has changed significantly during the last several years, with long recoveries quickly becoming a thing of the past due to new surgical techniques. Surgeons at Texas Health hospitals often perform minimally invasive procedures — bringing patients big results with small incisions.

Minimally invasive procedures and techniques have evolved during the past decade. From traditional procedures, such as appendectomies, to spinal fusion, minimally invasive surgeries employ small portals in which surgeons use tiny instruments and a camera to view the inside of the body, resulting in significant benefits for patients.

“Minimally invasive procedures can improve patient outcomes and decrease postoperative discomfort,” says Sabatino Bianco, M.D., medical director of Neurosurgery at Texas Health Arlington Memorial Hospital. “These techniques have opened a new horizon to certain patients who may not have been candidates for surgery in the past. Surgeons may be able to provide surgical options to patients who otherwise would have been managed with chronic pain measures.”

Minimally invasive surgical procedures have multiple advantages for patients, which can include:
• decreased postoperative pain
• faster recovery
• fewer postoperative complications
• less pain medicine required
• quicker discharge from hospital

TOOLS OF THE TRADE
Used for a variety of surgeries — including gynecological, orthopedic, cardiovascular, neurosurgical and general surgery procedures — minimally invasive techniques generally utilize a few key tools of the trade.

Minimally invasive procedures often feature image navigation systems to ensure optimal placement for implants and other surgical instrumentation. A tiny, lighted video camera called an endoscope may be inserted into one of the small incisions to project interior images of the body on a nearby monitor, giving the surgeon enhanced visualization. This allows for smaller incisions versus the one large incision that is often required for traditional open surgical techniques.

THEN AND NOW
A variety of minimally invasive options are available today, but that hasn’t always been the case. Years ago, procedures to correct spinal disk herniation or spinal stenosis kept patients out of work and

Find the Scar Contest
A person in this magazine has a minimally invasive scar. Find it and you could win a free prize! Simply fill out the Business Reply Card included in this magazine and mail it back by Aug. 31, 2010, to be entered in a drawing to win a gift card. Texas Health employees, affiliates, trustees and agencies are not eligible for the drawing.
regular activities for weeks. Using minimally invasive techniques, surgeons can now provide almost instantaneous relief.

“When we perform open surgical techniques, surgeons typically cut the muscle from the spine,” says Dr. Bianco. “Using minimally invasive techniques, there is decreased scar tissue in or around the muscles and damage is reduced. This allows many patients to resume a desk job within a few days and return to heavy labor in about three weeks, rather than months.”

While open spinal procedures were once considered a serious, risky operation for people with comorbidities, such as heart and lung diseases or diabetes, surgeons can now apply minimally invasive techniques to better treat these patients and limit surrounding problems or complications.

“Traditionally, anterior and posterior spinal fusions would be performed through large incisions,” says Dr. Bianco. “With open procedures, patients suffer more damage to surrounding tissue, which often results in a source of persistent pain. Ultimately, we’ve been able to find ways of providing the same spinal correction through smaller incisions and limit damage to surrounding tissue.”

INCREASED AVAILABILITY

Not all patients are suited for minimally invasive procedures. It’s important to be thoroughly evaluated by your surgeon to identify the source of your complaints. Then, your surgeon can create a surgical plan for treating your pains that may or may not be adaptable to minimally invasive techniques.

“It’s very important to take time to evaluate patients to determine if they will best benefit from minimally invasive procedures,” says Dr. Bianco. “Following the examination, which includes scrutinizing all of the radiographic studies, a surgical plan is made. Ultimately, the goal of surgery is to provide relief of the patient’s complaints in the least invasive way possible.”

Show us your scar! If you’ve had a minimally invasive procedure, we want to see your scar and know your story. Visit facebook.com/TexasHealth.

Common general surgical procedures that can now be performed using minimally invasive techniques include appendectomy, or the removal of the appendix, and gallbladder removal, or cholecystectomy.

**Appendectomies** are used to remove a patient’s infected appendix, often to treat appendicitis. Using three small, quarter- to half-inch incisions, surgeons operate while viewing the patient’s organs on a television screen. A tiny video camera enables the surgeon to have an enlarged view for optimal results. Benefits of this procedure compared with open appendectomies include:

- reduced postoperative pain
- quicker return to normal bowel function
- speedier recovery and return to regular activities

**Cholecystectomies** are used to treat gallstones, which are hard masses that form in the bile duct or gallbladder. A minimally invasive cholecystectomy is a safe, less invasive way to remove the gallbladder and treat symptoms related to gallstones. Candidates for this procedure may experience benefits over traditional cholecystectomies that include:

- four small incisions instead of a 5- to 7-inch incision
- minimal postoperative pain
- shorter hospital stay

Other common minimally invasive procedures include:

- endoscopic surgeries for gastrointestinal disorders
- hernia repair
- ear, nose and throat procedures

To learn more about minimally invasive surgical options, visit TexasHealth.org/CuttingEdge or call 1-877-THR-WELL (1-877-847-9355).
MINIMALLY INVASIVE SURGERIES.
GETTING YOU BACK TO YOUR LIFE SOONER.

Texas Health Harris Methodist Hospital Cleburne offers advanced laparoscopic procedures from single incision gallbladder surgery to minimally invasive knee repair and more. Since minimally invasive procedures require smaller incisions, they produce smaller scars, less pain and result in much quicker recovery times. Small incisions, big benefits. All that, at Texas Health Cleburne.

1-877-THR-Well | TexasHealth.org