



MARCH 2009

Taking Care of Our Elders

GERIATRIC CLINIC

A Geriatric Clinic dedicated to the special needs of the elderly has been initiated at Tuba City Regional Health Care Corporation. The clinic held once each month, is designed to serve the specific needs of elders with an emphasis on preventive care.

The Geriatric Clinic is held in the Family Medicine Clinic for patients referred by Public Health Nursing or primary care providers. It provides a full day of evaluations of elders by providers and professionals from several departments at TCRHCC.

Primary care providers identify patients who have needs that are not met in a visit to the general clinic. Once identified, a letter is sent to the patient about TCRHCC's Geriatric Clinic. Public Health Nursing also receives the referral information and they evaluate the patient's home (including food and supplies), a patient's support system, availability of basic utilities and any safety issues. On appointment day, arrangements are made with family or Safe Ride for transportation.

Care givers are encouraged to attend
Continued on page 2

BLOOD DRIVE

Thursday, March 12th

NATIONAL
Blood
Donor
MONTH



TCRHCC
Kompare
Room

9:00 a.m. - 2:00 p.m.
(appointments available)



Info:
Veronica Granger
283-2910

Inside This Issue:

Navajo Transit –
Flagstaff to Tuba City
– Page 2

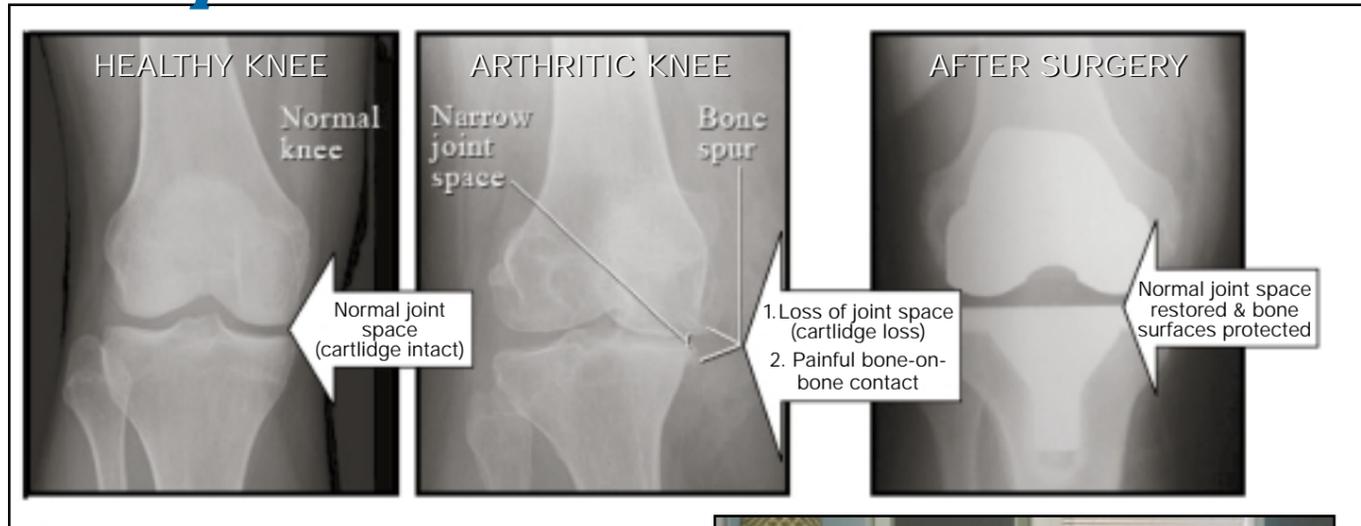
Health Promotion/
Disease Prevention
Programs – Page 3

Health in the
Workplace – Page 4

TCRHCC Clinic Hours
– Page 4

Total Joint Replacement Surgery

– Complete care at TCRHCC



Above: X-rays depicting a healthy knee joint (left), an arthritic knee joint (center), with painful bone-on-bone contact, and a knee joint replacement (right). **Right:** Part of TCRHCC's joint replacement team (left to right), Kathleen O'Neill-Manrique, DPT, Physical Therapy Department; Dr. Jonathan Bromberg, Dr. Thomas Peters, and Julie Horn, Physician's Assistant, all three from the Department of Orthopedic Surgery.

TCRHCC is one of just two Indian health centers in the United States performing joint replacement surgery.



With two orthopedic surgeons on staff today, and plans to add one more in 2009, TCRHCC is one of just two Indian health centers in the United States offering total joint replacement surgery. A total of 54 knee and hip replacement surgeries were performed in 2008, with hopes of performing 80 or more in 2009.

The Department of Orthopedic Surgery has created a presentation to take to TCRHCC communities to educate potential joint replacement patients and their families about the procedures and what is involved. A number of professionals and a great deal of hospital resources go into a successful patient outcome for such an operation. The involvement of the patient, a family support system and the hospital team, all together, form *The Gathering*, best paving the way for a successful surgery.

Patients who need joint replacement surgery are individuals who experience joint pain, when medications and other treatments and therapies do not help – whose lives are affected by their inability to function in their normal daily activities.

TCRHCC surgeons are performing knee replacement surgery and hip replacement surgery. The most common cause of chronic knee pain and disability is arthritis. Osteoarthritis, rheumatoid arthritis, and traumatic arthritis are the most common forms. Hip replacement is also used in people with hip injuries, rheumatoid arthritis and other medical conditions, such as a bone tumor or bone loss due to insufficient blood supply (avascular necrosis).

The best candidates for joint replacement are of course people who are most healthy and motivated to get back into life and be active after surgery. The day of surgery is just one aspect of a successful outcome. A successful surgery may take no more than three hours. There is a time of recovery, then substantial physical therapy involved in getting a person back on his or her feet. Physical therapy is extremely important in the overall outcome of any joint replacement surgery. A person can be active again in six weeks with additional

strength building therapy over three months.

Knee replacement may help a person if he or she has pain that limits activities such as walking, climbing stairs and getting in and out of chairs, or they experience moderate or severe knee pain at rest; if they have limited function or mobility, such as chronic knee stiffness and swelling that prevent them from bending and straightening their knee; they've tried other methods to improve symptoms, for example, resting, weight loss, physical therapy, a cane or other walking aid, medications, braces and surgery, but they've failed; they have a knee deformity, such as a joint that bows in or out; and they're generally healthy. Obesity alone won't disqualify a person from surgery, but it may slow healing and increase the risk of infection after surgery.

Risks of serious complications are rare. Fewer than two percent of people undergoing knee replacement surgery experience complications. More than 95 percent of people who

Continued on page 2

Knee replacement (also called knee arthroplasty) is surgery for people with severe knee damage. Knee replacement can relieve pain and allow you to be more active. Your doctor may recommend it if you have knee pain and medicine and other treatments are not helping you anymore.

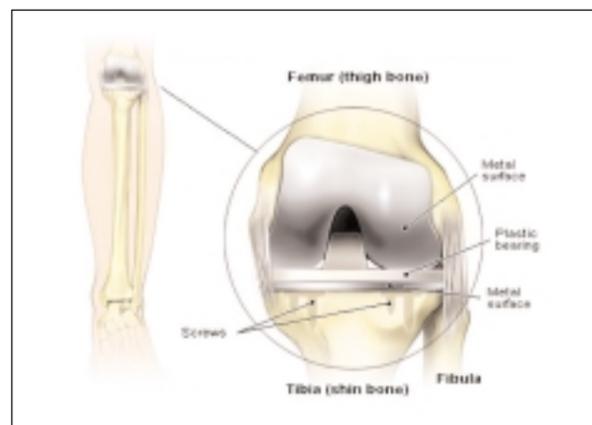


Diagram of a knee joint replacement.

Joint Replacement, *Continued from page 1.*

have a total knee replacement experience significant pain relief, improved mobility and a better overall quality of life. Patients should talk with their doctor about what to expect.

Knee replacement surgery was first performed in 1968. Improvements in surgical materials and techniques since then have greatly increased its effectiveness. Approximately 300,000 knee replacements are performed each year in the United States.

The hip is one of the body's largest weight-bearing joints. First performed in 1960, hip replacement surgery is one of the most important surgical advances of the last century. Improvements in joint replacement surgical techniques and technology have greatly increased the effectiveness of total hip replacement.

Today, more than 193,000 total hip replacements are performed each year in the United States. Healthy, active people often have very good results after hip replacement surgery.

Hip replacement (also called hip arthroplasty) is surgery for people with severe hip damage. When you have a hip replacement, the surgeon removes damaged cartilage and bone from your hip joint and replaces them with new, man-made parts. This can relieve pain, help your hip joint work better, and improve your walking and other movements.

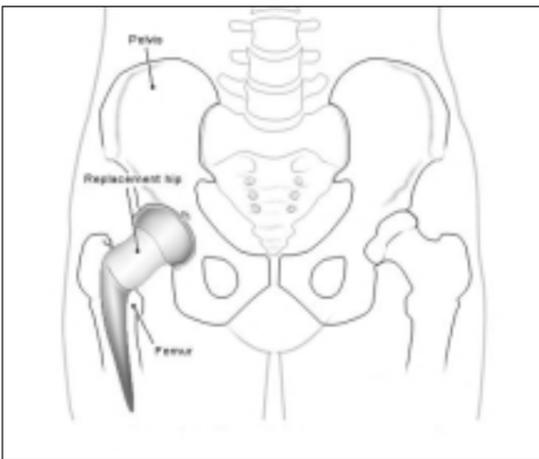


Diagram of a total hip joint replacement.

The Gathering

The spectacular success of total joint replacement is due to much more than the advanced design of the implants. It is also the coordinated efforts of the team of surgeons, anesthesia providers, nursing personnel and all of the surrounding hospital staff, including areas such as Physical Therapy and the entire environment of care surrounding the patient. There are approximately ten individuals directly involved with your care at any time during your hospital stay, and many more that are unseen. We called this **The Gathering**

The patient is the center of *The Gathering* and its guest of honor. Weeks and sometimes months are spent in preparing patients for this important step in life. The goal together is to improve the patient's ability to walk and to remain active and in their home or with their family.

As there are so many preparations, it is extremely important that *The Gathering* includes the patient when scheduled. We want the patient's family to be part of *The Gathering* just as they would be part of a feast or a party in the patient's honor. The support of the patient's family can be invaluable in the overall success of this entire process.



More New Housing for TCRHCC Staff



TCRHCC Construction Crew

Housing has become a vital need to support TCRHCC services with accommodations to recruit and retain more nurses, doctors, administrators and allied staff. Based on this, TCRHCC has invested resources to provide more housing in support of its mission and strategic goals. This fiscal year (FY2009), four more modular homes have been added to the 16 homes recently set onsite in FY2008.

Joe Engelken, CEO, has been pleased with the support and outcome to provide more housing, and says, "While these are not permanent solutions, they definitely help in reducing cost, as these modular units can be used for traveling physicians, nurses and other allied healthcare workers until TCRHCC can secure the land for the permanent units."

Geriatric Clinic, *Continued from page 1.*

the clinic and provide a full history of the patient's needs. Navajo and Hopi translators are available for history taking.

As patients are asked to fast overnight for blood tests, their visit includes breakfast after blood is drawn and lunch at mid day. The patient can expect a full day of specialized examinations and evaluations.

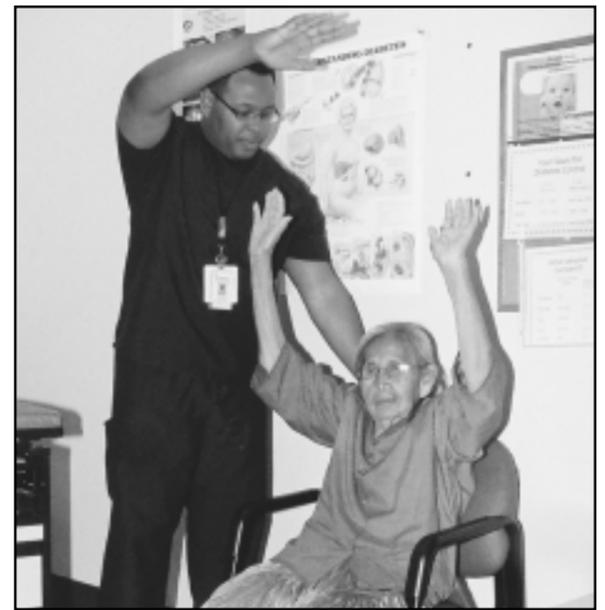
A comprehensive exam is given including chest x-rays, EKGs and administration of immunizations.

Patients see specialists in these areas:

- **Physical Therapy** to evaluate a patient's mobility and safety. Recommendations for special mobility equipment are made when appropriate.
- **Occupational Therapy** to determine a patient's needs for routine tasks such as eating, dressing and bathing. Recommendations for equipment are made when appropriate.
- **Audiology** to evaluate a patient's hearing including an ear examination, which may include recommendations for hearing aids.
- **Optometry** - a complete eye exam is performed to rule out glaucoma, cataracts and retinopathy.
- **Dental** - a complete dental exam is given, which may include recommendations for dentures.
- **Speech Therapy** to determine a patient's ability to swallow, and need for special dietary considerations. The complete exam may identify other speech related disorders.
- **Gynecological exams** are given to women.
- **Pharmacy** staff is available to evaluate a patient's medications and provide consultation on how to take them.

After evaluation by all of these specialists, the patients have a full review with Dr. Ana Guzman, who heads up the Geriatric Clinic, to discuss any findings, the results of lab work and any other medical issues a patient has. All patients leave with the medicine and medical equipment prescribed during the day. Recommended equipment to promote independent living is available from Assist! to Independence, a medical equipment provider on the TCRHCC campus.

For more information, contact your health care provider or the Geriatric Clinic at (928) 283-2458.



Top - Occupational Therapist Carlos Stanford administers a range-of-motion test to Alice George of Tuba City. Bottom - Physical Therapist Aaron Jones evaluates the walking gate of Nelson Smallcanyon of Shonto.

NAVAJO TRANSIT SYSTEM

Route 11 - Flagstaff/Tuba City, including Tuba City Regional Health Care Corporation

- SELECTED STOPS* -
Complete schedule available

North Bound to Tuba City

Stops at:	A.M.	P.M.
Flagstaff Mall - Sears Parking Lot	6:00	3:25
Conoco - Townsend/Winona	6:04	3:31
Silver Saddle Trading Post - Route 89	6:15	3:35
Hallum Chevron - Route 89	6:20	3:40
Gray Mountain Trading Post	7:00	4:20
Dzil Libei' School - Route 89	7:05	4:25
Cameron Speedy Store	7:10	4:30
Cameron Chapter Road	7:13	4:33

Stops at:	A.M.	P.M.
Cameron Trading Post	7:15	4:35
Van's Trading Post	7:35	4:45
Tuba City Basha's	7:45	4:55
Tuba City Post Office / BIA	7:50	5:00
Tuba City Regional Health Care	8:00	5:05

South Bound to Flagstaff

Stops at:	A.M.	P.M.
Tuba City Regional Health Care	8:00	5:05
Tuba City Community Center	8:05	5:09
Tuba City Super Fuel Station	8:10	5:12
Van's Trading Post	8:15	5:15

Stops at:	A.M.	P.M.
Cameron Trading Post	8:35	5:35
Cameron Chapter Road	8:38	5:38
Cameron Speedy Store	8:40	5:40
Gray Mountain Trading Post	8:50	5:50
Hallum Chevron - Route 89	9:30	6:30
Silver Saddle Trading Post - Route 89	9:35	6:35
Conoco - Townsend/Winona	9:40	6:40
Flagstaff Mall - Sears Parking	9:50	6:50

* There are additional stops along the route, check complete schedule. Times listed are departure times, so please arrive at stop early. Schedule subject to change.



- Ticket price - \$1.00 per person per day
- The Navajo Transit System reserves the right to refuse service to any person who does not comply with Customer Service Policy. Seating on buses operating in interstate commerce is without regard to race, color, creed, or national origin.
- Telephone: (928) 729-4002 Toll Free (866) 243-6260

More information: www.navajotransit.com

HEALTH PROMOTION / DISEASE PREVENTION

MARCH 2009

Rez Fitness Leadership Program

Rez Fitness Leadership Program

In 2007, the Rez Fitness Group comprised of many local health and social programs put together. The group's intent is to provide non-competitive community base physical activity programs in different community settings. This year the group continues to provide a variety of fitness and exercise classes on a volunteer basis at the Tuba City Wellness Center, Tonalea Day School, and the Kaibeto School.

Throughout 2007 the group sought to provide its members a National Certification Opportunity. This was made possible in August of 2008. Native American Fitness Alliance—Aerobic Design by Caroline, Inc. provided the National Certification to deliver aerobic classes.

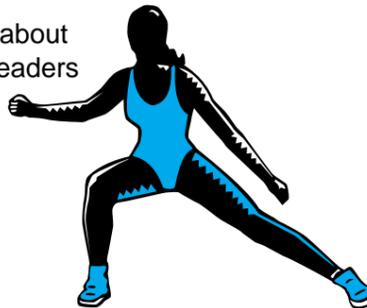


Individuals pictured in back (left to right) are: Bennard R. Jackson, Preston Holiday, Minnie Tsingine, Alexander Osif, Deann Keetso, Brooke Holiday, Betty Redhair, and Jeannette Honahnie. Individuals pictured front row (left to right) are: Laurie Begay, Evelina Maho, Jerilyn Slim, Gwendolyn Riggs, Lorraine Thomas and Louis Sahu Palmer.

Congratulations to the New Aerobic Instructors

The Rez Fitness Leaders are comprised of individuals from HPDP, Employees of TCRHCC, Navajo Health Education Program, School Health Coordinators, Community Members, Kayenta Health Center, Kaibeto Community Volunteers, Tonalea Community Volunteers, Navajo Special Diabetes local staff.

To Learn More about the Rez Fitness Leaders Program call Jerilyn Slim at 283-1425.



2009 Kangaroo Boot Camps

The Tuba City Health Promotion Program will be offering the 2009 Kangaroo Boot Camps. Kangaroo Boot Camp (KBC) is an after-school program for children grades K – 2. The purpose of Kangaroo Boot Camp is to provide opportunities to improve and maintain the health and fitness of our local youth through offering physical activity and nutrition education sessions to address the increasing rates of childhood obesity. This particular program is designed to take place within the school setting. Kangaroo Boot Camp offers kids the opportunity to become physically active for an hour and a half once a week for four weeks.



If you have a child or know of a child looking for something to do after-school, inquire with their School Wellness Coordinator about registering for Kangaroo Boot Camp. The program is free and open to children in grades K-2nd.

2009 Kangaroo Boot Camp schedule:

- Rocky Ridge Boarding School 3:30P-5P (DST), March 3 & March 10
- Tuba City Primary School 3:30P-5P (DST), March 4, 11, 25, & April 1
- Kaibeto Boarding School 3:30P-5P (DST), March 5, 12, 26 & April 2
- Dzil Libei Elementary School 3:30P-5P (DST), April 1, 8, 15 & 22

If you would like more information, contact the HPDP office at 928-283-1420/1422.

Health Promotion/
Disease Prevention:
(928) 283-1420



Tuba City FAMILY Wellness Center

In partnership with Rez Fitness Leaders • Health Promotion/Disease Prevention

Group Fitness Class Schedule 6:00 a.m. - 9:00 p.m. (DST)
Times subject to change. Inquire at: (928) 283-3058



MONDAY
12:00 p.m. Step Aerobics w/ Preston
6:30 p.m. Step Aerobics w/ Jeri
6:30 p.m. Beginning Spinning w/ Sam
7:45 p.m. Intermediate Spinning w/ Sam

WEDNESDAY
12:00 p.m. Step Aerobics w/ Laverne
6:30 p.m. Beginning Spinning w/ Sam
7:45 p.m. Intermediate Spinning w/ Sam

FRIDAY
12:00 p.m. Step Aerobics w/ Laverne
6:30 p.m. Beginning Spinning w/ Sam
7:00 p.m. Zumba w/ Jimmie
7:45 p.m. Intermediate Spinning w/ Sam

TUESDAY
12:00 p.m. Stretch & Tone w/ Elida
12:00 p.m. Spinning w/ Laverne
5:30 p.m. Aerobics w/ Minnie
7:00 p.m. Step Aerobics w/ Lavern

THURSDAY
12:00 p.m. Stretch & Tone w/ Elida
12:00 p.m. Spinning w/ Laverne
6:00 p.m. Martial Arts w/ Julie
7:00 p.m. Kickboxing w/ Jimmie

Healthy Living 101

HL101 is a series of classes that help individuals & families develop healthy lifestyles.
Classes are Free and Open to All!

March 11 Portion Distortion
March 25 Food Label Reading
April 8 Pilates
April 22 Sleep 101
May 6 Stress Management

12:00 p.m. - 1:00 p.m.
Health Promotion Building - Classroom
(East of the TCRHCC Hospital)
Location and time subject to change.

TCRHCC HEALTH PROMOTION DISEASE PREVENTION
(928)283-1427, BROOKE.HOLJAHN@TCHHEALTH.ORG

**Tuba City Health Promotion
2009 Co-ed Volleyball League**

The Tuba City Health Promotion Program is 2009 Coed Volleyball League already in progress. Two divisions are being offered: Blue Division (non-competitive) and Gold Division (competitive). The league will run from March 9th to April 27th. Games are held on Monday evenings from 6pm to 8pm (DST) at the Tuba City High School Pavilion. The league is no longer accepting new team registration packets; however, additions to a team roster can still be made until April 6, 2009. Come out and join us for some explosive fun!

For more information, please contact :
Tuba City Health Promotion Program at
(928) 283-1420/1422



TUBA CITY REGIONAL HEALTH CARE CORPORATION
Main Telephone Switchboard (928) 283-2501
Emergencies: Call Navajo Nation Police (928) 283-3111

- Adult Walk-In Clinic** 283-2669
 - Monday - Thursday: 8:00 a.m. - 5:00 p.m. (After hours go to Emergency Room)
 - Friday: 8:00 a.m. - 6:00 p.m.

- Family Medicine Clinic** 283-2458
 - Monday - Friday: 8:00 a.m. - 5:00 p.m. (Some evening hours available.)

- Pediatric Clinic** 283-2679
 - **Walk-in Patients**
Monday - Thursday: 8:00 a.m. - 5:00 p.m.
Friday: 8:00 a.m. - 4:00 p.m.
 - **Appointments:**
Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.
Thursday: 8:00 a.m. - 12:00 p.m.

- Outpatient Pharmacy** 283-2754
 - Monday - Thursday: 8:00 a.m. - 9:00 p.m.
 - Friday: 8:00 a.m. - 7:00 p.m.
 - 24-Hour Pharmacy refill line: 283-1350

- Cardiac Rehabilitation** 283-2960
 - Monday, Wednesday, Friday: 8:00 a.m. - 12:00 p.m. (In Physical Therapy Department)

- Dental Clinic** Tuba City: 283-2672
Cameron: 213-8161
 - **Tuba City**
Monday - Friday: 7:00 a.m. - 5:00 p.m. (Thursday afternoons - urgent care only)
 - **Cameron**
Wednesday & Thursday: 7:00 a.m. - 4:30 p.m.

- Diabetes/Internal Medicine** 283-2689
 - Monday - Friday: 8:00 a.m. - 5:00 p.m. (Some evening hours available by appointment only.)

- Diabetes Education Program** 283-2895
 - **Appointments and walk-ins**
Monday - Friday: 8:00 a.m. - 5:00 p.m.
- Abdul Baco: 283-2895 - Ruby Whitethorne: 283-2963
- Health Technicians: 283-2693

- Ear/Nose Throat (ENT) Clinic** 283-2974
 - Monday - Wednesdays: 8:30 a.m. - 5:00 p.m. (By referral only)

- Environmental Health** 283-2844
 - **Car Seat Day**
Every Thursday: 8:00 a.m. - 5:00 p.m.

- Eye Clinic** 283-2748
 - Monday - Friday: 7:00 a.m. - 5:00 p.m.

- HP/DP**
 - Health Promotion Program 283-1429/1420
 - Diabetes Prevention Program 283-1429/1420 (Located on the east side of TCRHCC)

- Mental Health** 283-2831
 - Monday - Friday: 7:00 a.m. - 6:00 p.m.

- OB/Gyn Clinic (Women's Health)** 283-2460
 - Monday - Friday: 8:00 a.m. - 5:00 p.m., except Tuesday start at 9:30 a.m.

- Occupational Therapy/ Speech Therapy** 283-2593/2594
 - Monday - Friday: 8:00 a.m. - 5:00 p.m.

- Orthopedic Clinic/Surgical** 283-2660
 - **Orthopedic Clinic**
Tuesday: 8:00 a.m. - 5:00 p.m.,
Thursday: 8:00 a.m. - 12:00 noon
 - **Urology, Podiatry & Surgery**
Monday - Friday: 8:00 a.m. - 5:00 p.m. (Call for specific clinic times)

- Physical Therapy** 283-2659
 - Monday - Wednesday & Friday: 8:00 a.m. - 5:00 p.m.,
Thursday: 8:00 a.m. - 12:00 noon

- Respiratory Therapy** 283-2596/2572
 - Everyday 24 hours a day

- Extended Hours (Evening Clinics)**
 - Selected nights, Monday - Thursday
 - Diabetes Prevention: 283-2689
 - Diabetes/Internal Medicine: 283-2689

- Dinnebito Clinic** 725-3110
 - Tuesdays: 10:00 a.m. - 2:00 p.m., (except holidays)
 - Diabetes Clinic: Quarterly

- Urgent Care Clinic**
 - Monday - Friday: 4:00 p.m. - 12:00 midnight
 - For patients in need of medical care after normal, daily Walk-in hours.
 - Go to the Emergency Department to be screened and registered - shorter waiting times for less severe, non-life threatening medical needs.
 - All ages. No appointment necessary.

CONTRACT HEALTH SERVICES (CHS)
Toll-Free Telephone: 1-866-944-7601

Call the TCRHCC Contract Health Office before you seek non-emergency services or appointments at any medical facility or with any medical provider other than TCRHCC. You are not automatically covered for payment with Contract Health Funds!

In the event of emergency medical care (severe or life-threatening) away from TCRHCC or any other IHS/638 facility you have 72 hours to call and notify Contract Health to begin the process to qualify for payment.

Failure to follow CHS procedures may mean you are fully responsible for all charges.

The Tuba City Regional Health Care Corporation consists of a 73-bed acute care referral hospital and integrated health system. It provides a broad range of outpatient specialized care services in addition to inpatient care. The patient population includes Navajo, Hopi and San Juan Southern Paiute.

YOUR HEALTH

As the workplace has changed dramatically over the years, an employee's personal health and safety is a major concern and can sometimes be seen as a challenge. There are many risk factors in the workplace that can create fatigue, discomfort, injury and even emotional stress.

What is ergonomics?

Webster's New World Dictionary defines ergonomics as *'the study of the problems people have in adjusting to their environment; especially the science that seeks to adopt worker conditions to suit the worker.'* Ergonomics is designed to create workstations and strategies that are safe and comfortable for the body. The goal of ergonomics is to reduce the fatigue, discomfort, injury and emotional stress.

Learn how to reduce your risk of injury with a few easy tips and suggestions:

- Avoid sitting in one place for long periods of time, this can slow blood circulation. Choose the right chair and refrain from positions that strain nerves and muscles of the body, such as sitting on one foot or leaning on your elbow.
- Prevent awkward positions by adjusting your monitor and keyboard so that it is not too high, too low, or off to one side. Place the monitor 18 to 30 inches away from your eyes. Alternate between the keyboard and mouse to provide a recovery pause.
- Adjust the height of the chair so that there is contact between the seat back and the curve of your back. If your chair needs to be adjusted high, use a footrest to support your legs.
- Lift with the legs and not the back; this is because the leg muscles are larger and better positioned over the knees and hips. Keep objects close to your body at waist level to help reduce leverage on the spine.
- Push, rather than pull. Pushing puts your legs in a position to do the work. Pulling puts your body in a natural forward-bent position. (OSHA, 2007)



Take measures to prevent injury now before having problems. You can't take preventative measures if you aren't aware of the dangers.



 www.TCHEALTH.org

Tuba City Regional Health Care Corporation
Healthy Directions
 Community Information
 Vincent Shirley, CHC
 P.O. Box 600 • Tuba City, Arizona 86045
 (928) 283-2078