

FEELING



Advancing wellness with physiatry

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Many people who have just started a new fitness routine and increased their recreational activities find that shortly after lacing up those athletic shoes and working out creates a sharp muscle pain, a “click” in the neck, or “pop” in the knee that suddenly returns.

It can be a sad reminder of a nagging injury that keeps returning.

Next you may be thinking of the right doctor to visit and may be worrying that the injury leads to possible surgery. What to do and who to see?

You might start with a physiatrist, pronounced fizz eye at rist. They are medical doctors who have completed training in the medical specialty of physical medicine and rehabilitation. You can consider them specialists in exercise and rehabilitation because they treat injuries and illnesses that affect how you move. They are experts in matters relating to nerves, muscles, and bones.

Physiatrists do differ from physical therapists, chiropractors and orthopedists in terms of treatment focus and years of study. A physiatrist studies about twice as long as a chiropractor and physical therapist to complete



Dr. Medina Sanchez

their training and obtain their M.D. They spend many years of study on how to keep you out of the operating room. But if surgery is needed to fix that frustrating injury, a physiatrist will be the first one to let you know.

According to the American Academy of Physical Medicine and Rehabilitation, “The role of the physiatrist is to manage a patient’s medical issues as they participate through the rehabilitation process. A physiatrist will assess the patient and assure that the patient is medically stable to participate in therapies.”

Dr. Medina Sanchez, board certified in Physical Medicine and Rehabilitation, is the practicing physiatrist who leads the team of therapists at Spring Lake Rehabilitation Center in Winter Haven Florida said, “I’d like to think that we treat the whole person, not just the injury.”

His patient-centered view earned him the title of chief resident during his senior year of residency in Physical Medicine & Rehabilitation at Marianjoy Rehabilitation Hospital in Wheaton, Ill. He then went on to sub-specialize in Interventional Spine and Pain Management at Florida Spine Institute in Clearwater.

Sanchez reports that a physiatrist’s view may allow the best treatment to restore maximum function lost by an injury, illness or disabling condition and it also enables them to diagnose and prescribe an effective treatment for pain.

“Many times the best treatment is a non-surgical approach especially



PHOTO PROVIDED

Physiatrists are medical doctors who have completed training in the medical specialty of physical medicine and rehabilitation.

if it’s coupled with positive patient education on their specific condition,” Sanchez said.

One quick look in your yellow pages

will inform you that a physiatrist is hard to find but may prove to be worth the search when it comes to physical injury.

PSC’s nursing program gets national accreditation

Just a year into its existence, Polk State’s Bachelor of Science in Nursing program has received accreditation from the National League for Nursing Accrediting Commission.

“What this means is that Polk State is meeting strict national standards for everything from its curriculum to its facilities to its resources,” said Polk State Nursing Director Annette Hutcherson.

Polk State’s BSN program launched in fall 2011, and NLNAC site assessors visited the program last October, when they recommended accreditation be granted.

In March, the NLNAC’s commissioners met and approved the recommendation for accreditation, which was granted retroactively to the 2012

site visit.

Therefore, Hutcherson explained, accreditation was achieved just a year after the launch of the program.

“On behalf of the Board of Commissioners, we thank you for your commitment to quality nursing education,” wrote Sharon Tanner, chief executive officer of NLNAC in a letter to Hutcherson announcing the accreditation.

Hutcherson said the recently acquired accreditation is more than a point of pride for the College, it also directly aligns with its ultimate mission of helping students to succeed.

“One of the requirements for many graduate nursing programs is that students have a baccalaureate degree

from a nationally accredited program.”

Free diabetic class offered May 10

The Polk Health Care Plan has a free Diabetic Class for Polk County residents from 2-4 p.m. Friday, May 10, at Trinity Worship Center, 2795 N. 10 St., Haines City.

To reserve seats, residents should call 863-519-2041 or 863-519-2066.

“With diabetes becoming a serious problem in Polk County, the Polk Health Care Plan felt it was important to offer these free classes to residents,” said Marilyn Sylvia, a community nurse for the county. “We strongly believe the best way to mitigate the damage diabetes has caused our residents is to arm them with the knowledge they need to combat the disease.”

Diabetic Classes will include a general overview of the disease process, highlighting ways to prevent, detect and treat the complications of diabetes. Educators will also discuss the importance of nutrition, physical activity and weight management in dealing with the disease. They will also talk about blood glucose monitoring and cover the different medications and ways to schedule diabetic checkups.

Classes are from 10 a.m.-noon Monday, April 15 at Medulla Community Center, 1049 Parker Road, Lakeland. From 2-4 p.m. Friday, April 26, Lake Wales Adult Day Care Center, 305 West Central Ave., Lake Wales, and Friday, May 10 at Trinity Worship Center, 2795 N. 10 St. in Haines City.

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