

WINTER 2009

YAKIMA
REGIONAL
MEDICAL
& CARDIAC
CENTER

House Call

Turn to page 5 to find out
how you can receive a
FREE Heart-Healthy Guide.

Yakima Regional Physicians

Repair Injury to
Save Musician's Career

Here for YOUR HEART

Our Award-Winning
Cardiac Rehabilitation
Program

YAKIMA
REGIONAL
The Valley's Regional Medical & Cardiac Center

Yakima Regional Receives American College of Cardiology Foundation's Achievement Award

YAKIMA REGIONAL MEDICAL and Cardiac Center has received the American College of Cardiology Foundation's NCDR ACTION Registry-GWTG Silver Performance Achievement Award for 2008—one of only 93 hospitals nationwide to do so. The award recognizes Yakima Regional's commitment and success in implementing a higher standard of care for heart attack patients and signifies that Yakima Regional has reached an aggressive goal of treating coronary artery disease patients with 85 percent compliance to core standard levels of care outlined by the American College of Cardiology/American Heart Association clinical guidelines and recommendations.

To receive the ACTION Registry-GWTG Silver Performance Achievement Award, the hospital consistently followed the treatment guidelines in ACTION Registry-GWTG for 12 consecutive months. These include aggressive use of medications like cholesterol-lowering drugs, beta-blockers, ACE inhibitors, aspirin, and anticoagulants in the hospital.

"The American College of Cardiology Foundation and the American Heart Association commend Yakima Regional for

its success in implementing standards of care and protocols," says Christopher Cannon, MD, ACTION Registry-GWTG steering committee chairperson and associate professor of medicine at Harvard Medical School and associate physician in the cardiovascular division at Brigham and Women's Hospital in Boston.

"The full implementation of acute and secondary prevention guideline-recommended therapy is a critical step in saving the lives and improving outcomes of heart attack patients," adds Gregg C. Fonarow, MD, Get With the Guidelines™ steering committee chairperson and director of Ahmanson-UCLA Cardiomyopathy Center.

"The time is right for Yakima Regional to be focused on improving the quality of cardiovascular care by implementing ACTION Registry-GWTG," says Corinne Murphy-Hines, executive director of cardiovascular services for Yakima Regional.

"The number of acute myocardial infarction patients eligible for treatment is expected to grow over the next decade due to increasing incidence of heart disease and a large aging population."

Yakima Regional Medical and Cardiac Center is hosting a FREE public presentation by Joe Piscatella, one of the nation's foremost experts on the relationship of lifestyle habits to cardiac health. Only 400 seats are available, so mark your calendars for February 5, and call (509) 575-5799 to obtain your free tickets.

Happy Birthday, Inpatient Rehab!

IN SEPTEMBER, Yakima Regional Medical and Cardiac Center's Inpatient Rehabilitation Unit celebrated its 25th year of helping patients in Yakima recover from injuries and accidents. As the only Commission on Accreditation of Rehabilitation Facilities (CARF)-accredited comprehensive rehabilitation facility in central Washington, Yakima Regional is able to offer superb care to patients recovering from many types of disabilities.



The focus is on relearning old skills and developing new ones after a disabling event. Patients participating in inpatient rehab may have had a stroke, head or spinal cord trauma, arthritis, amputation, multiple traumas, orthopedic surgery, or pain.

By being admitted to the hospital, patients are able to recover without interruption and have trained professionals of all types readily available. Physical, speech, and occupational therapists, social workers, spiritual care specialists, support group leaders, psychologists, dietitians, and respiratory therapists work together to create the most complete care for each patient.

After 25 years, Yakima Regional's rehab is still leading the way in quality care and technology. With options such as LiteGait, a partial weight-bearing treadmill, and the Wii videogame system, which allows patients to use their entire bodies to mimic the motions required on screen, patients are able to regain their function in exciting, unique ways.

Here's to another 25 years of industry-leading care for Yakima Valley patients!

All About Aquapheresis

Aquapheresis is a new medical therapy used to treat fluid overload—a condition commonly associated with congestive heart failure. Yakima Regional Medical and Cardiac Center is the only provider in the area that offers this therapy.

PATIENTS WHO EXPERIENCE congestive heart failure are sometimes plagued by another debilitating condition known as fluid overload. Aquapheresis treats fluid overload by removing excess salt and fluid from the body and providing relief to patients suffering from this condition.

“We’ve been performing aquapheresis at Yakima Regional for more than a year, and we’ve found it to be exceptionally effective for patients experiencing acute congestive heart failure,” says Terry Wright, RN, director of critical care at Yakima Regional.

THE BASICS

An inpatient treatment covered by most health insurance plans, aquapheresis must be prescribed by a physician. Once a patient is in the hospital, caregivers monitor the therapy.

The treatment, which includes specific parameters for the removal of fluid, lasts approximately 24 to 48 hours and can reduce a patient’s fluid weight by up to 15 pounds. The typical hospital stay for patients receiving aquapheresis therapy is three days.

The gradual removal of fluid allows doctors to treat the fluid overload without affecting blood pressure, heart rate, or electrolytes.

“Before aquapheresis, when patients experienced fluid overload, their best option was dialysis,” explains Wright. “But dialysis also removed electrolytes from their system. Aquapheresis is a more efficient, healthier way to treat the problem.”

For more information about cardiac care services, visit www.yakimaregional.org.



Save 3,000 CALORIES this Month



Do the math—by consuming 3,000 calories less, you can lose a pound. Yakima Regional Medical and Cardiac Center can offer ways you can cut unnecessary calories from your diet.

WHEN IT COMES to food, not all of us have the time or patience to maintain a strict calorie-counting regimen. By making a few minor changes, however, you can live a healthier lifestyle without sacrificing any of your favorite foods. Healthy changes to your diet that can be made to each meal of the day include:

- Try putting cinnamon applesauce on your pancakes instead of syrup and trim 180 calories from your breakfast.
- Cut 100 calories from lunch by eating a fresh spring roll instead of a fried egg roll.
- For dinner, choose vegetables for pizza toppings instead of pepperoni and save 100 calories per two slices.

In addition to healthier dietary choices, how you eat meals can also affect your caloric intake. Simple actions such as eating more slowly and taking time for conversation, eating at a table rather than from the couch, and using smaller dishes to help control portion size can trim calories.

For more information about finding the right diet and exercise plan, please visit yakimaregional.org or consult your physician.

Yakima Regional's Cardiac Rehab Receives Certification

HELPING HEARTS HEAL

The cardiac rehabilitation program consists of three phases:

- **Phase One** occurs on an inpatient basis and consists of education, monitored exercise, and other efforts recommended by a physician and rehabilitation specialists.
- **Phase Two** is an outpatient cardiac rehabilitation program that consists of 36 sessions, three times a week. During each session, patients are required to wear a heart monitor—observed by a nurse and exercise specialist—while performing physical activity.
- **Phase Three** is held at YAC Fitness, and patients have the opportunity to continue improving their physical fitness to help reduce their cardiac risk factors. This phase is optional and open to anyone concerned about heart health.

Cardiac rehabilitation education classes are also offered free of charge to the community. Visit www.yakimaregional.org to receive a calendar of upcoming dates and times.

YAKIMA REGIONAL MEDICAL AND CARDIAC CENTER'S Cardiac Rehabilitation Program has received certification from the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR).

Yakima Regional's program becomes the first in the Yakima valley to become certified. Certification is based on several factors, including a proven record of positive outcomes and improvements achieved by participating patients as a whole. Programs must also show proof that all cardiac rehab staff members are being trained and tested yearly, which ensures staff members will remain up to date on the latest standards of care. In addition, programs are required to have equipment and personnel available in case of an emergency.

"Receiving certification is important," says Corinne Murphy-Hines, executive director of cardiac services. "Any time you invite an outside group to take a critical look at your program and facility, it shows a great deal of confidence and a desire to make your program the best it can be."

WHY REHAB?

Cardiac rehab is often prescribed for patients who have had, or are at risk for, serious cardiac events. In addition to exercise programs, Yakima Regional's cardiac rehab program offers an integrated, multidisciplinary approach to health and prevention. Registered dietitians, behavioral psychologists, cardiac nurses, and master's-trained clinical exercise physiologists all work together to provide patients with information about how to live a heart-healthy lifestyle. Through nutrition counseling, exercise, and educational classes, patients are encouraged to adopt lifestyle changes that will reduce their risk of future cardiac events.

The educational classes are free and open to the public. From smoking cessation to stress management, diabetes to basic cardiac anatomy, Yakima Regional's classes help to create a comprehensive educational experience for patients.

Another important option to ensure heart health is Yakima Regional's healthy heart check. A complete cholesterol analysis, blood glucose check, blood pressure check, resting EKG, heart risk factor assessment, and a one-on-one consultation with a nurse is included for just \$49.

"Not only can Yakima Regional provide the life-saving treatment you need during a cardiac event," says Murphy-Hines, "our cardiac rehab program allows you to get your life back after an event."

For more information on cardiac rehab, please visit www.yakimaregional.org.



Healthy Heart Checks

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death in American men and women. Prevent heart disease tomorrow by receiving a healthy heart check today.

“EDUCATION IS KEY,” says Carol Milliron, RN-BC, MSN, MHA, supervisor of cardiac and pulmonary rehabilitation at Yakima Regional Medical and Cardiac Center. “The more knowledge you have of your risk factors and heart health, the better you are able to make lifestyle changes in order to prevent heart disease.”

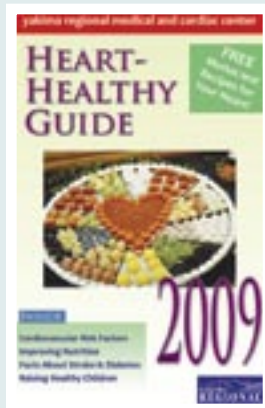
CHECK IT OFF

During a healthy heart check, you can expect to receive various heart screenings, including a total lipid profile, which is made up of total cholesterol, HDL-cholesterol (good cholesterol), LDL-cholesterol (bad cholesterol), and triglycerides (type of fat found in body).

A baseline electrocardiogram (EKG) also is taken during your healthy heart check, which is beneficial if you come to Yakima Regional with chest pain or other cardiac symptoms. In that case, a physician can access your baseline EKG and compare the two to give you a more accurate and timely diagnosis.

“In honor of American Heart Month in February, you and your loved ones should obtain a healthy heart check,” says Milliron. “For only \$49, you can learn more about your risk factors for cardiovascular disease and receive information on ways to help you reduce that risk.”

To schedule an appointment for a healthy heart check, call (509) 573-3592.



PICK UP YOUR FREE HEALTHY HEART BOOKLET

February is American Heart Month and, as the region’s leader in heart care, Yakima Regional Medical and Cardiac Center once again presents its free *Heart-Healthy Guide*.

This informative and motivational publication features healthy recipes and topics that include:

- cardiovascular risk factors
- improving nutrition
- facts about stroke and diabetes
- raising healthy children

The booklets are available at Yakima Regional, or call (509) 575-5799 to receive your copy.



Career-Threatening INJURY

Yakima Physicians Team with Regional to
Provide Swift Aid to Visiting Musician

A BROKEN BONE is always a cause for concern and, at the least, an inconvenience. But when 30-year-old Maksym Kuchmet fell and fractured his wrist, it could have ended his burgeoning career. Kuchmet is a world-class pianist, conductor, singer, and composer.

He was in Yakima performing as part of the 160-piece Kiev Symphony Orchestra and Chorus. Before a performance at a local church, the pianist fell and fractured his wrist. At first, he didn't think it was serious and went to the performance, wrapped in an ACE bandage.

"I couldn't hold my music up during the concert because my hand hurt so badly," Kuchmet states through his translator.

After the performance, Kuchmet went to the home of Yakima urologist Norm Shively, MD, and his wife, Marilee Shively, MD, where he was staying as a guest. Marilee noticed that his bandaged wrist was swollen and thought he should get X-rays. Norm took him to the Yakima Regional emergency room where Douglas Coon, MD, examined him. X-rays revealed a scaphoid fracture serious enough to threaten wrist function if not treated surgically.

TAKING EXTRA MEASURES

On Sunday, with X-rays in hand, Norm drove the injured musician to the home of orthopedic surgeon, John Adkison, MD, who is well known for his work on orthopedic issues of the hand. He evaluated the injury and determined the best course of action for the type of fracture. The scaphoid bone is located on the thumb side of the wrist, in the area where the wrist bends. In Kuchmet's case, a small incision was made and a tiny screw placed inside to stabilize the bone. This procedure alleviates the need for a full, hard cast, which allows the wrist to be rehabilitated more completely and quickly, an advantage that is vital for a musician like Kuchmet.

"These fractures have a high rate of non-union," explains Adkison. "If we hadn't done the surgery, and simply casted and splinted, he would have had to wait for care until he returned home. There would have been a much higher chance of the bone not healing properly. Part of the priority was to make sure this was dealt with quickly so he could use his wrist and hand for his piano and minimize any chance of long-term disability."

HELP IS HERE

The case was further complicated by Kuchmet's lack of insurance (so the physicians provided their services at no cost) and his travel schedule, which had him leaving Yakima the next day.

"If Maksym hadn't received medical attention in Yakima, he most likely would have had a long-term problem with pain, disability, and range of motion," Marilee asserts. "It definitely would have affected his career."



Yolanda Arriola, RN, BSN (left); Kit Ruchert, RN (right); escort and translator Irene Loktionova (middle), and musician Maksym Kuchmet as they prepare to leave Yakima Regional Medical and Cardiac Center.

A team of doctors, including Dr. Adkison, anesthesiologist Robert Rockwell, MD, and Yakima Regional staff quickly came together to make the surgery happen.

"I knew that medical care in America is very good quality so I knew that everything would go right with my hand," says Kuchmet. "The operation was successful. I was shocked with such medical personnel. It was Sunday and maybe they were not supposed to work this day, but they decided to help me. They were attentive and kind. I am grateful to this hospital and also for host city, and I will not forget staying in Yakima."

"Everyone [at Yakima Regional] absolutely bent over backwards," Norm adds. "It was the right thing to do, and we were able to make it work."

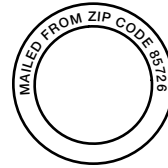
Not only were these world-class musicians here to share their talent with Yakima Valley music lovers, they were here to raise money. The Kiev Symphony Orchestra and Chorus tours the world to raise money for their organization's charitable endeavors. The money raised by the ensemble is used to provide food, clothes, supplies, and medical care for more than 800 widows. The ensemble also supports a program for orphans.

"His career got rescued here by Yakima Regional and Dr. Adkison," Marilee says. "It's like God had a plan for his life and his music, and this was part of the plan. He just 'happened' to get assigned to our house, we just 'happened' to be physicians and notice the fracture. It could have occurred in some small town somewhere without a good hand surgeon, so it's more than a coincidence of events. It could have turned out so badly, and it didn't."

Kuchmet's translator, Irene Loktionova, put it very succinctly when she described what could have happened: "I would say [they not only healed] a broken arm, but [prevented] a broken life."



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Classes

Cardiac Rehabilitation Classes

Yakima Regional Medical and Cardiac Center offers the following free classes in the ICCU Conference Room. Call (509) 573-3592 to find out more about dates and times or to register.

Label Reading

Learn what facts on food labels are important and how to apply this information to your individual needs.

Tobacco 101

A tobacco control manager from the American Lung Association will help you understand nicotine addiction and why it is so hard to quit. You will learn the benefits of quitting and tips on how to make a successful quit plan.

Getting to Sleep

Would you like to look forward to going to bed and getting a good night's rest? Many people struggle with getting to sleep and/or staying asleep. This class covers the basics of good sleep hygiene. Come and sleep better!

Heart Basics

This class is designed to give you an understanding of how your heart works. Identified are basic heart anatomy and physiology, cardiac risk factors and ways to reduce your risk, symptoms of heart attack, and skills to assist those who have recently had cardiac surgery or heart attack through the recovery process.

Diabetes: Another Word for Heart Disease

Diabetes is such an important risk factor for heart attack that it is often referred to as "another name for heart disease." Type 2 diabetes puts you at three times the risk for the development of cardiovascular disease, and this class helps you to recognize the signs and symptoms.

Principles of Exercise

This class will highlight aerobic exercise, strength, and flexibility. Answers to the

following questions will be addressed:

- How often should I exercise?
- How long should I exercise?
- How do I know how hard to exercise?
- What if I don't even like to exercise?

Introduction to Relaxation Techniques

The ability to relax or de-stress is as simple as taking a breath and as challenging as focusing on that breath without distractions. Come and learn some simple tools you can use to create a more peaceful, reduced-stress life for yourself. Discover the power and rejuvenating benefits of relaxation.

Heart Healthy Eating

Changing what you eat is one of the most effective ways to reduce cholesterol levels, blood pressure, and weight. This class covers nutrition guidelines, label facts, restaurant dining, and "good" vs. "bad" fats, as well as how to put exercise and food together to make positive lifestyle changes.

Pleasure

Pleasure is commonly thought of as a positive experience related to happiness, entertainment, and enjoyment. People usually feel pleasure through activities like being with loved ones, listening to music, writing, and/or accomplishing something. As we age and confront illness, our experience of pleasure can be interrupted. This class offers you a chance to consider dozens of potentially pleasurable activities and decide which new ones you might like to try. The presenter also explains the concept of psychological neoteny, which might offer you a few ideas about play, spontaneity, and reckless abandon—why not?

Understanding Your Medications

A pharmacist will help answer your medication questions with regard to problems frequently encountered, how to make your prescription dollars count, and how to keep your medications straight.

Want more information? Call (509) 573-3592.

Yakima Regional Medical and Cardiac Center

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For health information, physician referral, employment opportunities, and more, please visit our Web site at www.yakimaregional.org.

House Call is published by Yakima Regional Medical and Cardiac Center as a public service to the people of Central Washington. This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

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