



# Jefferson Healthcare

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

**2** MEET OUR NEWEST  
PROVIDERS

**3** TWO SCREENINGS  
FOR WOMEN'S HEALTH

**5** COMMUNITY HEALTH  
IMPROVEMENT

**6** AWARD WINNING CARE  
RIGHT HERE AT HOME

# Hello neighbors

There is a lot going on with our healthcare system at the national and local levels, and we think it is important to communicate these changes with our community. This newsletter is one way we do so. In this issue you'll read about increased access to care, community-driven health initiatives and safety excellence. We continually seek opportunities to expand services and better serve our community.

A key metric in our 2018 strategic plan is shorter wait times for appointments. In the last six months, we've introduced new providers to Quilcene, Port Ludlow and Port Townsend. These additions support timely access to care for both existing and new patients. We are pleased to welcome Elizabeth Olinger, Kari Griffin-Harte and Lisa Galbreath to our medical group.

Our strategic plan also speaks to leveraging technology to improve care. Because access to care should start where you live, we've invested in modern, state-of-the-art equipment for detection of breast cancer and osteoporosis—both eminently treatable, particularly if caught early.

You will learn about our role in the Jefferson County Community Health Improvement Plan. This effort, co-chaired by John Nowak and Lori Fleming, addresses four high-priority

areas: access to care, immunizations, chronic disease prevention, and mental health and chemical dependency. Engaged community members are working together to improve the wellness of our region. Pretty cool stuff.

Lastly, I want to take a moment to crow. We were recently awarded the Healthgrades 2018 Patient Safety Excellence Award. I was proud to accept this prestigious award on behalf of all of the bedside caregivers at Jefferson Healthcare. They are making your local hospital an extraordinary place to seek care.

*Mike Glenn*

Mike Glenn | Chief Executive Officer  
[mglenn@JeffersonHealthcare.org](mailto:mglenn@JeffersonHealthcare.org)



# Expanding Primary

Welcoming new providers to increase access to care in East Jefferson Co.



Elizabeth Olinger, MSN, Family Nurse Practitioner, is joining Jefferson Healthcare's South County Medical Clinic. She's focused on health promotion, management of acute and chronic health problems, and the social and emotional factors which determine health. "I believe good health is no accident," she says. "We make choices on a daily basis that affect our health. I can help patients choose and pursue behaviors which will lead to improvements over time."

[Call 360.385.3991 to schedule an appointment.](tel:360.385.3991)



Kari Griffin-Harte, Nurse Practitioner, has joined Jefferson Healthcare's Townsend Clinic at 934 Sheridan Street. She prides herself on partnering with patients about their care. She explains, "Our plan has to help you achieve your own personal health goals." In addition, her background in emergency medicine prepared her well to provide primary care. "I have cared for patients of all ages and backgrounds and see a variety of acute and chronic illnesses everyday."

[Call 360.385.5388 to schedule an appointment.](tel:360.385.5388)



Lisa Galbreath, Certified Physician Assistant, has joined Shannan Kirchner, MD and Laura Wulff, MD as part of the Port Ludlow Clinic care team. She arrived with 30 years experience. "I still enjoy every day I have the honor to care for patients," she says. "I have a long, dedicated interest in preventative medicine. I also believe a patient's overall health is closely connected to their emotional well being."

[Call 360.437.5067 to schedule an appointment.](tel:360.437.5067)

# Healthy Women Healthy Lives

*Crazy Busy?* Prioritize Important Screenings

Jefferson Healthcare Women's Health Clinic | *schedule an annual exam*  
360.344.0403 | [JeffersonHealthcare.org](http://JeffersonHealthcare.org)



Too often, women let their own health needs take a backseat to their loved ones. We know regular visits to a primary care provider and preventative screenings are the best ways to stay healthy and avoid getting sick but postpone making appointments because we are “crazy busy”. By prioritizing regular health maintenance, we establish a necessary reference point to our overall health, and the earlier problems are detected, the better outcomes can be.

“I thoroughly enjoy getting to know my patients to best guide them both when they are sick and when they are well,” says Dr. Molly Parker, Medical Director for Population Health at Jefferson Healthcare. “Wellness visits are a great time for that – allowing the patient and provider time to focus on individual goals for health and on routine screenings to catch issues when they are most treatable (early). The wellness visits give the opportunity to treat the whole person.” Primary care providers like Dr. Parker can use personal risk factors to identify key health screenings every individual

“Wellness visits allow patient and provider time to focus on individual goals for health and on routine screenings to catch issues when they are most treatable (early).”

**MOLLY PARKER, MD & MEDICAL DIRECTOR FOR POPULATION HEALTH AT JEFFERSON HEALTHCARE**

should have, such as annual physicals and dental checkups. For women, there are additional necessary screenings such as mammograms and bone density. Conveniently, these routine screenings, which help us take better care of ourselves, can be scheduled right here at home.

Jefferson Healthcare invested in advanced technologies and upgraded facilities to meet the screening needs of the community and to keep care local. 3D mammography and DXA scanning for bone density are among the recent upgrades at Jefferson Healthcare.

Breast cancer screenings check for cancer before there are signs or symptoms of the disease. Finding cancer early means treatment is more likely to be successful. 3D Mammography is an imaging tool available at Jefferson Healthcare that can detect cancers otherwise hidden. 3D mammography finds cancers earlier and reduces false positives; it finds 27 percent more cancers and decreases the chance of being called back for another look by up to 40 percent.

Cancer continues to be a leading cause of death for women in the United States, second only to heart disease. According to 2015 data from the US Cancer Statistics, female breast cancer is ranked first in the diagnosis of new cancer. The risk of getting breast cancer increases

with age, and Jefferson County ranks No. 1 in the state for the population with the oldest median age (half higher, half lower) at 54.7 years. These factors make local access to screening and early detection of breast cancer imperative.

When patients have questions about radiation associated with mammograms, the mammography team at Jefferson Healthcare explain that levels are well below Federal Drug Administration standards, and the harms of screenings are negligible when compared to having or dying from breast cancer. 3D mammography reduces false positive recall rates, which reduces overall exposure. The mammography team at Jefferson Healthcare offers this advice, “Good breast care involves a combination of three important steps: monthly self-exams, an annual exam by a health care professional and mammograms.”

Another screening which detects potential health problems for women is a bone density test, especially important for those at risk for osteoporosis, a systemic skeletal disease characterized by low bone mass. Osteoporosis causes two million bone fractures every year and in an aging community like East Jefferson County, education and prevention are crucial. Osteoporosis is so widespread it affects 4 out of 5 women on average. Fortunately, it can be detected, treated and prevented. At Jefferson Healthcare

women can have a quick 3-minute DXA scan to measure bone density. DXA scans are considered the most useful and reliable test to diagnose osteoporosis.

Though women have a lot to juggle, with these valuable screening tools available locally, there’s no reason to postpone them. Schedule an appointment with your primary care provider to discuss your individual risk factors and your unique screening needs.

## OSTEOPOROSIS SEMINAR

Learn healthy habits to decrease the progression of existing or potential osteoporosis on November 15 at 4:00 pm in the Dirksen Room at Jefferson Healthcare.



# We're All Here...

**How can we, as a community, make a difference in the health of Jefferson County?  
The first step requires us to work together.**

In 2013, a broad group of stakeholders, including Jefferson Healthcare, identified health needs in the county and collaborated to create a guide to help impact the issues and remove barriers to better health in our community.

A Community Health Improvement Plan (CHIP) is a long-term, systematic effort to address a community's most important health problems. East Jefferson County's CHIP is data-focused, community-driven and under the direction of co-executive directors Lori Fleming and John Nowak. Our local CHIP is focused on four community health priorities:

**Access to Healthcare**

**Mental Health and Chemical Dependency**

**Immunizations**

**Healthy Living, Healthy Eating, and  
Chronic Disease Prevention**

The overarching goal of the plan is to facilitate alignment of efforts and build on current community assets. It depends upon the ongoing commitment and engagement of community partners across all sectors. "Some exciting work is happening," said Fleming. "It is rewarding to see how many people are collaborating to improve the health of our community."

CHIP has received grants to aid its efforts. For example, one grant fosters coordination between Jefferson County Public Health, Jefferson Healthcare, Discovery Behavioral Healthcare, and East Jefferson Fire and Rescue to form a community network to provide better mental healthcare. John Nowak explained, "Grants provide the resources to move the initiatives of the CHIP plan forward."

## **Jefferson Healthcare's role in the Community Health Improvement Plan**

Jefferson Healthcare's own initiatives align with and complement CHIP. Access to care is a major focus of the Jefferson Healthcare strategic plan as well as a CHIP priority. At Jefferson Healthcare, ten providers were hired in 2017 and twenty in 2018, making both specialty and primary care more accessible and keeping it local. Jefferson Healthcare dedicated providers, training, and education to integrate behavioral health and substance abuse treatment within its primary care services.

Access to healthcare includes dental health. Our county is designated as a dental provider shortage area, especially for populations with Medicaid. Responding to this need, in 2019 Jefferson Healthcare will open the first dental clinic located within a WA rural health clinic.

Community health improvement is not a one-time effort, it is an ongoing community conversation. It will require many more hands and the commitment of many organizations and residents. To join the conversation, contribute or learn more, please visit:

[jeffersonhealthcare.org/chip](http://jeffersonhealthcare.org/chip)



# Local Heroes

## RECOGNIZED FOR SUPERIOR OUTCOMES FOR OUR ACUTE CARE PATIENTS

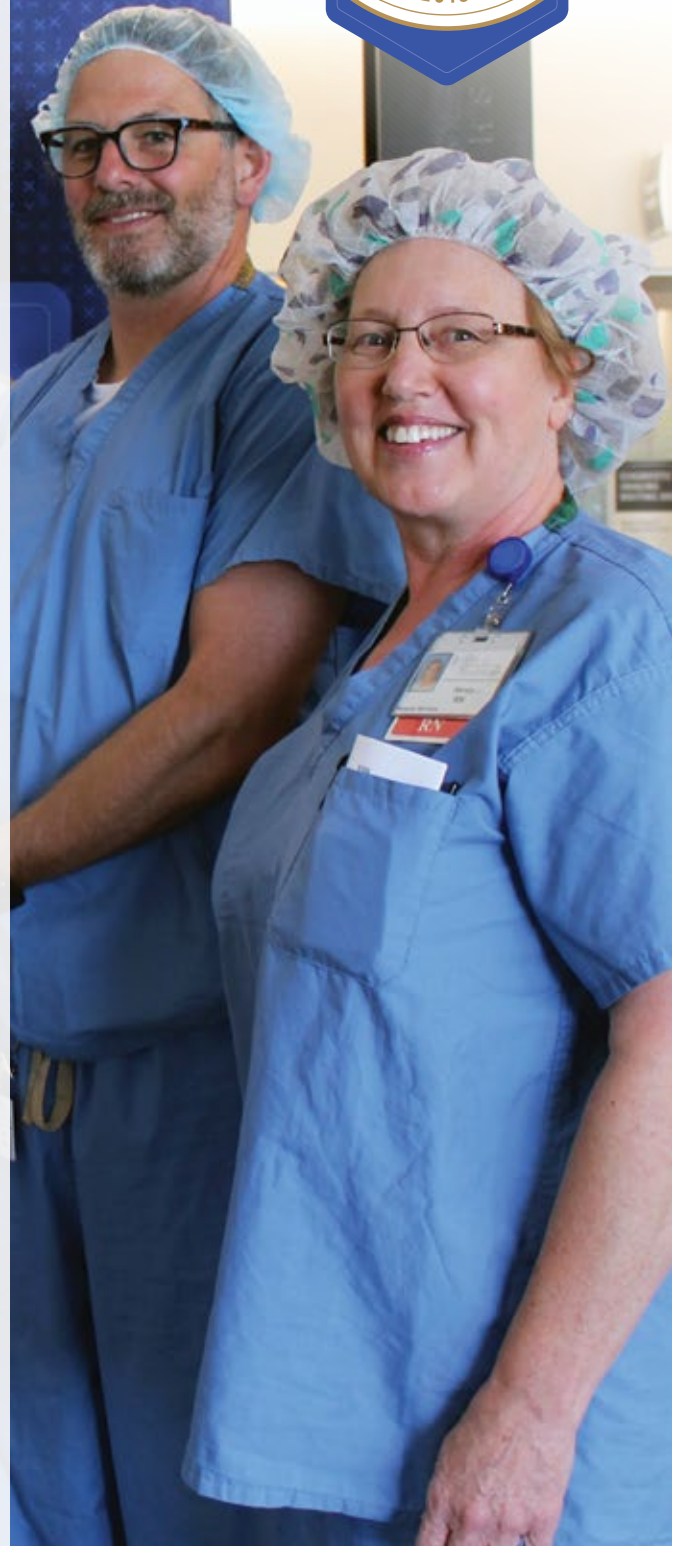
Earlier this year Jefferson Healthcare was awarded the Healthgrades 2018 Patient Safety Excellence Award™, a designation recognizing superior performance of hospitals which have prevented the occurrence of serious, potentially avoidable complications for patients during hospital stays. This distinction places Jefferson Healthcare among the top 10 percent nationally of all short-term acute care hospitals, reporting patient safety data for its excellent performance as evaluated by Healthgrades. Jefferson Healthcare is the only hospital in Washington State to be recognized.

A hospital stay can be a stressful life event and the last thing a patient needs to worry about is becoming sicker from their stay. Healthgrades Patient Safety measures how well a hospital prevents injuries, infections, and other serious conditions based on 14 serious, potentially preventable adverse events. "Improving the safety and quality of care is our highest priority and it's great to get recognized for the progress we have made. It is amazing what a group of talented, passionate providers and staff can accomplish," said CMO Dr. Joe Mattern.

During the study period, Healthgrades 2018 Patient Safety Excellence Award recipient hospitals demonstrated excellent performance in safety provided for patients in the Medicare population, as measured by objective outcomes (risk-adjusted patient safety indicator rates) for 13 patient safety indicators defined by the Agency for Healthcare Research and Quality (AHRQ).

If all hospitals achieved the average performance of award recipients for each of the 13 Patient Safety Indicators evaluated during the 2014 to 2016 study period, 126,342 patient safety events could have been avoided.

Healthgrades is the leading online resource for comprehensive information about physicians and hospitals: <https://www.healthgrades.com/quality/patient-safety-excellence-award-recipients-2018>.





## GET WELL. STAY WELL. FREE CLASSES & WORKSHOPS

### DENTAL CLINIC PLAN REVEAL WITH VIRTUAL TOUR

WHEN Monday, October 15, 1:00 pm to 3:00 pm  
PLACE Dirksen Room, Jefferson Healthcare Medical Center  
CONTACT Susan, 360.385.2200 ext. 1705

### MENOPAUSE DISCUSSION GROUP

WHEN Meets weekly at noon on Fridays, 10/19 through 11/16  
PLACE Women's Health Clinic, Jefferson Healthcare  
CONTACT 360.344.0403

### ORTHOPEDIC HEALTH WITH EDWARD EISSMANN, MD, FACOS, FRCS

WHEN Tuesday, November 6, 4:00 pm  
PLACE Dirksen Room, Jefferson Healthcare Medical Center  
CONTACT 360.344.0400

### OSTEOPOROSIS MANAGEMENT

WHEN Thursday, November 15, 4:00 pm  
PLACE Dirksen Room, Jefferson Healthcare Medical Center  
CONTACT 360.385.2200 ext. 1200