

The Siskin  
Hospital

# Spirit

Fall 2017

*After hip  
displasia*

**Kedrick Wilbanks**  
makes dramatic comeback  
to win the state championship

*One patient's experience in*  
**Innovative  
Stroke Care**

*The specialty of*  
**Rehab Nursing**  
there's a big difference  
in treatment and care

*Equipment spotlight:*  
**Dynavision D2**  
new technology for  
vision treatments

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# Carol's

## Corner

by Carol Sim,  
President & CEO  
Siskin Hospital

We have just completed another fiscal year, and I could not be more proud of the Siskin Hospital staff and the quality of rehabilitation they brought to our community throughout the year.

This last year, we hit highs in patient satisfaction, with 99.5% saying that they would refer family and friends to Siskin Hospital, and 87% of our inpatients and 96% of our outpatients describing their experience as having been "excellent." Additionally, patient outcomes were stellar. National benchmarks show that if you come to Siskin Hospital, you are significantly more likely to make it home and much less likely to need to return to an acute care hospital due to medical complications than if you go to other rehabilitation hospitals across the country. This is a testament to our therapists, nurses, physicians, and other clinicians who lent their knowledge and energy to the care of people who came through our doors last year.

I want to thank, too, the patients who chose Siskin Hospital for their rehabilitation in record-breaking numbers. They approached their rehabilitation with tenacity and determination, and it has been an honor and a privilege to participate in their recovery.

As we look to our new fiscal year, we are excited about many things. First, we just opened an additional 14 rehabilitation beds to allow us to serve more people. We also just finished the renovation of one of our units. We had a lot of fun celebrating National Rehab Week, with daily festivities including a lot of food, a "Siskin's Got Talent" contest, and a party for our current patients.

Lastly, we are pleased to announce that Will Reeve, Christopher Reeve's son, will be the speaker at our February Possibilities luncheon. He will be speaking about living joyfully in a family affected by disability. The Possibilities event is the Hospital's largest fundraiser of the year and I hope that you will be able to join us to hear Mr. Reeve.

Thank you for your interest in Siskin Hospital and your support of this organization. We look forward to serving this community in our upcoming fiscal year!

## Siskin Hospital for Physical Rehabilitation

### Main Campus:

One Siskin Plaza  
Chattanooga, TN 37403  
[www.SiskinRehab.org](http://www.SiskinRehab.org)  
423.634.1200

### Siskin Hospital Therapy Services Outpatient Locations:

Cleveland  
Downtown- Main Campus  
Gunbarrel

**Please call 423.634.1500 to schedule your outpatient appointment and visit [www.SiskinRehab.org](http://www.SiskinRehab.org) for information about our many Support Groups.**

If you would like to have your name removed from our mailing list, please contact the Siskin Hospital Marketing and Planning Dept., One Siskin Plaza, Chattanooga, TN 37403, 423.634.1208.



**Send us your email address! Stay up to date on Siskin Hospital news by sending your contact information to [info@SiskinRehab.org](mailto:info@SiskinRehab.org) or visit [www.SiskinRehab.org](http://www.SiskinRehab.org) to sign up on the email list.**

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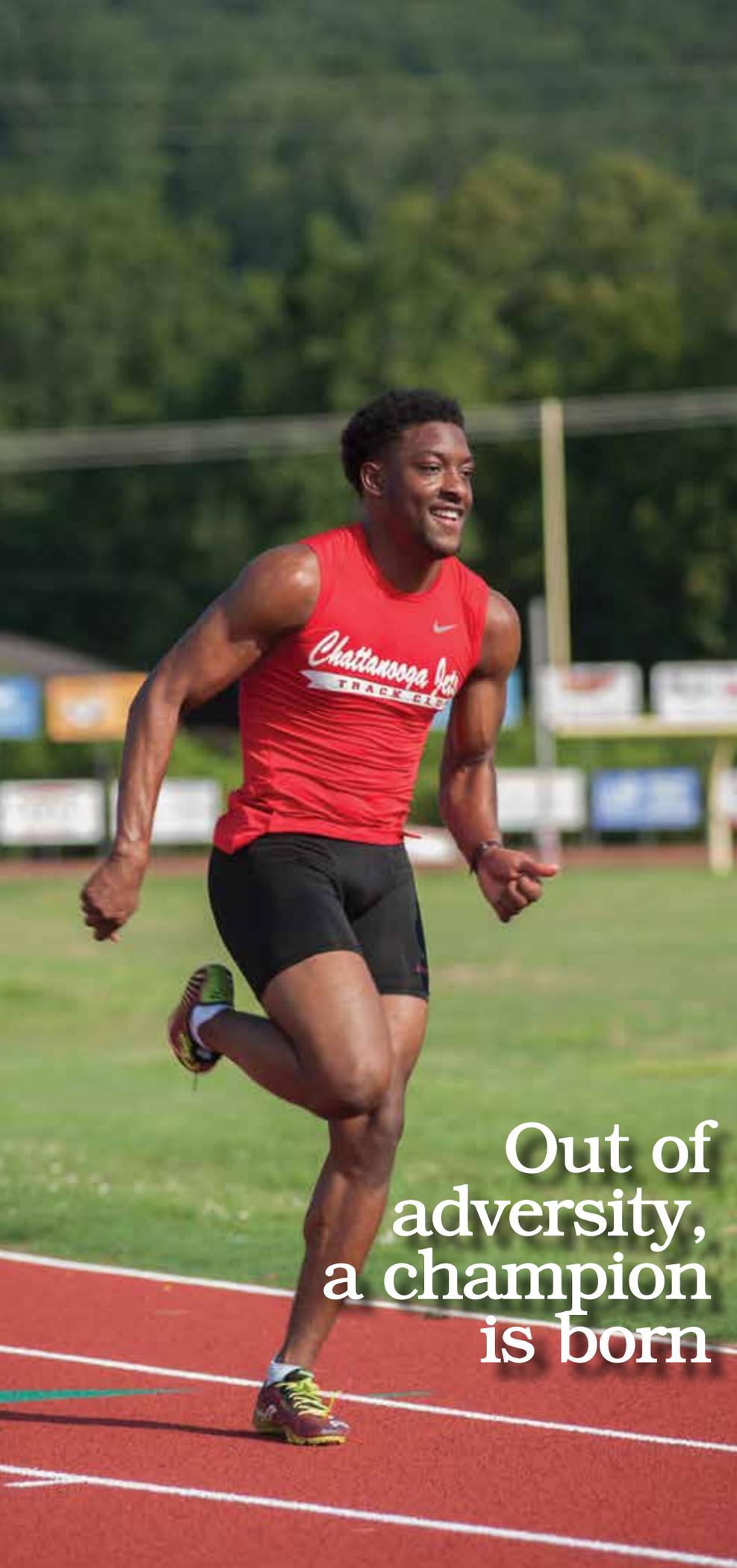
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**Your donations provide hope & make a difference in our patients' lives!**



Out of  
adversity,  
a champion  
is born

A hip injury in an 8th-grade football game was the catalyst for an orthopedic condition that would plague Kedrick Wilbanks for the next two years.

Kedrick's initial injury was termed a "muscle bruise," but the next time it happened, his hip dislocated. A series of injuries followed, including multiple hip dislocations. Out of necessity, he started resetting his own hip and spent a lot of time hobbling around on crutches. Sometimes everything seemed normal, but if he stepped wrong, or put too much weight on his leg, he would be back on crutches and in continual pain.

Doctors prescribed steroid shots, medications and physical therapy, but they only provided temporary relief. One doctor said he would never walk normally again. Meanwhile, Kedrick's condition worsened so that he missed most of his 9th grade at Red Bank High School. This was especially hard, because Kedrick and his twin brother, Kendrick, did everything together.

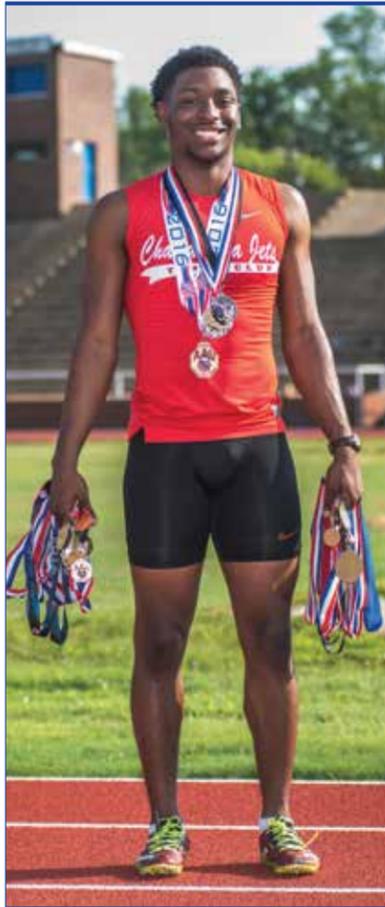
Frantically, his mother Vickie googled "My son can't walk." She learned about various types of orthopedic surgeries, and also learned that Vanderbilt performed such surgeries.

Vickie asked for a referral to Vanderbilt and there Kedrick was diagnosed with hip dysplasia, a congenital misalignment of the hip joint. The experts recommended a PAO (periacetabular) procedure. Following the eight-hour operation, he came to Siskin Hospital for nine months of outpatient therapy.

Though conditioned to sports training, Kedrick had trouble motivating himself because he was in so much pain. Kendrick kept encouraging him, telling him to keep going, not to give up. And eventually he began to regain strength and overcome the pain.

One day, his therapist told him to go run on the Siskin Health & Fitness Center track. When his brother began to out-distance him, Kedrick's competitive spirit pushed him forward. It was

*Continued on page 4*



## Kedrick racks up medals

Continued from page 3

then, he says, that he realized the new strength and stability of his hip, and felt enormous relief that it didn't give under the pressure.

The next year, Kedrick resumed track and went on to make Best of Preps in track and field in both 2016 and 2017. He also won the state championship in 2016 and achieved top individual honor in track at the 2016 AAU Junior Olympics Games in Houston. He and his brother will continue their athletic training on full scholarship in college.

"I value every step I can take," says Kedrick. "I have a greater appreciation for my family support, for my therapists, and the medical community that helped me get through this."



Above: Therapy helped Kedrick return to the sport he loved. Left: Kedrick displays the numerous medals he has won.

## Dynavision

### offers innovative treatments



Ben Hoagland, OTR/L works with patient Bret Lyness at the new Dynavision D2™.

Patients at Siskin Hospital's Center for NeuroRecovery now have new technology to assist in their recovery process: the Dynavision D2™.

The Dynavision D2™ identifies the time it takes a patient to physically respond to visual stimulus, while assessing his range of motion and balance. It also assesses how well a patient's peripheral vision and cognitive processes are working. As new skills develop and improve, the patient's function and performance also improve.

"The Dynavision D2 allows us to help patients with visual deficits from stroke or concussion return to independence with daily activities," says Amy Burba, OTR/L and director of Siskin Hospital's Outpatient Therapy Services. "It helps them to be more consistently effective in using their vision to react to the environment."

This same technology is used by athletes and military personnel to increase automatic response time, sharpen periphery vision and improve the accuracy of eye-hand coordination.

For more information on the Center for NeuroRecovery or other Outpatient services, call **423-634-1400**.

## Recovery after stroke



### animal advocate chooses Siskin Hospital for therapy



Julia Anderson knew she was having a stroke – she was falling against walls and having trouble with her speech – but she felt she had to keep her appointment to pick up some rescue cats in Georgia. She didn't think she had time to go to the hospital. She drove all the way back to her Missionary Ridge home, put the cats up, hid her symptoms from her live-in elderly mother, ate supper, and went to bed. The next morning at McKamey Animal Center, she struggled to fill out the forms. On the way home, she stopped to get gas and remembers having a very hard time with the pump. She finally told her mother that she feared she'd had a stroke, but not to call 911 until she did a load of laundry and took a shower.\*

The ambulance took her directly to Erlanger's Stroke Center.

"I was in really bad shape in the hospital," she says, "and desperately trying to find someone to take care of the 20 cats in my garage." Friends who visited her would go out to their cars and cry.

She chose Siskin Hospital for her physical rehabilitation, and though her therapy went well, she felt frustrated with what she perceived as her slow progress. During this time, she realized she would have to "let go or be dragged," and decided to adapt to her new reality. After nearly six weeks as an inpatient, she continued six months in Siskin Hospital's Outpatient Therapy Services.

"Siskin Hospital helped me realize that anything is possible," she says. "My therapists would never say I couldn't do something. They encouraged me to keep trying."

And try she did. Today this self-reliant and strong-willed lady is walking and driving independently and still rescuing animals, though her left arm remains paralyzed.

"I'm too vain for a cane," she says. "I do everything with one arm and my teeth."

Julia also joined Siskin Hospital's Health & Fitness Center so she could do pool work several times a week. When she first came to the Hydro Therapy Prescription group class, she could hardly shuffle through the doors. Now she tries to do 44 walking laps in the pool, the equivalent of one mile. Her instructor says Julia has made significant improvement in her balance, gait and arm mobility since she started the class.

"Julia's left shoulder was practically frozen when she first came in," says Margee Lee, PTA. "After consistent passive stretching in the pool, the range of motion in her arm has steadily improved."

An avid animal advocate since childhood, Julia rescued more than 250 cats and 50 dogs in 2016. The McKamey Animal Center honored her in March with its Humanitarian Award for her selfless service to animal welfare and protection in the Chattanooga area. Julia credits this consuming passion for much of her recovery.

"The best way to overcome obstacles in your life is to find something really worthwhile to focus on," says Julia. "You have to stop thinking exclusively about yourself. I actually think I'm a nicer person since I had the stroke!"

\*Julia does not recommend this course of action to others.



# Former patient makes sweet *Music*

Ever since her discharge from physical therapy for a back condition a couple of years ago, Myrna Smith has wanted to come back for more therapy.

“So I started to pray about it,” says the retired music teacher, who spent more than four decades overseeing music programs for Christian schools.

In time, her prayer was answered, but not before passing through a frightening and dangerous medical episode.

On April 19, she went to bed perfectly healthy. Within a few minutes, she was trembling so violently that she thought she was having convulsions.

“I was shaking like a leaf and was so very cold,” she remembers. “My husband got a heating pad and put it on my feet because that’s where I’m most often cold. And that’s the last thing I remember.”

Later when her husband awoke, he found her unresponsive. He called 911 and she was rushed to Memorial Hospital, where she was diagnosed with septicemia, cellulitis, and streptococcus. Her temperature was 105 and she remained unconscious for 48 hours.

After a week’s stay at Memorial, her doctor gave her the choice of going home with home health or going to Siskin Hospital. It was a strange way to have a prayer answered, but she was so glad to be back at Siskin Hospital again!

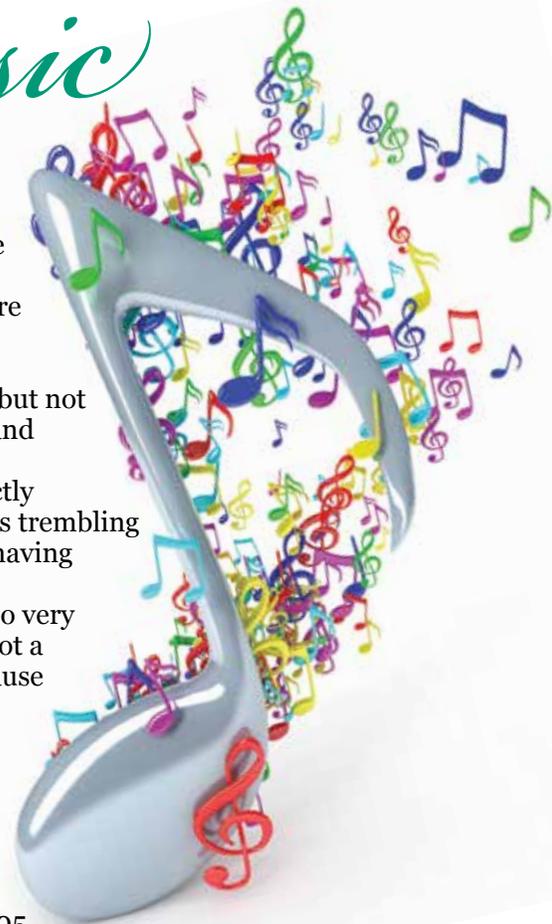
When Ms. Myrna appeared in the inpatient therapy gym, one of her therapists recognized her from a former acquaintance. Knowing she was a pianist, he brought out a keyboard and said, “The remainder of your therapy today will consist of playing the piano.” From that time on, she continued to play daily while an inpatient.

On discharge, her case manager asked her if she would consider playing the piano as a volunteer. And when Ms. Myrna started her outpatient therapy, she decided to do just that, coming before or after her therapy sessions twice a week to brighten the therapy gym environment for other patients. The patients love the music and frequently call out requests, which Ms. Myrna easily pulls from her impressive repertoire.

“God has allowed me, since I was 13 years old, to play the piano, sing and use the talents with which I was blessed,” says Ms. Myrna. “Since my back injury my opportunities became more limited, so I consider playing for the patients at Siskin Hospital to be a blessing to me, not just to others!”



Myrna Smith playing piano for patients in therapy.



## *Welcoming a new member to the team!*

**Troy Ketchum, DPT, OCS, COMT**, our new outpatient therapy regional manager, oversees Siskin Hospital’s offsite Outpatient Therapy Services in East Brainerd and Cleveland. His goal is to give more people access to the continuum of care the main campus has to offer.

“Right now the footprint of outpatient sites in the community is small and most of the community isn’t aware these sites exist,” says Troy, who joined Siskin Hospital full time in June. “My job is working with the management team to make sure the offsite locations are equipped and supported to give patients the care they need.”

Troy has worked on a PRN or “as needed” basis at Siskin Hospital West since November 2016 and enjoys the hands-on aspect his new position brings.

“Being part of teams that help others find hope in recovery and in life is certainly my favorite part of being a therapist,” says Troy. “We are blessed to come alongside those with real struggles, step into their story and walk with them.”

Originally from Louisiana, Troy and his wife Kellye moved to Chattanooga in 2011 with their three boys. He enjoys outdoor activities such as running, swimming and biking but also appreciates down time with a book and a really good cup of coffee.



Years ago, when Jodie Thompson first began her nursing career, she didn't know anything about rehab nursing. She soon noticed, however, that all the stroke patients in her facility went on for rehabilitation therapy while continuing to be cared for by specially-trained rehab nurses. It was only later that she learned just how complex rehab nursing care was.

"Rehab nurses must have a broad base of knowledge, along with specialty training," says Jodie, who leads the nurse education program at Siskin Hospital. "In fact, I would group rehab nursing in the same category with other specialty practices, such as ICU, ER, and maternity care nursing."

Rehab nursing differs significantly from acute-care nursing, says Tracy Reed, Siskin Hospital's vice president of nursing and patient care services. The focus is less on "fixing" a patient with surgery, repair or intervention in a disease condition and instead moves patients along a continuum to return them to the life they had before hospitalization.

"Acute care saves their lives, and rehab nursing care gives them their lives back," says Tracy. "We pick up the pieces and help them rebuild. We help them re-learn how to do the things they once did."

Rehab nurses can develop a strong relationship with patients and their families. In acute care settings, there is less time to do that. Care is focused on administering medications and monitoring patients during the short time they're there. In a specialty rehab hospital, patients stay an average of 14 days. Rehab nurses know the patient's past, they see where they are now, and they know the physical rehab goals they're working toward.

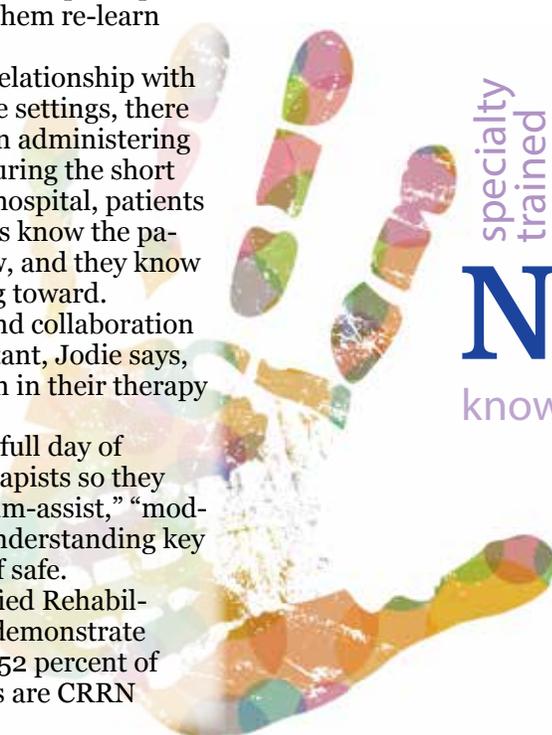
To that end, team communication and collaboration between disciplines is extremely important, Jodie says, and nurses reinforce what patients learn in their therapy sessions.

All new Siskin Hospital nurses get a full day of transfer training with occupational therapists so they understand therapy terms like "minimum-assist," "moderate-assist," and "maximum assist." Understanding key terms helps keep both patients and staff safe.

Specialty certifications, such as Certified Rehabilitation Registered Nurse (CRRN), also demonstrate a nurse's advanced training. Currently, 52 percent of Siskin Hospital's eligible bedside nurses are CRRN certified.



On graduation day, Jonathon Wood says goodbye to nurse Kathy Turner.



specialty trained  
 relationship  
**Rehab Nursing**  
 knowledgeable caring team approach complex

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Join us for a



*uper inspiring*

*Possibilities*

**Luncheon**

**Don't miss hearing our  
Possibilities 2018 speaker!**

**Will Reeve,  
*Christopher Reeve's son,***

joins us **February 27** to share his experience of living with a family member's disability. You'll be inspired with Will's memories of his "Superman" father and his mother, Dana, a working mom, wife and primary caregiver.

Will's heritage of joy and hope from these two amazing people drives him to continue their legacy through the Christopher & Dana Reeve Foundation.

