

Jefferson Healthcare

SUMMER 2018 | Building health. Inspiring wellness.
Right here at home.

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RECIPE

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WHAT YOU LOVE

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FOR MYCHART



Hello neighbors

Spring and summer are busy times in the Pacific Northwest. The weather and activities in the community are some of the many reasons we choose to live in this beautiful corner of the country. It was especially fun to be involved with the Race to Alaska events in June, as well as see some of our own staff in the Seventy48 race from Tacoma to Port Townsend. Way to go Chef Arran, Christine Doyle, RN and Dr. Molly Parker!

In May, we received the Healthgrades 2018 Patient Safety Excellence Award™, a designation that recognizes the safest hospitals in the country. We are particularly proud of this award because it demonstrates our commitment to keeping you safe while under our care and places Jefferson Healthcare among the top 10 percent of all short-term acute care hospitals reporting patient safety data!

Shortly after, we received another Stroke Gold Plus Award, as well as the Lifeline™ STEMI Referring Center Bronze Recognition Award. These two awards recognize our work to provide high quality, timely care to stroke and heart attack patients. Congratulations to our Emergency Department, Imaging and Radiology, and patient care unit employees for their outstanding work to keep our community safe and well.

As you read this quarter's newsletter you will notice a focus on whole body care. It isn't just about treating sick people, it is caring for the whole person and making your care convenient.

Check out the feature article on our orthopedic department and the innovative care we can provide to ease the pain in your joints. You can also read about upgrades to our MyChart services, improved options for bill payment and innovations in tele-medicine; all ways to make your entire experience better. Right here at home.

Mike Glenn

Mike Glenn | Chief Executive Officer
mglenn@JeffersonHealthcare.org



MOLLY PARKER, MD | COMPLETING THE SEVENTY48 |
PRIMARY CARE + POPULATION HEALTH

Nourish

by Arran Stark | Executive Chef

Simple Jewel Tomato Margherita Sauce

Serves 4

The season of jewel tomatoes is upon us, with names like Sungold, Black Cherry, Sweet 100s and Sunrise Bumble bee, these nightshade nuggets pack a sweet tart punch to the taste buds.

Now is the time to source beautiful, locally-grown tomatoes at our farmers' markets and farm stands.

Great for pastas, or grilled items like steak, chicken and summer squash...

3 pints organic tomatoes, washed, stemmed and halved pole to pole

1 Tbsp fresh minced organic garlic

2 Tbsp organic extra virgin olive oil (EVOO)

3 Tbsp chiffonade of fresh, organic basil

Salt and pepper, to taste

Practice *mise en place* (a French culinary phrase, literally to "put in place") and have all your items cut in advance.

1. Place 2 Tbsp EVOO and 1 Tbsp minced garlic in cold sauté pan.
2. Place sauté pan over medium heat, stir as EVOO and garlic heat.
3. When garlic is a beautiful golden brown, add cold halved tomatoes (by adding the tomatoes cold the garlic will stop cooking and not burn).
4. Cook and stir often until tomatoes are medium soft.
5. Add basil and season to taste.
6. Toss in cooked penne pasta and finish with fresh Parmesan.

Enjoy!





When joint pain keeps you from doing what you love

Jefferson Healthcare Orthopedic Clinic | schedule a consult

360.344.0400 | JeffersonHealthcare.org

Living on the peninsula provides opportunity to lead an active lifestyle—fair weather, trails for walking, biking or running, concerts at the fort or on the dock, and other community events provide an easy excuse to get out and about.

Living with chronic joint pain in the knees or hips can make these activities or even daily activities painful and stressful. Some find relief with over the counter medications, intermittent injections or some just power through the pain. Joint replacement surgery

can be an effective solution to relieve pain and restore function to the joint for those suffering from pain caused by osteoarthritis, rheumatoid arthritis or when injury has caused damage to the joint.

Drs. Edward Eissmann and Paul Naumann have created an exceptional orthopedic program and partner with Jefferson Healthcare Rehabilitation Services, and Imaging and Radiology to provide comprehensive care. They routinely perform total joint replacement surgeries for knees and

“I told them all I wanted was to walk without pain and get back to riding my bike. I just didn’t want the discomfort. They did it. They gave me my life back.”

DAVE LOGUE, LIFELONG RESIDENT OF PORT TOWNSEND & AVID BIKER

hips. Most patients experience a dramatic decrease in pain and increase their mobility within weeks of surgery, with recovery and rehab close to home.

Dave Logue, a lifelong resident of Port Townsend, knew the discomfort only too well. An avid jogger and biker and his days spent standing on concrete while at work, his knee joints were taking a beating. He relied on over-the-counter pain relievers to reduce pain and inflammation but eventually he couldn’t get rid of the pain. Dave was no longer able to do what he enjoyed doing, he came home from work every day exhausted from his knee pain.

Dave came to Jefferson Healthcare in early 2018 because of the convenience of care close to home. When he met Dr. Naumann he knew instantly he was getting more than convenience, he was receiving excellent care. His care team coordinator made the whole process easy, assisted with ancillary appointments prior to surgery and connected him to rehabilitation after surgery. “They were so thorough with the pre-op plans, I was able to just put it in their hands. I told them all I wanted was to walk again without pain and get back to riding my bike. I just didn’t want the discomfort, and they did it! They gave me my life back.”

Joint replacement is an important decision and there are key things

patients can do before surgery which can either enhance recovery or even delay surgery. Balance is a major factor to joint health and mobility as an individual ages. Tai Chi Quan is a simplified eight form format of Tai Chi exercise; proven to improve hip and knee strength, function and can even decrease fall risk by 55% after only 12 weeks.

Arthritis is common and one third of all adults will develop some form of joint pain caused by arthritis. The high proportions of adults with arthritis comes from two significant trends; an aging population and the increase of obesity in America.

Joint pain from arthritis can be treated in several ways, beginning with non-invasive methods which include over-the-counter medications to reduce inflammation, bracing for knees, physical therapy and exercise, weight control and assisted walking devices like a cane or walker. Other treatment methods include injections into the joint such as steroids, platelet rich plasma, or viscosupplementation. The most invasive treatment method is of course surgery.

Surgical methods for joint pain have become highly advanced. Drs. Eissmann and Naumann use patient specific instrumentation to assist with surgery. “The patient specific instrumentation ensures proper placement and angle of the joint, minimizing blood loss

and speeding recovery for our patients,” explains Dr. Naumann.

Longevity of total joint replacement depends on many factors including patient age, weight and activity level. Patients have a 95% chance of having their joint replacement last 15-20 years.

Dave Logue started his eight week rehabilitation program at Jefferson Healthcare within days of his total knee replacement surgery. His physical therapist, Stephen, worked with him to understand his recovery goals and was there to motivate and encourage him throughout his journey. “Stephen worked my tail off, but he knew I wanted to be and feel as good as I possibly could.” Six months later, with full mobility and little evidence of a scar at the surgical site Dave is back to doing what he loves. He’s biking, working in his yard, back to work and “excited to have his life back.”

LEARN MORE ABOUT JOINT REPLACEMENT

**Orthopedic Health Seminar with Edward Eissmann, MD and Mitzi Hazard, DPT
Thursday, September 6
4:00 pm, FREE
Port Ludlow Bay Club**

TELE-STROKE

BRINGS EXPERTISE TO THE BEDSIDE

Responding quickly when a stroke occurs can mean the difference between recovery and disability—minutes count. This is particularly true for people who live in rural areas and who may live a distance from their local medical facilities.

Jefferson Healthcare recently received the American Heart Association/American Stroke Association's Get With The Guidelines®- Stroke Gold Plus Quality Achievement Award for the second year in a row. This award recognizes the hospital's commitment to ensuring that patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence for the treatment of stroke.

Jefferson Healthcare uses rapid response stroke protocols and partners with Swedish Medical Center through tele-medicine, bringing the expertise of Neurologists from Swedish Medical Center and the ability to deliver the proper medications right to the bedside at Jefferson Healthcare. This gives Jefferson County residents timely access to specialized treatment for stroke, and helps increase the likelihood of survival and recovery from a stroke.

Our Stroke Gold Plus Program

When emergency medical services responds to a call and suspects the patient is experiencing a Transient Ischemic Attack (TIA) or a stroke, a series of standardized activities are put into motion.

The medics perform a quick stroke assessment.

If it was determined that a stroke occurred, medics contact the Jefferson Healthcare Emergency Department provider.

A "Code Stroke" is called within the hospital and an internal alert notifies the stroke team at Jefferson Healthcare to anticipate the arrival of a stroke patient.

Medics begin an IV in the ambulance and draw blood to prepare for the lab.

Stroke team members meet in the Ambulance Bay outside of the Emergency Department and blood samples are sent immediately to the lab.

The provider orders the appropriate diagnostic exams and completes a detailed neurological exam.

The provider will assess the patient using his/her clinical judgment, nursing assessment, and the results of any diagnostic exams to make a decision about the diagnosis and appropriate treatment.

A tele-medicine consult with the neurologist at Swedish takes place. If appropriate, the patient is prescribed a clot-busting thrombolytic drug, after which the patient may be transferred to Swedish Medical Center for ongoing treatment, or admitted to Jefferson Healthcare, depending on the goals of treatment and services needed.



New features for MyChart

Have you ever wished you could sign up for paperless billing from Jefferson Healthcare, check your balance or see past payments, set up a payment plan online, or enroll in automatic payments? How about accessing these tools and more from the same MyChart web portal you already know—no new logins or web addresses to remember? Jefferson Healthcare has introduced several new features in MyChart, designed to give you better access to your account details and expanded payment options. MyChart is still your one-stop-shop for your health information, where you can order prescription refills, review test results, view your allergies and current medications, and securely message your healthcare providers. And now, when you log into MyChart, you'll also see a new link at the top called Billing.

With these new features, you can securely access all your billing account details, view statements and balances, make secure payments and review your payment history. If you can't pay your bill all at once, features allow you to set up your own payment plans and enroll in auto-pay so you never have to worry about missing a payment.

Go green by signing up to receive your statements online in MyChart with paperless billing—you'll get an email alert when you have a new statement to review and it's easy to cancel at any time if you wish to receive paper statements again. When you have questions about your account or want to learn more about Jefferson Healthcare's financial assistance programs, you can send and receive secure messages through MyChart directly to our Financial Services Team.

Getting Started

Don't have a MyChart account yet? Check your statement for an activation code or ask at the front desk at your next appointment.

Sign Up Online

Visit jeffersonhealthcare.org and login to MyChart to check out the new features.

Connect in Person

Of course, if you prefer to connect in person or by phone, all existing ways to make payments and speak with a financial counselor are still available. Stop by the Financial Services Office or call 360.385.2200 ext. 2267 or toll free at 855.581.LINK (5465).

With MyChart you can check your balance or see past payments, set up a payment plan online, or enroll in automatic payments. Access these tools and more from the same MyChart web portal you already know.





GET WELL. STAY WELL. SUMMER CLASSES & WORKSHOPS

ORTHOPEDIC HEALTH — FREE

WHEN Thursday, September 6, 4:00 pm
PLACE Port Ludlow Bay Club, 120 Spinnaker Place
CONTACT Orthopedic Clinic, 360.344.0400

TAI JI QUAN FOR BETTER BALANCE — \$120

WHEN Tuesdays & Fridays at 11:30 am, starting September 4
PLACE Jefferson Healthcare Medical Center, Dirksen Room
CONTACT 360.385.2200 ext. 1210

READY, SET, FIT! — \$240 for an 8-week series

WHEN Tuesdays & Thursdays at 8:15, starting September 4
PLACE Jefferson Healthcare Medical Center, Dirksen Room
CONTACT 360.385.2200 ext. 1200

Please note new clinic name—**Townsend Clinic** (formerly Internal Medicine)
934 Sheridan Street, Port Townsend | 360.385.5388
Stephen Erickson, MD, Family Medicine/OB
Kari Griffin-Harte, ARNP, Family Medicine