Cheryl’s Story:
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What you can expect page 4

Cheryl Rose and her dog, Hunter, in Dubuque, Iowa.
I have recently discovered audio books as a way of reading novels that I could never prioritize over the health and leadership-related textbooks and journals in the stack next to my bed. I’m currently ‘reading’ Ron Chernow’s bestselling biography, *Alexander Hamilton*, in the many hours that I drive to and from work in Dubuque and to meetings around the state. Of course, the book tells the story of Alexander Hamilton at the time that our country was founded, and I can’t help but marvel at our good fortune to have had brilliant, boundless thought leaders like Hamilton, James Madison, John Adams, George Washington and others together in positions of influence to create and advance the Constitution of the United States.

In his book, *Deep Work: Rules for Focused Success in a Distracted World*, Cal Newport defines deep work as professional activities performed in a state of distraction-free concentration that push your cognitive capabilities to their limit, creating new value and improving skill. From Chernow’s writing, I am sure our Founding Fathers regularly engaged in deep work, and while the trend is clearly away from this practice in our fast-paced and highly connected world, deep work has a critically important role in successful organizations like Mercy, focused on continuous learning, exceeding the highest standards, and long term success.

Evidence-based improvement and innovation are often products of deep work, and at Mercy we have numerous processes in place to cultivate new value for patients and families. For the last 15 years, we have sponsored a *Courage in Innovation* initiative where clinical teams follow the steps of the research process over an 18-month timeline, culminating in innovative practices that improve patient care and the care environment, consistent with our strategic plan. Examples of the more-than 100 projects completed through the years include titles such as *Exploring Post-Operative Nausea & Vomiting Control Methods in Patients With Unilateral Total Knee or Hip Replacement; Pain Control in the Mechanically Ventilated Patient; Sensory Stimulation With Weighted Blankets; and Capnography in the PACU: A Predictor of Obstructive Sleep Apnea*. Courage in Innovation projects are featured in poster and podium presentations at local, regional and national conferences so that others may also benefit from the findings.

In this edition of Health Watch, you will learn about another innovative practice at Mercy. We are excited to be the first hospital in the region to offer robotic-assisted partial or total knee and total hip replacement surgery. This transformational approach to hip and knee replacement allows surgeons greater precision in fitting an implant into a joint, enhancing the patient’s experience and long term results.

At Mercy, we are committed to being a leader in clinical thought and execution. Our culture encourages deep work like robotic-assisted surgery and our *Courage in Innovation* initiative, allowing our brilliant team members the opportunity to innovate and advance excellent care in a world filled with distractions.

A candidate for my next audio book, “*Future Perfect: The Case for Progress in a Networked Age*.”
Rise and Shine? How about Rise, \textit{Eat}, then Shine?

You already know that breakfast is the most important meal of the day, but are you making the most of it? The right options can set you up for a successful day, in many ways.

Research shows that eating breakfast aids in weight control, lowers chances of developing diabetes and heart disease, and improves concentration, alertness, and creativity. And according to the American Dietetic Association, children who eat breakfast perform better in the classroom and on the playground, with better concentration, problem-solving skills, and eye-hand coordination.

But that’s only if you’re making the right choices. So skip the donuts and go for delicious nourishment.

Try to choose an item from \textbf{at least three} of these four categories to build a healthy breakfast:

\begin{tabular}{|c|c|c|c|}
\hline
\textbf{WHOLE GRAINS} & \textbf{LEAN PROTEIN} & \textbf{LOW-FAT DAIRY} & \textbf{FRUITS AND VEGETABLES} \\
\hline
whole-grain rolls and bagels & eggs & milk & fresh or frozen fruits and vegetables \\
hot or cold whole-grain cereals & lean meat & plain or lower sugar yogurts & 100\% juice drinks without added sugar \\
whole-grain English muffins & legumes & low-fat cheeses, such as cottage cheese and natural cheeses & fruit and vegetable smoothies \\
whole-grain waffles & nuts & & \\
\hline
\end{tabular}

Together, these food groups provide complex carbohydrates, fiber, protein, and a small amount of fat — a combination that will provide a healthful start to your day and \textbf{keep you feeling full for hours.}
Cheryl’s STORY

“I like life and I want to be part of it. When you’re limping around in pain, it’s not real life. I couldn’t be happier.”

— Cheryl Rose

Cheryl Rose enjoys walking her dog, Hunter, now that she no longer suffers from knee pain.
Robotic-assisted surgery has transformed the way joint replacements are performed. **Personalized knee and hip surgery for each patient allows for a better planned implant fit, and in turn, greater predictability.**

— Dr. Brian Silvia, MD, PhD

A water skiing accident in the early 1990s left Cheryl Rose with an injured left knee. She got by just fine for several years but decided she needed to do something about it when the pain worsened. Injections to the knee helped her get through another six years.

But then the injections stopped working and she was in a lot of pain.

“I was limping all over the place. It wasn’t fun to hurt,” said Cheryl.

Three flights of stairs at home and an active dog who loves to go for walks certainly didn’t help matters.

“It was just continuous misery. I just had to admit that the knee injections were no longer working and it was time to do something more. As soon as I heard robotic surgery was available, I knew that’s what I wanted to do.”

Dr. Brian Silvia, MD, PhD, performed robotic-assisted total knee replacement surgery for Cheryl on May 3, 2017. Dr. Silvia is the only orthopedic surgeon in the tri-state region performing robotic-assisted joint replacement.

“Robotic-assisted surgery has transformed the way joint replacements are performed,” said Dr. Silvia. “It is a way to execute a plan with detail and precision that cannot be predictably done with traditional techniques. Personalized knee and hip surgery for each patient allows for a better planned implant fit, and in turn, greater predictability.”

It starts with making a 3D model of the patient’s knee or hip prior to the surgery, allowing a personalized surgical plan based on each patient’s own specific anatomy. During surgery, Dr. Silvia makes any necessary adjustments. The robotic-arm allows for a higher level of accuracy and precision. The combination of these three features of the system has the potential to lead to better outcomes and higher patient satisfaction.

Cheryl returned home after one night at Mercy, took pain medications for the first week, and did physical therapy for about four weeks.

“Cheryl is doing great,” said Dr. Silvia. “She feels good, and she has met the goals we set for her.”

Cheryl adds, “I can bend my knee back as far as the other one. I walk considerably farther than I walked before. I even went to a conference three weeks after my surgery and I walked all over the college campus. That was impressive to me.”

She remarked that the only time she’s really thinking about her knee is when she’s walking because she’s thinking about how good it feels.

“I like life and I want to be part of it. When you’re limping around in pain, it’s not real life. I couldn’t be happier.”

Find out if robotic-assisted hip or knee replacement surgery is right for you.

Call today to talk to a nurse at 563-589-9868.
Q: I’m taking on the role of caregiver for my aging parent. What are some of the major difficulties I can expect as I begin this role?

A: Being a caregiver for a spouse, parent, relative, or friend is not uncommon with many adults in the U.S.

Some major difficulties that can go along with taking on the role of caregiver for an older adult include:

» Stress
» Feelings of anger, guilt, impatience, resentment, and loneliness
» Fear of the future
» Feeling overwhelmed

Even though a caregiver has their older loved one’s best interest at heart, there can be days when the added stress of providing the care, in addition to personal, family, and work responsibilities, can become overwhelming. These days can make the caregiver feel resentful, burnt out, and even numb to their loved one’s needs and emotions.

Caregivers need to find healthy ways to manage the additional responsibilities and emotions of caring for an older loved one before they become overwhelmed.

In addition, it can be hard to take on the role of a caregiver for someone who is used to being independent and making decisions on their own.

Creating a team between the loved one and caregiver and giving the older adult as much input as possible in decisions about their health care can help make the transition less stressful.

Jackie Bierman, MSN, RN BC, director of rehabilitation and skilled nursing

IT’S FLU SEASON
Protect Yourself and Others

Influenza is a serious disease that can lead to hospitalization and sometimes even death. Good hand hygiene and an annual flu vaccine are the best ways to reduce your risk of getting sick with influenza and spreading it to others.

“Our can get influenza, but the most vulnerable are the very young, the elderly, pregnant women, and people with certain chronic or underlying illnesses,” said Gail Gates, infection preventionist at Mercy. “Cover your cough, keep your environment clean, wash your hands, and get your vaccination.”

Gail adds that because the influenza viruses are constantly changing, it is hard to predict what the season will be like. However, if what Australia is experiencing is a correct indicator (their flu season precedes ours), we are in for a very active flu season.

When more people get vaccinated against the flu, less flu can spread through that community, so protect yourself and others.

YOUR FLU SHOT IS WAITING

Stop in at any Mercy Family Pharmacy location to get your flu shot. Trivalent, quadrivalent, and high-dose options available, and most insurances cover the cost of a flu shot.

Call 563-583-7379 for more information.

MERCY GIFT SHOP

Shop gifts and home decor at the Mercy Gift Shop. All proceeds support programs and services for children in Mercy’s care. As always, there is no sales tax.

Monday, Thursday, and Friday: 10 a.m. – 5 p.m.
Tuesday and Wednesday: 10 a.m. – 7 p.m.
Saturday: 10 a.m. – 3 p.m.
CONSTRUCTION update

First floor construction projects are continuing at Mercy. With the completion of the new admitting area in the main lobby, the next projects are well underway. One current project is a remodel of Mercy Family Pharmacy, which will create an improved floor plan and larger waiting and retail areas. The pharmacy is located near the Mercy Gift Shop.

A second project is the construction of new restrooms near the main elevators on first floor. The restrooms will be fully handicap accessible and will include a family restroom.

(Below) A rendering of the new restrooms on first floor.

lightened-up PUMPKIN SPICE LATTE

MAKES 1 DRINK

INGREDIENTS
- 2 tablespoons pumpkin puree (not pie filling)
- ¼ teaspoon pumpkin pie spice
- 2 teaspoons sugar
- 1 cup non-fat milk
- 1½ teaspoons vanilla
- 1 shot espresso OR ¼ cup strongly brewed coffee

INSTRUCTIONS
1 - Add pumpkin puree and pumpkin pie spice to a small saucepan over medium high heat. Stir with a spatula until very fragrant and bubbly, 30 seconds – 1 minute, then add sugar and stir until smooth and bubbly, another 30 seconds. Whisk in milk, then add vanilla and stir until drink is hot, 2 – 3 minutes.

2 - Brew espresso or coffee into a mug, then strain milk mixture into the mug and serve. (Straining is optional, but it catches any larger pieces of pumpkin.)

Bonus Tip: Do it ahead of time—mix milk mixture the night before, brew coffee in the morning, and mix together for an even faster prep time!
HEALTHY VARIETY

Created and approved by Mercy dietitians, Healthy Variety frozen meals are heart healthy, low in sodium, diabetic friendly — and delicious. Try all 12 varieties!

PICK YOUR MEALS UP TODAY

Healthy Variety meals range from $4 – $5, and are available for purchase in the Mercy cafeteria and at the Mercy Family Pharmacy Elm Street location.

For more information, call 563-589-9655 or visit mercydubuque.com/healthy-variety-meals

lightened-up PUMPKIN SPICE LATTE

“Pumpkin season is in full swing and with that, pumpkin spice lattes are a popular treat. Try this lightened-up version that can be made at home in no time at all. While store-bought lattes may contain large amounts of fat and added sugar, this recipe is fat free and has less than 10g of added sugar. Commercially-prepared lattes often contain over 30g of added sugar in one medium beverage. Try this simple, yet delicious fall-inspired drink!”

— Stacy Huss, RD, LD

NUTRITIONAL INFORMATION:
140 calories, 0g total fat, 114mg sodium, 1g fiber, 9g protein