

hello **Healthy**

CELEBRATING THE HEALING POWER OF HUMANKINDNESS • FALL 2018

Recover faster

Joint replacement program supports you at every step

High-tech advantage

Get the inside scoop on surgery with da Vinci





Sign up
for childbirth
classes. See
page 8.

FAMILY BIRTH CENTER

Already great care, now even better

Congratulations—you're expecting! And whether your baby bump is barely showing or your due date is almost here, you want your baby's arrival to be filled with special moments.

And we want that for you too. In fact, that's the reason for some key changes at the Family Birth Center at

Dignity Health – Mercy Medical Center.

“Our wish is for you and your baby to have the best possible—and safest—beginning together,” says Jessica Newton, RN, Clinical Manager of the Family Birth Center. Among the changes:



Immediate snuggling for a least an hour.

Right after birth, your baby will be placed skin to skin on your chest, as long as your baby isn't in distress.

Doctors call this uninterrupted time the “golden hour” because it helps babies adjust to the outside world and regulate their vital signs. It's also the best way for you and your baby to bond. And if you nurse, it helps breastfeeding get off to a smooth start.

“Our moms love this experience,” Newton says. “It's even an option if you have a cesarean section.”

Naptime for moms and babies. Between 2 and 4 p.m., we encourage you to ask friends and family other than your support person to give you private time with your baby. It's your choice, of course. But newborns often sleep in the afternoon, and you can nap too. That's a plus for all moms—and especially nursing ones, since a lack of solid sleep can affect milk production.

We'll also ensure our hospital staff doesn't disturb you, unless you need them, during this chance for some shut-eye.

24/7 expertise.

A board-certified obstetrician is always available at the Family Birth Center in case of an emergency.

» More positive changes are coming to the Family Birth Center too. For instance, any pregnant woman past 20 weeks with a concerning symptom will soon be

able to bypass the emergency department (ED) and go directly to the Family Birth Center's OB ED, which will allow for even faster, safer care.



Making a profound difference

DAISY recognizes extraordinary nurses

Nurses in Merced are being honored with The DAISY Award for Extraordinary Nurses®. The award is part of the DAISY Foundation's mission to recognize the extraordinary, compassionate care nurses provide patients and families every day. The first recipient of The DAISY Award at Dignity Health – Mercy Medical Center is Danielle Muratore, RN.

“We are proud to be among the health care organizations participating in The DAISY Award program,” says Chief Nursing Officer Janet Ruscoe, RN, MSN. “Nurses are heroes every day. It’s important that our nurses know their work is highly valued, and The DAISY Foundation provides a way for us to do that.”

Honoring unsung heroes

The DAISY Foundation is a not-for-profit organization, established in memory of J. Patrick Barnes, who died from complications of an autoimmune disease. (DAISY is an acronym for Diseases Attacking the Immune System.) The care Barnes and his family received from nurses while he was ill inspired this unique means of thanking nurses for making a profound difference in the lives of patients and their families.

“When Patrick was critically ill, our family experienced firsthand the remarkable skill and care nurses provide patients every day and night,” says Bonnie Barnes, FAAN, President and Co-Founder of The DAISY Foundation. “Yet these unsung heroes are seldom recognized for the superhuman, extraordinary, compassionate work they do. The kind of work the nurses at Mercy Medical Center are called on to do every day epitomizes the purpose of The DAISY Award.”

Nurses may be nominated by patients, families, and colleagues. Recipients of The DAISY Award are chosen by a committee at Dignity Health – Mercy Medical Center. Awards are presented throughout the year at celebrations attended by the honoree’s colleagues, patients, and visitors.



Congratulations to our first DAISY Award winner, Danielle Muratore, RN, pictured with Dignity Health – Mercy Medical Center President Chuck Kassis.

Hello humankindness®

We hope you enjoy this issue of *HelloHealthy*. Comments about the publication can be directed to the Marketing and Communications Department: DIGNITY HEALTH – MERCY MEDICAL CENTER 333 Mercy Ave., Merced, CA 95340

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Marketing and Communications Department

Robin Mangarin-Scott—Vice President, Strategic Marketing and Communications—Central California

Michelle Willow—Director of External Communications—Central California

Robert McLaughlin—Director of Marketing—Central California

Lindsey Wine—Communications Manager—Central California

Michelle Oliver—Marketing Manager—Central California



Get moving today!

Want to sign up for the Steps Program? Call our total joint program coordinator at **209.564.5667**.



Dignity Health – Mercy Medical Center has earned The Joint Commission's Gold Seal of Approval® for Advanced Certification for Total Hip and Total Knee Replacement.

Step up to a better joint replacement experience

Unless you've had joint replacement surgery before, you don't know what to expect before and after the surgery. And yet that knowledge could help you have a more successful recovery.

That's why Dignity Health – Mercy Medical Center offers something called the Steps Program, which is designed for people having total hip or knee replacement surgery.

"We started the Steps Program because we felt like our patients needed to have information and education about what to expect during their joint-replacement experience," says Karen Montgomery, RN, Total Joint Program Coordinator at Dignity Health – Mercy Medical Center. "It takes a little of the mystery away."

What's involved

The first part of the Steps Program is a presurgery class held at the hospital. The classes are available in English and Spanish, and course materials are available in other languages, as well. Class attendees learn things such as how to prepare for their surgery, what to expect on the day of their surgery, and how to manage their pain.

"We also teach them how to get ready for their recovery," Montgomery says.

For instance, Steps Program participants hear about the exercises they will need to do in order to use their new joint better. Those exercises will start in the hospital and continue throughout the recovery process. Physical therapy exercises—whether done at home or in an outpatient center—are a key part of successful joint surgery.

"We teach our patients that mobility is

medicine," Montgomery says.

Participants also learn what they may need to do to make their home safer for their return from the hospital. For instance, they may need to temporarily move furniture out of the way or get rid of loose rugs that could cause them to fall and injure their new joint.

Support at every step

The Steps Program is more than just presurgery classes, however. If you are having joint replacement surgery and take part in the program, you'll continue to be supported even after your surgery is complete.

"We continue to teach you while you're in the hospital to reinforce what you've already learned in the class," Montgomery says.

"And then we prepare you for home by making sure you have any equipment you may need to get around at home, such as a walker," she says. "And we teach you how to use that equipment."

This is just some of the valuable information and support you'll receive as a Steps Program participant. You'll also get a care plan, a patient guide book, and an exercise outfit (a t-shirt and shorts) to wear during your physical therapy sessions.

The goal is to help you recover fully so you can enjoy pain-free activities again.

"Pretty much everybody tells me they are so glad that they came to the Steps Program class because it did answer their questions," Montgomery says. "It prepares them ahead of time and supports them throughout their hospital experience."

The inside scoop on robotic surgery



The new high-tech da Vinci Xi robotic surgery system is helping to make surgery at Dignity Health – Mercy Medical Center even more precise and better for patients.

Ibrahim Azer, MD, with Dignity Health Medical Group – Merced, is one of the surgeons who uses this system. Here he answers some common questions about this state-of-the-art system.

Q: How does the robotic system work?

A: A lot of people think the da Vinci robot does the surgery by itself—it does not. It helps the surgeon perform minimally invasive surgery. The robot has arms to which we attach small instruments, like cutting and cauterizing tools and a camera. To perform surgery, we control these instruments from a console in the operating room.

Q: What surgeries is it used for at Dignity Health – Mercy Medical Center?

A: Robotic-assisted surgery has many uses. Currently, we use it for colon, small bowel, hernia, gallbladder, and acid reflux disease surgeries. But I expect we will add prostate, gynecological, urological, kidney, and other surgeries in the future.

Q: What are the advantages of the da Vinci robot to the patient and to the surgeon?

A: Robotic surgery can have many patient benefits compared to traditional open surgery and laparoscopic surgery.

For some types of surgery, there may be less blood loss, faster healing, and less pain after the surgery. Unlike a handheld surgical camera, the robot's 3-D camera is not subjected to unwanted motion. So it's easier to see what we're working on.

The robot's movements are also very precise. This makes it easier to perform difficult surgeries in narrow spaces, like the pelvic area.

All of this may help reduce complications and make surgery safer for patients. Robotic surgery also reduces fatigue for the surgeon. We are seated and relaxed at the console instead of standing for the operation.



Da Vinci robotic surgery is a less-invasive technique that offers many benefits so that you can get back to enjoying your life as soon as possible.



Make friends with fresh herbs

If you want to perk up the flavor of foods without adding salt, here's a simple solution: herbs. Fresh ones in particular can liven up almost any recipe or food, even bland ones. And there are some especially tasty pairings. For instance, combine:

Basil with veggies, eggs, pastas, low-sodium pizza, chicken, and fish dishes. For a simple dish, layer slices of tomato; low-fat, low-sodium mozzarella; and basil leaves. Drizzle with olive oil and add a few shakes of black pepper.

Cilantro with beans, tomatoes, corn, peppers, avocados, and rice. For a simple dish, mix together black beans, corn, chopped red bell pepper, chopped jalapeños, cilantro, and a squeeze of lime juice.

Mint with fruit cups, carrots, cucumbers, peas, lamb, beans, and unsweetened iced tea or water. For a simple dish, cut up watermelon and cantaloupe. Drizzle with a mixture of mint and low-fat yogurt.



Store smart

You don't want to let fresh herbs go bad before you use them.

Leafy herbs—such as basil, cilantro, and mint—will keep for several days with their stems in water, like flowers. Just trim the stems at the bottom first. But keep basil at room temperature, not in the fridge. Wrap woodier herbs, such as rosemary, thyme, and sage, loosely in a paper towel. Then seal in a plastic bag and store them in your refrigerator's crisper drawer.

Source: American Heart Association

Go H₂O!

Stay hydrated with these tasty twists on water

If plain water doesn't entice you, how about giving it a refreshing change? Here are some naturally healthy flavor enhancers—and you can also have fun experimenting with what you have on hand.

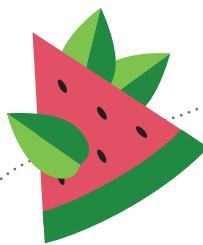
Break the ice

Make flavored ice cubes with 100 percent fruit juice, unsweetened tea, or chopped fruit.



Herbal infusion

Fresh herbs, like basil and mint leaves, add unique and flavorful notes.



One sweet pairing:

Mint and watermelon



Fruit forward

Add cubed melon or fresh or frozen berries. Add slices of orange, lemon, or lime, or squeeze in some juice.



One cool combo:

Lime and cucumber

Sources: American Diabetes Association; American Institute for Cancer Research



For your health

Classes and events coming up



Register today! For questions about registration and other details, call **209.564.4384**.

CHILDBIRTH Stork Tour

Tuesdays, Nov. 13, Dec. 11
6 p.m.

Mercy Pavilion, third floor classrooms C and D
Tour hospital before delivering.

Childbirth Education

Mondays, Nov. 5, 12, 19, 26
Thursdays, Dec. 6, 13, 20, 27
6 to 9 p.m.

Mercy Pavilion, third floor classrooms C and D

FITNESS Zumba

Every Monday, Wednesday, and Thursday

5:30 to 6:30 p.m.

Merced Senior Center

Yoga

Every Tuesday and Thursday

5:30 to 7 p.m.

Mercy Outpatient Center, garden level, multipurpose room

SUPPORT GROUPS

Diabetes Support Group

Tuesdays, Nov. 6 and Dec. 4
1:30 to 2:30 p.m.

Mercy Outpatient Center, first floor

Diabetes Support Group (en español)

Tuesdays, Nov. 6 and Dec. 4
3:30 to 4:30 p.m.

Mercy Outpatient Center, first floor

COPD Support Group

Every Thursday

2:30 to 4 p.m.

Cardiac Pulmonary Center, Mercy Outpatient Center



Breastfeeding Support Group

Every Wednesday

11 a.m. to noon

Breastfeeding Education Center, Mercy Outpatient Center, first floor

Stroke Support Group

Wednesdays, Nov. 14, 28, and Dec. 12

11 a.m. to 12:30 p.m.

Mercy Pavilion, third floor classroom B

Cancer Support Group (English & Spanish)

Second and fourth Thursday of every month
4 to 5:30 p.m.

Mercy UC Davis Cancer Center



Hello humankindness. *"Life is short and we never have enough time for the hearts of those who travel the way with us. O, be swift to love! Make haste to be kind."* —Henri-Frédéric Amiel
Follow **@humankindness** on Twitter for more kindness inspiration from Dignity Health.