



# Hendricks Regional Health CHRONICLES

HENDRICKS REGIONAL HEALTH CHRONICLES | VOL. 4 - ISSUE 5 | HENDRICKS.ORG

## RESPECTING PATIENTS' NEEDS WITH ULTRASOUND USE IN SPORTS MEDICINE



Dr. David Harsha is board-certified in musculoskeletal ultrasound and has utilized the technology for over a decade. Ultrasound imaging is less expensive than an MRI and can sometimes be used as an alternative option to view suspected stress fractures not visible with an MRI test.

Ultrasounds are a common prenatal test for many expecting mothers. At Hendricks Regional Health, this same technology is being used to capture an in-depth look at sports-related injuries.

Dr. David Harsha, MD, CAQSM, FFAFP, RMSK, of Hendricks Orthopedics and Sports Medicine recently became board certified in Musculoskeletal Ultrasonography. He uses the ultrasound machine up to ten times a day to diagnose and treat injuries, whether he's working with patients in his office or with athletes on the sidelines and in training rooms.

According to Dr. Harsha, ultrasound brings with it a number of benefits. "Using ultrasound reduces the risk of bleeding and nerve injuries," Harsha explained.

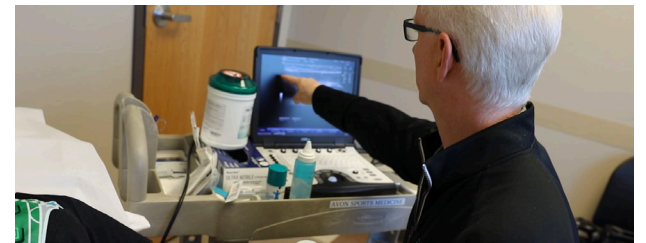
"For example, we can use this tool to ensure an injection goes directly into a joint without hitting nerves and blood vessels."

The cost of this technology is also another huge benefit. "The use of ultrasound to treat sport injuries is becoming more popular in the United States because it's less expensive than an MRI and can often provide us with the same information," said Dr. Harsha.

HRH patients with hematomas, Baker's cysts, tennis or golf elbow, carpal tunnel or just aches and pains in their joints or ligaments can potentially benefit from the use of musculoskeletal ultrasound. Dr. Harsha relies on the machine whenever he suspects, but needs to verify, an injury by looking directly at the tissue involved.

"It's exciting how we are able to use existing technology in innovative new ways to enhance treatment," said HRH President and CEO Kevin Speer. "It is also an opportunity to save time and expense for our patients. As the healthcare industry continues to move towards a more retail model, this is more important now than ever before."

To schedule an evaluation with Dr. Harsha, please call **(317) 718-4676**.



## COLLABORATION IS IN HIS FAMILY ROOTS

HRH Vice President and Chief Physician Practice Management Officer Michael Kirschner knew at a young age he wanted to go into business. He also wanted to give back to his community. While in college, a professor's unexpected suggestion set him down a career path that would enable him to do both.

"My accounting professor said health care would soon be in need of good financial managers to help with the expected rise in healthcare costs," Kirschner said. "I was interested in making health care more affordable to all those who needed it."

In his role, Kirschner collaborates with providers across HRH Medical Group to support new engagement strategies and our growing services. "We have a shared goal to expand HRH's Medical Group with the same outstanding caliber of physicians and providers we have now."

Kirschner learned the art of collaboration at a young age. As one of 12 children, his family found it easy to get games together in their Indianapolis neighborhood. "We could field our own team," he laughed.

Kirschner still finds time to play games, now with 8-year-old Jayden, whom he is in the process of adopting. "He's an active boy. We camp together, fish, play basketball and ride bikes."

Jayden also may prompt Kirschner to come out of retirement in one area. "I have a thoroughbred we retired from eventing years ago. Jayden now says he wants to get into horses, so I may get another one."

Kirschner is also exploring opportunities for future growth at HRH. "An unprecedented number of new primary care and specialty providers are joining HRH," said HRH President and CEO Kevin Speer. "Michael's relationship-building approach will help us continue this trend."

Kirschner agrees the HRH Medical Group is positioned for growth. "The teamwork among HRH providers is amazing. They are passionate about the quality of care for patients, committed to their community and show tremendous respect to one another. Our combined efforts can bring more new services to our area so our patients don't have to leave Hendricks County for care."



Congrats to Michael Kirschner, CPA, on his new role as HRH Vice President and Chief Physician Practice Management Officer!

# CARDIAC REHAB **ENGAGES** & **EMPOWERS** HEART PATIENTS



Cardiac rehabilitation helps patients recover and build strength to get their hearts back to good health.

This year marks the 30th anniversary of cardiac rehabilitation at Hendricks Regional Health. “It’s incredible how much the program has grown,” said Kevin Speer, HRH President and CEO. “What started in a small hospital room with a treadmill and stationary bike is now offered at our Brownsburg and Danville hospitals and the HRH Avon YMCA.”

Those who participate in cardiac rehabilitation have experienced events and conditions such as a heart attack, heart failure, stable angina, cardiomyopathy, heart transplant and more. “Attending cardiac rehab for these patients is as important as undergoing physical therapy after hip surgery,” added Jan Hesler, RN, Cardiac Rehab Clinical Manager.

During the 12-week rehab program, participants are given a personalized exercise prescription and provided with nutritional guidance, medication management and further instructions for activity. “The education and knowledge provided to patients equips them with the skills they need to safely exercise in any facility or gym,” said Jo Ann Morton, Director of Cardiac and Pulmonary Rehabilitation and Intensive Care Unit.

Exercise Physiologist Amy Larkin supports cardiac rehab patients by providing education as well as monitoring their heart rhythm, heart rate and blood pressure while exercising. “I love watching the progress of our patients, and helping them relax and enjoy themselves while they are here. It’s amazing to see the relationships and sense of community that develops.”

“I’ve been here for 13 years and have heard many great stories,” Amy continued. “Most stories are about patients starting out debilitated and very weak. By the end of the program, they feel great. One patient with a low ejection fraction was able to get back to normal because of cardiac rehab and had to be discharged early.”

In addition to education and exercise support, a vital tool in each patient’s emotional recovery after a cardiac event is the support and camaraderie shared by other patients. As they exercise together, they swap experiences and concerns, and help each other along the path of healing.

“Most patients see a huge difference from the beginning to the end of the program,” explained Amy. “It helps strengthen their heart; they become more educated about their situation and new lifestyle; it helps with depression; and they like the social aspect that comes out of it. Our patients notice how much we care about them and what we do.”

To learn more about the program, visit [HENDRICKS.ORG/CARDIAC-REHABILITATION](http://HENDRICKS.ORG/CARDIAC-REHABILITATION).

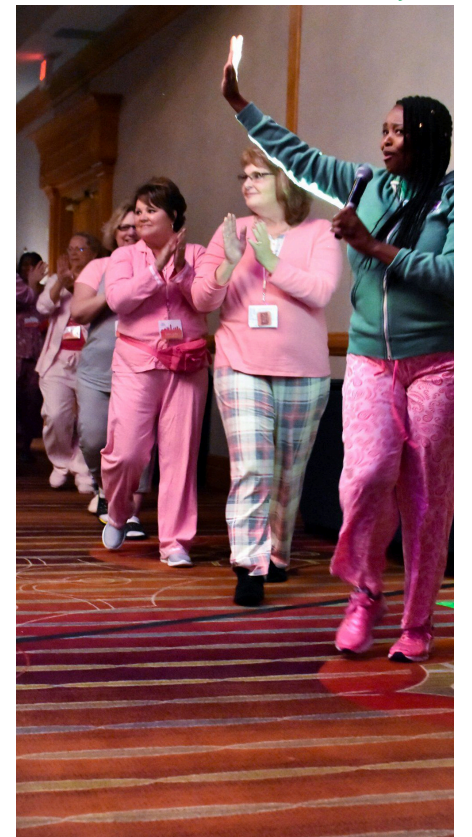
## Living The **HENDRICKS** Way



We are thankful to the members of Avon United Methodist Church who recently donated stuffed animals to give to HRH patients.



Heroes unite! Many HRH associates attended and volunteered at the 14th Annual I.W.I.N. Foundation Pink Pajama Party in February. All ticket sales and donations support women in our community who are receiving breast cancer treatment.



HRH Plastic & Reconstructive Surgery now offers in-house 3D areola/nipple tattoo reconstruction. Welcome to the team, Mary!



Girl Scouts from the Danwood Service Unit donated a gift basket full of clothes, books, diapers and toys, in addition to a free Girl Scouts membership, to a baby girl born at HRH in honor of “National Girl Scouts Day” celebrated on March 12.



Share your event photos with us for use in a future Chronicles! Send photos to: [HENDRICKSREGIONALHEALTH@GMAIL.COM](mailto:HENDRICKSREGIONALHEALTH@GMAIL.COM)