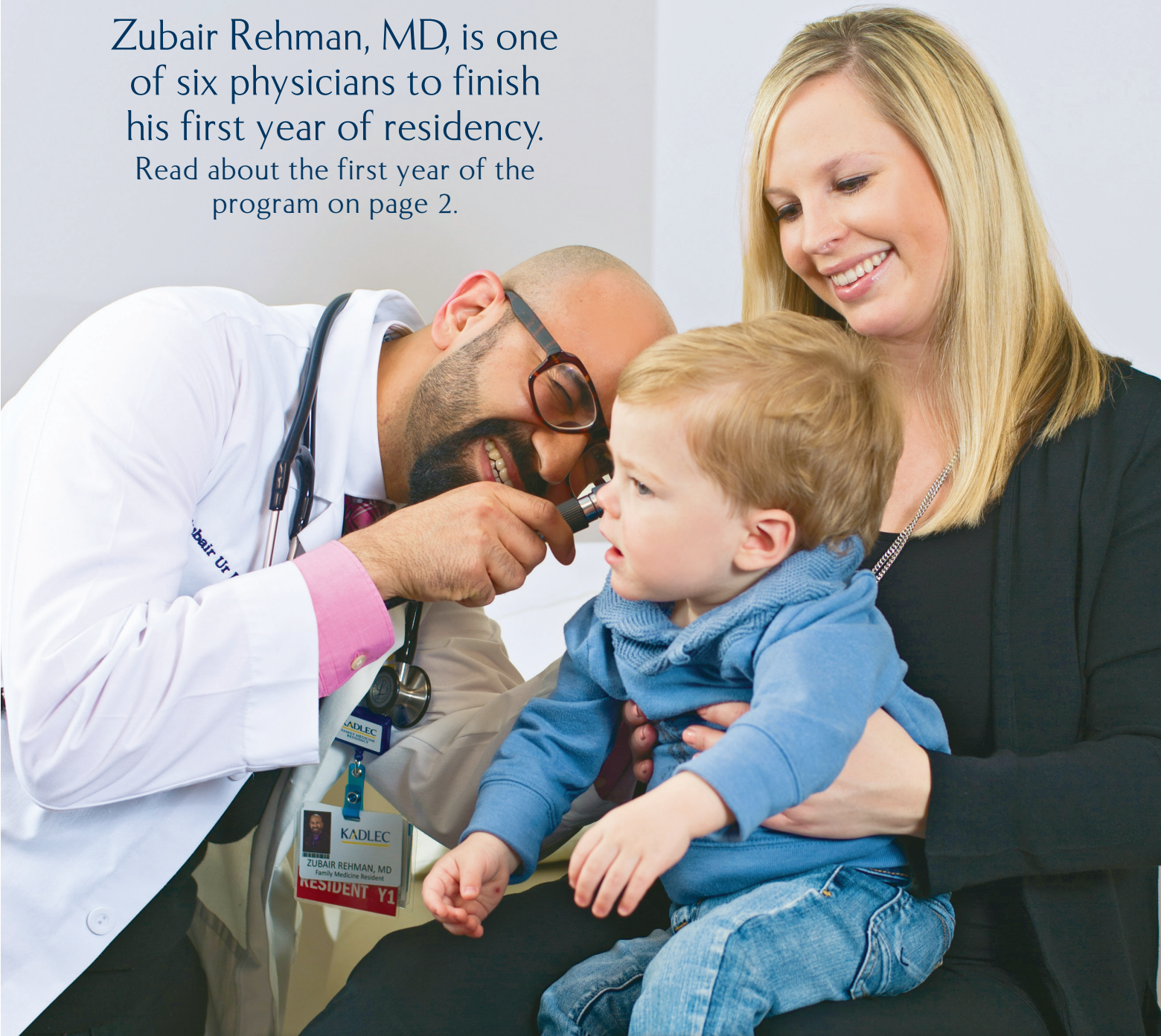


Zubair Rehman, MD, is one of six physicians to finish his first year of residency. Read about the first year of the program on page 2.



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# Year

# 1

## A look at Kadlec Family Medicine Residency as it heads into its second year

**NEARLY ONE YEAR AGO**, Kadlec welcomed the first six members of its new Family Medicine Residency program.

“We are so excited” were the words of Amy Sweetwood, MA, director of Kadlec Graduate Medical Education, as she described the incoming class and the beginning of the program.

Recently, the program’s second class of residents was announced.

“We have finished the first year, and these outstanding residents are moving into their second year; meanwhile, we now are welcoming another outstanding class. It’s such a great time for the program,” she said.

It’s also a good time to

reflect on that first year.

“Being a part of a new program can be challenging for everyone — residents, the Family Medicine Residency team, and even the Kadlec clinical staff,” she said. “It’s not just the residents who were learning; we have all learned and collaborated to make the program stronger as the year went on. There was a lot of work put in by so many people; that’s been amazing to watch. I have been so impressed by the support of everyone involved to make this

program so successful this first year.”

### Growth of the residents

“It’s been wonderful to see the progress of the residents through the year,” she said. “They have all worked hard, worked together and been eager to learn. They lived up to our expectations and more; they are a caring, compassionate group of doctors.”

When looking for members of that first class, the Kadlec selection team sought residents who might consider practicing in the region after completion of the three-year program. Nationally, 65 percent of residents stay in the community where they train.



### How has it been being a part of the inaugural first class of family medicine residents?

It is an amazing feat to be able to tackle and resolve new challenges every day that include the business side of medicine and more importantly patient management and health.

— Zubair Rehman, MD



### What have you enjoyed most about being in the Tri-Cities?

I have enjoyed the vibrant culture and diversity and being able to partake in activities, which have included hiking Badger Mountain, playing tennis and spending time with family. Overall, my time here has been great, and it has been a well-balanced lifestyle between work and family life.

— Jinesh Shah, MD



### What has been your favorite rotation so far?

As physicians, we love the “easy” patients, the ones that are textbook for a disease presentation. But the ones we remember, and even sought out, are the complex, atypical, “but-wait-there’s-more” type of patients. These patients push your abilities to the edge and make you a better physician for treating them. The hospitalist rotation provides that experience and makes it my favorite.

— Tayyab Tahir, MD

### Is residency harder than medical school?

The focus of medical school is medical knowledge. During residency we continue to broaden our medical knowledge, but we have the added dimension of real-life patient care. I’m not sure that one is more difficult than the other; they have both been incredibly challenging but are also very rewarding.

— Patrick Johansing, DO



“We have been pleased that these residents have enjoyed the Tri-Cities area and Kadlec,” she said. “They are respected by the physicians they have been working with this year. They are well liked by their patients who can move with them into their private practice after completion of residency. They helped us recruit for the second class. All of these things are important in keeping our residents engaged in our community and our region.”

“Patients know this is a training clinic and feel a part of the team, helping the residents grow. The patients are happy with the extra time they get to spend with the residents and with the second set of eyes caring for them with the presence of the supervising physician. That’s been fun to watch,” said Sweetwood.

“Throughout the year, Drs. Erick Isaacson, Katie Karlson, Matthew Lawrence and Payal Gaba have been instrumental in teaching the new

—Continued on page 4

### Opening the Family Medicine Residency clinic

An important part of a resident’s training takes place inside the hospital, rotating through various departments and specialties, while additional training takes place in the clinical setting. The new Kadlec Family Medicine Residency clinic opened just over a year ago to serve this purpose.

“We not only launched a new residency program, we launched a new clinic at the same time,” said Sweetwood.

### What’s the life of a resident like?

The life of a resident at Kadlec is exciting and rewarding. We have the opportunity to work with the best physicians and caregiver teams in the region to make a difference in the lives of patients. This community is a great place to grow our skills and build lifelong relationships.

— Tyler Clark, MD



### What has surprised you most about being a resident?

How much support you have. Coming out of medical school, while I was definitely excited to be a resident, I was also somewhat scared. While you see patients as a medical student, your primary responsibility is to learn. As a resident you take on much more responsibility as you are now directly involved in the management, decision-making and overall care of each patient. The transition is intimidating, but what I’ve learned is being a resident doesn’t mean you are now on your own taking care of patients, but rather you are developing a leadership role amongst a supporting team of professionals. I’ve truly enjoyed being a resident, caring for patients of all ages in a variety of settings, and am definitely surprised by the support and people willing to help me through the arduous journey of residency.

— Daniel Torba, MD

# Welcome to our new residents

**Kadlec's six new residents will be starting their three-year residency program this summer. They are:**

Clara Abbey, MD, Parlin, N.J.

Jeremy Dayrit, MD, Moscow, Idaho

Mark Halvorson, MD, Prineville, Ore.

Jamie Hagestedt, MD, Salem, Ore.

Trinh Nguyen, MD, Sacramento, Calif.

Bill Toukan, MD, Palm Desert, Calif.

# Year one

—Continued from page 3

residents and working side by side with them as they care for patients," she said.

## Potential growth of the program

"One of our goals now is to expand the number of resident spots that we have in our program. We are currently at six per year," she said, "and we would like to see that grow. We see the need for additional Family Medicine physicians in our region, and growing our program can help meet that need."

Kadlec is also looking to expand its faculty panel. "We have had a number of physicians express interest in teaching. It shows that Kadlec's medical staff is passionate about what they do and wants to pass along their knowledge, experience and passion to the residents. The residents also help the providers remain on the cutting-edge of their field," said Sweetwood.

"We all feel good about our first year. We have a lot ahead; beginning in June we will have both a first-year and a second-year class," said Sweetwood. "It is so satisfying to work with these new doctors who are excited about providing the best care possible to the patients of our region."



Kadlec is proud to celebrate the 25th Anniversary of its Inpatient Rehabilitation and Therapy. Since 1989, patients from throughout the Mid-Columbia region have trusted its physicians, therapists and staff with their rehabilitation care. Pictured are members of the Inpatient Rehab staff.

# Welcome new providers

## KADLEC REGIONAL MEDICAL CENTER

888 Swift Blvd., Richland  
**(509) 946-4611**

Lawrence Alvarado, MD  
*Anesthesiology*

Zahid Nawaz, MD  
*Adult Hospitalist*

Stephen McPhee, PA  
*Emergency Medicine*

Kasshia Mostad, PA  
*Emergency Medicine*

## KADLEC CLINIC

### Cardiothoracic Surgery

1100 Goethals Drive  
Suite E (3rd Floor), Richland  
**(509) 942-3095**

AnnaMarie Vaughan, PA-C  
*Cardiothoracic Surgery*

### Interventional Radiology

1100 Goethals Drive  
Suite E (3rd Floor), Richland  
**(509) 942-3095**

Allen Chen, MD  
*Interventional Radiology*

### Rheumatology

6710 W. Okanogan Place  
Kennewick  
**(509) 783-2000**

Kalpita Hatti, MD  
*Rheumatology*

### Plastic Surgery and Dermatology

104 Columbia Point Drive  
Richland  
**(509) 942-3190**

Christy Masterman, DCNP  
*Dermatology*

### Senior Health

560 Gage Blvd.  
Suite 102, Richland  
**(509) 942-3135**

Thainia Moravia, ARNP  
*Geriatrics*

### Urgent Care

4808 W. Clearwater Ave.  
Kennewick  
**(509) 942-2355**

Vicki Boll, PA-C  
*Family Medicine*

## COMMUNITY-BASED PROVIDERS

### Seattle Children's Tri-Cities Clinic

900 Stevens Drive  
Suite 204, Richland  
**(509) 946-0976**

Salaam Sallaam, MD  
*Pediatric Cardiology*

### Northwest Orthopaedic and Sports Medicine

A division of Proliance Surgeons  
875 Swift Blvd., Richland  
**(509) 946-1654**

Desiree Ang, ARNP  
*Orthopedics*



Find a specialist or family health care provider at [kadlec.org/clinic](http://kadlec.org/clinic).



# Drive on up

Kadlec's new parking garage opening soon

**LATER THIS SUMMER**, patients and visitors at Kadlec Regional Medical Center will find it easier to access the hospital with the opening of the long-anticipated parking garage.

The five-deck, \$15.2 million facility was made possible through Kadlec's recent affiliation with Providence Health & Services. The garage will provide nearly 660 parking stalls.

Parking at the hospital has long been inadequate.

"When the four-story Kadlec building was opened in 1971, the hospital had 48 doctors and 165 nurses. Today, the medical center has 3,400 employees, and the vast majority of these are on the main campus," said Jeff Clark, Kadlec vice president, Support Services.

"These numbers reflect the growth of the hospital, and there was just not enough parking to handle it. Building a parking garage was the best long-term solution. We also recognized the importance of addressing future growth. The garage was built larger in order to accommodate future needs."

Utilization of land on the Kadlec

campus was also important during the planning of the garage.

"We believe the design and placement of the garage provide an added opportunity to build a new medical office building on the campus at some future date," he said.

Initially, the garage will be reserved for patients and guests.

"Once we study utilization, we will make a determination if we have the capacity to open the upper floors for limited staff and physician parking. Our first priority is to accommodate our patients and guests," he said.

The employee parking lots will remain available, and the shuttle servicing these lots will continue.

## Potential for more than parking

The facility was designed to include a retail center on the ground floor facing Swift Boulevard.

"Adding businesses to the parking garage will not only provide additional services nearby the hospital, it will make the facility more than just a parking garage," said Clark. "It will really change the streetscape of the building

## River Pavilion Construction Update

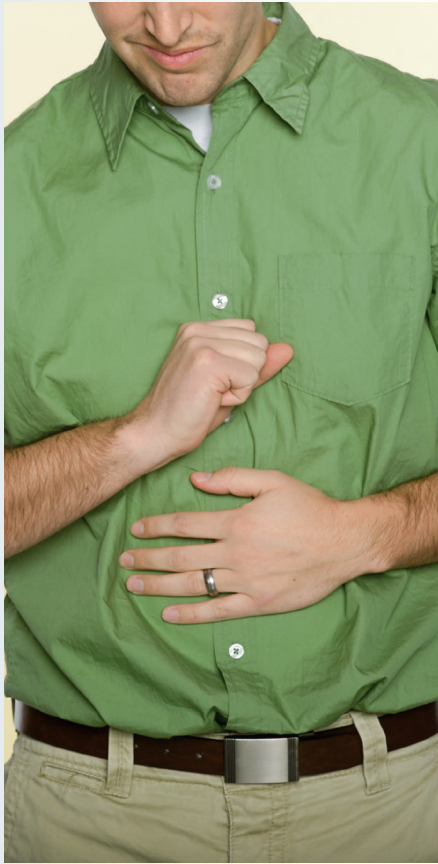
**The completion of the final four floors of the River Pavilion is set for this fall. Two of the floors will open in October, followed by a phased opening of the final floors. When opened, the expanded space will house acute care and up to two floors of intensive care.**

and soften its appearance."

A timeline to add the retail space has yet to be determined.

## Patience has been appreciated

"Our guests and staff have had to navigate around construction and have done so without complaining. We truly appreciate everyone's patience. I think people understand how important this project is. When we announced at a Richland City Council meeting that we were going to build a parking garage, those in attendance clapped," Clark said. "It was clear we were not the only ones who recognized the need for this facility. It's been a long time coming."



# New, easier test for acid reflux

**DO YOU HAVE** a great deal of indigestion or a burning sensation in the center of your chest? Do you regularly get sour or bitter-tasting fluids in your throat or mouth? Do you avoid bending over to prevent acid from backing up into your throat?

If you can answer yes to any of these questions, you might have chronic heartburn or GERD (gastroesophageal reflux disease). Now there is a non-invasive test for heartburn at Kadlec — it's called BRAVO® esophageal pH test. The results from this quick and easy diagnostic test determine the cause of the symptoms and the best treatment to prescribe.

Traditional pH testing requires the use of a flexible catheter threaded through the nose. The catheter, protruding from the nose, is connected to a recorder that registers each reflux

of acid. Many patients complained of discomfort.

BRAVO uses a wireless, small capsule-based test. The capsule is temporarily attached to the wall of the esophagus during an upper endoscopy. The capsule collects pH level measurements for up to 48 hours, and once the test is finished, the capsule passes harmlessly.

"Patients wear a small receiver, which collects the readings," said Pat Faragher, RN, Kadlec clinical education. "Patients also record symptoms by pressing buttons on the receiver."

Data from the receiver is used to aid in diagnosis and treatment planning.

"This test is much more comfortable, and patients can maintain regular activities," said Faragher. "For people with reflux and heartburn, it can provide an easier way to get a diagnosis."



The new test is available through Kadlec Clinic Gastroenterology. For information, call (509) 942-3180.

## Living well

**DO YOU** or someone you know live with a chronic health condition — such as diabetes, emphysema, arthritis, migraine headaches, asthma and heart disease — that affects daily life? Kadlec is offering a series of workshops for people living with ongoing health conditions to achieve a healthier way of living.

The Living Well series of self-management workshops was developed at Stanford University and is designed to complement and enhance medical treatment and disease management. Through the series of classes, participants will learn what they can do to feel better and manage

their condition more effectively.

Each workshop covers techniques to deal with problems such as: frustration, fatigue, pain and isolation; appropriate exercise for maintaining and improving strength, flexibility and endurance; appropriate use of medications; communicating

effectively with family, friends and health professionals; nutrition; and how to evaluate new treatments.

Sessions are highly participative, and mutual support and success build participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Helping you live well

Workshops offered at no charge at Kadlec Healthplex are:

- Living Well with Chronic Conditions
- Thriving and Surviving Cancer Workshop
- Living Well with Chronic Pain Workshop

Each workshop is held once a week for six weeks.



For dates and times or to register, please call (509) 946-4611, ext. 5593.

Kadlec Clinic urogynecologist one of few in country

# A new specialty offers help, hope

**PELVIC FLOOR DYSFUNCTION** affects at least one in four women. While many go undiagnosed and untreated, the symptoms can be frustrating, embarrassing and lifestyle altering.

Fortunately advancements in this area of care are growing. One of these developments is the creation of a new medical specialty that takes a comprehensive approach to managing pelvic disorders. Called Female Pelvic Medicine and Reconstructive Surgery, it's a subspecialty of obstetrics and gynecology, and the Mid-Columbia has one of the country's first physicians board certified in this specialty (also called urogynecology).

Larry Smith, MD, with Kadlec Clinic Associated Physicians for Women, became a board certified urogynecologist in 2014.

When the specialty was introduced, for a short period of time, urogynecologists who met strict criteria were permitted to earn board certification. Dr. Smith was among the few physicians to qualify. He is the only board certified urogynecologist in the region and one of only a handful in the state.



Larry Smith, MD

## A common disorder

The pelvic floor is a web of muscles, ligaments and nerves at the bottom of the pelvic region, where it supports the uterus, bladder, colon and rectum; stabilizes the pelvis, trunk and hip joints; and plays a role in everything from the birthing process to continence.

Pelvic floor disorder occurs when the pelvic muscles and tissue weaken or are injured. The most common cause is childbirth, but other factors can contribute, including being overweight, asthma, chronic constipation, physically strenuous jobs, abdominal surgery, strenuous exercises (like weight lifting) and aging.

Common pelvic floor symptoms include urinary or fecal incontinence, overactive bladder and pelvic organ prolapse. The effects on patients are much more than physical;

**Kadlec also offers a specific Women's Health and Pelvic Floor Rehabilitation program.**

**For more information, call (509) 942-2660 and ask for C.J. Shane, DPT, or Cassie Malecha, DPT.**



Patients are seen by both self-referral and physician referral. For more information, call (509) 942-2555.

individuals may withdraw to hide the condition.

When treatment is sought, problems with the bladder may be seen by a urologist, issues involving the uterus may be treated by a gynecologist, and a colorectal surgeon may deal with rectum problems. An effort to coordinate pelvic care for patients led to the creation of an expertise that masters the entire pelvis.

"There is a natural physical overlap," said Dr. Smith. "Our goal as urogynecologists is to work with urologists and gynecologists to provide comprehensive care for women with pelvic floor issues."

"There is a big need for this specialty, especially with the aging of the baby boomers," said Dr. Smith. "It's a frustrating and embarrassing issue, so many are not proactive. We need to continue to educate them that we have effective treatments, and help is available."

Among the procedures provided by Dr. Smith are robotic surgical procedures (including for prolapse), non-mesh slings, Botox for an overactive bladder, uterus-preserving surgery, InterStim® and vaginal mesh removal.

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## Mark your calendars

*5th Annual*



*Presented by Kadlec Neurological Resource Center  
Resources and tools for caregivers of all experience  
levels.*

*June 9, 10 a.m. – 4 p.m.*

*Three Rivers Convention Center*

*No charge*

*Featuring Amy Goyer, Author, Speaker and  
Consultant specializing in aging and families.*

*12th Annual*



*For families, providers and educators.*

*August 9 – 10*

*Three Rivers Convention Center*

*Featuring Arthur Fleischmann, Co-Author of best-  
selling book *Carly's Voice*, and Alix Generous, Mental  
Health Advocate and Motivational Speaker. To  
learn more or to register for this event, call  
**(509) 943-8455** or visit **kadlec.org/knrc**.*



## Classes, resources offered in Spanish

**KADLEC IS NOW OFFERING** a number of its classes in Spanish.

Classes offered at Kadlec Healthplex include Initial and Renewal Heartsaver First Aid, CPR and AED.

Preparing for Childbirth is offered online. For those interested in this class who do not have access to a computer with Internet, special arrangements can be made through Kadlec's Education Department.

Kadlec's efforts to reach those who speak Spanish also include taking first aid training into the community, including to a conference of the Washington Potato Foundation.

"These classes have been great for the community and have been so well received," said Megan Bouche, Kadlec Training Center coordinator. "Offering classes is about helping our Spanish-speaking community to be healthier, gain important medical training and even prepare for the birth of a child. It can be frustrating to want this information but struggle with a class in an unfamiliar language. Not only do they receive the information in Spanish, they are able to ask questions and get answers in their own language. These classes have proven to be a big help."

Kadlec Neurological Resource Center's library at Kadlec Healthplex also includes a number of resources available in Spanish.



**For more information on the classes offered in Spanish,  
visit [kadlec.org](http://kadlec.org) and click on "Register for a Class."**