Marianjoy Matters

MARIANJOY
Wheaton Franciscan Healthcare

Physical Medicine and Rehabilitation for Adults and Children VOLUME 16: Issue 3

www.Marianjoy.org

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Dear Friends,

The residents of DuPage County and the Chicagoland area are privileged to have an abundance of high-quality options when it comes to healthcare. All of us at Marianjoy are proud to be counted among these excellent healthcare providers practicing in the communities we call home. For more than forty years, the physicians and associates of Marianjoy have served the rehabilitation needs of our patients and their families.

Beyond the care we provide to our community, we also recognize our responsibility to represent physical rehabilitation at the regional and national levels. Marianjoy associates are actively engaged in education and advocacy outreach efforts to ensure all patients have access to appropriate post-acute care.

As part of this outreach, United States Senator Mark Kirk visited the Marianjoy campus earlier this summer. He asked to be briefed on issues affecting the provision of medical rehabilitation. As a stroke survivor, Senator Kirk knows the benefits of comprehensive rehabilitation and has been a strong and vocal advocate for protecting access to these important services. Senator Kirk's Stroke Agenda of legislative priorities is the centerpiece of his ongoing efforts to help those recovering from a stroke regain their independence. In recognition of his work, we were pleased to present Senator Kirk with the Chairman's Award from the American Medical Rehabilitation Providers Association (AMRPA), which honored the Senator for his ongoing support and advocacy for the protection of rehabilitation as an important component of the overall continuum of care for patients.

All of us at Marianjoy are blessed to be able to live and work in this great community. In this issue of *Marianjoy Matters*, we highlight many of the unique programs and initiatives we are undertaking to continually improve care for our patients, as well as providing the services they need to return to their lives following an illness or injury.

Many Blessings,

Kathleen C. Yosko
President & CEO
Marianjoy Rehabilitation Hospital

Dr. Noel Rao
Vice President, Medical Affairs
Marianjoy Rehabilitation Hospital

Kathleen Yosko, President and CEO of Marianjoy Rehabilitation Hospital, presents Senator Mark Kirk with the AMRPA Chairman's Award for his ongoing support and advocacy for the protection of rehabilitation as an important component of the overall continuum of care for patients.

Senator Kirk Advocates for Rehabilitation

Protecting Access to Rehabilitation Hospital Care

"As a stroke survivor, I know how important rehabilitation is when it comes to recovering from a major trauma. I credit returning to the Senate to nearly a year of intense, grueling physical and occupational therapy. It is now a priority for me to help others who suffer from major health events to get back to work through rehab, and I believe access to specialized care at a rehabilitation hospital holds the key to meeting this goal."

Senator Mark Kirk

800,000

Americans who experience a stroke annually

Centers for Disease Control and Prevention

During his recent visit to Marianjoy, Senator Mark Kirk voiced his continued support for access to rehabilitation services for those who need it most. He specifically addressed legislation he has introduced in collaboration with Senator Tim Johnson of South Dakota, designed to help stroke patients regain function in order to return to work. According to Senator Kirk, "Government and private studies overwhelmingly demonstrate the positive impact rehabilitation hospitals provide to patients compared to other types of post-acute care." In spite of these findings, patients who may benefit from inpatient rehabilitation are often denied admission due to onerous regulations dictating which patients are eligible for this level of care. Senator Kirk is working with colleagues across the political spectrum to demonstrate the value of rehabilitation. He notes, "Patients at rehabilitation hospitals leave with stronger independent-living skills, stay in the hospital half the time, and are discharged directly to home more often." The level of independence patients gain following inpatient rehabilitation enables them to lead more productive and fulfilling lives. Senator Kirk's efforts are crucial to ensuring all patients have access to this important level of care.

You can learn more about the Senator's personal rehabilitation story and his Stroke Agenda at www.kirk.senate.gov/stroke_agenda.

Kathleen Yosko and Stroke Medical Director Dr. Richard Krieger greet Senator Mark Kirk before touring Marianjoy.

Kirk's Mission to Improve Stroke Rehabilitation

Stroke is the leading cause of disability and the 4th leading cause of death for adults in the United States. As a stroke survivor, Senator Kirk demonstrates the value stroke rehabilitation and research play in helping individuals return to work and lead fulfilling lives. Kirk's advocacy for stroke rehabilitation promotes support for:

- Facilitating return to work
- Creating standards for care
- Improving access to rehabilitation
- Increasing NIH funding

$56 Billion

The predicted annual lost wages of stroke survivors by 2024

To use resources more efficiently, Senator Kirk is seeking to create a standard of care to optimize the entire rehabilitation system. He believes that by transforming the way researchers, doctors, therapists, and hospitals treat patients with neurological disorders and injuries, more patients will have the opportunity to access the best quality of care possible, as well as potentially return to work and the community.

1%

Percentage of the National Institutes of Health (NIH) budget spent on stroke research

On January 17, 2014, legislation was passed into law to provide a $55 million increase for the NIH's National Institute of Neurological Disorders and Stroke (NINDS), the leading stroke research agency in the federal government. With this funding, the NINDS will revolutionize the understanding of the fundamental workings of the brain and nervous system, as well as fund important translational and clinical research focused on combating neurological diseases such as stroke.

Statistics attributed to www.kirk.senate.gov/stroke_agenda

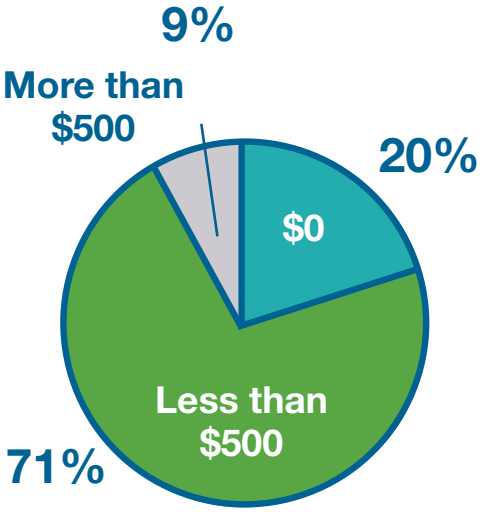
Success after Stroke:

Finding Employment through AbilityLinks

Bill O'Connor (left) counsels persons with disabilities seeking employment.

Did You Know?

Actual Cost of Disability Workplace Accommodations



Job Accommodation Network (JAN), a service of the U.S. Department of Labor's Office of Disability Employment Policy (ODEP), 2013

"In this time of uncertainty in the job market, the disabled population has been hit especially hard. I want to show job-seekers with disabilities they can be just as successful as anyone."

Bill O'Connor,
Information Specialist, AbilityLinks

In 2002, Bill O'Connor sustained a stroke that resulted in a four-week stay in intensive care. Following his discharge, Bill came to Marianjoy for inpatient rehabilitation, where he and his care team set a number of clinical goals, including regaining his ability to walk and speak. Beyond his medical rehabilitation, Bill also had personal goals for the future, including dancing with his wife at their wedding, as well as returning to a meaningful career.

Bill was fortunate to have a strong recovery, but the after-effects of his stroke created new challenges and obstacles. He found the environment and demands of his old job were not conducive to his new abilities. "With this brand-new disability of mine, I had to go about searching for a job in a new way," says Bill. "I needed new strategies and accessible technology." Bill sought employment for two-and-a-half years before discovering AbilityLinks—a nationwide, web-based community sponsored by Marianjoy, where qualified job-seekers with disabilities and inclusive employers meet and gain access to valuable networking opportunities.

Through AbilityLinks, Bill met Referral Coordinator Janice Duvall, who, after learning more about his background, suggested he apply for an open position within the organization. Ken Skord, Director of AbilityLinks, says the decision to hire Bill was clear. "When Bill came to us following his stroke, he had a successful business career, a great attitude, and a persuasive personality," says Skord. "Every day, I see him using all of these attributes to help job-seekers with disabilities find employment. He gives them great advice and support, and he is a terrific role model."

Bill has developed a knack for working with people who have "hidden" disabilities, including stroke and brain injuries. "I do a lot of job-counseling," he says. "Often, job-seekers just need some guidance on how they can best represent themselves. I knew I could help people in this position find their positive attributes, because I had to do the same thing following my stroke."

Another aspect of Bill's role is educating businesses to identify inclusive opportunities, as well as helping them become part of the AbilityLinks consortium. "Employment for people with disabilities is an important social issue," he says. "My goal is making businesses aware of this large, untapped talent pool—and how simple it can be to develop inclusive hiring practices."

Beyond helping others, Bill has also grown both personally and professionally through his involvement with AbilityLinks. "It's a very forward-thinking organization with a national focus," he says. "I've learned so much in the nine years I've worked here, from disability advocacy and rights, to marketing and customer service." He has become a mentor to others, sharing the strategies he's developed. "Bill really helped me to understand how useful online tools can be, not only when job-hunting, but for my career as well," says Lauren Bryant, AbilityLinks intern and recent Marianjoy Scholarship winner.

Though Bill did not foresee this career path for himself, he is grateful he has the chance to impact so many people in a positive way. "In this time of uncertainty in the job market, the disabled population has been hit especially hard," he says. "I want to show job-seekers with disabilities they can be just as successful as anyone—and to help businesses understand how strategies of inclusivity can pay off, as well."

To learn more about AbilityLinks, a program of Marianjoy Rehabilitation Hospital, visit www.AbilityLinks.org.

When a Child has a Stroke:

Aysha's Amazing Recovery

MEDICAL INSIGHT

Dr. Mary Keen, Medical Director, Marianjoy Pediatric Program

Childhood stroke is often undiagnosed or misdiagnosed because the subtle symptoms may mimic other diseases. A variety of medical conditions can cause a stroke, including diseases of the arteries; pediatric hypertension; cardiac disorders; infection; abnormal clotting of the blood; and sickle-cell disease.

The pediatric team at Marianjoy supports each parent and their child every step of the way. Our first goal is to determine the cause of the stroke so any further episodes can be prevented. We then work to restore any lost function the child may be experiencing by addressing the individual muscles and particular limb movements that may be impaired, while preventing and treating muscle tightness and contractures. We also identify any neurocognitive impairments, with the goal of helping the child participate in family, school, sports, and social activities.

(Above and Right) Physical therapist Jessica Kowalski works with Aysha on balance and improving her leg strength.

A child experiencing a stroke is difficult to imagine. According to the National Stroke Association, each year, 6 out of every 100,000 children under the age of 15 are diagnosed as having a stroke. Adults are more often diagnosed with an ischemic stroke, a blood clot that blocks an artery or cuts off the blood supply. Children, however, experience ischemic strokes as often as hemorrhagic strokes—the breaking of a blood vessel that causes a bleed in the brain.

In 2009, at the age of six, Aysha Kazi experienced a stroke caused by a congenital arteriovenous malformation (AVM). An AVM occurs when the arteries that carry blood from the heart to the brain become tangled with the veins that carry blood from the brain back to the heart and then rupture.

For her mother, Sadia, it was a living nightmare. "We were in Ohio visiting family, and without warning, Aysha passed out. She was in a coma in the intensive care unit for two weeks. The doctors identified the AVM as being in a very deep section of her brain that had probably been there since birth. When she awoke from the coma, she was medically fragile. She spent more than six weeks in a special neurological wing before we were able to bring her back to Illinois."

Once home, Aysha began her long rehabilitation journey to strengthen her left arm and leg, which were significantly weakened by the stroke.

"After receiving therapy at a number of places, I enrolled Aysha in Marianjoy's pediatric aquatic therapy class," explains Sadia. "The warm-water therapy really helped her. While there, I heard about Dr. Mary Keen, the Medical Director of the Pediatric Program. After seeing her, Dr. Keen recommended physical and occupational therapy three times a week."

Today, Aysha works with her physical therapist, Jessica Kowalski, on improving her walking and balance. In addition to a custom-made orthotic brace, she was recently fitted for a WalkAide®, a lightweight device that is strapped below the knee and uses Functional Electrical Stimulation to activate the nerves and muscles. The WalkAide® helps lift the foot and promotes a more natural, efficient, and safe walking pattern. It was the focus of a research study at Marianjoy, which resulted in positive outcomes for patients.

Now 11 years old, Aysha's journey of recovery continues. "Early on, Aysha used a walker exclusively," explains Jessica. "Because of her high risk of bleeding due to the AVM, she had physical restrictions for almost four years, which included not being able to run or jump—things other kids her age were doing. Those restrictions have now been lifted, and with the help of her WalkAide® and orthotic, she is running, jumping, and playing soccer with her siblings and friends. She is a sweet, strong young lady, and she is completely determined to do things for herself."

Sadia recalls how much Aysha has improved. "Looking back on where Aysha was two year ago, compared to where she is today, it's remarkable!"

In addition to great family support, Sadia credits the Marianjoy team for helping her daughter recover. "The team has been committed to helping Aysha reach her goals. It is truly a group effort. Jessica is so wonderful with her. When Aysha comes here, it's more than therapy; it's like she's coming to spend time with a friend.

"Throughout the past six years, I have had experience with many doctors and therapists related to Aysha's care. I only want the best for my daughter; and I can say for certain, Marianjoy is the best."

To learn more about Marianjoy's Pediatric Outpatient Services, call 630-909-8542.

Marianjoy Clinicians and Researchers:

Innovators in the Field of Rehabilitation

This fall, the new Marianjoy Assistive Rehabilitation Technology Institute (MARTI) will be opening on the Wheaton campus located within the Outpatient Pavilion. MARTI is designed to support the art and science of rehabilitation medicine by offering practical solutions to help patients meet the challenges of daily living. The Institute will include seven distinct clinical centers focused on leveraging the latest technology to maximize the functional independence of patients, while also expanding educational, vocational, recreational, and communication opportunities. Patients will interact with clinicians and researchers as new technologies are developed and tested. Findings from associated clinical research will be shared with clinicians nationwide at educational and scientific conferences.

MARTI is just another example of how Marianjoy physicians and clinicians are leaders in the development of applied approaches to rehabilitation. "Clinicians and researchers at Marianjoy are widely recognized as innovators in the field of rehabilitation medicine," says Katie Peskor, Administrative Director of Therapy Services at Marianjoy. "The treatment provided in MARTI will not only benefit individual patients locally, it will also help establish evidence-based approaches to be used across the rehabilitation industry."

> **"Active involvement in our respective fields throughout the rehabilitation industry improves the care we can provide to our patients."**
>
> *Kathleen Yosko,*
> *President and CEO,*
> *Marianjoy Rehabilitation Hospital*

This ongoing pursuit of clinical best-practices is deeply embedded in the overall philosophy and educational mission at Marianjoy. This is demonstrated in the medical residency program where physicians receive specialty training in Physical Medicine and Rehabilitation. According to Dr. Noel Rao, Vice President of Medical Affairs and Residency Director at Marianjoy, "Each year, new physicians trained at Marianjoy enter the physiatry community having learned methods, techniques, and skills while treating patients across the Marianjoy network." Some of these physicians stay with the Marianjoy Medical Group, while others move on to practice across the country and positively impact their own local medical communities. After graduating, these new physicians carry with them the experiences and knowledge they gained while at Marianjoy. Additionally, clinicians and therapists from Marianjoy provide mentorship and guidance to nursing and therapy students from a number of nationwide community colleges and universities. These students gain hands-on experience in technical aspects of clinical care, as well as the ability to provide the best possible experience for patients and families.

This combination of innovative service delivery, dedication to education, and focus on practical research has helped establish Marianjoy associates as thought-leaders in the rehabilitation industry. As Kathleen Yosko, Marianjoy President and CEO, explains, "Active involvement in our respective fields throughout the rehabilitation industry improves the care we can provide to our patients." Ms. Yosko is currently a member of the Board of Directors of the American Medical Rehabilitation Providers Associations (AMRPA), having served as the past chairman of the organization. Other clinicians from Marianjoy also maintain leadership roles in organizations, representing physical therapy, speech-language pathology, occupational therapy, pediatric therapies, and a variety of other rehabilitation specialties. This type of activity allows Marianjoy associates to be involved in educational and advocacy efforts related to rehabilitation access and care, which ultimately benefits the communities directly served by Marianjoy.

The addition of MARTI exemplifies Marianjoy's continuing leadership in rehabilitation care through the integration of technology, research, education, and dedicated clinicians.

For more information, please visit www.Marianjoy.org/Assistive-Technology.aspx

Marianjoy Auxiliary

Volunteers with a Vision

The Seven Centers of the Marianjoy Assistive Rehabilitation Technology Institute:

The Assistive Communication and Daily Living Center provides therapy and technology-based solutions to individuals with disorders requiring augmentative and alternative communication methods. The Daily Living Center also includes environmental controls that will enable individuals to turn lights on and off, use small appliances, and open doors.

The Balance and Vestibular Center provides physical therapy designed to improve vestibular function and postural controls in order to reduce falls and decrease dizziness.

The Driver Rehabilitation Center helps individuals with disabilities learn or re-learn how to drive and gain independence. Adaptive vehicles are configured to suit individuals with varying ability levels. The center also offers a low-vision program for teens and young adults. It is one of the most highly regarded driving programs in the Midwest.

The Gait Analysis and Mobility Center specializes in walking and gait analysis for patients following a stroke, spinal cord injury, and other neuromuscular disorders.

The Prosthetic and Orthotic Center evaluates, treats, and supports individuals with amputation and orthotic needs. The team works with certified prosthetists and orthotists to restore mobility and offer solutions for a more active lifestyle.

The Swallowing and Voice Center conducts thorough diagnostic evaluations and treatments of swallowing difficulties, using advanced equipment and technology to improve swallowing and voice production.

The Wheelchair and Positioning Center uses advanced technology and pressure-mapping to measure and evaluate patient body-weight distribution. SmartWheel technology measures propulsion that helps improve mobility and reduce the risk of injury. The center also provides wheelchair comparisons, training, and follow-up assessments.

> **"We have a vision for what we want to do for Marianjoy, and together we make that vision a reality."**
>
> *Mimi Rose,*
> *Outgoing Auxiliary Board President*

The Marianjoy Auxiliary has been dedicated to supporting the mission of Marianjoy Rehabilitation Hospital for over 35 years. Through volunteerism and fundraising, they sponsor a variety of events and activities that have raised nearly $1.5 million for Marianjoy.

Marianjoy is now completing the Legacy Project, which will enhance the Outpatient Pavilion with an Aquatic Therapy and Fitness Center; Assistive Rehabilitation Technology Institute; and a Conference and Education Center. Continuing their tradition of generous support, the Auxiliary has recently pledged $100,000 to the new Fitness Center, which will allow former patients to continue their strengthening exercise routines—a crucial component in the process of healing and recovery.

Throughout the hospital, there are indications of the generous contributions of the Marianjoy Auxiliary. Examples of their thoughtful giving include:

- Marianjoy Enabling Garden
- *Caring with Spirit* Mural
- Pediatric Outpatient Waiting Room
- Pediatric Motor Stimulation Room
- Outpatient Reception Area

The Marianjoy Scholarship Program also holds a special place in the hearts of the Auxiliary Board members. Each year, the Auxiliary makes a significant contribution to the Scholarship Program, and a member of this group participates in the Scholarship Selection Committee.

For additional information about the Marianjoy Auxiliary and their events, contact Eileen Belokin at 630-909-7390.

ABOVE

The 2014-2015 Marianjoy Auxiliary Board

Standing, left to right:

Janet Jones
Joan Barr
Carol Mesenbrink
Jayne Stefani
Peggy Noland
Carol Hickey
Linda Seng
Pudge Krick
Cindy Zurawski

Seated, left to right:

Eileen Belokin
(Auxiliary Board Liaison)
Kathleen Yosko
(President and CEO, Marianjoy)
Mimi Rose
(Outgoing President)
Holly French
(Incoming President)

Not pictured:

Jane Moore
Cyndi Vivoda
Mary Lou Becker
Joan Kohut
Mary Jane Able
Mary Ann Trankina

MARIANJOY
Rehabilitation Hospital
Wheaton Franciscan Healthcare

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Facebook.com/MarianjoyRehab
@MarianjoyRehab

ABOUT MARIANJOY Marianjoy Rehabilitation Hospital is a state-of-the-art facility with 128 beds for inpatient and subacute rehabilitation care. Marianjoy offers inpatient rehabilitation programs in stroke; brain and spinal cord injury; musculoskeletal and neuromuscular disorders; and pediatrics. Our Wheaton campus features uniquely designed accessible gardens, a labyrinth, a chapel, and a meditation room. Marianjoy maintains an extensive network of inpatient, subacute, and outpatient sites, as well as physician clinics throughout the Chicagoland area. Marianjoy Rehabilitation Hospital was founded in 1972 by the Wheaton Franciscan Sisters and is a member of Wheaton Franciscan Healthcare.

Marianjoy Aquatic Therapy Center
Opening November 2014

Set Your Support in Stone

with a Marianjoy Capstone Brick Paver

We invite you to affirm your support to the Legacy Project with a Marianjoy Capstone.

A capstone is more than a brick paver: It symbolizes the finishing touch, the crowning achievement that is Marianjoy's Legacy Project. You helped bring our vision for rehabilitation to life, and a Marianjoy Capstone allows you to cement your legacy alongside ours.

Located on the Legacy Path, adjacent to the new, environmentally sound rain garden, your engraved capstone will be a permanent symbol of your commitment to the future of physical rehabilitation. A capstone is a perfect way to create a memorial for a loved one, honor someone close to you, or immortalize your family's support. Those who walk the Legacy Path will know that you were inspired by the therapeutic healing that happens at Marianjoy.

MARIANJOY
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