

# RIVER FALLS AREA HOSPITAL



**After a near-fatal series of brain surgeries and complications, Kelvin Stockwell was transferred to RFAH for rehab. Weak and immobile when he arrived, he healed and regained his strength with the help of the RFAH rehab staff.**

## REHAB AT RFAH

### Hope and healing after a close call

**W**HAT STARTED OUT as a back injury turned into a whole lot more for Kelvin Stockwell. A chance discovery of a brain tumor sent his life into an almost fatal tailspin that ultimately gave him another chance at life. He credits the knowledgeable, experienced and caring staff at the Sports Medicine, Rehabilitation & Wellness Center at River Falls Area Hospital (RFAH) for getting him back on his feet.

Stockwell, a mechanic, hurt his back at work. In the process of examining his back, doctors saw something suspicious in a CT scan of his head. Within hours he was in the Emergency Department at United Hospital, where it was confirmed that he had a large brain tumor that would have to be removed. Surgery was quickly scheduled.

#### STRUGGLING TO RECOVER

Stockwell underwent a series of complicated brain surgeries at United. After the last surgery, Stockwell and his family thought they were on the home stretch but soon learned that additional challenges lay ahead. Large blood clots had formed in one of his legs. This required an emergency surgery to remove the clots, which resulted in three six-inch incisions. After 18 units of blood and several touch-and-go days as to whether

—Continued on page 2



**3** Excellence in neurology care at RFAH



**4** Stroke is an emergency, and every minute counts



**7** News from the Kinnickinnic Foundation



RIVER FALLS AREA HOSPITAL  
Allina Hospitals & Clinics



**The RFAH rehab team helped Kelvin Stockwell heal and get back to his normal life. Pictured are, from left, Sarah Harvieux, physical therapist; Kent Kittleson, manager, Sports Medicine, Rehabilitation & Wellness Center; and Laura Schatz, occupational therapist. Sarah Smits, speech pathologist from UW–River Falls, not pictured, helped him regain cognitive skills.**

## Hope and healing

—Continued from page 1

his leg would be saved, Stockwell started on the road to recovery.

The surgeries and weeks of immobility in the hospital left him weak and unable to sit up or walk, his short-term memory was impaired, and his long incisions were not healing properly. He transferred from United to RFAH to continue his recovery.

“It really helped to be closer to home,” Stockwell says. “My family was really stressed.”

### PATIENT GOALS ARE KEY

The RFAH rehab staff swung into action. “We really try to make the patient’s goal our goal,” says Laura Schatz, occupational therapist. Stockwell wanted to get back to work and his home life with his wife and two daughters. His treatment plan focused on helping him achieve those goals. Physical therapists and occupational therapists helped him build endurance and learn how to do daily living tasks safely as he regained his strength.

“When I arrived I was unable to sit alone on the side of the bed,” Stockwell says. “Within three days

they had me up walking. The physical therapists were demanding but great—an A-1 caring team!”

### WOUND CARE SPEEDS HEALING

Kent Kittleson, physical therapist and manager, Sports Medicine, Rehabilitation & Wellness Center at RFAH, treated the incisions with a Wound VAC to speed healing.

“This special equipment applies a vacuum to the wound, removing infectious material and fluids to speed healing by as much as one-third of the time,” Kittleson says. Stockwell responded well to the treatment, and the wounds healed properly. Schatz then used a massage and compression-wrapping technique to reduce the swelling and pain, and speed healing.

### BRAIN SKILLS RELEARNED

Sarah Smits, speech pathologist, helped Stockwell recover from and cope with his short-term memory loss. “His job requires planning and keeping a schedule and managing a lot of maintenance records, so we found ways to boost his skills and to compensate for his memory loss,” she says.

Smits works for the University of Wisconsin–River Falls Communicative Disorders Department, which partners with RFAH to provide advanced therapies to

patients who have problems with speech, language, voice, swallowing and thought organization.

Logic puzzles, planning and keeping a calendar for all events in his daily life, and learning to back up his memory with notes and systems helped him function and develop his memory skills.

“He practiced and improved to a point where he could be safe, on time and confidently return to work,” Smits says.

Stockwell’s sense of smell is gone forever, but for the most part, he feels back to normal and is grateful to be working and enjoying his truck-pulling hobby.

### EXCELLENT REHAB CARE

The RFAH Sports Medicine, Rehabilitation & Wellness Center provides excellent care through a full range of services for people who are recovering from surgeries, injuries, heart attack, stroke and more. Receiving these services close to home helps patients develop relationships that inspire and motivate them to achieve their goals in a friendly and caring environment—Stockwell can attest to that.

For more information, visit [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com) and click on *Services & Programs* or call 715-425-6155. ❖



# Getting on your nerves

**Y**OUR NERVOUS SYSTEM is the information highway of your body, commanding all of your body's functions. It includes the brain, spinal cord, nerves and muscles.

By carrying messages back and forth between the body and the brain, it allows you to sense things, react and move.

When something goes wrong with your nervous system, it's important to have an expert in neurology help diagnose, evaluate and plan your treatment, working along with your primary doctor.

## NERVOUS SYSTEM PROBLEMS

Problems with muscle strength, movement, balance, reflexes, sensation, memory, speech, language

and other cognitive abilities are common symptoms of nervous system disorders.

A patient may be referred to a neurologist for:

- management of neck and back pain
- headache disorders, such as migraines
- epilepsy and seizure disorders
- neurodegenerative disorders such as Alzheimer's disease and memory loss
- multiple sclerosis

- stroke
- movement disorders such as Parkinson's disease, tics and tremors
- tumors or trauma of the brain or spinal cord.



For additional information about neurological conditions, visit [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com), click on *Conditions & Treatments*, go to *More Health Topics and Resources*, and search for a specific condition. ❖

**Neurologist Jack Hubbard, MD, of the Minneapolis Clinic of Neurology, now sees patients and consults with doctors at the River Falls Medical Clinic and RFAH.**



## Specialized neurology care

New neurology services are now available at the River Falls Medical Clinic (RFMC) and River Falls Area Hospital (RFAH).

Neurologist Jack Hubbard, MD, of the Minneapolis Clinic of Neurology, now sees patients at RFMC and RFAH. His special interest areas include pain management and headaches.

The Minneapolis Clinic of Neurology is one of the largest neurology practices in the nation and has the breadth and depth of doctors and services to care for neurology patients

with conditions ranging from the most common to the most complex.

Consultation and treatment, diagnostic testing, and rehabilitation are now available in River Falls.

"Our mission is to focus on each individual, providing compassionate care and clinical excellence," Hubbard says. "We are committed to bringing accessible and specialized care to our patients, and I am excited to be seeing patients in River Falls."

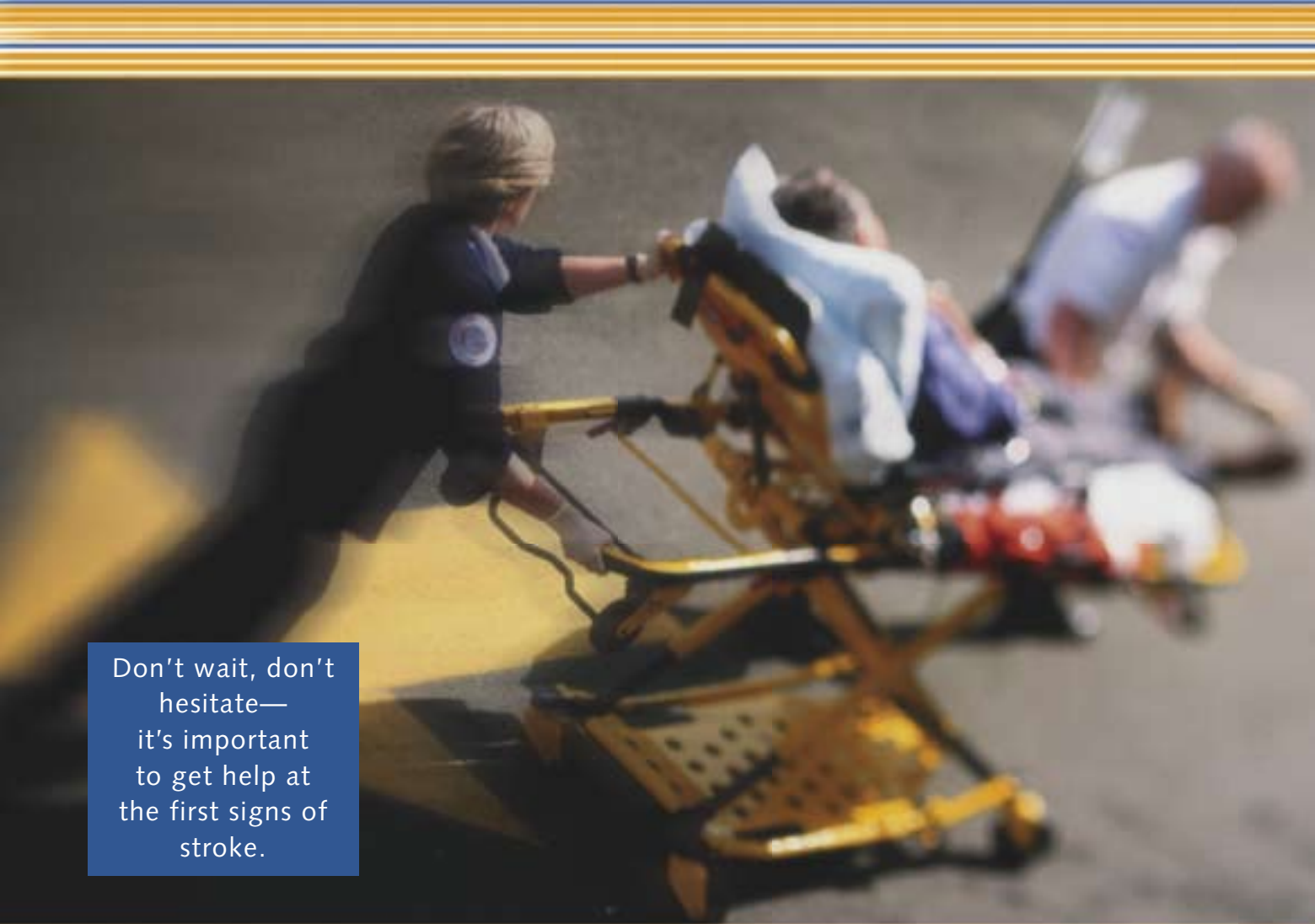
## TESTING NOW AVAILABLE

Electroencephalography (EEG) and electromyography (EMG) neurodiagnostic tests are now also available at RFAH under Hubbard's direction.

An EEG is a recording of the brain's electrical activity. EEGs are important tests in the evaluation of a variety of neurological disorders, such as seizure disorders, encephalitis and head injuries.

An EMG is a diagnostic procedure that measures the electrical activity of nerves and muscles. Nerve conduction studies, one type of EMG, are useful in detecting nerve-related problems, such as carpal tunnel syndrome. Needle examinations may be used to identify muscle diseases or a "pinched nerve" in the spine.

To make an appointment with Hubbard, call River Falls Medical Clinic at 715-425-6701.



Don't wait, don't hesitate— it's important to get help at the first signs of stroke.

# A race against time

**W**HEN A STROKE happens, there's no time to waste. During a stroke, the brain's supply of blood is disrupted, leaving brain cells without crucial oxygen and nutrients. As a result, they can quickly start to die. This makes treating a stroke a race against time.

Damage from a stroke can affect any part of the body. Strokes can result in serious disabilities, including paralysis and problems with speaking, thinking and emotions. "Stroke is a life-changing event that not only affects the person

who may be disabled but the entire family and other caregivers as well," says Larry B. Goldstein, MD, chairman of the American Heart Association's Stroke Council. But here's what else you need to know: By recognizing the signs of a stroke and getting to the hospital right away, you can receive treatment that can limit the damage from a stroke.

**KNOW THE SUDDEN SIGNS**  
Stroke symptoms come on suddenly—at any time and place. Signs of stroke may include:  
■ numbness or weakness of the face, arm or leg—especially on only one side of the body

■ confusion or trouble speaking or understanding speech  
■ trouble seeing  
■ trouble walking, dizziness, or loss of balance or coordination  
■ severe headache for no obvious reason.  
If you think you or someone else might be having a stroke, call 911. Don't wait to see if the symptoms pass.

**WHY TIME IS SO CRUCIAL**  
Most strokes happen when there is a blockage in an artery that sends blood to the brain. This is known as an ischemic stroke. Doctors can use a medicine called tPA to restore blood flow

# River Falls Area Hospital treats strokes quickly

If you come to River Falls Area Hospital (RFAH) quickly when you notice stroke symptoms, you have a good chance of surviving the stroke and reducing the damage that a stroke can do to your brain.

The Emergency Department is prepared to provide immediate treatment for stroke 24 hours a day, seven days a week. Within 45 minutes of your arrival at the hospital, the staff will complete a stroke assessment, including lab tests and a computed tomography (CT) scan to determine the type of stroke and the problem causing it.

Next the Emergency Department doctor consults with a neurologist at United Hospital. Because RFAH and United Hospital both use Allina Hospitals & Clinics' electronic medical record system, the United neurologist can see the test results and CT scan as they discuss steps to take.

If less than three hours have passed since the onset of stroke symptoms and you meet other criteria, a "clot-buster" medicine may be administered to dissolve the blood clot and restore blood circulation in the brain. You would then be rushed by helicopter to United Hospital, where neurologists

and neurosurgeons are available 24/7 to continue treatment.

United Hospital has been awarded Primary Stroke Center Certification for stroke care from The Joint Commission.

"Within the three-hour time frame from onset of symptoms, we can prevent the loss of mobility and speech that stroke can cause, but very few people come in soon enough," says Greg Goblirsch, MD. "It's very important to come to the Emergency Department right away when you notice stroke symptoms and establish the time that the symptoms began."

The American Heart Association Statistics Committee and Stroke Statistics Subcommittee report that nationally only 20 to 25 percent of stroke patients arrive at the hospital within the three-hour window for treatment.

## IS IT A STROKE?

If you think someone may be experiencing stroke symptoms, Goblirsch recommends trying the Cincinnati Prehospital Stroke Scale.

Ask the person to:

1. Smile.
2. Raise both arms in front of him- or herself.

and stop this type of stroke, often limiting disability.

Again, there's no time to waste, because the medicine needs to be given quickly to do the most good.

From the time stroke symptoms start, doctors have a three-hour window to begin treatment with tPA.

However, you should make every effort to get to the hospital much sooner than that—within

60 minutes—says the National Institutes of Health.

During part of the three-hour window, doctors must first evaluate you and determine what kind of stroke you're having and whether it can be treated with tPA.

The bottom line: Know the signs of a stroke, and get to the hospital quickly if you think you or someone else might be having a stroke.



## 3. Speak a simple sentence coherently.

If the smile is lopsided, both arms don't come up equally or one drifts, or he or she slurs or uses incorrect words, it may be a stroke.

"If you think maybe they are having a stroke, go to the Emergency Department immediately and check it out. Time matters," Goblirsch recommends.

For more information, go to the *Healthy Communities* section at [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com).



## PREVENTION POINTERS

Of course, the best scenario is to avoid a stroke in the first place.

With your doctor's help, you can lower your risk by taking these steps:

- Keep your blood pressure and cholesterol levels controlled.
- Quit smoking, or don't start.
- If you have diabetes or heart disease, keep it in check.
- Maintain a healthy weight. ❖



# RIVER FALLS AREA HOSPITAL



**Cyndi Cashman, instructor for "Look Good, Feel Better," was awarded the Wisconsin Look Good, Feel Better Sunrise Award from the American Cancer Society and the National Cosmetic Association.**

## Cancer Care

### Nutrition 101: Eating to Prevent Cancer

Monday, Jan. 12, 1-2 p.m., RFAH

Learn how food can help you prevent cancer. Free; registration required.

Presenter: Debra Sanders, RD.

### American Cancer Society: Look Good, Feel Better

First Monday of the month on alternating months: Feb. 2, April 6, June 8

7 p.m., RFAH

A national public-service program to help women undergoing cancer treatment learn to cope with the appearance-related side effects of treatment. Free; registration required.

### Relay For Life

Friday and Saturday, March 27 and 28  
River Falls

RFAH is proud to



sponsor the American Cancer Society's Relay For Life. For more information, visit [www.relayforlife.org/riverfallswi](http://www.relayforlife.org/riverfallswi).

## Healthy Nutrition

### Healthy Snacking for Kids

Thursday, Feb. 12

5:30-6:30 p.m., RFAH

With today's hectic "eat-and-run" lifestyle, snacking is almost a ritual in America.

How do you choose snacks that are satisfying and healthy for your family? Bring your kids and learn how to incorporate nutritious, quick and easy-to-prepare snacks that keep energy high and minds alert.

Registration required. Presenter: Debra Sanders, RD, CD.

## Fitness

### Yoga

Jan. 3 to Feb. 7

## Childbirth and Parenting Education

Childbirth education classes are offered by RFAH. Go to [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com) for class dates and times. Call the Wellness Center at 715-426-4545 for more information and to register.

### Childbirth Preparation

Third and fourth Thursdays of each month

Learn about the choices you make before labor, signs of labor, potential labor interventions and Cesarean sections. Also, learn about comfort



measures. We will also discuss delivery, recovery for the first six weeks and signs of postpartum depression. Free if you deliver at RFAH; registration required.

### Prenatal Care and Nutrition

Wednesdays, Feb. 11, March 4, April 8, May 6, June 10

Find out what to expect over the next nine months and beyond from certified prenatal

and nutrition specialists. Introductory class for first-time parents-to-be and those who have had children. Free; registration required. Call 715-425-6701. Instructors: Carrie Torgersen, MD, and Debra Sanders, RD, CD.

### Sibling Class—

### Big Brother/Big Sister

We'll talk about what babies are like, practice diapering a doll and take a tour of The Birth Center. Recommended for children ages 2 years and older. Fee is \$10, waived if mother delivers at RFAH. Registration required.

### Success By 6®: Baby & Me

- Fridays, Jan. 9 to March 13, April 17 to June 19, 10:30-11:30 a.m.
- Mondays, Jan. 26 to April 6 6-7:30 p.m.

Learn about infant massage, nutrition and many parenting topics at this weekly playgroup for parents and their infants from birth to 12 months. Sessions are not sequential, and parents are welcome to attend a few or all of the sessions. Free; registration required.

# FOUNDATION NOTES

For registration or more information, please contact the River Falls Area Hospital at 715-426-4545 or [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com). We look forward to seeing you at one of our upcoming health and wellness classes and seminars.

## Tai Chi

March 3 to May 5

Registration required. Call for details.

## CPR, AED and First Aid

Call 715-426-4545 or visit [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com) for class schedules and fees.

## Heartsaver AED

(AED and CPR training)

Initial and Refresher

## Heartsaver First Aid

(CPR, AED and First Aid training)

Initial and Refresher

## Healthcare Provider

Initial and Refresher

## CPR For Friends & Family

By request only—noncertification class.

## Health and Wellness

### Sleep Apnea and Its Effects on Your Body

Wednesday, March 18

6:30-8 p.m., RFAH

Learn about the symptoms, causes and effects that sleep apnea and other sleep disorders can have on your body, as well as treatment options. Free; registration required. Presenter: Jeffrey Larsen, MD, River Falls Medical Clinic.

### Women's Health: Breast Cancer

Wednesday, Feb. 18

6:30-8 p.m., RFAH

Breast cancer is the most common cancer among women after skin cancer and is three times more common than all gynecologic cancers combined. In this session, learn the risk factors associated with breast cancer and what is recommended to minimize risk. Free; registration required. Presenter: Kevin Hallman, OB/GYN, River Falls Medical Clinic.

## New funds help donors target favorite causes

The Kinnickinnic Health Foundation has new options for donors who want to direct how their gifts are used. Donors may now choose from four new funds that focus on specific grant-making priorities: Access to Care Fund, Community Wellness Fund, Health Care Excellence & Innovation Fund, and the Health Careers Scholarship Fund.

"All gifts to the Foundation help improve the health of our region, but some donors want to be more specific about how their gift is used," says Heather Logelin, foundation director. "We hope these new funds will make them feel even better about supporting the Foundation."

## Planned giving is easy to do and beneficial

If you want to make a significant difference in your community but aren't able to make a major cash donation right now, you may want to consider a legacy gift. You don't have to be wealthy, it's easy to do and there are a lot of options.

By naming a not-for-profit organization as a beneficiary of your will, trust, retirement accounts or insurance policy, you can keep your assets during your life and still leave a legacy. Cletus "Clete" Henriksen is a good example. He named the hospital in his will, and after his death, the hospital received his gift of more than \$32,000. The hospital will use this generous gift to help fund the expansion of the rapidly growing chemotherapy program at the hospital.

Other planned giving methods allow you to save tax dollars on stocks, real estate and other property that has increased in value. Charitable annuities enable you to make a gift and receive a stream of guaranteed income for your lifetime, while you enjoy the personal satisfaction of seeing your gift put to work.

For more information about ways to make a legacy gift to the Foundation, call Heather Logelin at 715-426-4503.

## Barn Dance sets fundraising record

The annual Harvest Moon Barn Dance raised more than \$70,000 for the Foundation's new Access to Care Fund. Net proceeds of the event will be granted to the Free Clinic of Pierce and St. Croix Counties and the Pierce County Public Health Department's school-based dental clinics for low-income children.

For more information about the Foundation and its work to improve community health, go to [www.riverfallsareahospital.com/kinnickinnic](http://www.riverfallsareahospital.com/kinnickinnic) or call Heather Logelin at 715-426-4503.



The Barn Dance planning committee celebrates a successful fundraiser. From left: Donna Miller, Heather Logelin, Julie Gore, Pam Deal, Mary Conroy-Johnson, Keri Lijewski, Michelle Johnson, Mary K. Johnson and Polly Kleven. Not pictured: Greg Peters.



RIVER FALLS  
AREA HOSPITAL  
Allina Hospitals & Clinics

1629 E. Division St.  
River Falls, WI 54022

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St. Cloud, MN  
Permit No. 2260

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# David R. Miller named new RFAH president

A CHAMPION FOR QUALITY HEALTH CARE CLOSE TO HOME

**B**UILDING ON the high quality of health care that River Falls Area Hospital (RFAH) offers today requires exceptional leadership, health care industry expertise and effective partnerships with health care providers. David R. Miller, new president at RFAH, brings all of that to RFAH and more.

“During the search for a new president, we were focused on finding someone who would provide strategic direction and leadership for RFAH to continue its growth in providing state-of-the art health care services to be the primary destination for health care in western Wisconsin,” says Greg Miller, MD, RFAH chief of staff and member of the search committee. “We wanted someone who would empower employees and develop strong physician

relationships, and David definitely meets all these expectations and more.”

David R. Miller notes that he is no stranger to working in a community health care setting. “I really enjoy that part of the

job that allows me to build partnerships with not only physicians, but also support staff, patients and the community,” he says. “The end goal is to be a team that delivers exceptional care to everyone who enters our doors.”

Bill Frommelt, director of operations and finance at RFAH, says, “David is a great addition to the River Falls team—we are excited to have him. He is compassionate and

committed and brings extensive management and administrative leadership experience. He also has a deep commitment to creating relationships and ensuring exceptional care is provided to



David R. Miller, new president of River Falls Area Hospital.

## HOW TO REACH US

General Information	715-425-6155
The Foundation	715-426-4503
Sleep Center	715-426-4696
Wellness & Fitness	715-426-4545
Sports Medicine & Rehabilitation	715-426-4537
The Birth Center	715-426-4515
River Falls Medical Clinic	715-425-6701
Ellsworth Medical Clinic	715-273-5041
Spring Valley Medical Clinic	715-778-5591

For hospital information and services, visit [www.riverfallsareahospital.com](http://www.riverfallsareahospital.com).

patients and their families.”

Miller comes to RFAH from United Hospital in St. Paul, where he was vice president of operations. In that role he led a number of initiatives, including development of a new and improved emergency department, a new neuroscience center, a state-of-the-art laboratory, and more.

Prior to that, Miller was in charge of all of Allina Hospitals & Clinics’ emergency departments, a position that benefited from his early hands-on experience as a paramedic in Waconia, Minn.

Miller’s education includes a master’s of business administration degree from the University of St. Thomas and a bachelor’s degree from Metropolitan State University. ❖