

HEALTH NEWS *from*

SUMMER 2018

doctors hospital OF LAREDO

Back to running after **OPEN-HEART SURGERY**

How Aristeo González
recovered strength
in cardiac rehabilitation

**MAKO® ROBOTIC-
ASSISTED SURGERY**
Total knee replacement is
now available

ASK THE DOCTOR

What parents can
expect at the NICU



Compliments of
**DOCTORS
HOSPITAL**

From the CEO

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Funded by Workforce Solutions for South Texas



The summer issue of *Health News* features exciting updates about Doctors Hospital of Laredo and one cardiac patient's remarkable story of recovery from seven-bypass open-heart surgery. Aristeo González, pictured on our cover, is back to running and participating in races all over Texas after regaining his strength in our cardiac rehab program following his procedure in 2016. You

can read his inspirational story on pages 4 and 5, where you will also find information about our new pulmonary rehabilitation program.

In the "Ask the Doctor" article, Neonatologist Roberto Villegas, MD, explains what patients can expect when their baby is admitted to the neonatal intensive care unit (NICU). And on page 7 you will hear from our chief nursing officer and the executive director of Workforce Solutions for South Texas about the skills development grant we received from the Texas Workforce Commission to fund a specialized training program for our nurses.

We are also pleased to share the news that the Mako® Total Knee joint replacement procedure is now available as a less invasive procedure for patients living with osteoarthritis of the knee. Details about the Mako robotic-arm assisted surgery appear on the next page.

When the residents of Laredo are healthy, the city is better able to grow and prosper. Knowing this motivates us to continually seek ways to improve our hospital and its offerings as part of our mission to support a healthy and thriving community, one patient at a time.

Enjoy the rest of the summer season!

James Resendez, FACHE
Chief Executive Officer



"Click It or Ticket" campaign

To kick off the annual "Click It or Ticket" campaign to raise awareness about the critical importance of wearing a seat belt, the Texas Department of Transportation hosted a press conference at Doctors Hospital of Laredo on May 9. They installed an exhibit of shoes to honor the 929 unbuckled lives lost last year in crashes. Doctors Hospital Emergency Department Manager Marcus Dally, RN, CEN, EMTP, shared his experience treating crash injuries of unbuckled passengers in the ER. The campaign aims to save more lives on the road by raising seat belt use in Texas from 92% to 100% across the state.



IT'S HERE!

Total knee replacement with Mako® robotic-arm assisted surgery

Doctors Hospital is pleased to offer this less invasive, advanced procedure for patients suffering with osteoarthritis of the knee.

Osteoarthritis affects the cartilage in joints and can cause pain, stiffness, swelling and a limited range of motion in the knees. If non-medical treatments or medications are no longer effective, a doctor may recommend a partial or full knee replacement procedure, especially if the symptoms of osteoarthritis are diminishing a patient's quality of life. The surgeons and orthopedic team at Doctors Hospital have been performing robotic-assisted knee resurfacing, a partial joint replacement procedure, and now are also offering Mako Total Knee replacement.

During a knee replacement procedure, the surgeon removes damaged cartilage and bone from the surface of the knee while replacing them with artificial implants to provide relief from the pain and inflammation of osteoarthritis. Even for patients who have had a partial knee replacement, if joint pain persists, a full knee replacement procedure could be an option.

The Mako system allows doctors to create a virtual 3D model of the knee and to design a surgical plan customized to each individual. This virtual model is then utilized in the operating room for precise bone cuts and accurate positioning of the implants. Implant positioning is the key for better outcomes. Because of the minimally invasive nature of the Mako Total Knee replacement procedure, patients can potentially benefit from decreased blood loss, faster recovery and a shorter hospital stay.

For more information about the Mako Total Knee replacement, visit us online at doctorshospitaledo.com/MAKOtotalknee.

*Individual results may vary. There are risks associated with any knee or hip surgical procedure, including Mako robotic-arm assisted surgery. Talk with your doctor about these risks to find out if a Mako procedure is right for you.



Meet the surgical team



Jason G. DeFancis, MD



Anish G. Potty, MD



Arie Salzman, MD



Roman Soriano, MD, MSc

A color photograph of a man jogging on a grassy hillside. He is wearing a light gray t-shirt with red shoulder stripes and gray shorts. The background shows green trees and bushes.

A runner at heart

Aristeo González's inspiring recovery from open-heart surgery

12 marathons, 15 half marathons and thousands of hours of training are proof that Aristeo González is passionate about running. He had hoped that his lifelong dedication to fitness might protect him from developing heart disease, which has afflicted many in his family, including both of his brothers. ▶

Pulmonary rehab is here!

Doctors Hospital is proud to introduce a pulmonary rehabilitation program for those living with chronic lung diseases. The program is housed in the cardiac rehab unit with access to monitoring devices, the indoor track and special exercise equipment. Cardiopulmonary Director Antonio Cardenas, RRT, is pleased to offer pulmonary rehab services to patients, "We're eager for the residents of Laredo to have access to this new, beneficial initiative."

Open-heart surgery

González was in his mid-40s, when he first began experiencing chest pain that made it harder to exercise. "High cholesterol runs in my family," he says. "I knew one day something would happen. I think because I've always been active, I resisted for longer."



Arthur Santos, MD
Cardiothoracic
Surgeon

In December 2014 González had a stent placed for a blocked artery, but the problem persisted until even climbing the stairs in his home exhausted him. His primary care doctor referred him to a cardiologist at Doctors Hospital of Laredo, and on November 30, 2016, at age 48, Cardiothoracic Surgeon Arthur Santos, MD, performed a seven-bypass open-heart surgery on blockages in González's coronary arteries.

Regaining strength

González went to cardiac rehabilitation at Doctors Hospital three times a week for three months after surgery. The program provides patients with nutritional guidance, medication management and safe exercise on specialized equipment. According to the clinical

coordinator for the cardiac rehabilitation department, Ana Sanchez, RN, patients who have had heart attacks, heart surgery or interventional procedures should strive to attend rehabilitation multiple times a week to recover strength and stamina. Cardiac rehabilitation is crucial for improving long-term health. Patients who go through rehab may benefit from improved nutrition, weight loss, diminished fatigue, less shortness of breath and reduced risk of rehospitalization and infection.

Each patient receives an individualized therapy plan based on their cardiac condition, fitness level and personal goals. Sanchez is especially emphatic about the importance of goal setting in recovery. "We try to make patients aware that you have to set goals. It may be to enroll in a gym, walk two miles a day, go dancing or practice yoga," she says.

A year after his surgery, González did a 10K race in Austin, Texas, and in April 2018, he ran a half marathon in San Antonio. "I'm very grateful to Dr. Santos who did the surgery, to the nurses and to the whole team. And thanks to the staff in the cardiac rehab, I began to have more strength to walk and then to run. After rehab, I was like new."

Social support is key

In addition to physical rehabilitation, there is the emotional component of recovery that many may overlook. "Patients go through a roller coaster of emotions during recovery," explains Sanchez. "The nursing staff and other patients in rehab provide social support."

She also encourages patients to include loved ones in the initial assessment so that they can learn how to offer support throughout the recovery process. The cardiac rehab unit has a private conference room that can accommodate up to 12 people for family consultations.

González said that the support of his daughters and wife, who all lead active, health-conscious lifestyles, was crucial for his recovery. His running buddies also helped, visiting him at the hospital and joking that he had to get better fast to go running with them.

González took all of the encouragement to heart. "I am going to continue training to see if I can get a Boston Marathon qualifying time. I promised Dr. Santos that I'm going to get better and run the Boston Marathon. That's my goal." ■

To learn about the cardiac rehab program, visit us online at doctorshospitaledo.com/cardiacrehab, or call us at call 956-523-2779 for more information.

What can parents expect at the NICU?



After the birth of a baby, new parents can't wait to take their little one

home, which is why learning that your newborn has been admitted to the neonatal intensive care unit (NICU) can raise many questions about what that means for you and your baby. Neonatologist

Roberto Villegas Jr., MD, explains what parents can expect at the NICU.



Q: What is the NICU?

The NICU is an intensive care unit for infants who are sick and require specialized treatment. Most infants who go to the NICU are admitted within 24 hours of birth for complications that may include premature birth, low birth weight or signs of a serious health condition. The NICU is staffed around the clock and has specialized equipment for babies that may include things like feeding tubes, IV lines, monitors, infant warmers, isolettes, ventilators and other machines designed for babies' unique treatment needs.

Q: Who will care for my baby in the NICU?

Neonatologists, neonatal nurses, respiratory therapists and nurse practitioners with special training to treat infants work in the NICU to care for your baby and make their stay as comfortable as possible. Pediatric subspecialists like dieticians trained in perinatal and neonatal nutrition and pediatric ophthalmologists may also address problems with weight gain or vision.

Q: Can I visit my baby in the NICU?

Parents are welcome to see their baby in the NICU. You can consult hospital staff about visitation. Depending on your baby's condition you may also be able to hold and feed them, or you may hold their hand, stroke their head or bond in other ways. The contact you can have with your baby will depend on their situation, so it's always best to ask first.

Q: How long will my baby be in the NICU?

The amount of time a baby must stay in the NICU depends on the complexity of treatment needed. Some babies may spend a day or two in the NICU while others may need to spend weeks or months there. You can ask the nurse on duty in the NICU for updates about your baby's condition. For long stays in the NICU, Doctors Hospital provides trained volunteers who can offer the nurturing touch babies need when parents are unable to be there because of work or personal demands. ■

Visit doctorshospitaledo.com/NICU for more information about neonatal care. To find a pediatrician, call our free Direct Doctors Plus® physician referral service at 877-992-1711.

Workforce Solutions for South Texas

ALLOCATES FUNDING FOR A NURSE TRAINING PROGRAM AT DOCTORS HOSPITAL

Through a collaborative effort with Laredo Community College, nurses at the hospital will soon have access to specialty training courses right here in Laredo.

Workforce Solutions for South Texas (WSST), a local organization that implements a system of employer and workforce-focused services and resources, coordinated with the Texas Workforce Commission to award a skills development grant to Doctors Hospital of Laredo to fund a training program for nurses. The initiative will give nursing staff the opportunity to enhance their knowledge and skills in specialized courses offered through Laredo Community College.

Chief Nursing Officer Selvan Murugan, RN, MSN, MBA, MHA, CMSRN, FACHE, is overseeing the curriculum development and the program implementation with the support of Assistant Chief Nursing Officer Rebecca Garcia Hernandez, BSN, who coordinated the grant application effort with Laredo Community College and WSST over the course of nearly eight months. Without this program, the nurses would have to travel far away to access training or certification outside of Laredo.

"We are bringing the education to our nurses rather than sending them to the education," explains

Murugan, "Through this initiative 200+ nursing staff will benefit and at least 13 specialty courses will be offered that will improve patient safety and quality of care."

Executive Director of WSST, Rogelio Trevino, included Doctors Hospital on the Texas Two Step Tour 2018 in Laredo with Commissioner Representing Labor Julián Álvarez III of the Texas Workforce Commission, the state agency responsible for administering workforce development services throughout Texas. Trevino spoke highly of the Doctors Hospital training program and their presentation on how they plan to use the grant.

"We were so proud of this initiative at Doctors Hospital. They were able to show how all of the resources being provided will be utilized to improve the skills of the staff and better the community, and we were so impressed. I look forward to seeing where it goes." ■

**Learn more about nursing careers at
Doctors Hospital by visiting us online at
doctorshospitaled.com/nursing.**



Board staff from Workforce Solutions for South Texas, Texas Workforce Commission and Doctors Hospital pose for a photo during the Texas Two Step Tour 2018 visit to the hospital.

CALENDAR OF *events*

FREE
CHILDBIRTH EDUCATION

The prepared childbirth class covers information for your entire pregnancy, including labor, pain management, breastfeeding and newborn care. A tour will be included.

WHERE: Community Center

WHEN: Sessions are held the first Tuesday of the month, from 6 – 8 p.m.

- September 4
- October 2

WHO: Instructors are Sharon Priest, RN, and Maria Noela Avila, RN, IBCLC, Lactation Consultant.

HOW: Call 1-877-992-1711 to sign up and confirm class dates.*

*We recommend that a mom and her support person register and attend during the third trimester of pregnancy. Class size is limited; please register early. Children are not permitted.

BREASTFEEDING CLASSES

Open to all moms, even if it is not your first baby. All mothers are encouraged to attend before and/or after they deliver. Our Lactation Consultant is ready to offer support and guidance.

WHERE: Postpartum Conference Room

WHEN: Last Thursday of every month, 1:30 – 2:30 p.m.

HOW: Register at 956-523-2530; if there is no answer, please leave a message.

**WEIGHT-LOSS SURGERY
ONLINE SEMINARS**

If you want to learn more about weight-loss surgery, you can now get the information you need in the comfort of your home. Find out more by watching a series of videos about weight-loss surgery at Doctors Hospital of Laredo. Go to ichoosedoctorshospital.com/videoseminar.

BARIATRIC SUPPORT GROUP

Wednesdays at 5:30 p.m.

Providence Health Center (main lobby)
Open to anyone who has had bariatric surgery or is considering it.

- August 29: 5th Annual Bake Off
- September 26: How to prepare overnight oatmeal
- October 24: How to prepare green smoothies



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**HEALTH NEWS FROM
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