HEALTH CARE APPRECIATION

CROSS COUNTRY FOR A CAUSE

Dr. Katherine Jeter explains why she is cycling 3,100 miles to raise awareness for a vital field of nursing

Locum tenens
For the semi-retired physician

Workforce shortage
Overwhelming deficit, growing demand

Educating our youth
How critical they are to our future
For the past 40 years, we’ve weathered shortages of nurses and doctors, with this issue ebbing and flowing since the health care industry exploded in the 1970s.

A resolution on the horizon

Our country’s health care system and higher education institutions met these challenges head-on and did a yeoman’s job of preparing our workforce to meet the health care needs of our nation. That is until now. Health care reform coupled with the beginning of the mass exodus of one of our country’s largest generations, the baby boomers, have put a strain on our nation’s hospitals and health care centers that may alter our delivery of services forever.

We need highly-skilled people to fill these new, well-paying jobs being created in health care centers by targeting our nation’s youth hold the solutions to issues currently facing our nation. In 2010, the Chicago Public School System, with support from the Instituto del Progreso, the Metropolitan Chicago Healthcare Council (MCHC) and other partners, opened the Instituto Health Science Career Academy (IHSCA). IHSCA is a charter high school dedicated to preparing our next generation of doctors, nurses and allied health professionals for success in college and entry-level positions in the health care industry.

Increasing our workforce

More inventive approaches, like IHSCA, are needed to increase our health care workforce. This “grow your own” approach to addressing the workforce shortage doesn’t stop with our youngest citizens. You will read in this issue about efforts that are under way to strengthen our skilled workforce in hospitals and health care centers by targeting existing staff working in entry-level positions. MCHC is also helping master’s prepared nurses learn the skills necessary to teach at nursing schools. By growing the number of available teachers for associate and baccalaureate nursing programs we can increase student capacity and continue to educate the next generation of nurses.

The ingenuity that has been harnessed to change the health care workforce is impressive and historic. We must remain committed to identifying innovative solutions to this workforce shortage as it is estimated that more than 37,600 new hospital jobs will be created in the metropolitan Chicago area alone by 2020. I believe that the implementation of health care reform and the continuation of our region’s world-renown health care hinges on the successful resolution of the health care workforce shortage.

We recommend

Therus Kolff speaks about a new environment for physicians.

“Locum tenens is very important because it allows physicians to semi-retire.”

My life as an occupational therapist p. 4 Donna Reigstad speaks about her role working with children living with autism.

Becoming a member of your professional organization p. 6 ILOTA highlights the networking opportunities and lobbying benefits.

Mepilex® Border Ag

The less painful way to target bacteria
After a year-long multi-million dollar total top-to-bottom renovation, Alden Estates of Skokie on Old Orchard Road is set to open in late April. It will be the only short-term orthopedic recovery center on the North Shore.

“I am looking forward to welcoming our guests to such a premier facility,” says Lindsay Broadbent, Administrator. “My staff and I are ready to help guests recovering from hip and knee surgeries get back on their feet and home as quickly and safely as possible.”

An Environment Conducive to Recovery
Alden Estates of Skokie will offer health care in a five-star, healing environment. Each of the 23 luxurious private rooms feature en suite bathrooms, personally selected artwork, flat screen televisions, wood blinds, quartz-top nightstands, built-in wardrobes featuring shelves for personal effects and more.

Overlooking a golf course, Alden Estates of Skokie is built around a central courtyard where guests can walk around or sit and read a book. A built-in fish tank, large aviary, ice cream parlor, complimentary WiFi, side patio with flat screen television and restaurant dining with four-course, made-to-order meals at lunch and dinner as well as an a la carte menu, add to guests’ recovery experience.

State-Of-The-Art Therapy Program and Center
The Optimal Rehabilitation Program and Therapy Center offer state-of-the-art therapy equipment and physical, occupational and speech therapies up to two times a day, seven days a week to ensure optimal outcomes. State-of-the-art equipment includes a stepper; electrotherapy/ultrasound unit; bike; treadmill; E-stim and short-wave diathermy modalities; and more.

“We have an aggressive and comprehensive Optimal Rehabilitation program for our guests with a length of stay goal of 14 days or less,” says Broadbent.

Highly Trained Staff
Every employee is trained to understand and meet the unique needs of orthopedic guests. All staff must pass a certification course focusing on orthopedic protocols and specific care plans.

“We have all of the right ingredients – aggressive therapy program, wonderful team, five-star amenities - to ensure an exceptional rehab experience,” says Broadbent.

For More Information
Alden Estates of Skokie
Specializing in Short-Term Orthopedic Recovery
4626 Old Orchard Road, Skokie
847-676-4800
www.aldenestatesofskokie.com
When Dr. Katherine Jeter began cycling at age 69 after battling breast cancer, she never knew how far it would take her or how many people she could help.

Since March 4, 2011, Jeter, now 72, has been cycling cross country—from San Diego to St. Augustine, Florida—to raise $200,000 for scholarships for Wound, Ostomy and Continence Nurses (WOCN).

A founding member of the WOCN Foundation, Jeter was inspired at a June 2010 meeting, after hearing of a decline in WOC nurses. She feels most new nurses are unfamiliar with the specialty and uneasy about the work involved.

“It is not until they have the chance to work with a WOC nurse and they see this is the essence of nursing,” she says. “They just get a whole new perspective because that is why they went into nursing in the first place—to take care of people.”

Journey fueled by passion and compassion

**Question:** How has one woman helped gain recognition for a perhaps underappreciated field of nursing?

**Answer:** By cycling across the country to raise scholarship dollars—and awareness.

**If you’re looking for a rewarding career in the service field that is grounded in science and you have a creative outlook, occupational therapy may be the right field for you.**

I am an occupational therapist (OT) at the Kennedy Krieger Institute in Baltimore, Md., and have loved every moment of my 30-year career.

Occupational therapists work with people of all ages to help them participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). As an occupational therapist at Kennedy Krieger’s Center of Autism and Related Disorders, I am part of a multidisciplinary team that works with families of children with autism. Children with autism may have difficulty with the day-to-day activities that we normally take for granted, such as putting on socks, playtime activities like drawing or even eating certain types of foods (e.g., sticky or wet foods).

My role as an OT involves evaluating a child’s daily occupations (e.g., play, fine motor abilities, activities of daily living—like feeding, dressing) and providing practical strategies to improve these activities. I work with parents to develop these strategies so they can work with the child in the home.

Working with a child with autism is different than working with typical developing child. It takes a little more time and effort to develop a strong relationship with a child with autism. But when you do, it’s the most rewarding feeling in the world.

When Dr. Katherine Jeter began cycling at age 69 after battling breast cancer, she never knew how far it would take her or how many people she could help.

Since March 4, 2011, Jeter, now 72, has been cycling cross country—from San Diego to St. Augustine, Florida—to raise $200,000 for scholarships for Wound, Ostomy and Continence Nurses (WOCN).

A founding member of the WOCN Foundation, Jeter was inspired at a June 2010 meeting, after hearing of a decline in WOC nurses. She feels most new nurses are unfamiliar with the specialty and uneasy about the work involved.

“It is not until they have the chance to work with a WOC nurse and they see this is the essence of nursing,” she says. “They just get a whole new perspective because that is why they went into nursing in the first place—to take care of people.”

“Zest for life”

“When I went to college at 16, the advisor asked me what I wanted to do and I said ‘I just want to help people,’” Jeter says. Leaving college early to start her family, Jeter entered health care when her middle child, John, was born with a bladder defect. Alarmed at the lack of available information, Jeter wrote a primer on the subject, illustrated by her husband, Jack, which led to her return to college in 1975.

Spreading her message

Jeter also attributes this drive to Oprah Winfrey, who she says “has taught me to live larger and give bigger.”

She wants all health care professionals to remember the importance of their work.

“‘There is no greater calling than caring for another human being,’” Jeter says. “‘It’s biblical; it’s part of human nature; it’s part of most people’s heart.’

**MY LIFE AS AN OCCATIONAL THERAPIST**

Donna Reigstad, MS, OTR/L
Senior Occupational Therapist
Kennedy Krieger Institute’s Center for Autism and Related Disorders

**fact**

If you’re looking for a rewarding career in the service field that is grounded in science and you have a creative outlook, occupational therapy may be the right field for you.

**my life as an occupational therapist**

I am an occupational therapist (OT) at the Kennedy Krieger Institute in Baltimore, Md., and have loved every moment of my 30-year career.

Occupational therapists work with people of all ages to help them participate in the things they want and need to do through the therapeutic use of everyday activities (occupations). As an occupational therapist at Kennedy Krieger’s Center of Autism and Related Disorders, I am part of a multidisciplinary team that works with families of children with autism. Children with autism may have difficulty with the day-to-day activities that we normally take for granted, such as putting on socks, playtime activities like drawing or even eating certain types of foods (e.g., sticky or wet foods).

My role as an OT involves evaluating a child’s daily occupations (e.g., play, fine motor abilities, activities of daily living—like feeding, dressing) and providing practical strategies to improve these activities. I work with parents to develop these strategies so they can work with the child in the home.

Working with a child with autism is different than working with typical developing child. It takes a little more time and effort to develop a strong relationship with a child with autism. But when you do, it’s the most rewarding feeling in the world.

When Dr. Katherine Jeter began cycling at age 69 after battling breast cancer, she never knew how far it would take her or how many people she could help.

Since March 4, 2011, Jeter, now 72, has been cycling cross country—from San Diego to St. Augustine, Florida—to raise $200,000 for scholarships for Wound, Ostomy and Continence Nurses (WOCN).

A founding member of the WOCN Foundation, Jeter was inspired at a June 2010 meeting, after hearing of a decline in WOC nurses. She feels most new nurses are unfamiliar with the specialty and uneasy about the work involved.

“It is not until they have the chance to work with a WOC nurse and they see this is the essence of nursing,” she says. “They just get a whole new perspective because that is why they went into nursing in the first place—to take care of people.”

“Zest for life”

“When I went to college at 16, the advisor asked me what I wanted to do and I said ‘I just want to help people,’” Jeter says. Leaving college early to start her family, Jeter entered health care when her middle child, John, was born with a bladder defect. Alarmed at the lack of available information, Jeter wrote a primer on the subject, illustrated by her husband, Jack, which led to her return to college in 1975.

Spreading her message

Jeter also attributes this drive to Oprah Winfrey, who she says “has taught me to live larger and give bigger.”

She wants all health care professionals to remember the importance of their work.

“‘There is no greater calling than caring for another human being,’” Jeter says. “‘It’s biblical; it’s part of human nature; it’s part of most people’s heart.’
CME CREDITS KEEP PHYSICIANS ON TOP OF THEIR GAME

With continuous advances in medicine, it is vital for physicians to be aware of new developments in their field.

With this in mind, licensed health care professionals are required to earn Continuing Medical Education Credits, or CMEs.

The need for CME’s
The National Institutes of Health defines CME’s as education activities that strengthen the skills of health care professionals. These credits are authorized by the American Medical Association Physician’s Recognition Award.

According to the American Medical Association (AMA), physicians are required to track their completed credits annually and present them to groups such as licensing boards, hospital boards and insurance groups to approve them to practice. Upon completion of a credit, a transcript or other documentation is issued by the provider.

Finding programs
Physicians can choose from a variety of programs in accordance with their chosen specialty, from neurology to sports medicine. These programs have been evaluated and accredited by the Accreditation Council for Continuing Medical Education (ACCME), based in Chicago, Illinois.

Each state requires a different amount of credits for license registration, ranging from 12-50 CME credits annually in a 2010 AMA report. Some states also require specific credits be completed by physicians, such as courses in risk management or HIV/AIDS.

Keeping physicians up to date provides better care for patients.

Health care and the Baby Boomer population
Defined as anyone born following World War II, between 1946 and 1964, the members of the Baby Boomer Generation are getting older, and requiring additional health care.

In 2009, 12.9 percent of the U.S. population, about 39.6 million Americans, were age 65 or older, according to the U.S. Department of Health & Human Services Administration on Aging, with heart disease and cancer as the two leading causes of death.

These individuals are commonly treated for stroke, respiratory diseases, Alzheimer’s disease, influenza, pneumonia and diabetes. Most have a chronic condition, such as arthritis or hypertension.

With rising health care costs, the AOA found that annual out-of-pocket costs for the older population averaged $4,846 in 2009, compared to $3,126 for the total population.

According to AARP, more than 7,000 Baby Boomers will turn 65-years-old each day in 2011, increasing the need for readily available, quality elderly care.

Dynamic Learning Online, Inc. has been in the forefront of e-learning education for Allied Healthcare Professionals since 2000 who offers a wide variety of accredited courses online for learners.

Choose Courses Prepared by Industry Experts that are...
- Accessible At Your Convenience, 24/7
- A fun way to meet CEU requirements with no restriction on time, place or pace
- Lively, Interactive, and opportunities for instructor engagement
- Cost-efficient: No travel, no time away from work

Dynamic holds the national, international and state accreditations for its online courses and has developed a learning community of thousands of therapists within Rehabilitation Organizations, Universities, Hospital and Associations.

Act Now... we want you to join our e-learning community! Visit our site at www.dynamicgrp.com, register for a course using “Contact Me” method of payment and entering ref code 32011CST, and we will contact you to process a 20% discount!
As a practicing nurse for more than 25 years, I’ve seen firsthand the issues facing the health care industry in educating and maintaining a large, highly-skilled workforce.

Education: The critical component

Hospitals and other health care organizations are facing historic workforce shortfalls. The growing number of aging baby boomers and the realization of national health care reform will strain the health care safety net, making it difficult for hospitals and clinics to muster the manpower required to provide medical care to those in need.

In Illinois alone, there will be an estimated shortage of 21,000 nurses by 2020, according to the Illinois Department of Employment Security. Nursing isn’t the only specialty in need of more skilled workers. The demand for both physical therapy assistants and home health aides in the metro Chicago area is expected to more than double by 2016.

Start young
We need to use this data as a catalyst to action and identify long-term solutions to our workforce shortage, starting with K-12 education. These solutions should support high school reform with a focus on improving transitions into both college and careers, ensuring the development of a well-educated workforce ready for a modern global economy. In Illinois, only 50 percent of 11th graders meet state science education standards. There is a great need for more comprehensive science and math programs and the establishment of a statewide program for the National Career Readiness Certificate.

Fostering students’ interest and knowledge of math and science can’t stop in high school. Most health sciences certificate or degree programs are academically rigorous. Currently, only three out of five students admitted to these programs actually graduate. Students need to have strong support systems in place in order to be successful. We at the Metropolitan Chicago Healthcare Council (MCHC) have partnered with other organizations to provide services such as academic tutoring, professional mentors and case management to students in several nursing programs in the metro area. Early results from these initiatives show that success is possible with minimal monetary investment.

The necessary tools
Hospitals have also been looking at their pool of current employees to expand their clinical workforce with a program called School at Work, a career ladder program that targets entry-level hospital workers to offer job skills training in health care facilities. The education and support system provided by School at Work helps employees advance their skill sets and encourages them to pursue advanced degrees in health care. MCHC helped to bring this program, created by Catalyst Learning Company, to 13 hospitals in the metro area.

Education, from K-12 through employment, is a critical component to solving the workforce shortage. By offering students and health care staff alike the tools needed to enhance their science and math skills, we will be able to continue to provide high-level care to our communities.

Physicians find alternative path

After witnessing the burnout of doctors working in rural areas, Therus Kolff saw an opportunity to help meet the needs of both the physicians and the communities they served.

While attending the University of Utah Medical School, he started CompHealth (now CHG Healthcare Services), to provide locum tenens—doctors who fill in for physicians, either temporarily or permanently.

A new environment
One of the main benefits of this practice is that it removes physicians from the business side of health care, so they can focus more on their patients and remain motivated, Kolff says.

According to Kolff, locum tenens physicians fall into three categories. The first are new physicians who are not sure what type of environment they want to work in. Second are physicians that are either in transition from their previous work environment or those with additional interests or careers. Last are highly skilled, older physicians who do not want to leave medical work entirely.

“Locum tenens is very important because it allows physicians to semi-retire,” Kolff says.

Moving health care forward
With reforms in health care, Kolff says the U.S. needs physicians educated within the country, as more and more Americans obtain insurance and the elderly population grows.

“We are still putting out the same number of physicians, but we have 30 percent more people living in the United States,” Kolff says. “We don’t have enough physicians in the U.S.”

Locum tenens today
Kolff remained CEO of CompHealth until 1994, and now serves as Healthcare Strategic Advisor. Today, CompHealth is a $300 million company that paved the way for a multi-billion-dollar industry.

“One of the things that was really sort of key early on, and it persists today, is almost a fanatical attention to detail,” he says. “We believe very strongly in quality care.”
There are those who assume someone else will step up to help. And then there are nurses.

Take your energy and compassion and turn it into a career you’ll love. Explore a wide variety of career opportunities in nursing. Experience the adrenaline rush of working in the ER, the heartwarming rewards of pediatrics or the excitement of traveling the world as a nurse. Launch your nursing career on the fast track with Chamberlain’s 3-year Bachelor of Science in Nursing degree.*

Building on over 120-years of excellence in nursing education, Chamberlain offers accredited** degree programs to launch or advance your nursing career. Discover the nurse in you.

LEARN MORE - UPCOMING EVENTS:

- Open House: Wednesday, May 4th, 4pm - 7pm
- Experience Nursing Day: Wednesday, May 4th, 9am – 12pm
  (Open to high school Juniors and Seniors)

Visit chamberlain.edu/events to RSVP or for more information

CHAMBERLAIN
College of Nursing
chamberlain.edu

There are those who assume someone else will step up to help. And then there are nurses.

Take your energy and compassion and turn it into a career you’ll love. Explore a wide variety of career opportunities in nursing. Experience the adrenaline rush of working in the ER, the heartwarming rewards of pediatrics or the excitement of traveling the world as a nurse. Launch your nursing career on the fast track with Chamberlain’s 3-year Bachelor of Science in Nursing degree.*

Building on over 120-years of excellence in nursing education, Chamberlain offers accredited** degree programs to launch or advance your nursing career. Discover the nurse in you.

LEARN MORE - UPCOMING EVENTS:

- Open House: Wednesday, May 4th, 4pm - 7pm
- Experience Nursing Day: Wednesday, May 4th, 9am – 12pm
  (Open to high school Juniors and Seniors)

Visit chamberlain.edu/events to RSVP or for more information

CHAMBERLAIN
College of Nursing
chamberlain.edu

There are those who assume someone else will step up to help. And then there are nurses.

Take your energy and compassion and turn it into a career you’ll love. Explore a wide variety of career opportunities in nursing. Experience the adrenaline rush of working in the ER, the heartwarming rewards of pediatrics or the excitement of traveling the world as a nurse. Launch your nursing career on the fast track with Chamberlain’s 3-year Bachelor of Science in Nursing degree.*

Building on over 120-years of excellence in nursing education, Chamberlain offers accredited** degree programs to launch or advance your nursing career. Discover the nurse in you.

LEARN MORE - UPCOMING EVENTS:

- Open House: Wednesday, May 4th, 4pm - 7pm
- Experience Nursing Day: Wednesday, May 4th, 9am – 12pm
  (Open to high school Juniors and Seniors)

Visit chamberlain.edu/events to RSVP or for more information

CHAMBERLAIN
College of Nursing
chamberlain.edu

There are those who assume someone else will step up to help. And then there are nurses.

Take your energy and compassion and turn it into a career you’ll love. Explore a wide variety of career opportunities in nursing. Experience the adrenaline rush of working in the ER, the heartwarming rewards of pediatrics or the excitement of traveling the world as a nurse. Launch your nursing career on the fast track with Chamberlain’s 3-year Bachelor of Science in Nursing degree.*

Building on over 120-years of excellence in nursing education, Chamberlain offers accredited** degree programs to launch or advance your nursing career. Discover the nurse in you.

LEARN MORE - UPCOMING EVENTS:

- Open House: Wednesday, May 4th, 4pm - 7pm
- Experience Nursing Day: Wednesday, May 4th, 9am – 12pm
  (Open to high school Juniors and Seniors)

Visit chamberlain.edu/events to RSVP or for more information

CHAMBERLAIN
College of Nursing
chamberlain.edu

There are those who assume someone else will step up to help. And then there are nurses.

Take your energy and compassion and turn it into a career you’ll love. Explore a wide variety of career opportunities in nursing. Experience the adrenaline rush of working in the ER, the heartwarming rewards of pediatrics or the excitement of traveling the world as a nurse. Launch your nursing career on the fast track with Chamberlain’s 3-year Bachelor of Science in Nursing degree.*

Building on over 120-years of excellence in nursing education, Chamberlain offers accredited** degree programs to launch or advance your nursing career. Discover the nurse in you.
You see your future.
We see a physician.

Ross University has graduated over 7,700 successful physicians who are practicing in all 50 states including over 400 in Illinois.
We place more graduates into US residencies annually than any school in the world.
All clinical rotations at US teaching hospitals.
Eligible Ross students receive US federal loans.
98% of students are residents of the US or Canada.

For more details or to apply online, visit RossU.edu
Admissions@RossU.edu 877-ROSS-EDU (877-767-7338)

Matthew Dashnaw, MD ’09 Neurosurgery Resident