

# HealthNotes

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## Occupational Therapy: Helping You Get Back to Your Life

Every day, you do countless activities that require very little thought: brushing your teeth, getting dressed, combing your hair, assembling meals, driving, typing, and much more. But if you experience an injury or develop a condition that compromises your ability to do any of those tasks, it can take a toll on your independence and quality of life. Fortunately, working with an occupational therapist can help you regain the ability to do both simple and complex tasks.

At Olmsted Medical Center (OMC), the team of licensed occupational therapists takes a comprehensive and personalized approach when working with patients. "During our initial evaluation, we really get to know our patients and understand their goals so that we can develop the most effective treatment plan for them," says Rachel Britton, an occupational therapist at OMC.

In addition to being highly skilled in occupational therapy, many of the therapists have undergone additional training in areas such as myofascial release, hand therapy, lymphedema, and much more. "We take care to pair therapists with patients who can potentially benefit most from their unique specialties and skillsets," says Beth Scharpman, an occupational therapist at OMC.

### Continuity of Care

Occupational therapists at OMC provide both inpatient and outpatient services. They work hand-in-hand with the joint replacement surgery program and meet with each patient after knee or hip replacement surgery before they go home. "We make sure patients can get themselves dressed, safely get in and out of the shower, use the toilet, get in and out of the car, and more," Scharpman says. Since OMC has occupational therapists based at the hospital, patients who require occupational therapy services are able to receive them during their hospital stay.

Outpatient occupational therapy services are available at OMC's Rehabilitation Services located at Elton Hills and in the hospital Orthopedic locations (Physical Therapy outpatient services are available at Elton Hills, Rochester Northwest Clinic, and Lake City Branch Clinic). "Many of the patients we work with there experience upper extremity issues such as a tendon or ligament injury in the wrist or finger; recovery from a fractured wrist, forearm, or finger; chronic conditions such as tennis or golfer's elbow; and more," Britton says. Some modality examples include ultrasound therapy, Fluidotherapy,

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# Dark Chocolate Chip Oat Bars

## Ingredients

1 large egg  
½ cup fat-free yogurt (plain or vanilla)  
½ cup artificial sweetener brown sugar blend  
1 ½ cups gluten-free quick oats  
2 Tbsp. milled flaxseed  
¼ cup bittersweet chocolate chips or bittersweet baking bar broken into small chunks  
Cooking spray

## Directions

Whisk egg with yogurt and brown sugar. Blend in oats and flaxseed. Add chocolate chips. Spread mixture in an 8-inch-square pan coated with cooking spray. Bake at 350°F for 30 minutes. Cut into bars.

## Makes 12 bars

Each bar contains about 125 calories, 3 g fat, 18 mg cholesterol, 12 mg sodium, 20 g carbohydrates, 2 g fiber, and 4 g protein.

Looking for more healthy recipes? Visit [healthlibrary.olmmed.org](http://healthlibrary.olmmed.org) and click on "Nutrition & General Wellness" then "Healthy Recipes."



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iontophoresis, among others that your therapist may use as a component of your treatment plan.

"If other issues arise, such as excessive pain, swelling, or numbness, we have a variety of techniques available to address those problems as well," Scharpman says. One example is ultrasound therapy in which the therapist uses a special device that transmits sound waves, which travel through soft tissues and help decrease swelling and pain.

"Offering both inpatient and outpatient services is ideal for providing continuity of care," Britton says. "We have access to patients' medical records so we can understand their full course of treatment and are also able to seamlessly communicate with their other providers." In addition, if a patient receives occupational therapy services during a hospital stay, they can continue receiving them on an outpatient basis after they go home.

### Body and Mind

At OMC, occupational therapy services aren't limited to physical conditions—they can help address cognitive issues, too. Whether a patient experiences a change in cognition due to aging, stroke, brain

injury, multiple sclerosis, or other causes, occupational therapists can help them address and overcome specific issues in their day-to-day life. "If a patient has difficulty remembering to take their medications, for example, we can help them learn a technique such as setting a timer on their cellphone or using special pill gadgets that automatically open at the designated time to make sure they take their medications appropriately," Scharpman says.

If you experience a change in your mental or physical function, occupational therapy may be what you need to stay safe and feel like yourself again. "For many people, being independent is key for their overall quality of life," says Teresa Erickson, an occupational therapist at OMC. "No matter how big or small a task may seem, if it's important to a patient then it's important to us and we do everything we can to help them get back to doing it again."

Interested in learning more about rehabilitation/physical therapy at Olmsted Medical Center? After reviewing our services, talk with your primary healthcare provider or call **507.292.7222**.

# Pharmacy Services Made Easy

**O**lmsted Medical Center (OMC) has two pharmacy locations to serve you: Rochester Southeast and Rochester Northwest. And you don't even have to be an OMC patient to use them. OMC's pharmacies offer exceptional services, such as prescription refills, over-the-counter medications, walk-in vaccinations, and more. Here at OMC, we like to make things easy for you. If you are in need of a prescription refill, call the pharmacy or fill it online.

## OMC MyChart

Through our new patient portal, OMC MyChart, you can request renewals of your prescriptions without the hassle of waiting in line. Learn more about our new portal and how to sign up on the OMC MyChart website. You can also download the MyChart app to your mobile device for when you're on-the-go.

## Free Delivery

Additionally, OMC's pharmacies offer free courier delivery Monday through Friday

(to addresses within Rochester city limits). Or they can mail your filled prescriptions to your home (for addresses in Minnesota) via the U.S. Postal Service for no additional charge. Just bring your completed order form (found on our Web site at <https://www.olmmed.org/pharmacy>) and the related prescriptions with you to either of our pharmacies, or mail your completed form and the related prescriptions to either pharmacy location.

## Let Us Review Your Medications

If you are ever unsure about how or when to take a medication, we offer Medication Therapy Management (MTM). In MTM, you meet one-on-one with a pharmacist to review your medications, including over-the-counter items, their doses, and when/how to take the medications. To schedule an MTM appointment, please call our Northwest pharmacy at **507.535.1974**.

## Medication Sync Program

We make it possible to have all your prescriptions refilled on the same day every month with our Medication Sync Program. No more running out of prescriptions or waiting for refills from your prescribers.



## Rochester Southeast Pharmacy

Hours of Operation: Monday – Friday, 7:30 AM to 5:30 PM; closed on holidays and weekends

Telephone: **507.292.7255**

Fax: **507.292.7256**

Street address: 210 9th Street SE, Rochester, MN 55904

## Rochester Northwest Pharmacy

Hours of Operation: Monday – Friday, 8:00 AM to 6:00 PM; closed on holidays and weekends

Telephone: **507.535.1974**

Fax: **507.281.7685**

Street address: 5067 55th Street NW, Rochester, MN 55901



To learn more about OMC's pharmacies or to sign up for mail or home delivery, visit our Web site at [olmmed.org/pharmacy](https://www.olmmed.org/pharmacy).

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**Ricky Clay, MD (left), and Srdan Babovic, MD**

## Blossom Into Spring!

### Plastic Surgery Department Special Event

On Tuesday, April 30, the Plastic Surgery department will host an informational event in the Founders room of the Olmsted Medical Center Hospital from 5:30 to 6:30 PM. There will be a "Secret Special" for those who attend! Seating is limited. For more information and to reserve your spot by April 19, please give us a call at **507.529.6740**. We look forward to seeing you!

#### PLASTIC SURGERY DEPARTMENT SPECIAL EVENT

Olmsted Medical Center Hospital – Founders Room

5:30 to 6:30 PM

For reservations, please call **507.529.6740**.

OMC complies with healthcare-related Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you speak a language other than English, assistance services, free of charge, are available to you. Call **507.288.3443 (TTY: 507.287.2799)**.

**ATENCIÓN:** si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **507.288.3443 (TTY: 507.287.2799)**.

**FIIRO GAAR AH:** Haddii aad ku hadasho Soomaali, adeegyada ka caawinta luqadda ayaad adigu lacag la'aan ku heli kartaa. Soo wac **507.288.3443 (TTY: 507.287.2799)**.