

MOUNT NITTANY HEALTH[®]

insights

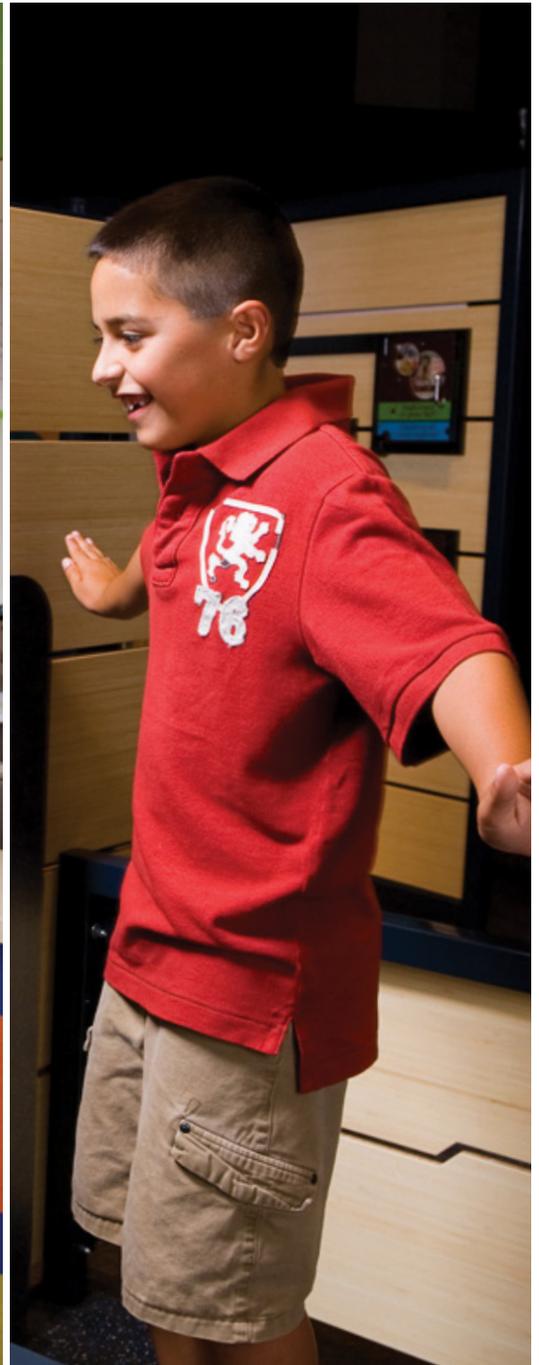
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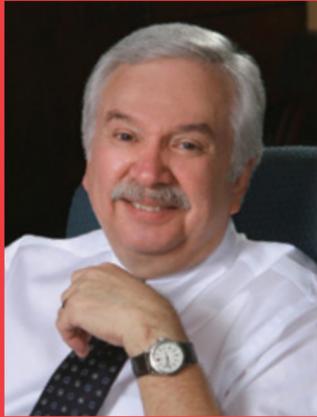
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Message from the President



First, let me start by wishing you and your family a very healthy and Happy New Year! As my team and I look forward to the year ahead, we are intensely aware that this is a time of great change within the healthcare industry. That being said, Mount Nittany Health is committed to securing a healthy system of care that will be here to continue to serve you and your family for many years to come. To accomplish this, we will continue to focus on quality and service excellence, access to care, and efficiency in our care delivery.

Specifically, you'll see that we're putting a high priority on primary care. The family physician, internist, or pediatrician is the first step to a healthy life, and we're committed to making our primary care physicians more accessible to you. Additionally, we'll also be focusing on making aspects of healthcare more technologically advanced. There's no reason why healthcare can't be more user-friendly for patients and family members, and that means making sure you can access your health record online or even request appointments from your home computer. We've set mid-year as our goal to make such a service available to our patients. So as you can see, 2014 promises to be a year of exciting new opportunities, and I can assure you that we're up to the challenge.

One more thing, because February is American Heart Month, don't forget to read the story on page three about one of our very special employees, Ruby Wright.

As always, thank you for allowing us to serve you and your family.

Warmest regards,

Steven E. Brown, FACHE
President & CEO
Mount Nittany Health

Mount Nittany Health Insights is published three times a year by the communications department.

Questions or comments, email insights@mountnittany.org

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BACK COVER

Evening in Paris



The Foundation for Mount Nittany Medical Center's 66th Annual Charity Ball

New Bellefonte pediatrics office opens

Children walking into the new Mount Nittany Physician Group Pediatrics office in Bellefonte may never want to leave.

A newly remodeled pediatrics office, recently relocated from 141 Medical Park Lane to 129 Medical Park Lane, is bursting with every color of the rainbow. Containing kid-friendly designs, colors, and a cheery atmosphere, the new pediatrics practice may look more like a playground than a medical office.

Features of the new facility include:

- Eight spacious examination rooms
- Centralized nurses station
- Expanded waiting room
- Combined registration/check-out area
- Ample parking

The new facility even features a children's play area with a table and chairs, books, and a television with educational programming in the waiting area.

Technology-driven attributes, such as a wireless network for physicians and a card reader system also complement the new space, saving time and resources.

A truly child-friendly space, the new pediatrics office is located directly in front of the former pediatrics location, and providers are excited to accept new patients.

For more information, visit mountnittany.org/bellefonte or call us at **814.355.3626**.



Speaking from the heart



Ruby Wright always thought she would know if she were having a heart attack. In fact, her father had nine heart attacks during the last 15 years of his life, so Ruby was familiar with the telltale signs, such as pain radiating down the left arm, the feeling of an elephant sitting on your chest, or severe heartburn.

So, on Tuesday, March 26, 2013, when Ruby found herself in the emergency department at Mount Nittany Medical Center, she was bewildered to learn that she had just suffered a heart attack.

Leading up to that fateful day, Ruby admits she hadn't been feeling quite like herself.

"I had awful ear pain Sunday and Monday," said Ruby, who described the pain as a stabbing sensation in her ear. "I also had a sore throat, was a little achy, and felt some odd pain near my right shoulder joint."

The symptoms weren't debilitating, so Ruby chalked it up to an ear infection that she had probably contracted from one of her granddaughters, and went about her day-to-day activities.

By Tuesday morning, Ruby still wasn't feeling better. In addition to the other symptoms, Ruby now had pain in her jaw and heartburn. She even remembers grabbing a pack of Tums® at the store on the way to work at Mount Nittany Health.

"By midday, I knew I needed something for the ear pain," said Ruby. "I called over to my friend Adam Hoover (RN, clinical supervisor) in the emergency department and asked him what he thought."

THE HARD TRUTH

But Adam didn't tell Ruby what she wanted to hear. Instead, he encouraged Ruby to come over to the emergency department to be checked.

"When I got to the emergency department, they performed an electrocardiogram (EKG) and ran blood work, but neither of these tests proved that I was having a heart attack. In fact, the blood test was only slightly elevated for a heart attack. Because of how I described my symptoms, they decided I was going to be admitted and have a cardiac catheterization the next day," Ruby recalls.

Ruby later found out she was having a "silent heart attack," where

"I had awful ear pain Sunday and Monday. I also had a sore throat, was a little achy and felt some odd pain near my right shoulder joint."

Above: Ruby, an orange belt, practices Tang Soo Do, a type of Korean martial arts karate. With her strong, blockage-free heart, Ruby works to perfect the stances and hand and feet techniques.

normal heart attack signals may not show up on an EKG or in blood work. In most instances, when a patient arrives at the hospital with chest pain, a physician will order blood work and an EKG to determine if the chest pain is being caused by a heart attack. There are specific cardiac markers that present in the blood that can signify the patient is having a heart attack, and if the blood test does not show anything out of order, an EKG will typically show something suspicious. But, in Ruby's case, you could say that more of a gut reaction from the physician was necessary.

CARDIAC CATHETERIZATION

The next morning, Ruby's nerves were running rampant.

"I did not want to have this done, but I knew it was for the best. I was so thankful for the staff in the cath lab though," said Ruby. "They did such an amazing job at keeping me calm and explaining the entire procedure."

During Ruby's cardiac catheterization, a long, thin, flexible tube (catheter) with dye was inserted into her femoral artery and showed 95 percent blockage of the left artery and 75 percent blockage of the right. The cardiac team put two stents in Ruby's left artery.

"My doctor and I discussed changing my diet, adding in more exercise, and using prescription medication to try to treat the blockage in the right artery, rather than putting in another stent. So, after the cardiac cath, I was back home in three days, and back to work a week later."

"Don't ignore your pain or make excuses about the pain, especially if it's not something you've experienced before."

Ruby describes her entire experience as smooth, from start to finish. "I was so impressed by everyone. The emergency department staff, the nursing staff, the cardiac cath lab team and the cardiac rehabilitation team were all amazing. I can't thank them enough," she said.

SKYROCKETING ENERGY

Many aspects of Ruby's life changed after her heart attack. Although she had already quit smoking in September 2012, Ruby quit eating chocolate and ice cream after her attack. She planted a garden with her granddaughters and added fresh veggies to her meals. She even clipped a pedometer on her hip and aimed for 10,000 steps of activity each day.

"After the heart attack, I noticed my energy levels just skyrocketed. I felt so much better than I had in years," she smiles. "I had been taking karate for a while, so I kept that up, and also attended cardiac rehabilitation twice each week."

(continued on page five)

Speaking from the heart
Continued from page four

Additionally, Ruby tried to cut the added stress out of her life. Now, she no longer worries so much when her desk at work is piled with papers. She's even changed the rock music she's always loved to something a bit softer.

"I know what's important now," Ruby said, referring to her family and her quarter horse, Cheyenne. "I had to make more time for me and for my family. That's what matters most."

DÉJÀ VU?

But as vigilant as Ruby was with her diet, exercise, and medication, just over three months later, on July 1, 2013, Ruby had a second heart attack.

The days leading up to the attack began with a similar pain in Ruby's shoulder joint. "I had no jaw pain and no other symptoms, so again, I just chalked it up to something else. I thought maybe it was lingering pain from brushing my horse."

But when Ruby and her granddaughter attended karate that night, all of a sudden it felt as if someone had dumped an entire bucket of water over her head. She was suddenly drenched in sweat.

"I knew something wasn't quite right at that point," said Ruby. "I had developed a little bit of pain in between my shoulder blades, but I still wasn't sure what was wrong. I decided to take a nitroglycerin tab that I always carry with me, just in case this was another heart attack, and I went to sleep."

When Ruby woke the next morning, it was as if she were

having déjà vu. The jaw pain she remembered from the first heart attack was back.

"I went in to work the morning of July 1 and called my cardiologist, right away. I was admitted for the blockage in my right artery," she said. Albert Zoda, MD, FACC, cardiology, Mount Nittany Physician Group, performed another catheterization, in which a stent was put into place in the right artery.

Similar in almost every way to her previous attack, Ruby said she was treated with nothing but compassion every step of the way.

"The cardiac rehabilitation department was great both times. They really pushed me, and if I had a good day, they'd give me more to do the next time," Ruby said with a laugh.

SIGNS IN WOMEN

Since her two heart attacks, Ruby has made it her mission to tell her story to anyone who will listen. "I especially want all women to know that female heart attack symptoms can be very different from what men experience. Don't ignore your pain or make excuses about the pain, especially if it's not something you've experienced before," said Ruby.

And how is she today? "People might think my heart is damaged from the attacks, but actually, it's like a brand new, re-built heart. I have no more blockage, and there was no damage done to my heart from these heart attacks," Ruby said with a smile.



HEART ATTACK SYMPTOMS IN WOMEN

Heart attack symptoms in women can include any or all of the following:

- Nausea/vomiting
- Chest pressure
- Dizziness
- Cold sweats
- Shortness of breath
- Lightheadedness
- Upper back, shoulder, or abdominal pain
- Extreme fatigue
- Neck/jaw pain
- Pain or discomfort in one or both arms

Above: Realizing the importance of family in her life, Ruby spends precious moments with her grandchildren.

Mount Nittany Physician Group Pediatrics improves quality with Quality Blue

In January 2013, providers in the Mount Nittany Physician Group Pediatrics practice began a voluntary project through Highmark's Quality Blue program to provide efficient, high quality healthcare.

To qualify to participate in the Highmark Quality Blue project, a minimum of 25 primary care providers from Mount Nittany Physician Group needed to have met specific meaningful use requirements.

Meaningful use is a set of guidelines set by the Centers for Medicare & Medicaid Services that oversees and certifies the use of electronic medical records in healthcare facilities.

Having met the requirements, ten pediatrics providers accepted the challenge of representing Mount Nittany Physician Group in the Highmark project. Their challenge was to improve the delivery of care by meeting certain quality measures from two distinct categories.

"This project was a major undertaking for our providers," said Rian Roan, revenue cycle training and systems specialist/quality systems assistant, Mount Nittany Physician Group. "Not only did we increase the quality of care we're delivering to our pediatric patients, but we enhanced our workflow processes, and that will continue even after the project period ends."

For the project, the pediatrics practices collected and submitted the following data:

- Weight assessment counseling in children and adolescents: taking the height and weight during all visits, discussing body mass index percentile, physical activity and nutritional counseling for patients aged 2 – 18



- Childhood immunization status by age 2: the percentage of children 2 years of age who were given required immunizations
- Blood pressure assessment: percentage of patients aged 5 – 17 years who had blood pressure recorded
- Asthma assessment: percentage of patients aged 5 – 40 with a diagnosis of asthma who were evaluated for the frequency of daytime and nocturnal asthma symptoms
- Spirometry assessment: improvement in the percentage of patients age 6 and older with asthma that had a spirometry evaluation or peak flow monitoring documented
- Treatment of upper respiratory infections: improvement of the percentage of children who were given a diagnosis of an upper respiratory infection and were not dispensed an antibiotic prescription

Roan explained that the first three quality measures listed above were part of the core category required by Highmark, and the last three quality measures were from a respiratory category that was chosen by the providers.

"We chose respiratory because we wanted to focus on a category that affects a large proportion of our population," said Craig Collison, MD, Pediatrics, Mount Nittany Physician Group, one of the physician champions for the project. "It is not uncommon to see respiratory issues in our pediatric patients, so we really felt that we could make a difference in improving care for our patients in this category."

The results from each of the above quality areas were collected through the group's electronic medical record system and through manual chart audits performed by the group's quality team and then submitted to Highmark.

In order to show that the delivery of care was improving, accurate data collection was essential. For example, the electronic medical record team—part of the information services department for Mount Nittany Health—was involved in creating flow sheets and noting types to collect discrete data with minimal work flow changes. Similarly, Robert Huffard, MD, and Caryl Waite, PA-C, were instrumental in refining a note system for accurate data collection in the weight assessment counseling measure.

Kristie Kaufman, MD was also celebrated as a positive influence in keeping the project's momentum going, as she helped to determine ways to implement improvements with as little disruption as possible.

"The providers worked so well together during this project, but it's also important to note that the nursing staff was extremely flexible and agreeable as well," said Roan. "They were willing to do whatever was needed to ensure the data was captured correctly and that patient care was always top priority."

In addition to meeting the specific measurements for each requirement, the group's quality team collectively identified lessons learned, barriers, successes and obstacles throughout the project.

"This project went extremely well, but it's really only a stepping stone to allow us to continue to move forward in terms of quality improvement," said Dr. Collison. "With our electronic medical record, we're able to track and follow patients and their conditions long-term, which will ultimately be very beneficial to care delivery."

Top: Mount Nittany Physician Group Pediatrics team members

Expanding access to care throughout the region

Did you know that Mount Nittany Health has 15 convenient locations throughout the region? Our locations offer a wide range of services for patients including primary care, specialty care, laboratory services, imaging services, and more.

Over the last year, our locations have grown and developed with you and your family in mind. Below is a list of our newest locations and expanded services.



Mount Nittany Health – Blue Course Drive: Located off Blue Course Drive at 1700 Old Gatesburg Road in State College, the Blue Course Drive facility features imaging, laboratory, and pain management services.

Some of the new features and advantages of the facility include the latest technology in imaging services, several blood draw stations, and a comfortable, aesthetically pleasing environment. In addition, the facility boasts a large parking area with public bus service provided to improve convenience and access. The Mount Nittany Health Pain Management Center, formerly located at 911 University Drive, offers two procedure rooms, large exam rooms and improved patient confidentiality within its registration area.

Specific to imaging, patients may be pleased to see an open-bore MRI, which provides a shorter, wider opening—commonly called the “donut”—than traditional MRI units. For patients who are claustrophobic, the open-bore MRI allows for a more comfortable, less constrictive feel during imaging. In addition, the facility provides ultrasound capabilities, and there’s no appointment required for routine X-rays.

In addition to Blue Course Drive, imaging services are also available at Mount Nittany Health practices at Park Avenue, Boalsburg, and Mount Nittany Medical Center. Lab services are also offered at Mount Nittany Health practices in Bellefonte, Boalsburg, Mifflin County, Penns Valley, Park Avenue, and at the Medical Center.

This April, Mount Nittany Physician Group Internal Medicine will open at Blue Course Drive.

BLUE COURSE DRIVE CONTACTS

Imaging: 814.234.6137, **Internal medicine:** 814.237.3122, **Lab:** 814.234.6117, **Pain Management Center:** 814.237.3360

Above: Mount Nittany Health – Blue Course Drive. **Top right:** Mount Nittany Health – Mifflin County.



Mount Nittany Health – Mifflin County: In order to expand access to healthcare for residents and complement the cardiology and urology services already offered in Mifflin County, general surgery was added this year to the list of available services for patients.

Additionally, three family medicine physicians—Eric Fowler, MD; Kimberly Kolonich, MD; and Michael Murray, MD—have recently joined the Mifflin County practice. These physicians are practicing at a new facility at 96 Kish Road, Reedsville.

Formerly Brown Township Elementary School, the new Mount Nittany Health – Mifflin County facility features 12,500 square feet of space, with 15 exam rooms, two procedure rooms, two nurses’ stations and an area for phlebotomy/lab services. The facility has the potential to become a teaching location for third-year medical students who have clinical rotations at Mount Nittany Health.

The cardiology, urology, and general surgery practice will relocate to this new office in early 2014 for added patient convenience.

MIFFLIN COUNTY CONTACTS

Cardiology: 855.689.7391, **Family Medicine:** 855.259.0027, **General Surgery & Urology:** 855.837.6062

Mount Nittany Physician Group Dermatology: Mount Nittany Physician Group recently welcomed dermatologist Mark Kozminsky, MD.

Board certified in dermatology, Dr. Kozminsky worked in private practice since 2003 at Centre Dermatology on Green Tech Drive in State College, where he continues to be located and see patients.

Dr. Kozminsky provides care in the diagnosis and treatment of diseases of the skin, hair and nails for both adults and children. He offers expert care for common and uncommon skin conditions including skin cancers, acne, eczema, rosacea and psoriasis, as well as problems with hair loss and nail diseases.

To schedule an appointment at **Mount Nittany Physician Group Dermatology**, call 814.237.6600.



Mount Nittany Health – Bellefonte: The Bellefonte pediatrics practice has recently moved to 129 Medical Park Lane. Located directly in front of their former location, the new pediatrics practice features a brand new, child-friendly space.

With brightly colored walls and spacious exam rooms, children and parents alike will appreciate the special touches that this unique new space provides.

Mount Nittany Physician Group Pediatrics providers:

- William Chase, MD
- Craig Collison, MD
- Robert Huffard, MD
- Allyson Huggins, MD
- Kristie Kaufman, MD
- Elizabeth Klinke, MD
- George McCormick, MD
- James Powell, Jr., MD
- Rachel Schwab, MD
- Teresa Timmerman, PA-C
- Tracey Trudel, MD
- Caryl Waite, PA-C

*Note: The Mount Nittany Physician Group Internal Medicine practice and lab services in Bellefonte are still located at 141 Medical Park Lane.



To schedule an appointment at **Mount Nittany Physician Group Pediatrics in Bellefonte**, call 814.255.3626.

Mount Nittany Physician Group Occupational Health:

A new occupational health practice opened at 1850 E. Park Avenue, Suite 302, State College.

Led by Scott DeHart, MD, medical director, the occupational health practice provides occupational health and wellness services such as injury management, DOT/CDL medical certification, drug and alcohol testing, pre-employment physicals, OSHA-mandated services, work-related immunizations, workers’ compensation assessments, and more.



Dr. DeHart, along with Susan Ososkie, CRNP, bring considerable experience in occupational health to this new endeavor. Both were previously with Centre Health Network, an occupational health organization based in State College, and have been working with local businesses to meet corporate health and wellness needs for many years.

Mount Nittany Physician Group Occupational Health is part of a multispecialty network of more than 100 providers working together to help employees stay healthy.

Additionally, Dr. DeHart is certified to perform CDL physicals under the new Pennsylvania Department of Transportation regulations.

To learn more about **Mount Nittany Physician Group Occupational Health**, visit mountnittany.org/workhealth or call 814.231.7094.

Top left: Mount Nittany Health – Bellefonte has an additional building at its location. **Below top left:** Nurses station of the new pediatrics practice in Bellefonte. **Top right:** Occupational health is in suite 302 at Mount Nittany Health – Park Avenue, in front of the Medical Center. **Below top right:** Scott DeHart, MD, PhD, medical director, occupational health, Mount Nittany Physician Group, and Susan Ososkie, MS, CRNP, NP-C, Occupational health, Mount Nittany Physician Group.



Project of the Year Award received for work on the Shaner Cancer Pavilion



Above: Dan Roe, Stantec; Jeff Smith, Alexander Building; Lou Brungard, MBA, vice president, facilities and plant operations, Mount Nittany Health; Mike Sgriccia, Alexander Building; Ed Bell, project manager, facilities and plant operations, Mount Nittany Medical Center

Mount Nittany Medical Center and Alexander Building Construction Co., a Butz Family Company, received the 2013 Construction Management Association of America (CMAA) National Project of the Year Award for New Construction with a constructed value less than \$25 million.

This distinguished honor was awarded for the construction of the Lance and Ellen Shaner Cancer Pavilion, located onsite at the Medical Center.

The Shaner Cancer Pavilion is the only Pennsylvania-based project to receive an award in 2013, and it comes after the Medical Center and Alexander won CMAA's Mid-Atlantic Chapter Project of the Year Award for the same project.

Completed in September 2012, features of the new Shaner Cancer Pavilion include:

- Patient-focused exam rooms, infusion suites, and consultation areas for multidisciplinary teams essential to the patient's care
- A dedicated space for the current intensity-modulated linear accelerator
- Penn State Lady Lion Basketball Cancer Resource Center, funded by the Pennsylvania Pink Zone
- Clinical research space
- Consultation areas for support services, such as pharmacy and lab work
- A dedicated entrance for patients and their loved ones

Unique construction aspects of the project included:

- Separating the project into 10 phases in order to maintain 100 percent of the facility's clinical operations
- Removal of existing first floor load-bearing masonry walls and replace with structural steel to create more open space while supporting the floors above throughout construction
- Utilizing state-of-the-art Building Information Modeling (BIM) technology including tablets in the field to inform and educate construction solutions

Roasted Carrot and Ginger Soup with Chili Butter and Peanuts

By Gary Glenn, CEC, director and executive chef, nutrition & culinary services, Mount Nittany Medical Center

Chili Butter Ingredients:

- ¼ cup unsalted butter
- 2 tbsp. green onion – wash, dry, chop fine
- ¼ tsp. crushed red pepper
- 1 tsp. chili powder

Chili Butter Directions:

1. Using a mixer with a paddle attachment, whip all ingredients together. Refrigerate and bring to room temperature before serving.

Soup Ingredients:

- 1 ½ lb. carrots – wash and cut into medium size chunks
- 1 cup white onion – peel, wash and chop to medium size
- 1 russet potato – peel, wash and medium dice
- 1 tsp. fresh ginger – peel, wash and grate fine
- 2 tbsp. vegetable oil
- 5 cups roasted vegetable stock (may require more or less during finishing process)
- 6 tbsp. unsalted roasted peanuts

Soup Directions:

1. Preheat oven to 350 degrees. Using a mixing bowl, combine carrots, onions, potatoes, ginger and vegetable oil. Toss until vegetables are fully coated with oil. Spread vegetables on a baking sheet and roast until all ingredients are fork tender. Cool to room temperature.
2. Using a blender or food processor, puree small batches of roasted ingredients using the vegetable



stock to obtain a consistency of a cream soup. Place puree soup into a sauce pot and bring to a simmer. Season with salt and pepper to taste.

3. Ladle into your favorite soup bowls. Top with a teaspoon of chili butter and one tablespoon of roasted peanuts.

Sponsoring wellness: healthy activities across the region

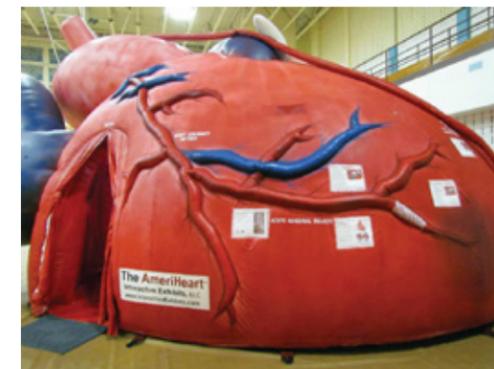
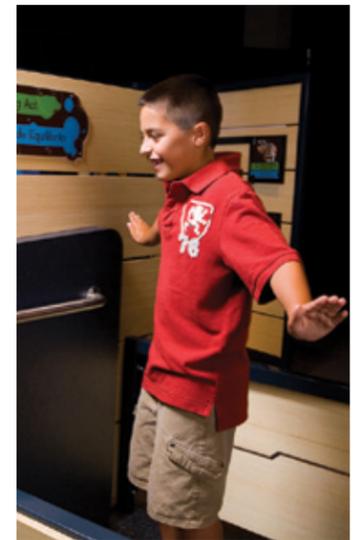
Obesity/diabetes is one of the areas of health disparity identified by Mount Nittany Health's recent Community Health Needs Assessment. In keeping with our mission to make people healthier, Mount Nittany Health has been a lead sponsor and participant in the following events.

Discovery Space's Eat Well/Play Well exhibit

Mount Nittany Health was the lead sponsor of Discovery Space's bilingual hands-on Eat Well/Play Well exhibit that focuses on three distinct nutrition questions for families, children and school groups:

- What is in the food we eat?
- Are fruits and vegetables important?
- Can everyday activities burn calories?

The exhibit helped engage families and children in healthy living activities while on display at the Discovery Space from September through December 2013.



Family Health Fall Fest

The Mount Nittany Health Diabetes Network sponsored a free Family Health Fall Fest in conjunction with Fit for Play Physical Therapy & Fitness Center at Mount Nittany Middle School on Saturday, October 19, which offered a wide variety of health and wellness activities, health screenings, interactive exhibits and health information. One of the most exciting exhibits was the AmeriHeart®, the world's largest, most realistic inflatable heart exhibit. The exhibit allowed participants to walk through the heart and learn about the importance of staying active and healthy.

World Diabetes Day

World Diabetes Day is celebrated on November 14 across the globe, and the month of November is earmarked as Diabetes Awareness Month, raising awareness for the disease that affects so many. For type 2 diabetes alone, one in three Americans is at risk for developing the disease in their lifetime. To help promote diabetes awareness and education, Mount Nittany Health participated in a number of diabetes-related events throughout November.

- Blue Monument Challenge: Mount Nittany Medical Center was lit in blue, the recognized color of diabetes awareness, on November 14.
- Million Steps Project: In partnership with People Centre'D on Diabetes, Mount Nittany Health hosted a two-mile walk to help raise awareness and get employees moving.
- Support groups and education: Mount Nittany Health held numerous support groups and educational sessions on diabetes throughout November, including a special talk from Roger Baird, A1C Champion.

Look for Mount Nittany Health at SpikesFest and the Lady Lions Pink Zone game, both on February 16, 2014. Visit mountnittany.org to find out more.

Above: Mount Nittany Health sponsored the Eat Well/Play Well exhibit at Discovery Space. **Above left:** World's largest inflatable heart exhibit visited the Mount Nittany Health Diabetes Network's Family Health Fall Fest. **Above right:** The Bellefonte Court House lit blue for World Diabetes Day.

Pennsylvania Pink Zone supports breast health navigator at Mount Nittany Health

The Penn State Lady Lions basketball team hosted their 7th annual Pink Zone game on February 24, 2013, culminating a successful year-round fundraising effort to impact education, research and treatment for breast cancer at the local, state and national level.

Mount Nittany Health, a lead beneficiary for the Pennsylvania Pink Zone for the past four years, will fund a breast health navigator, thanks to the monies raised from the 2013 game.



Left: Angelique Cygan, RN, breast health navigator, cancer program at Mount Nittany Medical Center. **Right:** Representatives receive a check from the 7th annual Pink Zone game. **Below:** Coach Coquese Washington signs items at the 2013 Pink Out Day at Mount Nittany Medical Center.

A breast health navigator decreases fragmentation of care by coordinating services and guides patients who need breast care through the healthcare system. They offer support throughout the whole breast care process – from an abnormal finding to diagnosis and treatment, and beyond to survivorship.

Navigators do more than provide a link between diagnosis and treatment. A breast health navigator:

- Connects patients with resources and support systems
- Facilitates interaction and communication with healthcare staff and providers
- Streamlines appointments and paperwork
- Helps patients identify and access financial services to pay for their healthcare needs
- Decreases patients' fears and anxieties
- Helps patients identify and utilize appropriate social services
- Tracks interventions and outcomes
- Provides community education and outreach on breast health awareness with the expectation of increasing breast screening rates

Angelique Cygan, RN, is Mount Nittany Health's new breast health navigator. She has more than 21 years of nursing experience and understands the importance of continuum of care and the role community resources play in the success of patient health and wellness. Previously employed by Home Nursing Agency in State College, Cygan served as a patient care coordinator and care transition coach.

With help from the Pennsylvania Pink Zone and Lady Lion basketball, women and men in our community have the support they need to navigate through early detection, treatment and survivorship.

Mount Nittany Health and thousands of breast cancer survivors raise awareness and funds for breast cancer education, research and treatment

Pink Zone basketball game

Sunday, February 16, 2014 at 1:00 pm
Penn State Lady Lions vs. Wisconsin Badgers at the Bryce Jordan Center on the University Park campus.



Special robes provide comfort for patients

Sometimes, small changes bring about huge rewards when it comes to patient satisfaction, and that's exactly what happened when plush bathrobes were introduced as a part of one particular Mount Nittany Health procedure.

A collaborative team effort led to the purchase of 12 luxurious, white bathrobes with a pink ribbon and a Mount Nittany Health mammography decal.

These robes are offered to women who are completing two-part tests that begin at Mount Nittany Health's Breast Care Center and conclude at the Medical Center.

"For patients who are having a needle localization, their first stop is the Breast Care Center here at Park Avenue Imaging, where a needle or wire marker

is inserted into the breast acting to mark a suspected mass," said Kelly Barber, radiology supervisor, Mount Nittany Health Breast Care Center. "Once the marker is in place, we transport the patients to the Medical Center where they have the mass removed in surgery."

Because the women are wearing hospital gowns and have to travel between the Breast Care Center and the hospital, bathrobes were suggested as a means of providing privacy and comfort for our patients.

"The patients are just so thankful," said Beth Newman, director, patient access, Mount Nittany Medical Center. "The feedback we've received has been tremendous. We strive to make sure our patients are comfortable and dignified, and



these bathrobes certainly help to achieve that goal."

Above: Lynn McClellan, registered mammography technologist, Mount Nittany Health Breast Care Center, displays new patient robes.

Cancer Resource Center available to patients at Shaner Cancer Pavilion

Funded by the Pennsylvania Pink Zone, Mount Nittany Medical Center's Lady Lion Basketball Cancer Resource Center provides a dedicated, quiet space for people affected by cancer and their loved ones.

Visitors and patients are invited to use the space as they wish, be it a quiet respite or a place to find trusted, credible health and wellness information. Located just off the main lobby of the Shaner Cancer Pavilion, volunteers are available to guide you to our lending materials and to help you access the services of the American Cancer Society.



Above: The Lady Lion Basketball Cancer Resource Center, located inside the Shaner Cancer Pavilion, at Mount Nittany Medical Center.

New guidelines from the Department of Transportation: What does that mean for you?

New Department of Transportation (DOT) rules have commercial drivers and their employers asking several questions. How do I know if I need a medical card? Who is subject to the new regulations, and are they different for interstate and intrastate drivers? Can I continue to drive if I have high blood pressure or diabetes, and what is involved in obtaining an exemption for insulin use? Are employers responsible for knowing the health status of their drivers?

The Federal Motor Carrier Safety Administration (FMCSA) is the federal agency responsible for regulating safety in interstate (state-to-state) commerce, including the drivers, the trucks and buses they operate, the motor carrier (employer) and the transportation of hazardous substances in any quantity that requires placards. Interstate commerce refers to the items being transported, even if drivers do not cross state lines.

The medical certificate/DOT card is required for the driver if the vehicle:

- Has a gross vehicle weight of 10,001 pounds or more
- Is designed or used to transport 9 to 15 passengers or more for commerce
- Is designed or used to transport 16 or more passengers (including the driver), whether for compensation or not
- Transports hazardous materials

Based on the above qualifications, a medical certificate may be required, even if the driver is not CDL certified. All drivers who require a medical certificate will be included on a federal registry that allows access to driver qualification information from anywhere in the U.S., along with information about the medical provider.

The new regulations are in effect, with a grace period until May 2014 to allow medical provider training and certification, in addition to education for drivers and employers. Medical providers who perform DOT exams must go through extensive training and pass a certification exam.

Training includes regulations and guidelines regarding the health status of drivers, exemptions that are available for certain conditions, waiting periods that may apply after a medical procedure and required follow-up of medical conditions.



When the grace period is over, drivers, employers and medical providers will be expected to be familiar with and follow these federal mandates. Drivers and their employers are responsible for obtaining proper care and submitting required documentation.

SPECIAL EVENT

Certified medical examiners from Mount Nittany Physician Group Occupational Health welcome you to a special presentation by Scott DeHart, MD, PhD, medical director, occupation health, Mount Nittany Physician Group, *New DOT Medical Regulations: Impact on Drivers and Employers*.

This free event features a panel discussion with board certified endocrinologist, Jan Ulbrecht, MD, medical director, Mount Nittany Health Diabetes Network, who will discuss insulin exemptions, and a member of Mount Nittany Health's Sleep Management Program, who will speak about obstructive sleep apnea diagnosis and surveillance. Attendees will have the opportunity to ask questions following the presentation.

Monday, March 24, 2014, at 9:00 am
Galen and Nancy Dreibelbis Auditorium
Mount Nittany Medical Center

Light refreshments will be provided. Pre-registration is required by calling **814.234.6727**.

More providers at Mount Nittany Physician Group



Eric Fowler, MD, family medicine, Mount Nittany Physician Group, received a bachelor's degree from Juniata College in Huntingdon, Pa. He obtained a Doctor of Medicine from Jefferson Medical College in Philadelphia, Pa., and completed his family medicine residency at Lancaster General Hospital. To schedule an appointment at Mount Nittany Physician Group Family Medicine in Mifflin County, located at 96 Kish Road, Reedsville, call toll-free at 855.259.0027.



Lynne Gonzalez, RN, MSN, CRNP, neurology, Mount Nittany Physician Group, obtained a Bachelor of Science in nursing from Mount Aloysius College in Cresson, Pa., and a Master of Science in nursing, Adult Nurse Practitioner, from Bloomsburg University in Bloomsburg, Pa. Mount Nittany Physician Group Neurology is located inside the Sieg Neuroscience Center at 2121 Old Gatesburg Road, Suite 100, State College. To schedule an appointment, call 814.231.6868.



Kimberly Kolonich, MD, family medicine, Mount Nittany Physician Group, obtained a bachelor's degree from the University of Pennsylvania and a Doctor of Medicine from Temple University School of Medicine. She completed her residency in family medicine at Memorial Hospital of Burlington County in Mt. Holly, N.J., now known as Virtua Memorial Hospital. Dr. Kolonich provides family medicine care at Mount Nittany Physician Group's family medicine practice in Mifflin County, located at 96 Kish Road, Reedsville. To schedule an appointment, call toll-free at 855.259.0027.



Mark Kozminsky, MD, dermatology, Mount Nittany Physician Group, received a Bachelor of Science from The City College of New York in New York City and obtained a Doctor of Medicine from Wayne State University School of Medicine in Detroit, Mich. He completed his dermatology residency at Cook County Hospital in Chicago, Ill., and is a Fellow of the American Academy of Dermatology. Mount Nittany Physician Group Dermatology is located at 2505 Green Tech Drive, Suite A1, State College. To schedule an appointment, call 814.237.6600.



Nicholas Meyer, MD, family medicine, Mount Nittany Physician Group, acquired a Doctor of Medicine from the University of Maryland School of Medicine in Baltimore, Md., and completed his internship and residency in family medicine at Southern Illinois University School of Medicine in Carbondale, Ill. To schedule an appointment at Mount Nittany Physician Group Family Medicine in Spring Mills, located at 4570 Penns Valley Road, call 814.422.8873.



Michael Murray, MD, family medicine, Mount Nittany Physician Group, attended Juniata College in Huntingdon, Pa., where he received a Bachelor of Science. He acquired a Doctor of Medicine from Temple University School of Medicine in Philadelphia, Pa., and completed his internship and residency in family medicine at Madigan Army Medical Center in Tacoma, Wash. Call toll-free at 855.259.0027 to schedule an appointment at Mount Nittany Physician Group Family Medicine in Mifflin County, located at 96 Kish Road, Reedsville.

Robert Coll, MD; Thomas Covalesski, MD; Philippe Leveille, MD; Karen Paczkowski, MD; Ryan Ridenour, DO; Jonathan Siuta, MD; Jessica Stevens, DO; Heidi Averill, PA-C; Sara Dungan, PA-C; and Ben Steward, PA-C, have joined Mount Nittany Physician Group's hospitalist program at Mount Nittany Medical Center. For more information, visit mountnittany.org/hospitalist.

Mount Nittany Physician Group accepts more than 200 insurance plans, including Geisinger Health Plan, United Healthcare and Highmark Freedom Blue.



1800 East Park Avenue
State College, PA 16803-6797

An Evening in Paris

66th Annual Mount Nittany Medical Center Charity Ball

Themed “An Evening in Paris,” The Foundation for Mount Nittany Medical Center’s 66th Annual Charity Ball will again support the development of a collaborative family medicine residency program between Mount Nittany Health and Penn State Hershey at the University Park Regional Campus of Penn State College of Medicine. The Family Medicine Residency Program is part of Mount Nittany Health’s goal to become a regional academic teaching facility, preparing the next generation of family medicine physicians in State College. The program recently earned accreditation from the Accreditation Council for Graduate Medical Education, a significant step toward the program’s first class of students in 2015.

Last year, the Charity Ball raised \$125,000 to support the residency program for family medicine physicians. For more information about The Foundation and the ways to impact healthcare for the region, visit foundation.mountnittany.org, email foundation@mountnittany.org, or call The Foundation at 814.234.6777.

