



The Colleague

A PUBLICATION OF LINCOLN'S SPECIALTY CARE



Lincoln's Specialty Care

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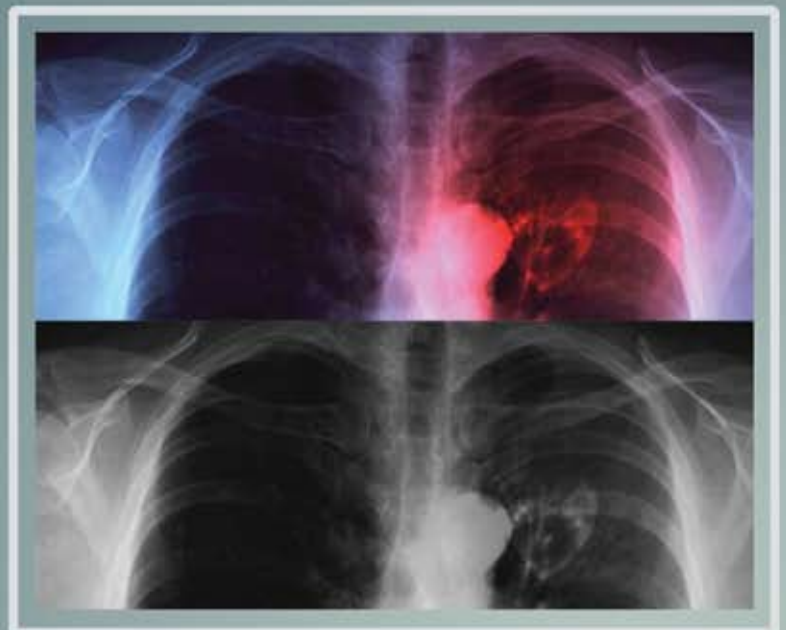
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Contents

- ♦ *The Brittini Shaw Story* *Page 2*
- ♦ *New Ultrasound Technology* *Page 3*
- ♦ *Mental Health Issues* *Page 4*
- ♦ *BryanLGH mobile screening unit* *Page 5*
- ♦ *Kimberly A. Russel, new BryanLGH Health System President and Chief Executive Officer* *Page 6*
- ♦ *StarCare Accreditation* *Page 7*
- ♦ *First Trimester Screening* *Page 8*
- ♦ *BryanLGH Leads with Minimally Evasive Heart Surgery* *Page 9*
- ♦ *Saint Elizabeth Home Care and Tabitha Home Health Care Rank Among Top 25 %* *Page 10*
- ♦ *Saint Elizabeth Home Care Earns National Recognition* *Page 11*
- ♦ *Elbow Replacement Surgery* *Page 12*
- ♦ *The Future of Medicine* *Page 13*





Brittni Shaw is alive today because of unconventional treatments used by the trauma team for the first time ever at the BryanLGH Trauma Center following a car crash.

“Milford Teenager Survives Severe Car Crash Against All Odds.”

On Tuesday, Nov. 27, 2007, 15 year old Brittni was thrown approximately 100 feet from a car that rolled just seven miles from Lincoln on a country road near Pleasant Dale. She was close to death when rescuers found her in a nearby field. When BryanLGH StarCare air ambulance responded, Brittni was given less than a five percent chance to survive because of critical injuries to her brain and spinal cord.

Upon arriving at the BryanLGH West Trauma Center, Brittni was rushed to surgery, where a dedicated trauma team that included Reginald Burton, MD, trauma medical director, and Christopher Kent, MD, neurosurgeon, attempted to relieve the swelling of her brain. Dr. Burton had just returned from a fellowship at the world renowned R. Adams Cowley Shock Trauma Center in Baltimore, Maryland. When he saw that usual surgical techniques were not working, he made quick decisions to implement these new methods in a last effort to save the teenager’s life.

Dr. Kent removed both sides of her skull and placed the bone into her abdomen. “The swelling and trauma to Brittni’s brain were so severe that we were unable to leave the operating room,” Burton recounts. “We injected a concentrated salt solution to decrease swelling and enabled surgeons to complete the surgery. Once out of surgery, Brittni was placed in a standing position on a tilt table as an additional method to reduce the swelling in her head.”

Less than 30 minutes later, Brittni started to have movement in her legs. And, three months later, she has made a miraculous recovery – she was not only discharged from the Trauma Center but is walking, talking and laughing.

Her mother, Kari Guthrie, believes she will make a 100 percent recovery. She believes in miracles and the power of prayer. And she says she is thankful to the angels at the Trauma Center who did everything they could to save the life of her child.





Eric Hoelsing

Director, BryanLGH
Cardiac and Vascular Services



New Ultrasound Technology Benefits Patients and Physicians

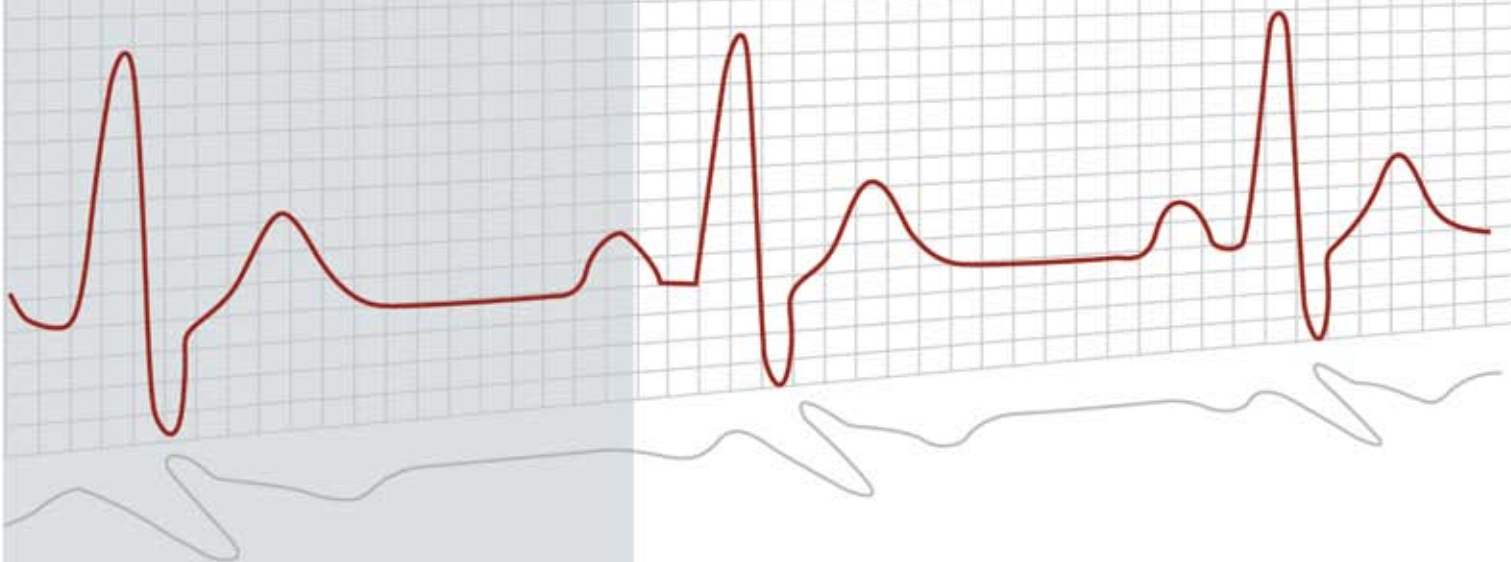
The cardiac catheterization lab at BryanLGH Medical Center is home to Nebraska's first installed intravascular ultrasound machine (IVUS). Intravascular ultrasound shows a 3-dimensional, 360-degree view of the coronary artery from the inside, allowing a more complete and accurate assessment of plaque formation and the degree of blockage.

During an IVUS procedure, the patient's cardiologist inserts the ultrasound catheter into an artery in the groin area. The catheter is threaded to the blockage in the coronary artery where high frequency sound waves reflect off tissue inside the arterial walls to provide a cross-sectional view. The cardiologist can see where the normal arterial wall ends and the plaque begins.

IVUS is often used during angioplasty. Using a contrast medium, angioplasty gives a 2-dimensional general look at the coronary arteries, but it cannot show the artery walls. Combining IVUS with angioplasty provides a more complete picture of the diseased artery and enables the cardiologist to determine the best treatment option.

"The installation of this equipment has made it easier for physicians to use IVUS technology every day," said Eric Hoelsing, director, BryanLGH cardiovascular services. "Historically, a barrier to regular IVUS usage has been the need for a more user-friendly system. By installing the system right in the lab and putting the controls right into their hands, physicians now have immediate access to this important technology."

**For more information, contact Eric Hoelsing
at (402) 481-3105.**



Mental Health Issues – helping your patients find the care they need



When a patient presents mental health issues or you suspect such issues are impacting your patient's health, having a trusted resource to turn to benefits both your patient and your practice.

BryanLGH Heartland Psychiatry, from left to right: Larry Widman, MD; Danielle Buda, MD; Staphney Almeida, MD; Jawed Bharwani, MD; Rajendra Paladugu, MD; seated: nurse practitioners Nancy Gerrard and Kathy Havlicek.

In response to the growing need for mental health services, and with a focus of working with area physicians and psychiatrists, BryanLGH Heartland Psychiatry was formed in 2006. As one of the most comprehensive practices in the area, BryanLGH Heartland Psychiatry provides general and specialized mental health treatment for people of all ages.

“Our goal is to work with you to provide the highest level of mental health care to your patients,” states Larry Widman, MD, medical director. “We are a resource for you, to help your patients receive the care they need when mental health issues arise in their lives – be it chronic mental health conditions or situational issues.”

Comprehensive services include:

- ♦ Care for children, teens and adults.
- ♦ Psychiatric assessments and treatments.
- ♦ Treatment for ADHD, mood disorders, depression, anxiety and other mental health issues.
- ♦ Specialized areas of focus – child and adolescent psychiatry, women's mental health, geriatric psychiatry, addiction recovery, ECT and sleep psychiatry (treating sleep problems in patients with mental illness).
- ♦ Outpatient medication management.
- ♦ Psychiatric consultative services for medical patients at BryanLGH.
- ♦ Care to patients in BryanLGH mental health partial care and inpatient programs.

The private practice includes five psychiatrists with specialized areas of focus and two psychiatric nurse practitioners. Located in the West Medical Plaza at BryanLGH West, 2222 S. 16th St., Tower A, Suite 410, BryanLGH Heartland Psychiatry provides high quality, responsive mental health care to patients and referring physicians.

To refer a patient or request a practice brochure listing physician credentials and services, please call (402) 483-8555.

Screenings come to you with new BryanLGH mobile screening unit

A leader in heart and vascular care in Nebraska for more than 30 years, BryanLGH Medical Center continues to fight cardiovascular disease in innovative ways, the latest being a mobile screening service unit.

BryanLGH Mobile Screening Service focuses on education and early detection of medical conditions which, if not addressed, can lead to serious, or even emergent cardiovascular events.

Mobile screenings help individuals and hospitals, community organizations and businesses identify those at risk for cardiovascular disease and its accompanying complications. Screenings are provided directly to the consumer in a convenient manner and at nominal costs. Screening packages include heart, stroke, vascular and women's health.

The BryanLGH service is in a completely furnished mobile unit with space for screenings in a comfortable environment. Personnel conducting the screenings are experienced cardiovascular sonographers from BryanLGH. They use the same technology in the unit as they use at the medical center.

"We can provide services at a variety of locations," says Eric Hoelsing, director of BryanLGH cardiovascular services. "Our hope is to find individuals with symptoms they may not know they have. Then they can follow up with their primary care physician for further evaluation."

Both the vascular and echocardiography laboratories at BryanLGH are accredited by the Intersocietal Commissions of Accreditation of Vascular and Echo Labs (ICAVL / ICAEL).

For more information or to schedule a screening event, contact Leah McClement-Green, RN, mobile screening service coordinator, at BryanLGH at 402-481-8018.

The BryanLGH mobile screening unit helps people identify their risk for cardiovascular disease in a convenient manner and at nominal cost.





Kimberly A. Russel is new BryanLGH Health System President and Chief Executive Officer

Kimberly A. Russel is the new President and Chief Executive Officer of BryanLGH Health System. Russel started her new position on March 3rd.

Her selection followed an extensive search process that began in March 2007. The initial assessment process sought input from board members, the medical staff, managers and community leaders. This culminated in a position profile used by the search firm to screen candidates. More than two hundred resumes were submitted, 30 candidates screened and six candidates preliminarily interviewed in Lincoln. The two finalists interviewed the week of November 26.

System Board Chairman Marc LeBaron, who also chaired the CEO search committee, described the process as very open and thorough.

“The search committee actively sought input from everyone who is interested in the future of BryanLGH Health System and its subsidiaries.” According to LeBaron, “Russel is an excellent fit for BryanLGH. She brings an excellent understanding of the many complex challenges facing health care, as well as a track record of community involvement, leadership in a variety of clinical and operational settings and strong physician relationship skills.”

Russel has moved to Lincoln from Ames, Iowa, where she served as President and Chief Executive Officer of Mary Greeley Medical Center since 1995. From 1990-1995 she was Chief Operating Officer at The University of Kansas Hospital, Kansas City, Kansas and from 1983-1990 held several administrative roles at Iowa Methodist Medical Center, Des Moines, Iowa.

“She brings an excellent understanding of the many complex challenges facing health care.”

“I have been very impressed with the many people I have met at BryanLGH,” said Russel. “Their dedication to providing state of the art health care services to patients and their families is one of the many reasons I am looking forward to joining this team.”

Russel is a Fellow of the American College of Healthcare Executives, (1998 Regent’s Award), and served on the boards of the Ames Economic Development Commission, Mainstream Living and Health Enterprises. She was on the board of the Iowa Hospital Association from 1998-2005 and served as its Chair 2003-2004. In 2004 Russel was honored with the Ames Chamber of Commerce Businessperson of the Year Award.

In 1981 Russel received her bachelor of science degree, with distinction, from Purdue University, Krannert School of Management, Lafayette, Indiana. Her 1983 master of health administration degree is from Washington University, Health Administration and Planning Program, St. Louis, Missouri.



StarCare Receives Continuing Accreditation

The StarCare helicopter service, based at BryanLGH Medical Center West, 2300 So. 16th, has received a three-year re-accreditation from the Commission on Accreditation of Medical Transport Systems (CAMTS).

StarCare is Nebraska's only air ambulance service providing teams of nurses and a respiratory therapist/medic. All of the team members are also emergency medical technicians. StarCare transports about 350 patients each year to Lincoln and Omaha hospitals from within a 150-mile radius.

CAMTS is dedicated to improving quality of patient care and safety. Accreditation signifies that the medical transport service is certified as substantially meeting all of the organization's standards.

First Trimester Screening Announcement

Maternal Fetal Medicine Advanced Fetal Imaging Center is pleased to announce the certification of First Trimester Screening. Dr. Kenney as well as the ultrasonographers completed training and the necessary requirements for certification by the Nuchal Translucency Quality Review Program (NTQR) and are currently accepting appointments for First Trimester Screening.

Dr. Kenney and Genzyme Genetics are pleased to offer the availability of SequentialScreen™, the latest addition to aneuploid screening. The most recent ACOG Practice Bulletin, ACOG Practice Bulletin No. 77: Screening for fetal chromosomal Abnormalities Obstet Gynecol 2007 109:217-228, recommends a combination of First and Second Trimester Screening for Down Syndrome, Trisomy 18 and Open Neural Tube Defects.

SequentialScreen™ is the latest screening option for Down Syndrome, Trisomy 18 and Open Neural Tube defects. This test utilizes First Trimester Screening, to include biochemistry and NT measurement (between 10w 3d and 13w 6d) in conjunction with Second Trimester biochemistry (between 15w 0d and 21w 6d). SequentialScreen™ provides two risk assessments – an early risk assessment in the First Trimester and a final one in the Second Trimester. The first part of this test detects 70% of fetuses with Down Syndrome at a very low, 1.2% false positive rate. Additionally, 80% of fetuses with Trisomy 18 will be detected.

Overall, SequentialScreen™ will detect 90.4% of fetuses with Down Syndrome at a low 3.7% false positive rate, 90% of fetuses with Trisomy 18 and 80% of fetuses with Open Neural Tube Defects.



If you would like additional information or have any questions regarding First Trimester Screening, please feel free to contact 402-219-8005. Maternal Fetal Medicine Advanced Fetal Imaging Center is now taking appointments for First Trimester Screening. Call the number above if you would like to schedule patients.



MATERNAL FETAL MEDICINE
Advanced Fetal Imaging Center



BryanLGH Leads with Minimally Evasive Heart Surgery

Chances are you know someone who has undergone coronary artery bypass graft, (CABG), surgery. In this procedure a vein is removed from the leg, (sometimes the arm), and then used to bypass a blocked coronary artery so that blood flows around the blockage to the heart. Used since the mid-1970s, this surgery has returned many patients back to their normal activities, and it is still an important alternative for heart patients today.

For many patients, one of the most painful aspects of their recovery is the healing of the long surgery wound to remove the bypass vein.

Now, new minimally evasive surgical techniques make vein harvesting much safer, complication free and more comfortable.

BryanLGH cardiothoracic surgeons are the only practitioners in Lincoln performing complete endoscopic harvesting of vein from the patient's leg and/or arm when necessary.

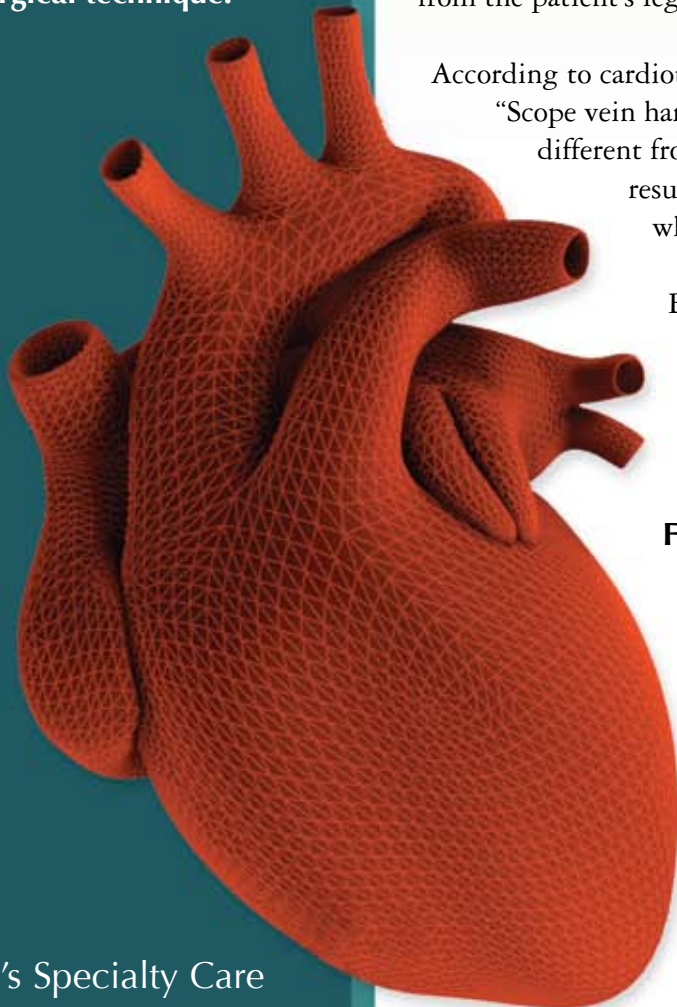
According to cardiothoracic surgeon, Edward Raines, MD, "Scope vein harvest is virtually painless and much different from traditional methods. It very rarely results in any wound healing issues whatsoever."

BryanLGH remains committed to the best and safest procedures for patients requiring cardiac surgical procedures as demonstrated by endoscopic vein and radial artery harvesting.

For more information visit the BryanLGH web site at www.bryanlgh.org or call 402-481-8430.



Ed Raines, MD, cardiothoracic surgeon performs a new minimally invasive surgical technique.





Saint Elizabeth Home Care and Tabitha Home Health Care Rank Among Top 25 %

Saint Elizabeth Home Care and Tabitha Home Health Care announce they have been named to the 2007 HomeCare Elite™, a compilation of the most successful Medicare certified home health care providers in the United States.

HomeCare Elite™ released their very first list of successful U.S. high quality Home Care services using national reportable data, stating, “This ground-breaking review names the Medicare-certified agencies whose performance measures in quality, improvement and financial performance are among the top 25% of providers nationwide.”

Nancy Orsborn, Saint Elizabeth Home Health coordinator, says her team considers this national recognition as verification that they are achieving their goals. “Our focus has always been on providing the highest quality of care for each individual patient. Our entire staff is incredibly dedicated to quality, safety, and assuring an excellent patient experience.”

Pat Mehmken, Administrator of Tabitha Home Health Care says, “I credit the expertise

of the Tabitha Home Health Care staff, as well as Tabitha’s Honeywell HomMed® telemonitoring system, which is a hospital-grade device that enables clinicians to make home visits when they are needed based on our patients’ vital signs and responses to disease management questions. Also Tabitha’s visiting staff make more visits at the beginning of care when patients are frequently more unstable after hospitalization or skilled nursing facility stay. Tabitha is very blessed to have an excellent team of caring staff who include visiting nurses, rehabilitation therapists, social workers and home health aides.”

The 2007 HomeCare Elite™ is the only performance recognition of its kind in the home health industry. The 2007 HomeCare Elite™ is brought to the industry by OCS, Inc., the leading provider of healthcare informatics and DecisionHealth, publisher of home care’s most respected independent newsletter Home Health Line.





Saint Elizabeth Home Care Earns National Recognition

Saint Elizabeth Home Care Services has been recognized nationally for an innovative and successful program they developed to help prevent falls. “Falls are not a normal part of aging and there are many risks that can be addressed that will reduce the number of falls in older adults,” explains Nancy Orsborn, Saint Elizabeth Home Health coordinator.

The focus on preventing falls in elderly as well as in people with illnesses or injuries that put them at high risk for falls, have earned Saint Elizabeth a Top 10 national award. The Falls Free Coalition of the National Council on Aging, (NCOA), identified the Saint Elizabeth program as among the 10 most effective creative programs and practices across the nation, identifying it as outstanding in assessing and preventing falls in elderly citizens.

Since 2003, when the program started, the Saint Elizabeth Home Care team has achieved a remarkable 43% reduction in emergent care for injuries caused by falls or accidents in the home.

John Kreifels of Lincoln has successfully lowered the number of falls he had daily from more than five to near zero. Helping him rehab from an earlier car accident is Chelsea Schauer, a Saint Elizabeth Home Health physical therapist.



It's Not a "Crazy Bone" Anymore



Her arm hurt so much and her range of motion was so limited that Mildred Hagerman had to have someone else deal cards for her during friendly Pitch games. Her hands and fingers were so swollen she couldn't wear her rings; buttoning sweaters and other clothing was impossible; she couldn't turn or twist her wrist or elbow for any reason; and typically her left arm just hung by her side in an effort to limit the pain. She said it felt like constant "crazy bone" shooting pain.

But that's all different now. Mildred, 89, is "bionic"... she had her elbow replaced!

In the more than two months since her elbow replacement surgery, she happily and easily buttons her sweater and bends and twists her arm just like years ago—but now without pain.

"Mildred was an ideal patient for elbow replacement surgery because the procedure would relieve the pain she endured and ensure years of optimal functioning," Dr. Gove explained, "Arthritis in the elbow can be disabling, because we rely on the full range of motion to perform daily activities, such as bathing, dressing, cooking, and eating."

In elbow replacement surgery, the damaged cartilage and bone are replaced with a durable implant made of metal alloys and polyethylene. Dr. Gove uses the Discovery™ Elbow System designed to replicate the patient's anatomy with a spherical hinge.

Lavin Haberling, Saint Elizabeth occupational therapist, says her patient had to wear a special compression sleeve at first to minimize swelling and scar tissue as well as a splint at night to keep her arm and its "new" elbow extended. Mildred's been a model patient who did her therapeutic exercises faithfully and the result is a full range of motion. And no more crazy bone pain.



The Future of Medicine is Here.

It's the latest innovation brought onboard at Saint Elizabeth for your good health. The Saint Elizabeth surgical robot offers incredible precision and accuracy during surgery and patients discover their recovery time is amazingly shortened.

It's the *da vinci S™* surgical system that's making surgery experiences better than ever. Dr. Peter Howe, one of four surgeons currently using the surgical robot at Saint Elizabeth, says the benefits for patients are: shorter surgery times and much improved recovery. "Of course patients go home in a few days but most impressive is that two weeks after surgery they are back to their normal activities, playing golf or back to work on the farm."

Once in the operating room, the surgeon sits at a console - looking much like a small, slender, gray igloo (with foot pedals on the ground floor). He looks inside and sees a large TV-style screen and two flexible hand controls. He uses his feet on the pedals to control the camera that looks inside the body and some of the tools. He controls a total of four "arms" on the Saint Elizabeth robot. This is all a reminder that it is the SURGEON who controls the robot; it does not "operate" on its own.

So far, there are only a few surgical procedures for which the Saint Elizabeth robot is used. They are urological and gynecological with prostatectomy being the most frequent - that's removal of part, or all, of the prostate, performed on men suffering from prostate cancer.

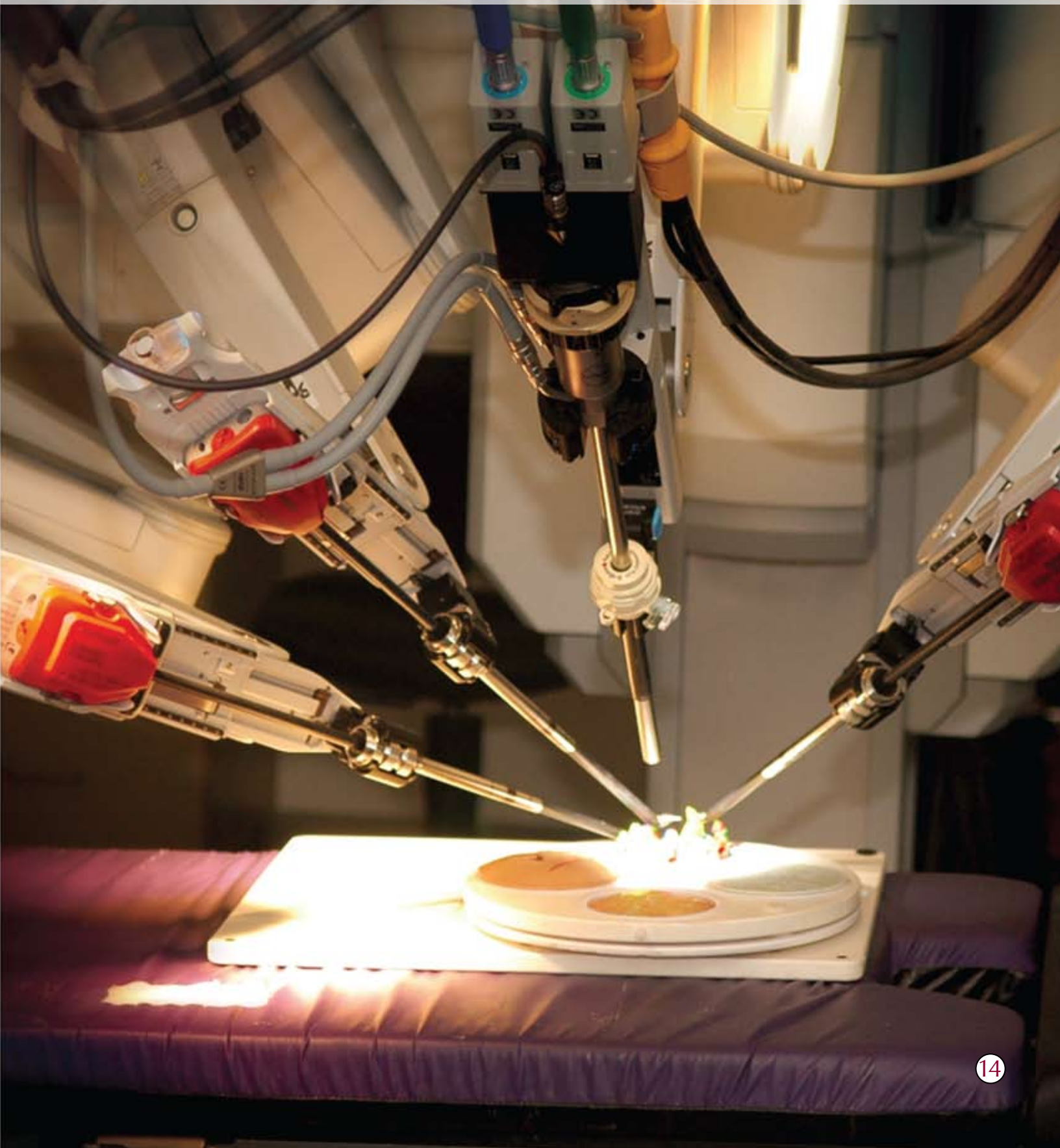
The biggest benefit for patients is that using the robot only requires incredibly small incisions, smaller even than laparoscopy procedures, and therefore less blood is lost and patients heal and recover much faster than traditional "open" surgery.



† CATHOLIC HEALTH
INITIATIVES

**Saint Elizabeth
Regional Medical Center**

*The da vinci S™ surgical system
at Saint Elizabeth Regional Medical Center*





We are in the process of updating the 2008-2009 Lincoln Physician's Directory. If you recently had a new photo taken, we can accept hard copy photos through the mail or emailed digital files. Updated clinic information for the directory can also be sent to kellingson@lcc.com, or faxed to 436-2360. I can also be reached by phone at 436-2371. Directory changes must be in writing. If you are interested in advertising in the Lincoln Physician's Directory please contact me.

Thank you,
Kate Ellingson



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