



**CELEBRATING 20 YEARS OF THE McLAREN BAY  
REGION OPEN HEART PROGRAM**



**BAY REGION**

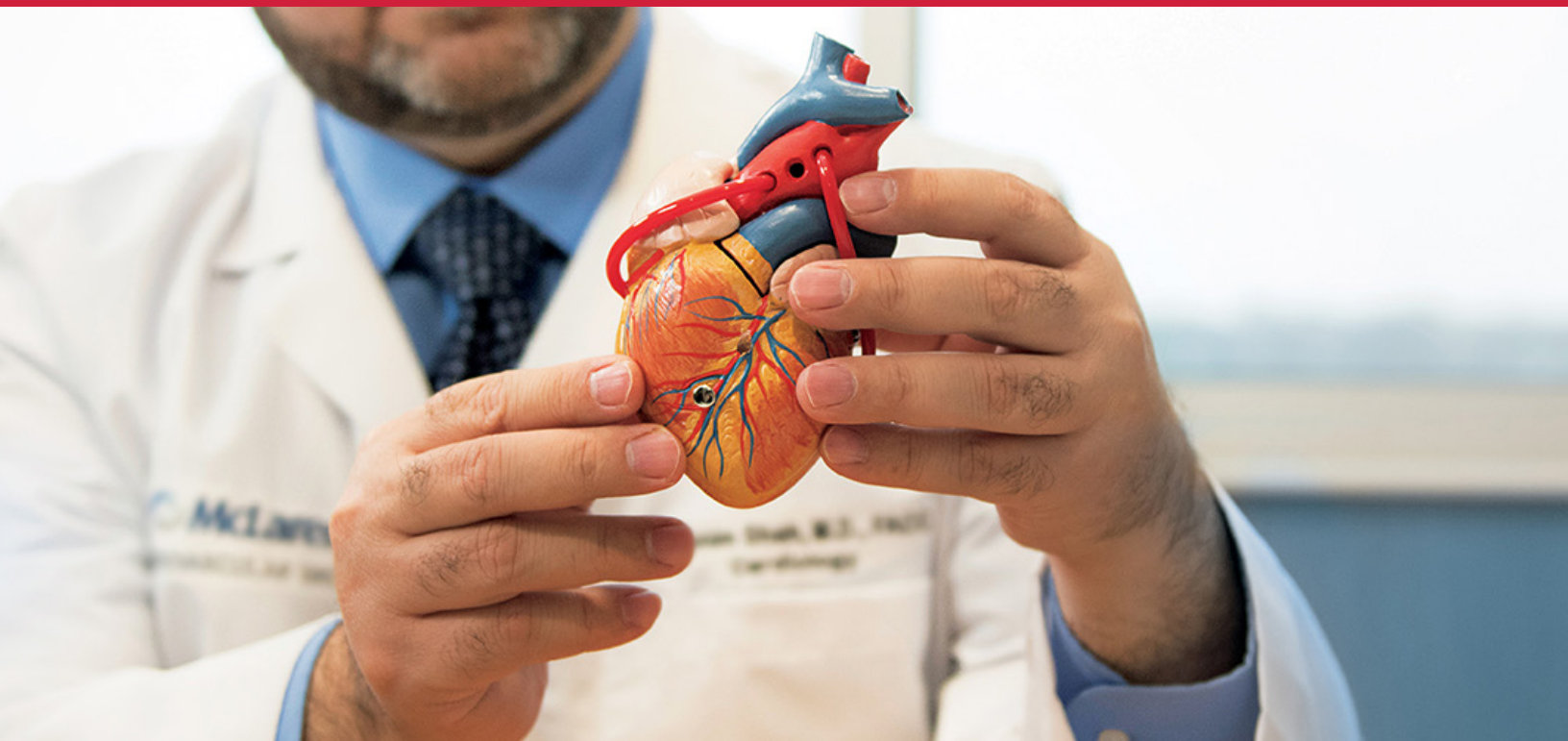
**DOING WHAT'S BEST.®**

*SPECIAL EDITION*  
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# STATLINE



**Special Edition Editor:**  
**Kate O'Shea**  
**(989) 894-3813**  
[kate.oshea@mclaren.org](mailto:kate.oshea@mclaren.org)  
[mclaren.org/bayregion](http://mclaren.org/bayregion)



## 20 YEARS LATER, WE'RE STILL ALL HEART!

20 years after our first open heart surgery took place in 1999, many things have changed, but the passion and dedication behind the program remains unchanged.

Just like in 1999, McLaren Bay Region is the only open heart surgery program in Bay County.

The program kicked off with the first open heart case on February 15, 1999. Throughout the rest of 1999, the team completed 186 open heart surgeries. Since then, the program has grown to an average of 400 open heart cases per year and over the past 20 years, our team has completed more than 7,000 open heart surgeries!

Nurse Researcher Dinah Katt has seen the program grow since the beginning. "I have had the honor and privilege to be a part of the Open Heart Surgery Services team since 1999. In 1999 when we began

MORE THAN  
**7,000**  
OPEN HEART SURGERIES  
IN THE PAST 20 YEARS!

the Open Heart Surgery program I assisted in the development of the program, cared for the post-op Open Heart patients, and now I abstract all of the Open Heart surgery cases in collaboration with the Michigan Society of Cardiovascular Surgeons (MSTCVS)," said Katt.

"The open heart surgery program continues to evolve with new technology. The TAVR program and open heart services manager are two of the latest areas where we are growing to enhance our program," said Katt. "Cardiac surgery is a team approach with dedicated and highly skilled members in various departments. I am very proud of our excellent cardiac surgeons, Dr. Cherukuri and Dr. Holmes, and entire Open Heart Surgery team!"

The compassion and dedication shown to McLaren



Bay Region open heart patients is apparent throughout the care process.

“The journey of the open heart patient is a long one and they feel very vulnerable throughout the process, so it’s important for us to be there for them every step of the way,” said Cardiothoracic Surgeon Robert Holmes, MD, who has been with McLaren Bay Region since 2003. “To see someone live a long and happy life after they’ve had open heart surgery is very fulfilling for me as a surgeon. It’s a great feeling to help someone not only feel better, but to add years to their life.”

Because open heart surgery can be an intense process throughout the full continuum of care, a strong team is essential to the success of our patients.

“I have full confidence in the open heart team we have at McLaren Bay Region through all levels of the care process,” said Dr. Holmes. “If you are facing the journey through open heart surgery, McLaren Bay Region is the place to be.”

Ramesh Cherukuri, MD, who has been with the



These staff members represent the many specialists who are caring for patients at the Institute for Cardiovascular Health. Back row from left, Diann Coffin, LPN, John Traxler, RT, Julie McClure, RN, Wendy Dupuy, RN, Front row from left, Sandy McGinness, RN, R.B. Cherukuri, MD, Joan Finazzi-Cole, RN.

## We're All Heart!

*Cover of 1999 newsletter announcing open heart program*

McLaren Bay open heart program since 1999, agrees that the team is truly the heart of the program. “It’s all about the team,” said Dr. Cherukuri. “We have an amazing open heart team.”

***Check out the next two pages to see some of the amazing faces who contribute to the success of our open heart program!***

# CELEBRATING 20 YEARS OF THE McLAREN BAY REGION OPEN HEART PROGRAM



BAY REGION

**JOIN US FOR A CELEBRATION!**

**THURSDAY, FEBRUARY 14th**  
7:30 a.m. - 8:00 a.m.

**McLaren Bay Region Breakaway Café**

Join us for a brief program to celebrate and recognize the hard work and dedication that has gone into the past 20 years of the McLaren Bay Region Open Heart Program.

*The first 50 attendees will receive a small giveaway, so don't be late!*





**OPEN HEART SURGERY**



**5 WEST**



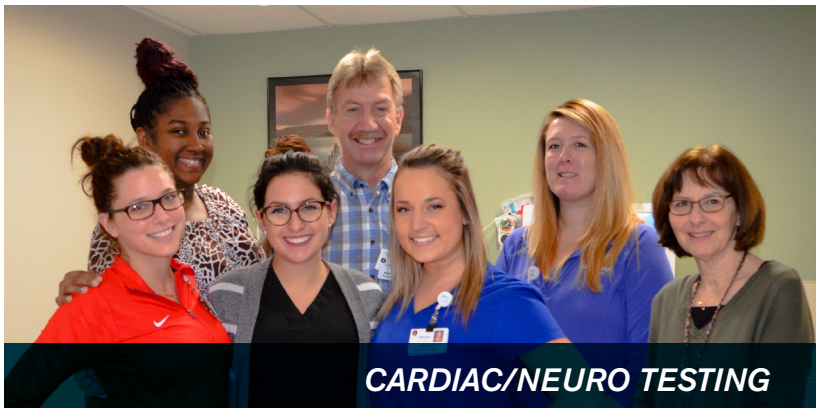
**ECHO TECHS**



**CATH LAB**



**4 WEST**



**CARDIAC/NEURO TESTING**



**EMERGENCY MEDICAL SERVICES**



**5 EAST**



**Thank you to ALL our care teams who are committed to Doing What's Best for our open heart patients, all day and all night!**





**CASE MANAGEMENT – UTILIZATION REVIEW**



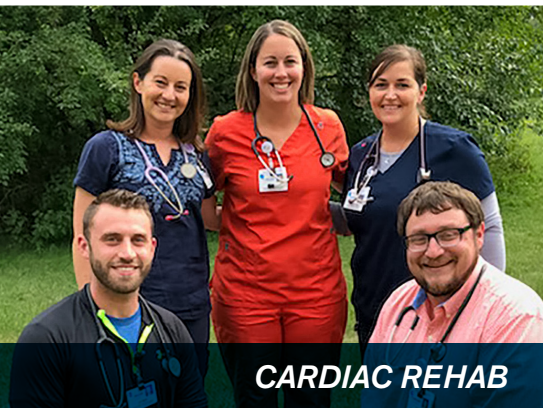
**EMERGENCY**



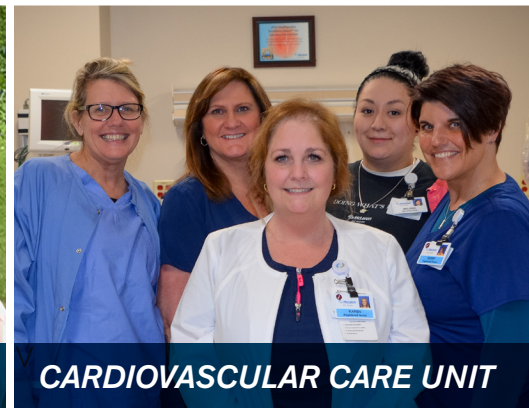
**LABORATORY**



**PRE-PROCEDURE HOLDING**



**CARDIAC REHAB**



**CARDIOVASCULAR CARE UNIT**



**PRE-PROCEDURE SCREENING**



**4 EAST**



**RESPIRATORY THERAPY**



**INTENSIVE CARE UNIT**



# A FULL CONTINUUM OF CARE

Submitted by: Brittany Morley, RN, BSN, CHFN - Manager of CNT/CVCU and Open Heart Services



**EMS** responds to a patient experiencing chest pain to assess and stabilize the patient.



**EMERGENCY DEPARTMENT** receives the patient for evaluation.



**CARDIAC & NEURO TESTING** administers a stress test to reveal ischemic disease.



**THE SURGICAL TEAM** completes open heart surgery, which generally takes 2-3 hours.



**CVCU** begins education and further testing, including an echocardiogram, chest x-ray and carotid ultrasound.



**CARDIAC CATH LAB** investigates further to reveal blockages that can't be treated with a stent.



Patient is transferred to **THE ICU**, where they are cared for by a specially-trained open heart nurse.



Patient heads to **5 EAST** the day after surgery to continue recovery and prepare for discharge.



Patient is discharged **HOME** after 4-5 days in the hospital, with a home health nurse visiting 2-3 days/week.



**CARDIAC REHAB** begins the final stages of recovery and assists the patient in returning to normal activity.



Patient visits **McLAREN BAY HEART & VASCULAR** within 7-10 days of discharge for follow up appointment.

# EDUCATION IS KEY

Submitted by: Stella Macheso, MSN, APN-CNS, CCRN - Critical Care Clinical Nurse Specialist

When caring for patients after open heart surgery, establishing the right tone, staff, and setting are important. A team of versatile nurses must be highly skilled to handle the acute critical care needs of the patient.

When it comes to caring for open heart patients immediately after surgery, training and education of our nursing staff is key to successful outcomes and patient safety. McLaren Bay Region is proud to have a training process designed specifically to help prepare nurses to care for open heart patients.

To prepare, nurses must have a minimum of one year experience in the ICU. This ensures that nurses are already comfortable working on the unit and are familiar with the flow and procedures before learning the additional skills needed for open heart care.

Competence of open heart nurses is a complex combination of knowledge, function, skills, attitudes, and values. Once a nurse qualifies for open heart training, they are assigned to complete an intense two-day training course to introduce them to the many different modalities that affect the care of an open heart patient. A variety of experts are invited to speak on topics including radiology, electrophysiology, pharmacy, respiratory, pacemakers and more to help trainees understand all the different dynamics of care. After the two-day course, nurses undergo 12 weeks of training at bedside with a seasoned open-heart nurse to enhance their critical care thinking skills. This also ensures that the nurse trainee is exposed to variety of different types of patients while under supervision, as there are many factors that can affect how a patient will respond during recovery.

The main goal of training is for nurses to know exactly what to expect in the care of their patients, so they are fully prepared to provide exceptional care. Nurses in training are given the opportunity to observe an open-heart surgery to give them a full understanding of what the surgery entails and what the patient goes through. Additional training is provided to help the nurse understand reporting, open heart-specific forms, operation of machines and how to balance fluids and vital signs of an open heart patient.

Investing in these training initiatives helps us ensure our nurses have the skills and knowledge they need to do what's best for our open heart patients.



# REDUCE YOUR RISK OF HEART DISEASE

Source: heart.org

We are proud to care for community members who have heart disease, and we are also passionate about prevention. While some risk factors like age and family history can't be changed, there are many steps people can take to reduce their risk of heart disease.

Here are a few steps that can help you reduce your risk:

## STOP SMOKING.

If you smoke, quit. We know it's tough. But it's tougher to recover from a heart attack or stroke or to live with chronic heart disease. Commit to quit. We're here to help if you need it.

## CHOOSE GOOD NUTRITION.

A healthy diet is one of the best weapons you have to fight cardiovascular disease. Choose nutrient-rich foods, with vitamins, minerals and fiber.

## LOWER HIGH BLOOD PRESSURE.

It's a major risk factor for stroke a leading cause of disability in the U.S. An optimal blood pressure reading is less than 120/80 mmHg.

## DAILY PHYSICAL ACTIVITY.

Research has shown that at least 150 minutes per week of moderate-intensity physical activity can lower blood pressure, lower cholesterol and keep your weight at a healthy level. And something IS better than nothing. If you're inactive now, start out slow.

## AIM FOR A HEALTHY WEIGHT.

Fad diets and supplements are not the answer. Good nutrition, controlling calorie intake and physical activity

ABOUT  
**630,000**  
AMERICANS  
DIE FROM HEART DISEASE  
EACH YEAR—THAT'S  
1 IN EVERY 4 DEATHS.

are the only way to maintain a healthy weight. Obesity raises your risk of cardiovascular disease.

## REDUCE STRESS

Studies show a relationship between coronary heart disease risk and stress. For example, people under stress may overeat, start smoking or smoke more than they otherwise would.

## LIMIT ALCOHOL

Too much alcohol can raise blood pressure, increase cardiomyopathy, stroke, cancer, contributes to obesity and other diseases.

# SNEAKY SYMPTOMS

Many people assume that if they were having a heart attack they'd know immediately, but in many cases symptoms aren't so clear.

Some examples of sneaky symptoms include feeling nauseous, indigestion, sudden dizziness, uncomfortable pressure and jaw pain.

While the most common symptoms of a heart attack are chest pain or discomfort, women can experience a heart attack without feeling chest pressure.

Keep this graphic handy and if you or someone you know is experiencing these symptoms, call 9-1-1 immediately! Time is crucial, and first responders can implement lifesaving care upon arrival.







# FREE POPCORN DAY!

*Join us for a free popcorn day to celebrate the 20th anniversary of our open heart program!*

Friday, February 15th  
11:00 a.m. - 1:00 p.m.  
Main lobby, outside cafeteria



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