

Caring for our community

See article on page 2.

Front row: Rebekah Schuh, Benton Franklin Fair & Rodeo queen; Kathleen Clary-Cooke, health educator, Injury Prevention & Community Outreach, Benton-Franklin Health District; Rich Cummins, president, Columbia Basin College; and Maggie McCain, Sparkle and Shine Pageant participant.
Back row: Captain Stein Karspeck, paramedic, medical program officer, Richland Fire & Emergency Services; Melissa Jaeger, registered nurse, Kadlec Intensive Care Unit; Wayne Martin, chair, Kadlec Community Board; Mark Brault, board member, Grace Clinic; and Grant Baynes, executive director, Meals on Wheels.



In this issue

Welcome new heart specialist...Page 4
Are you getting enough sleep?...Page 6

Antimicrobial stewardship program...Page 5
The right level of care...Page 8

Caring for Our Community

HEALTH CARE

PROFESSIONALS across the country are emphasizing the importance of creating healthier communities, whether that is preventive care in the doctor's office or out in the community itself.

This emphasis is not new to Kadlec, which has a long tradition of understanding its role in helping create a healthier region.

"We understand our mission is not limited to caring for the people who enter our facilities," said Wayne Martin, Ph.D., chair of the Kadlec Community Board. "It is bigger than that. It is our goal to have a healthier community. We work and collaborate with other partners to address the larger health care needs within our community. We look for ways where we can have a role and value those community relationships."

Here are just a few of the ways Kadlec is working in partnership to care for our community.

Meals on Wheels



One of the critical barriers to improving health is proper nutrition and access to food.

Kadlec recently partnered with Meals on Wheels for a pilot program, funded by a grant through the Three Rivers Community Foundation, aimed at reducing the incidence of readmissions for malnourished patients once discharged. Called Project Homecoming, Meals on Wheels provides nutritious meals for up to one month. Kadlec also provides diet education and additional nutritional supplements.

"Project Homecoming melds the

best of what we do with the transition and extension of care for patients leaving Kadlec in order to produce the best recovery outcome possible," said Grant Baynes, executive director of Meals on Wheels. "I believe that this is only the tip of the iceberg as we explore a more holistic approach that will utilize a matrix of services for vulnerable people leaving the hospital.

"Project Homecoming demonstrates the value of partnerships that can improve the outcome of patients. It should encourage us all to find more opportunities to improve the quality of life in our community," he said.

Experience Health Care

This summer, Kadlec hosted its first Experience Health Care sessions — an intense, dynamic, fun, week-long event immersing students in the health care industry. Students from 10-plus local high schools built their leadership, teamwork, creativity and communication skills, as well as developed solutions to real world health concerns. The students job shadowed, participated in health care Olympics and mock code drills, heard from guest speakers, and much more.

"My experience at Experience Health Care was something unexpected," said Melissa Jaeger, RN, Kadlec intensive care unit nurse and Experience Health Care advisor. "I went in hoping to inspire and educate a few kids about health care. What I left with was the surprise that they in turn inspired me. Seeing their inquisitive nature and passion for all things medical has rejuvenated my soul. My practice and patient care will only improve due to this experience."



Education Support



Kadlec has made an ongoing commitment to supporting and investing in health care education. Kadlec's affiliation with Providence Health & Services helped secure a \$3 million contribution to the construction of the second Columbia Basin College Health Science Center, which will be named in honor of retired Kadlec Regional Chief Executive Rand Wortman and will allow for continued growth of health care programs locally.

"CBC and Kadlec have been strong partners for decades, helping one another to create the talent so necessary for quality health care," said Rich Cummins, president, Columbia Basin College. "Kadlec's newest investment in CBC is helping the college build the Wortman Medical Sciences Center to further develop our medical campus in the heart of Richland. This building will house primary care resident physicians, expanded CBC programs, and a Health Sciences Academy that will deliver ninth- through 16th-grade diplomas, certificates and degrees as part of a transformational Richland School District and CBC partnership. Together, we are working to improve the health and wellness of our entire community."

Grace Clinic

For many years, Kadlec has committed financial support to Grace Clinic, which provides free medical care, medications, urgent dental care, mental health counseling and spiritual care to the uninsured in this community. Additionally, Kadlec is building a volunteer base of Kadlec caregivers who will be volunteering their time and skills to the Grace Clinic.

"Kadlec's ongoing financial support is very important for Grace Clinic as we are self-funded by the community," said Mark Brault, who is president of the board of Grace Clinic. "We are also partners with Kadlec in health care for the community; there are services that we cannot provide our patients, such as imaging. This partnership is a valuable resource for those who come to Grace Clinic for care."

Sparkle and Shine Pageant

The Sparkle and Shine Pageant, hosted by Kadlec, is a thoughtfully designed pageant, exclusively for children with special needs.

The pageant is an opportunity for every child to share their individual sparkle and win a special award.

"I love putting on my crown and wearing the sash," said Maggie McCain, a Sparkle and Shine Pageant participant. "It's fun and makes me feel better. It makes me feel special!"

Safe Kids Saturday



Kadlec has partnered with Safe Kids Benton Franklin for 23 years to host Safe Kids Saturday. This free, family-friendly safety event brings together over 30 community organizations, all committed to keeping kids and families safe.

Safe Kids Saturday attendees learn about electrical, water, fire and railroad safety; how to call 911; and so much more! The event also includes a bike rodeo, free bike helmets and car seat checks.

"Safe Kids Saturday is a time when we can teach kids about important safety issues," said Stein Karspeck, of the Richland Fire Department, "and it's a fun, friendly environment. It helps take away some of the fear kids may have when they see the fire truck or a fireman. It reinforces for them that we are there to help them."

Benton Franklin Fair & Rodeo

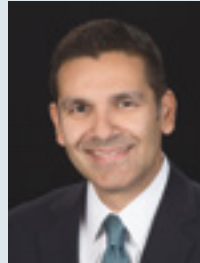
Each year, Kadlec is the official first-aid provider at the Benton Franklin Fair & Rodeo and is proud to meet the health care needs of fair and rodeo guests. From headaches and bee stings to scrapes and bruises, Kadlec enjoys being part of this community event.

There's so much more going on at Kadlec. Check out our website at www.kadlec.org, and take special note of all the activities of Kadlec Neurological Resource Center, Healthy Ages and Kadlec Foundation.



Introducing Two New Kadlec Leaders

Kadlec is pleased to welcome two administrators to its executive team



Reza Kaleel is the new chief executive of Kadlec Regional Medical Center. He came to Kadlec from Grand Junction, Colo., where he served for five years as executive vice president and chief operating officer for

St. Mary's Medical Center. Kaleel has worked in hospital administration since 1997 and has enjoyed the challenge of bringing diverse groups of talented and committed people together to solve important issues.

"Health care has become much more complex over the years," he said, "and Kadlec has grown into a much larger, more complex organization, as well. With this comes the opportunity and responsibility to serve many more patients and families and play an even stronger role in our growing community.

"Growing pains are inevitable, but meeting new challenges and continuing to respond to the call from our community is a responsibility that this team is well equipped to handle. I couldn't be more excited to be here, standing on the shoulders of giants with this team at such an exciting time."



Brian Barry is the new chief operating officer for Kadlec Clinic. Previously, he served as the regional vice president of the Ambulatory Network for SSM Health's Mid-Missouri region. He has a long career in strategic planning and business development.

"I was attracted by Kadlec's commitment to exceptional, patient-centered care and the teamwork I experienced during my initial encounters," Barry said. "My excitement grew as I learned about Kadlec Clinic's ability to establish such a robust community presence driven by a strategic vision to integrate health delivery and to do so in a manner founded by values in action. The continued sense of community my family has experienced in our daily interactions has strengthened our happiness in becoming part of the Kadlec family."

Class Focus

Knowledge is power when it comes to your health.

Kadlec offers a variety of health education classes to help you stay healthy or manage a health condition as you continue on a path to wellness.

Here are two of the classes that are open to the public:

Asthma Clinic

This class offers the asthma basics. Follow-up session to review medication techniques, asthma triggers and symptom control. This clinic is taught by a certified asthma educator.

Call 509-942-2344 for an appointment.

Prepared Childbirth

This course is appropriate for first-time parents or those who have not had birth preparation with previous pregnancies. Learn about labor and birth, including pain management techniques and postpartum information. Classes are offered weeknights (three-week series, one night per week), weekends (Friday through Saturday) and online (English or Spanish). Please select a course that is one month prior to your due date. \$60 for classroom, \$40 for online.

To register or for more details, visit www.kadlec.org/events

and click on "Childbirth & Infant." If you need additional information, call Kadlec Education at 509-942-2600.



Electrophysiologist Joins Kadlec

Ken Curry, M.D., who is board-certified in electrophysiology, cardiology and internal medicine, recently joined Kadlec to provide electrophysiology care to patients.

Electrophysiology cardiologists (EPs) are specialists who identify and treat abnormal heart rhythms and the heart's conduction system. Dr. Curry offers comprehensive management of adults with conditions such as atrial fibrillation, ventricular tachycardia and syncope, as well as patients with devices like pacemakers and implantable defibrillators.

Dr. Curry is the only electrophysiologist based in the Tri-Cities.

For more information, contact Kadlec Inland Cardiology, 1100 Goethals Drive, Suite F, Richland, 509-942-3272.



Too Much of a Good Thing

New antimicrobial stewardship program launched at Kadlec

SINCE THE 1940s, antibiotics have greatly reduced illness and death from infectious diseases. We have relied upon them to fight everything from infected cuts to potentially deadly pneumonia. They are lifesavers and among the most commonly prescribed drugs used in human medicine — more than half of all hospital patients receive an antibiotic.

But now, many of these important drugs are becoming powerless. Why? Because they have been used so widely and for so long that the infectious organisms the antibiotics are designed to kill have adapted to them, making the drugs less ineffective and leading to “superbugs” — dangerous antibiotic-resistant bacteria that can’t be easily controlled.

Now an effort to promote the appropriate use of antimicrobials — called antibiotic stewardship — has been implemented across the country. The effort can help preserve the effectiveness of antibiotics, extend their lifespan and protect the public

from antibiotic-resistant infections and adverse events.

“In 2015, President Obama released a plan to combat antibiotic-resistant bacteria,” said Pam Renard, Pharm.D., Kadlec clinical pharmacy coordinator. “It started a national effort to be proactive about the use of these drugs.”

Kadlec began its antimicrobial stewardship work with a pilot program that looked at antibiotic use in all departments across the hospital.

Following that initial program, Kristen Williams, Pharm.D., was hired to help lead a permanent program.

Her job is to track antibiotic use at Kadlec and to educate both providers and patients on the appropriate use

of these drugs. The new program helps clinicians improve the quality of patient care and improve patient safety through increased infection cure rates, reduced treatment failures and increased frequency of correct prescribing for therapy.

“We are not saying don’t use antibiotics. Instead, we emphasize the use of the right antibiotic, at the right dose for the right duration of therapy,” said Williams. “It takes a culture change, both for providers and for patients. We are all used to getting antibiotics when we are sick, even when the infection is caused by a virus. Now we want to encourage the use of antibiotics only when necessary.”



You have a role in antibiotic stewardship, too



Keep hands clean. Washing with soap and water for at least 20 seconds helps avoid getting and spreading infections. Insist on clean hands. If you don’t see health care providers or visitors wash their hands, ask them to do so.



Use antibiotic creams sparingly. Only use over-the-counter antibiotic ointments containing bacitracin and neomycin for cuts and scrapes that leave visible dirt behind. Wash all superficial wounds with soap and water.



Get vaccinated. Some of the recommended vaccines protect against bacterial infections, such as diphtheria and whooping cough (pertussis).



Don’t push for antibiotics. If your doctor says you don’t have a bacterial infection, don’t insist. Instead, ask about other ways to get relief.



Follow directions. Take the full course of your prescription, even if you feel better after a day or two. If treatment stops too soon, the antibiotic might not kill all the bacteria, some of which might reinfect you and become resistant.



Don’t use leftover antibiotics from a previous infection. Don’t take antibiotics prescribed for another person.



Getting a Good Night's Rest?

KADLEC IS NOW offering home sleep testing for patients. It is a convenient way to screen for moderate to severe obstructive sleep apnea without undergoing an in-laboratory sleep study.

A home sleep study is performed in the comfort of your own bed. It is simple and economical; both wait time for diagnosis and costs associated with a full traditional in-clinic sleep study are reduced.

Individuals who, by virtue of preference, immobility, safety or critical illness, cannot undergo a traditional polysomnographic study in a sleep laboratory can benefit from an at-home overnight sleep study. Please note that home sleep testing does not screen for other potential sleep disorders.

Are you a candidate for a home sleep study?


If you suffer from daytime sleepiness, loud and frequent snoring, gasping, breathing pauses, morning headaches, nocturnal gastroesophageal reflux, high blood pressure, or other symptoms, you may have sleep apnea. You may qualify if:

- You have a history of sleepiness and a body mass index greater than 30
- Your sleep assessment (based on a questionnaire or interview with a health care provider) suggests a high risk for moderate to severe sleep apnea
- You have no other major health problems or sleep disorders
- Your work puts you at risk for accidents, such as bus drivers or truck drivers
- You are undergoing a surgery and need a preoperative assessment

How does a home test for sleep apnea work?

If you are found to be at risk for sleep-disordered breathing, you will be prescribed a small recording device connected to biosensors, belts and other accessories to be worn overnight. Upon returning the device, our technician will score the study.

If you are found to have sleep apnea, you may need to undergo another sleep study at an on-site sleep clinic.

 For more information about Kadlec in-home sleep study, call 509-942-2660.

Need to register? Think 'Vineyard'!

All hospital registration is now taking place in the Vineyard Lobby, just inside the main entrance. Park in the new garage and head right through the main entrance doors and you'll arrive at the Vineyard Lobby. It's smooth and easy.

Registration is no longer available in the Orchard Lobby.

Have you registered for your My K-Chart?

If you have been a patient at Kadlec, you can view portions of your medical record, see test results, message your physician, request appointments and more, simply by signing up for My K-Chart, Kadlec's electronic medical records system. Access to My K-Chart is available 24/7 from the comfort and privacy of your home, your phone or anywhere with an internet connection. It's secure, too.

If you don't have a My K-Chart account and you are a Kadlec patient, it's easy to create one. Just visit www.kadlec.org, and click on "My K-Chart." You can also ask about it at the next appointment with your Kadlec health care provider.

Final Floors of River Pavilion Expansion Near Completion

In January, patients will be moving into the final two floors of the four-floor expansion of the River Pavilion.

When the expansion initially opened in October, floors 8 and 10 opened. Work was still ongoing on floors 7 and 9. Work on these floors is nearly finished.

With the opening of floor 7, the new Terrace will also open. The outdoor space will offer respite for patients, families and staff.

The opening of these floors marks the completion of the nearly two-year construction project.

Something New!

Kadlec Senior Academy

Children throughout the community have learned important health and safety information as a part of the Kadlec Academy. But why should this important information be limited to children?

Kadlec recently launched a new version of the program retooled for the community's older population.

"Our focus with Kadlec Senior Academy is to keep seniors safe, strong, eating well and taking a healthy approach toward life," said Kadlec's Angela Mohondro, M.A., M.B.A., director of Rehab & Allied Health Services. "Our seniors have a different set of issues. They need to talk about watching for trip and fall concerns, keeping fit and moving, balance issues, medications, and so much more. Our Senior Academy helps them look at these issues."

The program has already been presented at a number of retirement centers in the community and has been well received.

"The feedback has been so good, and we have been told the program has made a difference. They have had so many questions, too, and this program offers them a place to ask those questions," she said. "This is what Kadlec is about — keeping people healthy, and helping them before they need us."

For more information about having a Kadlec Senior Academy presentation, call 509-942-2660 and ask for Angela.

Welcome New Providers

KADLEC REGIONAL MEDICAL CENTER

888 Swift Blvd.,
Richland
509-946-4611

Jason Crofts, D.O.
Emergency Medicine

Phani Chandra
Kantameni, M.D.
*Critical Care
Medicine*

Lorri Lee, M.D.
Anesthesiology

Jason Loera, M.D.
Emergency Medicine

Deborah Hung-Ling
Nautsch, M.D.
Pathology

Maricela
Sanchez, M.D.
Anesthesiology

Jerry Elliott, ARNP
*Critical Care
Medicine*

Kelsey Solano,
ARNP
*Critical Care
Medicine*

Cade Stephens,
PA-C
Emergency Medicine

KADLEC CLINIC Cardiothoracic & Vascular Surgery

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

Si Feng, DNP
Vascular Surgery

Nathaniel Boggs,
PA-C
*Cardiovascular,
Thoracic &
Vascular Surgery*

Gastroenterology
602 N. Colorado St.,
Suite D,
Kennewick
509-942-3180

Nichole Sharp, ARNP
Gastroenterology

Inland Cardiology
1100 Goethals Drive,
Suite F, Richland
509-942-3272

Ken Curry, M.D.
*Electrophysiology
Cardiology*

Mary-Beth
Carnaghan, ARNP
Cardiology

South Richland Primary Care

560 Gage Blvd.,
Suites 101 and 206
Richland
509-942-3286

Mary Grace Hipolito,
M.D.
Family Medicine

West Kennewick Primary Care

9040 W.
Clearwater Ave.,
Kennewick
509-942-3291

Stephanie
Santos, ARNP
Family Medicine

COMMUNITY-BASED PROVIDERS

Columbia Basin Oral and Maxillofacial Surgery

512 N. Young St., Kennewick
509-783-7600

Brandon Reddinger, D.D.S.
Oral and Maxillofacial Surgery

Northwest Orthopaedic and Sports Medicine

A division of Proliance Surgeons

875 Swift Blvd., Richland
509-946-1654

Jacob Stanfield, M.D.
Orthopedic Surgery

Tri-Cities Digestive Health Center

8819 W. Victoria Ave., Kennewick
509-460-5500

Nicole Butcher, PA-C
Gastroenterology

Tri-Cities Orthopaedics Richland

821 Swift Blvd., Richland
509-460-5588

Uel Dean Hansen, M.D.
Orthopedic Surgery



Find a specialist or family health care provider at www.kadlec.org/clinic.

New Senior Clinic Slated for East Kennewick

Care for patients 65 years old and older has expanded with the opening of a new clinic in east Kennewick.

Kadlec Clinic Senior Clinic – East Kennewick will open within a few weeks. Clinic hours will be Monday through Friday, 8 a.m. to 5 p.m. Providers are Kimberly Miller, D.O., and Thaina Moravia, AGPCNP-BC, NP-C.

**Kadlec Clinic Senior Clinic –
East Kennewick
911 S. Washington St.,
Kennewick 99336
509-942-2288**

Pacesetter is published by Kadlec

888 Swift Blvd., Richland, WA 99352

(509) 946-4611

kadlec.org

Mary Lynn Merriman, MLM Communications, editor
Kim Fetrow, photography

Pacesetter Editorial Board chair: Nan Domenici

Pacesetter Editorial Board members: Bill Baldwin,

Megan Bouche, Jeff Clark, Dawn Coffin, Nancy Dahlberg, Mindy Eakin,

Meg Fallows, Kris Gauntt, Jim Hall, Kelly Harper, Karen Hayes,

Cara Hitt, Robbie Loomis, Mary Lynn Merriman, Angela Mohondro,

Nikki Ostergaard, Renee Sams, Tim Stephens, Emily Volland, Glenn

Welch, Stephanie C. Williams

The material in Pacesetter is not intended for diagnosing or prescribing. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.

Information in Pacesetter comes from a wide range of medical experts.

Models may be used in photos and illustrations.

2016 © Coffey Communications, Inc. All rights reserved.

KADLEC

888 Swift Blvd.

Richland, WA 99352

Nonprofit Org.
U.S. Postage
PAID
Walla Walla, WA
Permit No. 44

The Right Care at the Right Time and Place

Kadlec continues to expand the way you can get the care you need, at the level you need it.

New service!



Express Care

Our newest service. Common colds, scrapes and bruises are seen here. Swing by your neighborhood Express Care clinic and feel better fast. Just call to set an appointment. Open 7 days a week, 8 a.m. to 8 p.m.

- Minor cuts or burns
- Sprains or strains
- Ear, nose, throat or eye infections
- Stomachaches
- Headaches or dizziness
- No imaging or labs on-site

Opening Dec. 12:

Kadlec Express Care Queensgate

2564 Queensgate Drive, Richland

Opening Dec. 19:

Kadlec Express Care Canyon Lakes

4008 W. 27th Ave., Suite 103,
Kennewick

Call this number to schedule your appointment: **888-227-3312**. To learn more, go to **expresscare.kadlec.org**.

Now 3rd location



Urgent Care

Bring us your churning stomach, serious burns and broken bones. We treat serious issues that aren't life-threatening. No appointment necessary.

- Cuts or burns
- Broken bones, sprains or strains
- Ear, nose, throat or eye infections
- X-ray and lab services
- Skin rashes and infections
- Vomiting, diarrhea or dehydration
- Severe sore throat or cough

Newest location:

Urgent Care – West Kennewick

9040 W. Clearwater Ave., Kennewick
(Corner of Clearwater and Steptoe)
Open 7 days a week, 8 a.m. to 8 p.m.

Urgent Care – Kennewick

4804 W. Clearwater Ave., Kennewick
Open 7 days a week, 8 a.m. to 8 p.m.

Urgent Care – Pasco

9605 Sandifur Parkway, Pasco
Open Monday through Friday,
5 p.m. to 8 p.m.



Emergency Care

In case of emergency, call 911 immediately if the situation is life-threatening. Both Kadlec emergency department locations are open 24 hours a day.

- Life-threatening injuries
- Serious cuts or burns
- Chest pain or pressure
- Poisoning
- Convulsion or seizures
- Concussions

Kadlec Emergency

Department in Kennewick

3290 W. 19th Ave., Kennewick

Emergency Department at

Kadlec Regional Medical Center

888 Swift Blvd., Richland

