

# Drake Center • Turning Point

WINTER 2009

- **Falling**  
*Not an inevitable  
part of aging*
- **Could you or  
someone you  
know benefit from  
cardiac rehab?**
- **Looking for a  
rewarding work  
experience with  
great benefits?**  
*Join our team!*

**Seven years  
post-stroke,  
Cincinnati Zoo  
volunteer  
Connie Smiley  
is living life  
to the fullest**

*Read how Drake  
researchers helped  
her regain movement*

**Drake Center**  
**HealthAlliance™**

*Specialized Medical & Rehabilitative Care*  
Cincinnati, Ohio

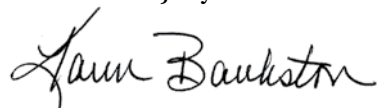


# Turning Point

In 2001, Connie Smiley suffered a stroke that paralyzed her left side. After months of physical therapy leading to gradual improvement in her walking ability, Connie had learned to simply compensate for the lack of mobility in her arm. Now, seven years later, she has begun regaining movement in her arm, thanks to the groundbreaking research studies here at Drake Center being conducted by our University of Cincinnati faculty-led team of researchers.

Connie's story (page 4) is just one example of how we at Drake aren't just treating patients; we're also coming up with the treatments. Ours is the only hospital of its kind in the region with an on-site research program – and the only hospital in the region with in-house clinical research laboratories funded by the National Institutes of Health, the American Stroke Association and other national and international funding organizations. We offer the most advanced technology to provide our patients more evidence-based care than anywhere else.

And thanks to our team of passionate clinicians and dedicated researchers, a door has reopened for patients like Connie, restoring their hope for continued improvement – even years after a stroke or injury.



**Karen Bankston**

*Senior Vice President, Drake Center*



## What is Drake Center?

Drake Center is a hospital that specializes in helping people recover from catastrophic illnesses or injuries. We are held to the same exacting standards as traditional hospitals, with one major difference – we specialize in helping people who need a longer recovery time. We also offer a full range of health care services to help patients through recovery, rehabilitation and beyond.

Drake Center provides the area's most complete range of rehabilitative care – from medically complex and rehabilitative long-term acute care, to transitional skilled nursing, to outpatient services, wellness, assisted living and research – all on one campus. So whether we're helping a patient breathe, walk or live independently, or helping you with your wellness goals – our aim is to have people achieve their fullest, most active and independent lives possible.



# News and notes

## **Drake honored for commitment to disability employment**

In October, the Human Relations Commission of Greater Cincinnati honored Drake Center with its Excellence Award for advancing employment opportunities for individuals with disabilities. Pictured with the award are Chris Kennedy, disability services coordinator for the Health Alliance, and Sharon Hancock, director of human resources for Drake Center. Since 2003, the Health Alliance has received local, state and national honors for its successful program that recruits and retains employees with disabilities.



## **Drake celebrates National Disability Employment Awareness Month**

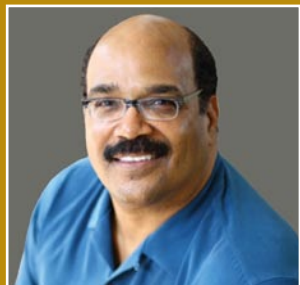
In October, Drake hosted a disabilities employment fair and an art show featuring the work of local artists with disabilities. Seventy-five individuals with disabilities attended the Oct. 2 job fair, meeting with potential employers from local companies, such as Drake Center, PNC Bank, Convergys and

Kroger. The next day, guests stopped by the art show, viewing the exhibit and enjoying music and refreshments. Pictured with his artwork is Ed Hester.

## **Spinal cord injury patients return for annual reunion**

Motivational speaker and spinal cord injury survivor Gary Karp presented “Juggling Life after Spinal Cord Injury” at Drake’s 7th Annual Spinal Cord Injury Reunion in October. Approximately 80 former patients returned to visit with each other and Drake Center staff. The event also included a cookout, book signing and vendor fair.

## **Save the date!**



Cyr Photography

On May 14, the Drake Foundation will present “Life After Stroke,” a symposium designed to raise awareness of the factors that lead to stroke and other brain injuries. The day will include events for clinicians, stroke survivors and their caregivers and will feature an evening address by Mark McEwen, former CBS weatherman and stroke survivor. Proceeds from the event will benefit stroke programs and services at Drake. *For more information, visit [www.DrakeCenter.com](http://www.DrakeCenter.com).*

## **Local seniors attend fall-prevention seminar**

In November, Drake Center and its assisted-living facility, Bridgeway Pointe, partnered with Hamilton County Public Health to present a community fall-prevention seminar. The informational event was designed to help those at risk for falls lessen their chances of doing so and, as a result, preserve their health and independence. For more on fall prevention, turn to page 6.

## **Dr. Goddard earns Best Doctor recognition**

Mark Goddard, M.D., medical director of physical medicine and rehabilitation at Drake, was ranked one of America’s Best Doctors® for 2007-2008 by Best Doctors, Inc., a database recognizing the top 3 to 5 percent of physicians in a particular specialty, as chosen by their peers.

## **Dr. Dunning receives New Scientist Development Award**

The American Heart Association recently honored Drake Director of Clinical Research Kari Dunning, P.T., Ph.D., with its New Scientist Development Award for her innovative studies using new technologies to help stroke patients improve their walking ability. For more on Dr. Dunning and the research she and her team are conducting at Drake Center, turn to pages 4-5.



Photo by charliesannuals.com

Gary Karp





# Hope restored: How Drake researchers helped Connie Smiley regain her mobility

*In April 2001, while preparing to leave for Africa on safari, Connie Smiley suddenly felt her body going numb. At 67, she had suffered a stroke that paralyzed the left side of her body.*



"They told me I'd never walk again," said Smiley. For the animal lover who was managing the Cincinnati Zoo's educational outreach program, the news was devastating.

"I had to retire because my job was to take the animals to local schools," explained Smiley.

After spending a week in an acute care hospital, Smiley chose Drake Center for her rehabilitation, undergoing aggressive physical, occupational, speech and recreational therapies.

"They were absolutely wonderful. They knew just when to put the next challenge in front of me," said Smiley. After three weeks as an inpatient, she moved to Drake's assisted-living facility, Bridgeway Pointe, and continued outpatient therapy at Drake. She then returned home to begin the uphill battle of adjusting to a new "normal," learning to cope with her physical limitations while gradually improving her walking ability through continued outpatient therapy at Drake.

Even though she had given up the demands of managing the Zoo's community outreach program, Smiley returned as a volunteer almost immediately.

"I just took it one step at a time and did what I could, even if that meant just coming in for an hour. There were a few animals I could handle right away with one hand, so I began doing some of the on-site programs. And I taught myself to type with one

hand, so I could focus on research and writing fact sheets about the animals."

But while Smiley was quickly learning to compensate for the lack of mobility in her arm, she refused to believe her condition was as good as it was going to get. At the suggestion of her physician, Mark Goddard, M.D., Drake Center's medical director of physical medicine and rehabilitation, Smiley signed up for some clinical research studies that were beginning at Drake.

**"The fact that Drake Center was chosen as a site for ... national studies ... is a testament to the world-class resources and expertise we have here."**

"I figured, what did I have to lose?" said Smiley. So she got in touch with Drake researcher Stephen Page, Ph.D., and learned about his unique stroke rehabilitation studies.

One such study, the Everest study, involved a groundbreaking therapy called cortical stimulation, in which the brain is prompted to re-wire itself and re-establish function so that stroke victims can regain movement.

"Drake Center was chosen as the third site in the country to use this cutting-edge technique as part of a multi-center study," said Dr. Page. "After participating in the study, Connie showed new abilities, not only to move her arm, but also to do new, valued activities. Since then, she has participated in several other Drake studies, including one for walking, and is doing great."

Dr. Page also noted, "The fact that Drake Center was chosen as a site for the Everest study and other national studies since then is a testament to the world-class resources and expertise we have here."

And Drake's studies are attracting a great deal of interest, not just among clinicians across the country, but also among stroke survivors like Smiley, who once thought their recovery ended after six months to a year. For these patients, the door has reopened – as many as 14 years post-stroke.

Seven years after her stroke, Smiley is thrilled to be enjoying her freedom again.

"I can do things with my arm now that I couldn't do before, like raising it high enough in the shower to wash it. It sounds silly, but it's something you really miss when you can't do it!" said Smiley. "And I continue to improve. Sometimes I find myself able to do something new without even thinking about it. I've gotten something out of every study in which I've taken part – including a number of wonderful friendships."

*For more information on Drake Center's research studies and how they could benefit you or a loved one, call 513-418-4450 or visit [www.DrakeCenter.com](http://www.DrakeCenter.com) and click on Research.*

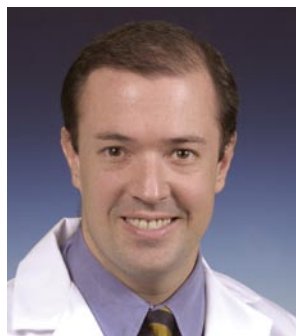


## UC faculty leading Drake's research program

**Kari Dunning, Ph.D., P.T.**, is director of clinical research at Drake Center and assistant professor of rehabilitation sciences in the College of Allied Health Sciences at the University of Cincinnati. Her research goal is to find strategies to improve function after stroke, and to that end she is consistently involved in ongoing studies. As chair of the Drake Research Committee, her mission is to facilitate evidence-based practice and a culture of inquiry.



**Stephen Page, Ph.D.**, is the director of Drake Center's Neuromotor Recovery and Rehabilitation Laboratory and University of Cincinnati associate professor of rehabilitation sciences, physical medicine and rehabilitation, neurosciences and neurology. His team is internationally renowned for their work in developing and testing new interventions for stroke and spinal cord injury patients, and recently received a \$550,000 grant from the National Institutes of Health for a novel rehabilitative study to re-teach movement in spinal cord injury patients.



## Clinicians asking questions

**We're not just treating our patients; we're coming up with the treatments**

Connie Smiley's story is just one example of how we at Drake Center aren't just providing the treatments; we're often the ones developing them. And many times, our research is the product of concerned clinicians, inspired and motivated by how they can help their patients better recover. It's health care professionals like these, who take the initiative and go beyond their job descriptions, asking what can be done differently, what can be done better, to provide the best possible outcomes at Drake.



Drake Clinical Nurse Educator **Alice Mathew, R.N., M.S.N., C.R.N.I.**, studied the rate of infection for blood cultures drawn from central line I.V.s. Her findings led to a new policy at Drake that will improve the accuracy of infection diagnosis, thus preventing patients from receiving unnecessary antibiotics and reducing costs for the hospital. Mathew's study was funded by a national research grant awarded to her by the Infusion Nursing Society.



Drake Clinical Nurse Specialist **Mary Arnold-Long, M.S.N., R.N., C.R.R.N., C.W.O.C.N., A.C.N.S.-B.C.** (left), and Clinical Manager of the Advanced Wound Care Program **Lu Ann Reed, M.S.N., R.N., W.C.C.**, are studying the prevalence of incontinence-associated dermatitis to determine the contributing factors, as well as the incidence of patients developing related pressure ulcers. Arnold-Long was awarded a national research grant from the Wound, Ostomy and Continence Nurses Society to fund the study.



Drake Clinical Dietitian **Mary Kaplan, M.Ed., R.D., L.D.**, is studying the effectiveness of tube-fed fish oil supplements in reducing inflammation for patients on ventilators and potentially reducing the rate of infection and the number of days a patient is on a ventilator.



Drake Speech-Language Pathologists **Brad Carr, M.A., C.C.C.** (left), and **Melanie Bradle, M.A., C.C.C.**, are studying the effects of tracheostomy on swallowing by conducting fiberoptic endoscopic evaluations of patients' swallowing mechanisms.

**For a complete list of our current and upcoming research studies, visit [www.DrakeCenter.com](http://www.DrakeCenter.com) and click on Research.**





# Falling – Not an inevitable part of aging

Each year in the United States, more than one-third of adults 65 and older take a fall – and nearly one-third of those require medical treatment. As reported in the November/December issue of *AARP The Magazine*, falls are the leading cause of both fatal and non-fatal injuries among seniors. Many who fall suffer moderate to severe injuries, such as bruises, hip fractures or head trauma. These injuries can make it hard to get around and limit independent living.

“While the statistics are overwhelming, falling is not an inevitable part of aging,” says Daphne Glenn, executive director of Drake’s assisted-living facility, Bridgeway Pointe. “There are a number of proven strategies to help reduce falls and help older adults live an improved, more balanced life.”

Residents at Bridgeway Pointe recently participated in a study with researchers at



the University of Cincinnati that looked at function measures in older individuals who live in assisted-living facilities. The study found that a number of simple, clinically proven tests can identify people at risk for falling.

Four simple things all older adults can and should do to prevent falls are:

1. Exercise regularly.
2. Talk with your doctor about the medications you are taking.
3. Get an annual eye exam.
4. Remove home hazards. (For details on how, see “Check for safety” below.)

## Concerned about falling?

Many seniors experience a fear of falling and, as a result, restrict their activities. **A Matter of Balance** is a nationally recognized, evidence-based program designed to reduce that fear and increase activity levels. Over the course of eight sessions, participants learn to view falls and the fear of falling as controllable; set realistic goals to increase activity; change their environment to reduce fall risk factors; and exercise to increase strength and balance.

Bridgeway Pointe offers **A Matter of Balance** on an ongoing basis. To register, call 513-418-4370. A Matter of Balance is offered through the Hamilton County Fall Prevention Task Force.

*For more information on how to prevent falls, as well as a complete list of local fall-prevention resources, contact the Hamilton County Fall Prevention Task Force at 513-946-7807 or visit their Web site at [www.fallpreventiontaskforce.org](http://www.fallpreventiontaskforce.org).*

## Check for safety: A home fall-prevention checklist



About half of all falls happen at home. Many are due to hazards that are easy to overlook but easy to fix. To make your home safer:

- Remove things you can trip over from stairs and places where you walk.
- Remove small throw rugs or use double-sided tape to keep them from slipping.
- Keep items you use often in cabinets you can reach easily.
- Install grab bars next to your toilet and in the tub or shower.
- Use non-slip mats in the bathtub and on shower floors.
- Improve the lighting in your home.
- Install handrails and lights on all staircases.
- Wear shoes, rather than slippers, both inside and outside the house.

Sources: Hamilton County Fall Prevention Task Force and the Centers for Disease Control and Prevention

# Drake Center Community Resources

## Could you or someone you know benefit from cardiac rehab?

The heart, like any other muscle in the body, benefits from regular exercise. Exercise helps to strengthen the heart, increasing its capacity and endurance so that you can return to a more active lifestyle.

Our Cardiac Rehabilitation Program is an exercise and wellness program for people who have, or would like to reduce their risk for, heart conditions. Cardiac rehab can help you gradually increase your exercise levels, strength and flexibility, and can help you understand cardiac disease; improve your quality of life; enhance mood; return to work and leisure activities; and reduce symptoms and risk factors of cardiac disease. And by doing your rehab at Drake Center, you'll have the security of a safe environment with monitoring and oversight by trained medical professionals.

Advantages of our program include:

- a customized exercise plan tailored to your goals, needs and capabilities
- informal peer support
- education focused on modifying heart disease risk factors
- cardiac monitoring at each exercise session and oversight by a medical professional certified in Advanced Cardiac Life Support
- comprehensive care that includes exercise, diet and smoking cessation
- two-phase care that may be entered into at any point during your recovery
- program certification by the American Association of Cardiovascular and Pulmonary Rehabilitation

*If you would like to begin cardiac rehab or a maintenance exercise program or would like more information, call us at 513-418-5867.*



*"There is a group of patients that go at the same time on Monday, Wednesday and Friday mornings. I plan on continuing to go because it's fun and I believe it's doing me some good."*

**John Duke**  
Quadruple Bypass



*"It's keeping us in shape, and we just enjoy doing it! We like all the personnel. I think that's one of the things that really makes people come back – the staff."*

**Frank and Sophie Magrino**  
Bypass Surgery and General Health



*"We've developed a kind of camaraderie; people encourage each other. We realize how critical the exercise is for all of us."*

**Patty Payne**  
Heart Valve Surgery



# Join our team!

***When it comes to a rewarding work experience and great benefits, Drake Center is the place to be!***

The region's premier provider of specialized medical and rehabilitative care, Drake Center invites you to be a part of our team helping patients with catastrophic injuries or complex illnesses reclaim their health, restore their hope and rebuild their lives.

As part of the Health Alliance of Greater Cincinnati, we offer competitive salaries, training and education. Our benefits program is one of the most comprehensive in Greater Cincinnati and is designed to meet the needs of our diverse employee population, helping them achieve a balance in their lives.

We are currently seeking full- and part-time employees in the following positions:

- registered nurse
- respiratory therapist
- physical therapist
- occupational therapist

***For more information or to apply online, visit [www.DrakeCenter.com](http://www.DrakeCenter.com) and click on Careers.***



*"Drake has given me the opportunity to grow as a nurse and as a leader in my field. Being part of the Drake nursing team is exciting and rewarding – our team provides excellent nursing care."*

**Tira Williams**  
**Manager, Clinical R.N.**  
11 Years on the Drake Team



*"We have a family atmosphere at Drake, and we all know and care about each other. Our main goal is 'patient first.' I've found my niche working with spinal cord injuries. I'm here at Drake for the long haul."*

**Roger Porter, R.N.**  
6 Years on the Drake Team



*"Of all the various settings where I have worked, Drake is one of the most rewarding. Drake has put some of the best qualities that each had to offer and combined them into one. The staff exhibit a real concern not only for patients, but for Drake and its mission."*

**Roger Bates, L.P.T.A.**  
**Physical Therapy Assistant**  
8 Years on the Drake Team

## Support our work...

Help us care for our patients and fund life-changing research by making a gift to The Drake Foundation. You may designate your gift using the enclosed envelope, make your gift online at [www.DrakeCenter.com](http://www.DrakeCenter.com) or call the Foundation at 513-418-5970 for more information.

## Drake Center

Health Alliance™

*Specialized Medical & Rehabilitative Care*

151 West Galbraith Road  
Cincinnati, Ohio 45216



Drake Center is a not-for-profit, long-term acute care hospital, providing both medically complex and rehabilitative care, as well as skilled nursing, assisted living and various outpatient and wellness services.

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