

Surgery: What a Difference a Generation Makes

When a routine physical led to a diagnosis of prostate cancer, John Slinger did not relish the thought of surgery. Two years earlier, a friend in the same situation had experienced a long recovery that included substantial stomach pain from a six-inch incision.

But that was before robotics.

Last spring, Dr. Brooke Johnson removed Slinger's prostate using the da Vinci® surgical robot at St. Mary's Hospital. The largest of five incisions was a mere inch and a half long. "They healed like nothing," Slinger says, adding that he was traveling stairs successfully after just two days.

To echo an old promotional line from an auto maker, this is not your father's surgery.

Robotic surgery is the latest advancement in the operating room, bringing even more credibility to the description "minimally invasive." Through the use of a 3D high-definition camera trained on the surgical site, surgeons are able to see more precisely. And with multiple robotic arms equipped with tiny, 8-millimeter, remotely controlled



instruments, they can operate in smaller openings than ever before. Smaller incisions mean less trauma to the body and faster recovery.

"The robot enables me to do my surgery better through more precise movements," says Dr. Johnson (pictured), a Dean Health System urologist who pioneered use of the

technology at St. Mary's. "It's like power steering. It allows me to drive more easily, but I'm still the one driving."

St. Mary's is the only area hospital with the latest generation of the da Vinci robot, and St. Mary's 22 operating suites – four of which are devoted to cardiovascular patients – are the area's newest. (See page 2 for a look at their state-of-the-art features.)

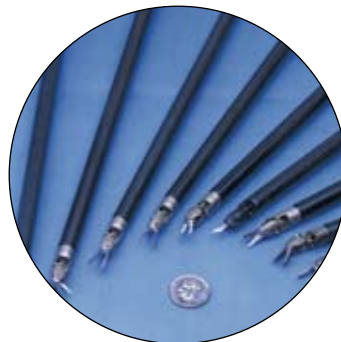
Currently, the robot is used only for prostatectomies and gynecologic procedures. Cardiovascular surgeons are training on the robot to improve certain heart surgeries at the Dean & St. Mary's Cardiac Center – which performs more heart procedures than any other area facility.

"Advancements in diagnoses, treatments and technology make our surgery program more efficient, effective and safer than ever before," says chief of surgery Dr. Jeff Welch, an orthopedic surgeon. "And our state-of-the-art facility offers the structure and comforts we – and that includes patients and families – need for exceptional care." ♥

When Smaller is Better

Not all surgeries are candidates for minimally invasive techniques, such as robotic surgery or laparoscopy, but those that are have patients singing their praises. Here's why:

- shorter hospital stay
- lower complication rates
- less post-operative pain
- superior outcomes



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Tiny surgical instruments on the ends of the robotic arms, pictured with a dime to show their scale, add flexibility and precision for the surgeon who is operating the arms from a console.

Anatomy of an Operating Room

St. Mary's Hospital and the new Dean & St. Mary's Outpatient Center on the hospital campus sport Madison's newest surgical suites. They were thoughtfully constructed for the safest, most advanced patient care. Take a tour of their most notable features:

It's About Space!

So, you think you won't care when you're out cold? Think again. Because our ORs have ceiling-mounted equipment, there's more room for more of the medical personnel and equipment that your surgical team needs to take care of you. More room to maneuver also means less chance for infectious bacteria to hitch a ride on something.



"No Germ" Zone

Designed in three pods – one each for general surgery, cardiovascular cases, and orthopedic and neurosurgery – St. Mary's ORs are positioned around a sterile central core. Surgical instruments are sterilized and assembled for each case on a lower level of the hospital and then transported by sterile elevator to these cores before moving into the OR.



Is There a Doctor in the House?

Hospitalists – doctors who are experts in treating hospitalized patients – are key to successful patient care. St. Mary's has a team of 16 hospitalists who follow the progress of patients immediately after surgery and throughout their hospital stay. Available 24/7, they take over temporarily for primary care physicians, who have clinic patients to tend to as well.

Lights, Cameras and the Little Screen

Advanced lighting and overhead cameras focused on the surgical site help surgery go more smoothly. Real-time images are projected onto monitors, which help the surgical team anticipate and prepare for the next step in the process. For laparoscopic surgery, images are projected from a camera on the end of a slender, tubular scope, and a special green light on the room's periphery allows for better viewing of the monitor while rendering complete darkness obsolete.





High-Tech Heaven

High technology is everywhere in the surgical suite, from the da Vinci robot and digital anesthesia machines to electronic databases for patients' medical images and health information. No longer waiting for transcription to be complete and for paper charts to arrive, surgeons now have instant and easy access to patient information, yielding a higher level of coordinated care. During surgery, the ability to review medical images helps verify specific locations required at various points in the process. In addition, much like an airport kiosk with flight information, the OR has an electronic board that tracks patients in their journey through surgery, including required lab work and the like.



Close Encounters of the Critical Kind

The surgical suites are adjacent to the intensive care units for cardiovascular, neuroscience and general surgery patients. That means less chance for infection during transport time and better access between families and surgeons just after surgery. Each ICU is staffed by a physician who specializes in the care of critical patients.



One-Stop Shopping

The new Dean & St. Mary's Outpatient Center on the St. Mary's Hospital campus is home to many specialty and general surgeons, fostering direct access between physicians and the hospital nursing staff. Because of this arrangement, many surgical patients will enjoy "one-stop shopping" for their pre-operative, surgical and post-operative visits.

Through the Eyes of Surgeons

Interested in watching a real surgery? St. Mary's recently produced several webcasts, with more on the way, to give a surgeon's-eye view of what goes on behind sterile doors.

Log on to stmarysmadison.com and click on the button for webcasts to view the following:

- Cardiac Catheterization
- Total Knee Replacement
- Microdiscectomy
- Cesarean Section Birth

Coming This Fall:

- Robotic Surgery/Prostatectomy

3 Organs, 2 Surgeons, 1 Operation

Dan Buehrens knows a good bit about surgery. Unfortunately, it's from lying too often on the operating table.

So, last winter, when he was faced with surgery for cancer in his colon and his liver, he was pleased to know his surgeons would team up to take care of both at once.

"My doctors didn't want to put me through two surgeries. They really care about their patients," says Buehrens, 52, who learned of the colon cancer through a routine colonoscopy. A follow-up CT scan revealed that the cancer had spread to his liver. "It means so much that doctors for different problems came up with a way to make it easier on me."

Coordinating his care was a team of Dean Health System physicians: oncologist Yamil Arbaje, colorectal surgeon Ken Levin and liver surgeon Greg Matzke. Their approach allowed the surgeons to eradicate Buehrens' cancer in both organs in one eight-hour operation. The January surgery was one of the first to be performed in the new, state-of-the-art surgical suites at St. Mary's Hospital. The surgeons also removed the patient's appendix, to avoid the need for a future and potentially difficult operation.

The aggressive approach was necessary for someone so young and in otherwise good health, says Dr. Levin, adding that such surgeries typically have a better outcome than separate surgeries if the patient is fully informed of what to expect.

"Dr. Levin was 100% honest with me," says Buehrens, who surprised his doctors by walking the day after surgery. He continued to build up enough stamina to walk a mile after just eight days in the intensive care unit. From there, he headed right for home. His follow-up chemotherapy continued through this fall, and all signs suggest he is free of cancer.



Renewable energy seems to be a theme in Dan Buehrens' life. As manager of the wind division for Michels Corp., a utility contractor in Brownsville, Wis., Buehrens' own energy has also been renewed after several surgeries at St. Mary's. His most recent rolled three major operations into one.

Even though multiple, synchronous, major surgeries at once are rare nationwide, they are nothing new for Drs. Matzke and Levin. Together, they have performed a half-dozen cases similar to Buehrens'.

"The large number of surgical specialists and seamless coordination of care between Dean & St. Mary's allow us to look at patients as a whole and do what's best for them overall, not just focus on our own specialties," Dr. Matzke explains. "That's what patient-centered care is all about." ♥

the DOCTOR is in

Q: I'm deathly afraid of getting cancer. What can I do?

A: Many types of cancers stem from many causes. While we don't know all the risk factors, we can exercise control over what we do know and take comfort in the fact that recent medical treatments

have advanced tremendously. Above all, prevention and early detection are the best defense. Some tips:

- **Know your family history** of cancer, monitor for that type, reduce risk factors.
- **Visit your doctor regularly.** General cancer screenings include a colonoscopy for anyone 50 or older, annual pap smears for all women, and mammograms for women 40 and older.
- **Avoid smoking and second-hand smoke**, which damage nearly every organ. The American Cancer Society links tobacco smoke with at least 15 cancers and 30 percent of all cancer deaths.
- **Limit sun exposure.** Use sunscreen with a sun protection factor (SPF) of at least 15.
- **Reduce exposure to harmful chemicals.**
- **Eat well:** fruits, vegetables, whole grains. Cut back

on processed and red meats as well as alcohol.

- **Get regular exercise** and maintain a healthy weight.

Finally, I encourage you to live happily and avoid worrying about the unknown – and what may never be.



Yamil Arbaje, MD
Dean Health System Oncologist

Q: Why are flu shots recommended each year?

A: The flu virus mutates and becomes, essentially, a different virus each year. An annual flu vaccine protects you from the latest strain. Flu shots are



At the event, a baby doll in an isolette offered a reminder to families how far their own babies have come.

Celebrating 40 Years and 16,000 Babies

The Henry Vilas Zoo was the backdrop for a reunion of children whose lives began a little short of being “a walk in the park.” Nearly 2,000 guests, including 500 children who had been cared for in St. Mary’s Neonatal Intensive Care Unit, gathered to celebrate life and good health as St. Mary’s marked the 40th anniversary of its NICU. Since 1968, St. Mary’s has served nearly 16,000 premature or ill newborns from all over south-central Wisconsin.

Businesses Add Life to Park Street

Three Park Street storefronts in the Dean & St. Mary’s medical complex offer new options to visitors, neighbors and area workers:

- **The Kitchen Hearth** café and catering
- **Gotham New York Bagels & Eats**
- **Home Health United**, whose sponsors include St. Mary’s. This retail outlet sells durable medical equipment for personal home health care.

New Cardiac Center: Streamlined Convenience

The cardiology teams that make up the Dean & St. Mary’s Cardiac Center are now housed in one consolidated location: the St. Mary’s Hospital campus on Park Street. Adult and pediatric cardiology, cardiovascular surgery, several sub-specialty clinics, laboratory services and medical imaging for outpatients are all connected by skybridge to St. Mary’s Hospital, where heart patients undergo surgery and rehabilitation.



Passion for Writing Supports Love of Babies

A budding author of children’s books has more than fame on her young mind. Kara Grajkowski, 9, wants to sell her books to support another passion: fragile newborns at St. Mary’s Neonatal Intensive Care Unit (NICU). “I want to help the little babies that are born sick,” says Kara, who is donating 100 percent of the proceeds to St. Mary’s. With five books to her credit, she has raised more than \$300 toward her \$1,000 goal. Kara has also had a crash course in business. She recruited her great-grandmother as publisher, created her own website (karastories.com) and negotiated retail outlets for her books (Julie’s Handbags & More, St. Mary’s Hospital Gift Shop). Inspired by a recent tour of the hospital, where she herself was born, Kara is also writing a book about St. Mary’s. Others may join Kara’s support of St. Mary’s by contacting St. Mary’s Foundation: 608-258-5600 or stmarysfoundation.org.

recommended for everyone, especially children, adults with serious health conditions, the elderly and pregnant women. When a person is vaccinated, he or she is not likely to be a carrier of a virus that multiplies and spreads to others.

For those fearful of getting sick from the shot: The flu vaccine is a dead virus, so there’s absolutely no way to get sick from the shot itself. If you become ill after getting the shot, it’s probably from exposure to other people who are sick. The flu vaccine is really your best defense.



Erin Shaughnessy, MD
St. Mary’s Pediatric Hospitalist

Q: What do computerized medical records mean for me as a patient?

A: Better care! By that, I mean the electronic health record (EHR) is:

- **safer:** It flags potentially harmful drug interactions and drug allergies.
- **comprehensive:** Built-in prompts promote reliable ordering and completion of preventive care. Management of chronic illnesses such as diabetes can be improved because all the needed information is available to the care team at the point of care.
- **efficient:** Health care partners, such as Dean Health System and St. Mary’s Hospital, are linked so that registration information need not be duplicated and test results and doctor’s notes can

be shared among providers without having to wait for the physical transfer of paper records.

- **patient-centered:** Information retrieval may be customized for each situation. In addition, patients who sign up for Dean’s MyChart system can access lab results, for example, and communicate with their doctors at times that are convenient to them. This allows patients to become true partners in health care – a big part of better care.

FYI: St. Mary’s is a national leader by being among the 1 percent of hospitals to enjoy nearly complete implementation of the EHR.



James Goodsett, MD
Dean Health System,
Internal Medicine

Daily play sessions on the Nintendo Wii (right) provide a creative alternative to traditional therapies (far right).



6 Wii Finds Rehab Patients to be Good Sports

Even as her body yields to the effects of Parkinson's Disease, Georgia Wynne is enjoying a second childhood of sorts. She's playing golf, tennis and baseball; her frail frame is no longer a barrier to bowling, either.

Ironically, the disease is what led to her personal renaissance.

This summer, she was a resident at St. Mary's Care Center while undergoing short-term rehabilitation. Part of her treatment included play on the Nintendo Wii, a wireless video game system that responds to the movements of the players.

"I had never been interested in sports," she says, recounting the one time she tried tennis some 60 years ago. But today, at age 83, virtual sports offer an intriguing way to practice skills necessary for independent living:

- eye-hand coordination
- balance
- standing tolerance
- weight shift from leg to leg
- range of motion
- endurance

In less than a week, Georgia's ability to stand alone had improved 600 percent, going from just one minute to six. And getting there was, in her words, fun – not the usual description for therapy that thrives on repetition.

"We're making entertainment work as a therapy tool," says Becky Whiting, director of occupational therapy. "With the Wii, our patients enjoy the thrill of achievement and accept the challenge of improvement."

In fact, one patient said she couldn't wait to tell her great-grandson about her experience.

Upon return home, she intended to compete with him. "It bridges the gap between generations," adds occupational therapist Cherie Murray.

The Wii works as well across the generations as it does across clinical situations, ranging from broken bones to cases of stroke, and everything in between.

"The nice thing is we can modify the actions so the game benefits each client," Whiting explains. The stance required for tennis, for example, is not necessary to succeed in Wii tennis.

And success is what it's all about. "We find that the patients can perform a task for longer periods of time, all because they're having fun,"

Whiting says. "That success translates to independence" – and in some cases, a brand new youth. ♥

Award-Winning Care

St. Mary's Care Center is the first skilled-care nursing home to earn the Wisconsin Forward Award at the highest level, Excellence. This 2008 recognition reflects the Care Center's leadership in quality practices among all

Wisconsin businesses. St. Mary's Care Center exhibits superior performance in short-term rehabilitation, long-term residence and specialized memory care. Visit the Care Center online: stmarysCareCenter.net.



Investing in Community

Lincoln School Gets Guardian Angel

The joys and responsibilities that come with parenthood are also part of the package as St. Mary's Hospital adopts a whole school full of kids.

This fall, St. Mary's became a guardian angel of sorts for Madison's south-side Lincoln Elementary School. Promoted through the Foundation for Madison's Public Schools, the Adopt-A-School program forges mutually enriching personal and professional relationships between businesses and public schools.

Principal Deb Hoffman is excited that St. Mary's has broken ground as the first Madison hospital to adopt a school. Among the priorities taking shape is ongoing education about health and wellness, including asthma – a condition that

affects many students in poverty.

"About 70% of our students live in poverty and many do not have health care on a regular basis or know how to access health care," she explains.

Already, St. Mary's employees have given generously to a drive for school supplies that were delivered to Lincoln students, and many others have helped on the school grounds with landscaping, painting, library work and classroom activities. The on-site projects were part of a series of annual in-service days that focus on St. Mary's mission and values.

The partnership will continue to evolve and may include career education. "It is critical for students in today's world to have a better



St. Mary's President Frank Byrne, MD (back left) and Happy Heart visited Lincoln School to announce the hospital's partnership in the Adopt-A-School program.

understanding about the wide variety of professional opportunities available to them later in life," Hoffman says.

The benefits of the Adopt-A-School program are long-lasting, she adds. "The rewards are not just for the adopted school and its benefactor, but for the bigger community family." ♥

Is the ER the Right Call?

Emergency care may not always be the best use of resources (patient time, money, hospital expertise). Before getting in the car or calling 9-1-1, think about three simple things:

- 1 **Your primary doctor:** If you suspect your medical problem isn't an emergency, check your doctor's office for a same-day appointment or referral to a triage nurse.
- 2 **'Dean on Call' 24/7 program:** A registered nurse can help determine how serious your illness is – 24 hours a day, 365 days a year. Call 608-250-1393 or 1-800-57-NURSE (1-800-576-8773).
- 3 **Your instincts:** If you are alarmed by unusually severe symptoms, it is best to seek immediate care. Take along the name and phone number of your regular doctor, a list of allergies or other medical problems you may have and a list of current dosages of medication. These will help the ER doctor when trying to diagnose and treat your condition.

Instant Rx: *What a Relief!*

A child's uncontrollable wail at 2 a.m. sends a young family to the emergency room. Just as they have surmised from the ear-tugging, the little one has a painful infection, and an antibiotic is prescribed. But the road to wellness hits a roadblock: Most pharmacies are closed at that hour.

Enter InstyMeds, an ATM-style dispenser of prescription medications that's available 24/7 right in St. Mary's emergency room. The new technology offers ER patients the option to avoid a trip across town to find an open pharmacy and the wait for filling a prescription.

"About 90 percent of emergency prescriptions are for various antibiotics and pain medications," says Dr. Kyle Martin, medical director of St. Mary's Emergency Services. He explains that InstyMeds can store and dispense dozens of different drugs in many forms, using multiple barcode procedures to ensure accurate drug dispensing that is safer than human package selection and labeling. Because the unit interfaces with the hospital's registration system, insurance approval for the purchase happens seamlessly.

For some patients, insurance coverage is an issue, and an unexpected prescription may be cost-prohibitive. St. Mary's provides those who cannot afford the medicine a special code that allows them to get medications without charge. The hospital picks up the tab.

Dr. Martin says St. Mary's has provided \$11,000 worth of prescription medications free of charge to un- or under-insured patients, since the machine debuted there in November 2007. ♥



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- 'WII-HAB' GETS PATIENTS BACK ON THEIR FEET
- ADOPTED SCHOOL GAINS FAMILY TIES



Groundbreaking for
St. Mary's Sun Prairie
Emergency Center

On the heels of a recent major expansion in downtown Madison, St. Mary's, along with parent organization SSM Health Care of Wisconsin, is laying the groundwork for new health services in Janesville and Sun Prairie.

St. Mary's Janesville Hospital, opening in 2010

A November groundbreaking is set for a 50-bed hospital and adjacent Dean physician office complex near the intersection of Interstate 90 and Highway 11 in Janesville. The designers and builders of the campus will be Erdman: A Cogdell Spencer Company, Shepley Bulfinch of

**St. Mary's
Janesville
HOSPITAL**

Boston and
J.P. Cullen &
Sons Inc. of
Janesville.



St. Mary's Sun Prairie Emergency Center, opening in summer 2009

Work has begun on the area's only free-standing emergency center, located at Highway 151 and Reiner Road. It will feature 10 treatment rooms with one geared specifically for children, a full-service lab, radiology and a helipad.



St. Mary's Hospital is a nonprofit organization, as described in Section 501(c)(3) of the U.S. Internal Revenue Service code.

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