



Blodgett

HOSPITAL

Stroke symptoms "FAST"

F: FACE Uneven smile, facial droop/numbness, vision disturbance

A: ARM & LEG Weakness, numbness, difficulty walking

S: SPEECH Slurred, inappropriate words, mute

T: TIME Time is critical, CALL 911



Preventing a Stroke: Time is Critical

People need to know what to do if they experience the warning signs of a stroke.

The answer is—get help right away. Call 911.

“When you have chest pain, you call 911—when you experience the warning signs of a stroke you should do the same,” says Gene Wiley, M.D., medical director, neuroscience services, Spectrum Health.

CERTIFIED STROKE CENTER

Blodgett Hospital is a Primary Stroke Center, certified by The Joint Commission. Certification signifies that the services provided achieve long-term success in improving stroke outcomes.

Stroke symptoms mean blood flow to a part of the brain is blocked or reduced, usually by a blood clot.

If the obstruction isn't relieved or removed, the brain is permanently damaged, the symptoms don't go away and neurological disability is the result.

By going to the emergency department right away, there is a better chance that the blockage can be treated and the symptoms improved or even eliminated.

“Even if the symptoms clear quickly before you come to the emergency department, you should still come anyway because it means you have had a TIA (transient ischemic attack), which indicates you are at high risk for stroke,” says Dr. Wiley.

Blodgett Equipped for Strokes

More than 850 patients are admitted to Spectrum Health each year because of a stroke. About 250 are admitted to Blodgett Hospital.

When a patient arrives at Blodgett Hospital's emergency department with stroke symptoms, the registered nurse from the stroke team and the stroke team pharmacist are called in to join the physician.

The stroke team evaluates the patient while blood is drawn and a computed tomography (CT) scan is ordered.

The team determines if the patient is a candidate for tPA, a “clot-busting” FDA-approved drug for thrombolytic therapy for ischemic stroke and heart attack patients.

For stroke, tPA works to dissolve the clots and reduce or prevent stroke-related disabilities. It can make a huge difference in stroke recovery and even survival. The key to the drug's success is that it must be given no more than three hours after the first symptoms strike.

Last year, eight patients at Blodgett Hospital benefited from tPA with improved outcomes.

“The main reason that number isn't higher is because people delay coming in for evaluation and they miss the three-hour window of opportunity,” says Dr. Wiley.

All tPA patients are admitted to Blodgett Hospital's Intensive Care Unit (ICU) where they are closely monitored for any evidence of bleeding during the first 24 hours after administration of the drug.

Following ICU, patients are transferred to the neuroscience floor, an inpatient unit staffed by nurses specially trained in stroke care. Patients begin a rehabilitation program and are then discharged either to home for ongoing outpatient rehabilitation or to an inpatient rehabilitation setting, if necessary. ■

Blodgett Hospital Emergency Services— When Minutes Matter

When in doubt, get help.

That's a mantra for patients who think they may be experiencing a stroke or other emergent health problems. The sooner people seek help once symptoms appear, the better chance they have for a positive outcome.

“It's important to get the word out about the signs and symptoms related to life-threatening situations so that patients make that call to 911 or come to the nearest emergency department without hesitation,” says John Deveau, D.O., director, emergency services, Blodgett Hospital, and associate medical director, emergency services, Spectrum Health.

The full-service emergency department at Blodgett Hospital features 20 rooms designated for emergency patients and an additional eight beds available for Fast-Track Care (expedited care for minor injuries and illnesses). A four-bed observation unit is dedicated to patients who require additional treatment and stabilization for up to 24 hours.

In addition to comprehensive services, the Blodgett Hospital emergency department has a track record of ensuring most patients are seen within 20 minutes of their arrival. ■

Welcome

I hope 2008 finds you and your family in good health. But know that Spectrum Health Blodgett Hospital is here for you when you need us.



I believe it is important to remind people about the services we offer and the reason we are here—to provide primary care, along with many specialty services, in a hospital fully invested in the communities we serve.

From the emergency department, to the intensive care unit, to the medical-surgical floor, we take care of patients admitted to the hospital for a variety of diagnoses and offer a full array of outpatient services.

We are nationally renowned for our orthopaedic services and are proud to have a dedicated Center for Joint Replacement. Another one of our specialty services is bariatric surgery. Our Bariatric Program is nationally certified and has a dedicated unit within the hospital.

Our hospital is thriving. As a result, Spectrum Health is investing \$98 million for new construction and renovations over the next three years. The project is underway and assuming Mother Nature cooperates, we'll have news on our progress to share in the next issue.

If you would like to share your feedback, e-mail talkblodgett@spectrum-health.org. Your feedback helps us to continually enhance our services so that we are providing the best experiences for our patients and families. I look forward to hearing from you.

Sincerely,

Jim Wilson
President, Blodgett Hospital



Campus Highlight

Blodgett Hospital completed a new garden just outside of the main entrance in November, giving patients and families another on-site location for healing and respite. The water feature includes koi and goldfish, and the plants were specifically selected based on the micro-climate that exists in the garden's location.

Cardiovascular Services at Blodgett Hospital

Blodgett Hospital presently offers comprehensive, noninvasive cardiovascular services including echocardiography and nuclear medicine. Consultative cardiology is available to address any cardiac needs during a patient's hospital stay. In February of 2008, a 64-slice CT scanner will be operational at Blodgett Hospital, providing patients with state-of-the-art cardiovascular imaging. In March of 2008, a diagnostic catheterization lab will be added to the cardiology services available at the hospital.

"The goal is to support the needs of patients while they are at Blodgett Hospital," says Richard McNamara, M.D., chief and medical director, cardiology, Spectrum Health, and a cardiologist for West Michigan Heart, P.C. "We offer services that complement and extend those provided at the Meijer Heart Center," adds Dr. McNamara.

The new Blodgett Hospital catheterization lab will primarily be used for outpatient diagnostic purposes and offers an alternative location for ease of scheduling and access. The Blodgett catheterization lab will feature state-of-the-art equipment and processes standardized to those followed at the Meijer Heart Center.

As the regional referral center for cardiovascular care, the Meijer Heart Center is the premier place to go if patients appear to be having a heart attack or their primary complaint is chest pain. Interventional services for treatment of heart attacks, including stent placement, will continue to be offered exclusively at the Meijer Heart Center.

"Cardiologists collaborate between Blodgett Hospital and the Meijer Heart Center to ensure every patient receives the very best in heart care," says Dr. McNamara. ■



James Foote, M.D., and Cathy Mooney, R.N., consult with a patient who has recently had bariatric surgery.

Bariatric Program

Spectrum Health, through its partnership with Michigan Medical, P.C. (mmpc®), has emerged as a leader in bariatric surgery.

Since the program began eight years ago, more than 4,000 bariatric surgeries have been performed at Blodgett Hospital. Laparoscopic (minimally invasive) procedures include gastric bypass and gastric adjustable banding by bariatric surgeons Randal Baker, M.D., James Foote, M.D., and Paul Kemmeter, M.D.

These highly skilled surgeons specialize in the latest and most frequently performed bariatric procedures, which are recommended based on a patient's particular needs.

Technological advances have created minimally invasive options for bariatric surgery that have reduced recovery times, pain and post-operative complications.

The program takes a comprehensive, team approach to bariatric treatments through its rigorous screening process and use of dietitians, behavioral therapists, exercise physiologists and others.

The Spectrum Health/mmpc® Bariatric Program is nationally certified as a Bariatric Surgery Center of Excellence by the American Society of Bariatric Surgeons. The program is also a Blue Cross Blue Shield Center of Excellence.

National certification has also been awarded to one of the program's nurses. Cathy Mooney, R.N., recently became one of only 300 nurses nationwide to earn certification as a bariatric nurse by the American Society for Metabolic and Bariatric Surgery.

Mooney is one of 10 nurses working on the bariatric inpatient unit at Blodgett Hospital featuring equipment, furnishings, surgical suites and highly trained staff dedicated exclusively to the care and comfort of bariatric patients and their families.

For more information or to see if you might be a candidate for bariatric surgery, visit spectrum-health.org/bariatric and talk to your doctor. ■

Welcome Rosie the Robot

Rosie is a patented navigation system that expedites deliveries for Blodgett Hospital laboratory.

She was named after the humanoid housekeeper in “The Jetsons” TV cartoon.

“Rosie does the mundane and repetitive delivery tasks so that staff can remain on their unit,” says Sue Mammina, director, laboratory, Spectrum Health.

Time spent pushing carts to deliver specimens throughout the hospital has significantly decreased.

“Rosie gets specimens where they need to be in a fast, efficient manner so staff can focus on the more rewarding aspects of their jobs,” adds Mammina.

Here’s What Rosie Can Do:

- Haul carts to cover an average of five miles a day—she’s on her way with the touch of two buttons.
- Work 10 continuous hours before she heads to her docking station to automatically plug herself into her rechargeable battery pack.
- Nimble traverse busy hospital hallways using her light matrix™ sensor system.



- Ring a doorbell to signal her arrival.
- Use doors and elevators.
- “Talk” to staff letting them know she is “waiting to proceed,” and call them to say, “specimen is here.”
- Secure specimens with her electronic locks that limit access to authorized staff.

Center for Joint Replacement Pioneering New Procedures

Knee Replacement for Women

Spectrum Health is among the first in Michigan to offer knee replacement designed specifically for female patients. The Zimmer Gender Solutions High-Flex knee replacement is performed at the Center for Joint Replacement at Blodgett Hospital.

“The implant is contoured to fit the female anatomy,” says Thomas Malvitz, M.D., orthopaedic department chairman, Spectrum Health Grand Rapids and physician with Orthopaedic Associates of Grand Rapids.

“Knee implants have historically been designed based on an average size between women’s and men’s knees. Meeting the joint replacement needs of female patients requires special attention to the shape of their knee.”

The new knee is designed based on three distinct and scientifically documented shape differences between women’s and men’s knees. It also uses a sophisticated and highly detailed map of the joint based on three-dimensional computed tomography (CT) imaging.

“Nearly two-thirds of the more than 400,000 annual knee replacement patients are women,” adds Malvitz. “It makes perfect sense to design knee implants with women in mind—especially when women are by far the majority of the knee replacement patient population.”

Alternative to Hip Replacement

Birmingham Hip Resurfacing™ (BHR) is another alternative procedure offered at the Center for Joint Replacement at Blodgett Hospital.

Instead of a total hip replacement, hip resurfacing simply shapes the top of the femur bone to accept an all-metal implant. That preserves enough bone to allow a total hip replacement to be performed more easily in the future, if necessary.

“Hip resurfacing may be an ideal alternative for younger, active patients,” says Dr. Malvitz. “The procedure enables patients to be free from pain but not as limited in their mobility and activity level as a conventional hip replacement. The size of the BHR implant translates to greater stability in the new joint, and it decreases the chance of dislocation of the implant after surgery,” adds Dr. Malvitz.

FAST FACT

Spectrum Health was ranked as the nation’s sixth largest provider of hip and knee replacements in a recent issue of *Orthopedic Network News*. Last year’s ranking was seventh.

Dislocation is a leading cause of implant failure after total hip replacement.

Dr. Malvitz was trained in England last year by the doctors who devised the BHR. He and his colleague Gregory Golladay, M.D., are among only a handful of surgeons in West Michigan trained to perform BHR.

Learn more about Spectrum Health’s nationally recognized and certified orthopaedics program at spectrum-health.org/ortho. ■

When Minutes Matter

Go to the Emergency Department or call 911 for:

- Apparent heart attack or stroke (chest pain, severe abdominal pain, dizziness, numbness in the face, arm or leg, sudden severe headache, sudden blurred vision or difficulty speaking)
- Coughing or vomiting blood
- Fractures (visibly displaced)
- Head injuries (severe)
- Loss of consciousness
- Partial or total limb amputation
- Severe or shortness of breath or difficulty breathing
- Severe bleeding or burns
- Seizures

Go to Urgent Care Centers for:

- Abrasions/cuts
- Bruises
- Burns (minor)
- Colds/coughs/flu
- Ear, eye & skin infections
- Eye injuries (minor)
- Fevers
- Fractures (minor)
- Respiratory infections
- Sprains/strains
- Urinary tract infections

Other Urgent Care Services:

- Allergy & flu shots
- Blood pressure screenings (free)
- Physicals
- X-rays

Urgent Care Centers:

Open 8 a.m. to 10 p.m., seven days a week. Call (866) SH-URGENT.

1. Alpine Center

2332 Alpine Ave. NW

2. Broadmoor Center

3350 Broadmoor Ave. SE

3. West Pavilion

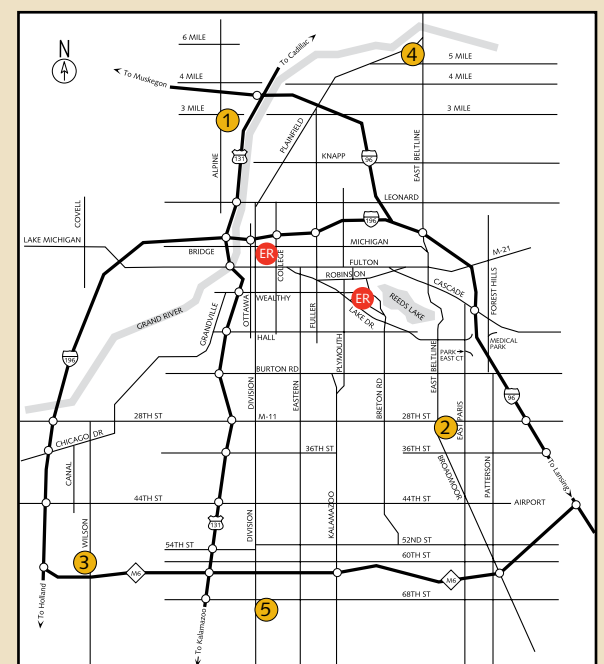
6105 Wilson Ave. SW

4. Plainfield Center

5378 Plainfield Ave. NE

5. South Pavilion

80 68th St. SE



Visit Blodgett Hospital

LOCATION

In East Grand Rapids near the corner of Wealthy Street and Plymouth Road:

1840 Wealthy Street SE
Grand Rapids, MI 49506

General Information: (616) 774-7444

Patient Information: (616) 774-7444

Physician Finder: (616) 391-5999

DIRECTIONS

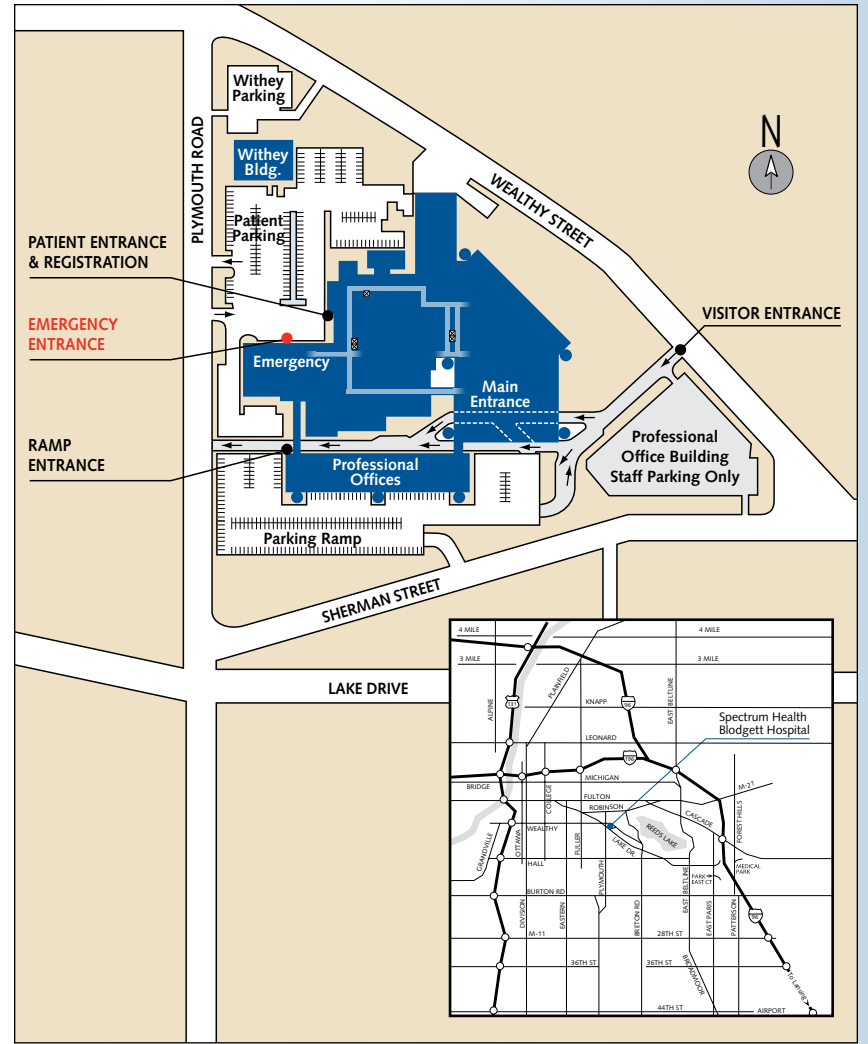
Please check our Web site at spectrum-health.org for the latest construction updates.

From the North Take US-131 South to I-196 East. Follow to I-96 East. Take Exit 40A merging onto westbound Cascade Road. Follow the blue hospital signs to Robinson Road and turn left. Continue to Plymouth Road, turn left. Turn left onto Wealthy Street and follow the Spectrum Health signs for parking directions.

From the South Take US-131 North to Wealthy Street (Exit 84A). Turn right onto Wealthy Street. Travel 2.5 miles. Look for parking directions at the corner of Wealthy Street and Plymouth Road.

From the West Take I-196 East. Follow to I-96 East. Take Exit 40A merging onto westbound Cascade Road. Follow the blue hospital signs to Robinson Road and turn left. Continue to Plymouth Road, turn left. Turn left onto Wealthy Street and follow the Spectrum Health signs for parking directions.

From the East Take I-96 West to Exit 40A merging onto westbound Cascade Road. Follow the blue hospital signs to Robinson Road and turn left. Continue to Plymouth Road, turn left. Turn left onto Wealthy Street and follow the Spectrum Health signs for parking directions.



FOR A BETTER LIFE. SM

1840 Wealthy Street SE Grand Rapids MI 49506

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BLODGETT HOSPITAL



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