

To Your

HEALTH

WINTER 2015

A health and wellness resource provided by Jefferson Healthcare

**JOINING
FORCES:**
Jefferson
Healthcare's
New Partnership
with WestSound
Orthopaedics

Meeting Higher Standards
for Patient Safety and
Healthcare Equality

Rehab Therapy Helps
Patients Recover

Jefferson
Healthcare



Dear Neighbors,

Welcome to the winter issue of To Your Health and to 2015. For many of us, the new year is a time for retrospection, renewal and commitment to better health and wellness. It is the same for Jefferson Healthcare as we embark on another year of working to improve our community's well-being. 2015 will be a big year for

Jefferson Healthcare in many areas as we work to transform our campus and our delivery system. Pretty exciting stuff; look for more information in future editions of To Your Health.

This issue highlights an exciting clinical partnership we developed in order to expand surgical care services to our community. In September 2014, we expanded our partnership with WestSound Orthopaedics to provide on-site consultations and surgeries as part of our orthopedic clinic. We have collaborated with WestSound over the years, and it was the right time to forge a more permanent and robust partnership. The team of Dr. David King, Dr. Ken Koskella and Dr. Erin Moyer has been well received by everyone from our physicians and healthcare providers to the many people in our area in need of orthopedic services.

This past fall, we received two notifications of awards recognizing outstanding work by the Jefferson Healthcare staff. The first award was from the Washington State Hospital Association. Jefferson Healthcare was one of only 14 hospitals to earn the "Washington State Hospital Association Achieving Best Care" award for outstanding achievement in improving patient safety, and we were a top performer in our hospital classification.

The second was another national award recognizing our commitment to equal rights and respectful, dignified care for all. Jefferson Healthcare was recognized as a Leader in LGBT Healthcare Equality by the Human Rights Campaign (HRC) Foundation. The HRC conducts an annual survey in which we earned top marks for meeting non-discrimination and training criteria that demonstrate our commitment to inclusive care for LGBT patients. Jefferson Healthcare was one of a select group of 426 healthcare facilities nationwide to be named Leaders in LGBT Healthcare Equality. It is our highest priority to provide the best and safest care for our patients without any bias or restrictions. I am proud of our staff's diligent work in achieving these significant awards.

The Jefferson Healthcare Foundation hosted a spectacular gala raising funds for a new 3-D mammography system. This state-of-the-art equipment will be purchased in the first quarter of 2015 and available for our community by early spring. Residents will no longer have to drive out of Jefferson County to have access to the best in preventive screening for breast cancer. The Foundation will continue their fundraising efforts in February. They are planning an event for raising awareness of women's heart disease and expanding our ability to provide the best in cardiology services.

Thank you for your ongoing support of Jefferson Healthcare. Please feel free to drop me a note anytime at mglenn@jeffersonhealthcare.com.

Sincerely,

Mike Glenn
Chief Executive Officer
Jefferson Healthcare



Bringing Better Mammography

Jefferson Healthcare is one step closer to bringing 3-D mammography to Jefferson County residents.

In mid-September 2014, the Jefferson Healthcare Foundation held its inaugural Evening of Hope fundraiser at the Fort Worden Commons to raise money for new 3-D mammography equipment.

"According to our latest community health assessment, breast cancer is the second most common new cancer among Jefferson County residents and the most common new cancer in Washington," says Kate Burke, Marketing Director and Foundation Coordinator at Jefferson Healthcare. "There is an overwhelming need for this technology in our community. Preventive screenings such as mammography can detect breast cancer when it's most treatable."

WHY IT MATTERS

Unlike traditional mammography, 3-D mammography allows for better visualization of dense breast tissue and provides high-definition digital images. The Evening of Hope event raised over \$70,000 toward the purchase of the Hologic 3-D mammography technology. The event proceeds along with an anonymous grant of \$157,000 make it possible for Jefferson Healthcare to purchase the 3-D mammography equipment in the first quarter of 2015.

"We are so grateful for the generosity of the community members who helped make this possible," Burke says. "It would not have happened without their thoughtfulness. The Jefferson Healthcare Foundation is excited that Jefferson Healthcare will be able to offer the best preventive screenings possible without added travel for our residents."

For more information on the Jefferson Healthcare Foundation or how to get involved, contact Kate Burke at (360) 385-2200, ext. 2014, or at kburke@jeffersonhealthcare.org.





Jefferson Healthcare CEO Mike Glenn accepts the 2014 Washington State Hospital Association “Achieving Best Care” Award.

Improving Patient Safety

Jefferson Healthcare earned the 2014 Washington State Hospital Association “Achieving Best Care” award for its efforts to decrease patient harm through participation in the Partnership for Patients initiative, a nationwide collaborative effort to reduce the number of hospital-acquired conditions by 40 percent and hospital readmissions by 20 percent by the end of 2014. Jefferson Healthcare is one of 14 hospitals in Washington to receive this award.

“Our hospital staff members take patient safety seriously, and we are glad to have our efforts recognized by our peers,” says Mike Glenn, Jefferson Healthcare CEO. “This work helps us establish best practices in our hospital so that they become second nature, which is great news for patients.”

Meeting Higher Standards

In the last few months, Jefferson Healthcare has been recognized as a leader in two vital areas.

An LGBT Healthcare Equality Leader

Jefferson Healthcare is a 2014 Lesbian, Gay, Bisexual, and Transgender (LGBT) Healthcare Equality Leader. That means we meet the “Core Four” criteria set out in the Human Rights Campaign Healthcare Equality Index by implementing inclusive policies and offering equal treatment to all employees, patients, visitors, and their loved ones. The Core Four consist of:

- a patient nondiscrimination policy ensuring all persons receive equal treatment regardless of their sexual orientation or gender identity
- equal visitation for LGBT patients and their loved ones
- an employment nondiscrimination policy
- training for employees on LGBT patient-centered care



Left to right, WestSound Orthopaedics surgeons Kenneth Koskella, MD, and Erin Moyer, MD, have joined Jefferson Healthcare orthopedic surgeon David King, MD, in the Jefferson Healthcare Orthopedic Clinic.



Partnering for Our Patients



“The partnership between Jefferson Healthcare and WestSound Orthopaedics is about being able

to supplement a service that was already in the community. Now it is easier for patients to be treated and taken care of right here in Jefferson County.”

—Ryan Peterson, BS, HCA,
Administrator, WestSound
Orthopaedics, PS

This fall, Jefferson Healthcare joined forces with WestSound Orthopaedics, PS, to offer Port Townsend an enhanced selection of orthopedic services.

For years, Jefferson Healthcare has collaborated with WestSound Orthopaedics, PS, to help provide the community with the best possible options for orthopedic care. In September, the two entities made their union official.

“We’ve had an informal relationship with WestSound Orthopaedics, PS, for a long time,” says Mike Glenn, CEO at Jefferson Healthcare. “Their doctors were already accepting call patients from our Emergency Department, and they have excellent surgeons on staff. It just made sense to form a partnership that would expand the services we offer in Port Townsend.”

The team at WestSound Orthopaedics, PS, was thinking the same thing.

“We were looking for a space where we could expand our services from Silverdale, and Jefferson Healthcare fit the bill,” says Ryan Peterson, BS, HCA, Administrator, WestSound Orthopaedics, PS. “They have such a strong reputation in the community and needed additional surgeons. We wanted to establish a presence in Jefferson County, so it’s been a win-win for everyone.”

SEAMLESS TRANSITION, STRONGER TEAM

The main change that has taken place as part of the partnership is the expansion of the surgical team at the Jefferson Healthcare Orthopedic Clinic, which went smoothly from the very beginning.

On September 2, WestSound Orthopaedics, PS, surgeons Kenneth Koskella, MD, FAAOS, and Erin Moyer, MD, started seeing patients at the Jefferson Healthcare Clinic, joining Jefferson Healthcare orthopedic surgeon David King, MD, and physician assistant Kevin Hines, PA-C. The new lineup has already been a hit with the locals.

“WestSound Orthopaedics has a sterling reputation on the peninsula, and many community members were traveling to Silverdale for their orthopedic care,” Glenn says. “Now they can stay home and receive the attention they need from a WestSound provider or continue to receive excellent care from Dr. King. This partnership offers greater availability and choice to the residents of East Jefferson County.”

ENHANCED SPECTRUM OF SERVICES

The orthopedic experts at the Jefferson Healthcare Orthopedic Clinic offer consultation and diagnostic evaluation plus a full complement of orthopedic services, including:

- ankle and foot surgery
- ACL (anterior cruciate ligament) reconstruction
- arthroscopic shoulder procedures
- bicep repair and tennis elbow release
- carpal tunnel release
- hip fracture repair
- ligament, nerve, and tendon repair
- repair and/or reconstruction of knee and shoulder joints
- total joint replacement of the hip, knee, and shoulder
- trauma care for lower and upper extremity injuries

The Jefferson Healthcare Orthopedic Clinic is open Monday through Friday, 8:30 a.m. to 5 p.m. For more information, call (360) 344-0400 or visit www.jeffersonhealthcare.org/orthopedics.

Know the Signs

We all experience aches and pains from time to time. While many of us may choose to push through the discomfort and hope for the best, there are instances when we need to listen to our bodies as they send us signals.

If you experience any of the following symptoms on a regular basis, it may be time to see an orthopedic specialist:

- debilitating arthritis pain
- difficulty moving a joint
- joint pain that begins following an injury
- progressive pain in the hip or knee that worsens when bearing weight
- sensation of bone rubbing on bone

Your orthopedic doctor will be able to determine the cause of your pain through blood tests, magnetic resonance imaging, or x-rays. Depending on the diagnosis, your doctor will be able to offer solutions to manage common conditions such as arthritis, bursitis, ligament tears, or carpal tunnel syndrome.

Treatment for your condition may be as simple as taking over-the-counter medication or prescribed corticosteroids to manage arthritis. Or if you have a torn meniscus, your doctor may decide it's time for surgery. Whatever the outcome, tackling the problem head on with the help of an orthopedic expert is the most effective way to find relief.

Reduce Your Risk

While there is no surefire way to completely avoid arthritis or broken bones, you may lower your risk for arthritis or injury through:



DIET

Fuel up with foods that are filled with calcium to help strengthen bones. Dark leafy greens, fortified cereal, soybeans, and yogurt are good sources.



EXERCISE

When done regularly, low-impact activities, such as gardening, swimming, walking, and yoga, may help maintain bone density. Plus, these workouts improve joint flexibility and muscle tone.

WEIGHT MANAGEMENT

According to the Centers for Disease Control and Prevention, losing just a little bit of weight can help minimize the risk of osteoarthritis and may slow the progression of existing disease.



Road to Recovery



What do a postoperative joint replacement patient, a high school athlete with a ligament injury, and a retiree recovering from a stroke have in common?

All need rehabilitation therapy to regain function.

The physical, occupational, and speech therapists of Jefferson Healthcare Physical Therapy and Rehabilitation Services treat patients for a variety of conditions at every point in the care process.

“Jefferson Healthcare is the only outpatient facility in the area to offer all three rehab disciplines,” says Kirsten Golden, MS, CCC-SLP, Director of Rehabilitation and Wellness at Jefferson Healthcare. “The breadth of our therapists’ expertise makes for a truly comprehensive team.”

Certain patients, such as those who’ve had joint replacement, may require rehab throughout their recovery.

“Our continuum of care begins in the hospital, where physical and occupational therapists work with swing bed patients who need intensive rehab to ease the transition from hospital to home,” says Mitzi Hazard, PT, Clinical Supervisor of Rehabilitation Services at Jefferson Healthcare. “After discharge, home health therapy can help prepare patients for outpatient rehab.”

Our outpatient rehab facility features a gym with a variety of exercise equipment and a beautiful view of Port Townsend Bay.

“The setting is magnificent, but it’s our therapists who truly set us apart,” says Lisa Holt, RN, MSN, MS, Executive Director of Home Health, Hospice, and Ancillary Services at Jefferson Healthcare. “We have a collaborative, high-energy team that’s always striving to be on the leading edge of evidence-based practice.”

If chronic pain, poor balance, or a lingering injury is affecting your quality of life, ask your primary care physician for a referral to Jefferson Healthcare Physical Therapy and Rehabilitation Services. To make a rehab appointment, call (360) 379-9259.

Jefferson Healthcare Physical Therapy and Rehabilitation Services is now available to serve you six days a week, with expanded hours during the workweek. We are open Monday through Friday from 7:30 a.m. to 6:30 p.m. and Saturday from 9 a.m. to 1 p.m.

Rehab Because...

Correcting functional deficits, rebuilding strength and range of motion following injury, and overcoming speaking or swallowing difficulties are just a few of the reasons individuals seek rehabilitation services at Jefferson Healthcare.

Physical therapy helps patients strengthen muscles following surgery or injury, improve balance and decrease risk for falls, manage chronic pain, and cope with neurological conditions.



Occupational therapy is appropriate for patients who need to rebuild their ability to perform activities of daily living following surgery, a major medical event, such as a stroke, or a job-related injury. This type of therapy can also benefit individuals with arthritis in the hands—Jefferson Healthcare has a certified hand therapist on staff—and pain and side effects related to cancer treatment, such as lymphedema.

Speech therapy assists both adults and children with developmental delays in overcoming cognitive, communication, and swallowing deficits resulting from a variety of injuries and disorders. Our Speech-Language Pathologists are MBSImP™ certified in modified barium swallow studies.



My Story

by Harry Holloway

In June 2013, I was at work and felt a buzzing in my left arm that was not like anything I had felt before. I had a client arrive, and I told the person I may have to cut the meeting short because I was not feeling well. My secretary overheard my conversation and decided to call 911.

I was immediately taken to Jefferson Healthcare's Emergency Department and was treated by very professional, warm, and caring people. The staff was very calm and reassuring throughout the entire time. They kept me abreast of what was going on at all times. I never felt forgotten or isolated or out of touch. My family came to visit, and everyone was welcome in the room, including my grandkids.

After a CAT scan—and an MRI because of the possibility of nerve damage—it was confirmed that I did indeed have a stroke. The doctors and nurses made me feel like I was being treated very well. They checked in with me every 10 to 15 minutes. I never felt worried about what was going on, and I was kept comfortable. I had the best care and support throughout this experience.

In May 2014, I felt some sensations that made me think it might be another stroke. I drove myself and stopped in at the ED. They listened to what I was describing and very quickly determined that I was not having another stroke. The ED physician arranged for me to see a doctor the next day.



I appreciate Jefferson Healthcare and all they have done for me. They have a great Emergency Department.

Did you have a great experience at Jefferson Healthcare? We want to hear about it. Please send your story to kburke@jeffersonhealthcare.org or call (360) 385-2200, ext. 2014.

Chef Stark's Easy UMAMI KALE



INGREDIENTS

- 2 bunches of washed, stemmed kale, chopped into ½-inch strips
- 3 tablespoons extra-virgin olive oil
- Juice from 2 lemons
- ⅛ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 cup aged Parmesan cheese

DIRECTIONS

Toss kale in a large pot with olive oil, lemon juice, salt, and black pepper. Cook over medium-high heat with the lid on, stirring frequently. Remove from heat once the kale is soft but not wilted. Toss with grated Parmesan cheese in a large serving bowl and serve warm.

As winter settles into the Pacific Northwest, coming up with dishes that are both creative and healthy can be a challenge. Try this warm, savory side salad for a tasty addition to any cold-weather meal.

"The kale plant responds to colder weather by concentrating its sugars, making it sweeter than usual this time of year," says Arran Stark, Director of Food Services at Jefferson Healthcare. "The formation of glutamate crystals in aged Parmesan cheese places it in the distinctive taste category known as 'umami,' which pairs beautifully with the kale's unique sweetness."

We're so proud of the healthy and delicious food Chef Arran prepares for patients and staff that we want to share it with the community! Stop by for lunch soon from 11:30 a.m. to 1:30 p.m. at the Jefferson Healthcare Café and taste for yourself.



We're
COMMITTED
to being your
QUALITY
healthcare partner.

Jefferson Healthcare is nationally recognized for our high standards of treating everyone equally and for exceeding hospital quality and safety measures. Our promise is to deliver these quality standards every time to every patient. Our network of neighborhood clinics offers services from Primary and Urgent Care to Outpatient Specialty Care and Surgery. So getting that annual check-up or touching base about health concerns is easy and convenient. And because we have a state of the art electronic medical records system, our accredited lab and radiology services can provide quick, expert diagnosis from our dedicated team of specialists.

Now accepting new patients. For more information or to make an appointment, call today.

Our network of neighborhood clinics:

- Jefferson Medical & Pediatrics Group
(360) 385-4848
- Jefferson Healthcare South County Clinic
(360) 765-3111
- Jefferson Healthcare Family Medicine
(360) 385-3500
- Jefferson Healthcare Port Ludlow Clinic
(360) 437-5067
- Jefferson Healthcare Internal Medicine
(360) 385-5330
- Jefferson Healthcare Surgery & Endoscopy Center
(360) 385-5444
- Jefferson Healthcare Walk-In Clinic
(360) 379-0477
- Madrona Family Medicine
(360) 385-5388
- Jefferson Healthcare Primary Care
(360) 379-8031
- Outpatient Specialty Clinic
(360) 385-9961