

KADLEC

Pacesetter



Enhancing care in the region for children such as Madelyn Clark is one of the goals of Josh Weldin, MD, Kadlec's new director of pediatric hospitalists.

A higher level of care for kids

I“IT’S AN EXCITING time for this community and its kids.”

Those words summed up the sentiments of Josh Weldin, MD, Kadlec’s new director of pediatric hospitalists when reflecting upon the future of pediatric care in the Tri-Cities region.



Josh Weldin, MD

According to Dr. Weldin, who moved from Seattle Children’s Hospital to Kadlec in August, in order “to make a meaningful difference in inpatient pediatric care, you need

three things to come together.”

First, he said, is a hospital’s dedication to the mission of pediatric care. “In general, pediatric care is not a financial revenue source for a hospital. Many hospitals give lip-service to pediatrics, but don’t dedicate themselves to it for financial reasons. In my experience with Kadlec, it is clear that at the highest levels of the hospital, high quality inpatient pediatric care is a mission they are dedicated to,” he said.

Next, according to Dr. Weldin, a hospital with a commitment to pediatric care “needs a group of medical professionals at all levels who are

well-trained and engaged in what they are doing. There is an amazing group of medical professionals here who have been doing a lot of good work with kids and families for a long, long time. I’ve been impressed with the quality of care kids already receive. We hope to continue to add to what is already being provided in the community.

“In addition, Kadlec’s dedication to pediatric care has created more opportunities to partner with pediatric subspecialists from Seattle Children’s Hospital as well as the Spokane area. A community our size cannot support all of these subspecialties, but to create

—Continued on page 2

A higher level of care for kids

—Continued from page 1

partnerships will so help our young patients. We're looking forward to fostering these relationships," he said.

Finally, a hospital needs a facility that can support a high level of pediatric care. "And, that is what is exciting about the pediatric center. I think this will be one of the nicest pediatric hospital units I've ever seen," he said.

"What happens when those three things come together is magical. It becomes more than a place full of rooms with beds in them. It becomes a place where amazing things can happen," he said. "I believe all three of those things are coming together at Kadlec. And, I'm really excited about what is ahead for the

care of children in this community."

Among the things that he sees in the immediate future is the addition of some chemotherapy treatment for children with certain forms of cancer. "The initial treatment and diagnosis will still be performed at a pediatric oncology center, but once a patient has settled into the chemotherapy regimen, we are very close to having the facilities, medical staff and partnerships in place to offer this service here in the Tri-Cities. Currently, these families are required to leave the area for chemotherapy monthly for up to three years," he said.

Also joining Dr. Weldin at Kadlec are two additional pediatric hospitalists, Shad Outsen, MD, who arrived in July and Kevin Marsh, MD, who arrived in August.

"What's ahead is exciting and we're looking forward to being a part of bringing a higher level of pediatric care to this community," Dr. Weldin said. ○

Giving makes it possible

Thanks to the support of many throughout the community including a major gift by a local Tri-Cities family, the Tri-Cities region will have a new pediatric center on the fifth floor of the new Kadlec River Pavilion Tower. The Don and Lori Watts Pediatric Center was not part of the original expansion project, but became a vision of the Kadlec Foundation.

"We are honored and grateful to the Watts family for their generous support," said Larry Christensen, Kadlec vice president of Resource Development.

For the Watts family, "donating the money to help bring this project to life was an easy decision for our family. God has blessed Don and me in many ways and this is about giving back; it is about making a difference in the lives



Lori and Don Watts

of others and making our community better for all. The person that gave only one dollar or volunteered one hour of their time is just as valuable to the success of this project," said Lori.

Construction on the fifth floor pediatric center will begin later this year.

Complete caring

Being affiliated with the Planetree organization translates at Kadlec to patient-centered care on many levels—mind, body and soul. Along with traditional treatments, Kadlec continues to expand the number of integrative therapies it offers to patients and families. Kadlec encourages each patient to use these as appropriate, to enhance the patient's treatment and recovery experience.

Aromatherapy

Aromatherapy is the art and science of using essential oils in a treatment. Essential oils are used for the purpose of:

- Increasing awareness of self-nurturing activities.
- Increasing awareness regarding ways in which pleasant aromas can be used in daily life to self nurture.
- Providing a distraction from physical or emotional pain (grief, anger, depression).
- Encouraging a "here and now" awareness.
- Decreasing anxiety, promoting sleep, creating increased alertness.
- Providing a stress-management skill for mood enhancement, a leisure activity and increasing the joy of living.

Aromatherapy is available to all inpatients.

T'ai Chi

T'ai Chi is an ancient mind/body discipline of relaxed movement. It involves gentle, meditative exercise for individuals of all ages and fitness levels. Participants will enjoy increased balance, flexibility and coordination and improve well-being, while reducing stress and associated pain and fatigue.

Kadlec's T'ai Chi class is taught specifically for people with arthritis or diabetes by a certified instructor. The class takes place at the Richland Community Center.

Massage therapy

Massage therapy is one of the oldest forms of health practice. It has been used to enhance healing and general

Banging the drum not-so-slowly

New drum therapy aids healing



IMAGINE WALKING DOWN the halls of Kadlec on a Saturday afternoon and hearing the sound of drums. The sound is far from the “old hospital days” of quiet voices in a sterile environment. Instead, what you would be hearing is “drum therapy” where patients are invited to use a variety of drumming instruments as a part of their healing.

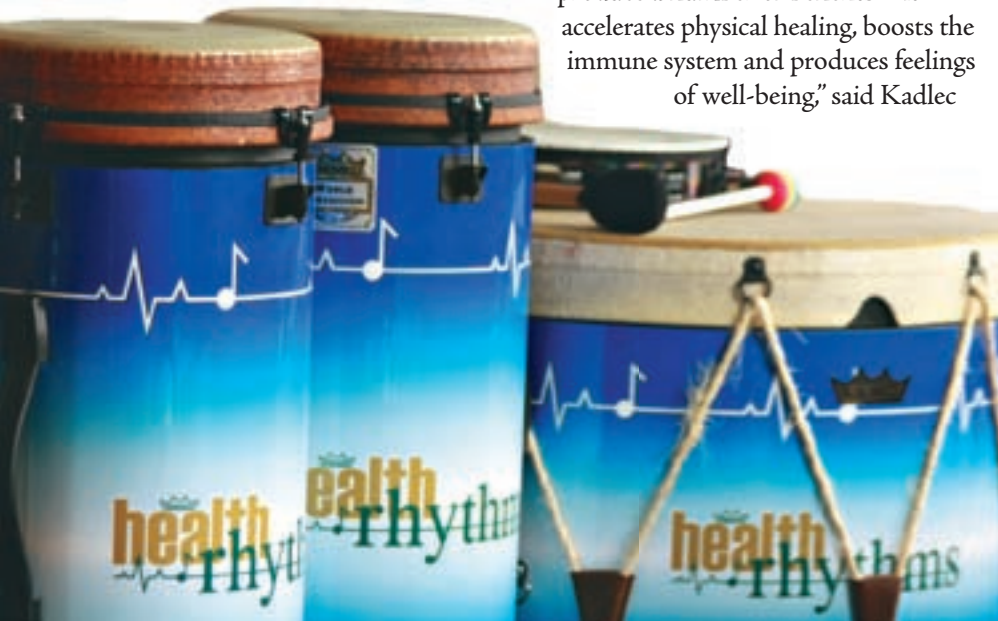
“Drumming has been shown to produce a number of benefits—it accelerates physical healing, boosts the immune system and produces feelings of well-being,” said Kadlec

massage therapist Kate Bateman, LMP, CIMI, BA.

Other studies have demonstrated the soothing, focusing and healing effects of drumming for patients dealing with everything from anxiety and asthma to stroke and chronic pain. It induces deep relaxation, lowers blood pressure and reduces stress.

Kadlec has six drums as well as a number of other rhythmic instruments such as shakers, hand drums and tambourines. Bateman, who facilitates the program, generally holds a drumming session on Saturday afternoons in the Inpatient Rehabilitation Unit. Every session is different, said Bateman, depending upon the group of patients participating. Patients do not have to have any drumming experience in order to be a part of the group.

“The patients are often very uncertain when they begin, but it doesn’t take long and they are surprised how much fun it is,” she said. “People tell me they feel relaxed and invigorated after drumming; they say they feel calm and focused. It is one of the extra things we can do for patients; it is fun and helps them at the same time.” ◉



well-being since ancient times. This therapy manipulates the skin, muscles and joints for muscle relaxation, improved circulation and stress relief.

Inpatient massage therapy is available to all Kadlec patients, and the specific massage is tailored to the needs and request of the patient—from a simple scalp massage to a back massage. Inpatient infant massage therapy is also available.

Outpatient massage therapy is also available with a prescription or without one (open to the public by appointment).

Outpatient massage therapy options include:

- Relaxation
- Rehabilitation
- Pregnancy
- Hot stone
- Deep tissue
- Myofascial release
- Trigger-point therapy

Gift certificates are also available.

Infant massage therapy is designed to teach families how to massage their own children, teaching them simple strokes which not only relax a child and

For more information about these and other services and classes, call (509) 942-2660.

help with colic but create a bonding experience between parent and child. Classes are available for expectant parents as well as families with children between the ages of 0 to 6 months and 6 to 12 months. Classes take place at the Richland Community Center as well as at Kadlec.



IN JUNE, THE first patients began to be cared for at Kadlec Medical Center's new River Pavilion addition to the hospital campus. It includes new operating rooms, a new Clinical Decision Unit and more private Intermediate Care rooms.

According to Rand Wortman, Kadlec Health System's president and chief executive officer, the new expansion supports Kadlec's goal to "continue to increase our range of services, to bring in additional specialties and continue to attract physicians. Our focus is on our patients and how we can best serve and improve the care they receive."

And, impressions of the new tower have been overwhelmingly positive from patients and staff alike. ○

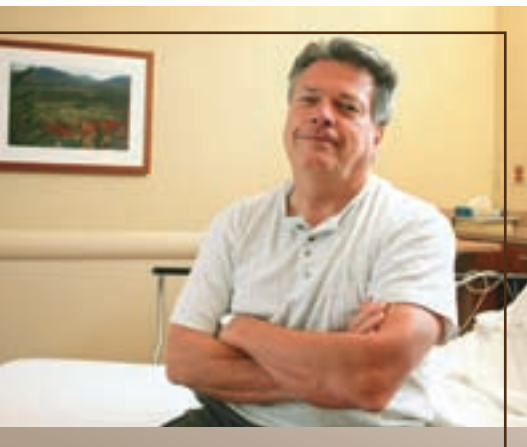
More room to care for you

"It's a really nice facility. The staff is really good. I work with customer satisfaction, so I know what it takes to offer quality service, and I have received it here."

—Keith Welsch
Patient, Richland

Clinical Decision Unit

Kadlec's new 36-bed Clinical Decision Unit, located on the first floor of the River Pavilion, is designed for the patients who require observation and short-term intervention, but not admission to the medical floor. It's an innovative addition to the philosophy of comprehensive care. The goal is to treat patients and then release them to their homes in a short period of time, usually 23 hours or less. It is also where patients stay who undergo same day care.



"The Clinical Decision Unit is so much bigger and brighter. It allows us to do our jobs even more efficiently. It is very well-equipped. Patients and their families have liked it so well and been very happy in the new unit."

—Donna Beeson, DO
Kadlec Hospitalist



Operating Rooms

The new River Pavilion includes 10 new operating rooms, with the option of adding two more. These state-of-the-art surgery suites have integrated technologies that augment the surgeons' skills and help the entire surgical team work more safely and efficiently.

The rooms are electronically connected to other areas of the hospital such as radiology and laboratories. Digital images (X-rays, MRI and CT scans) taken before and during surgery can be viewed on touch-screen monitors in the integrated operating room. Much of the equipment is placed on booms which hang above the operating table, not on the floor.



From left: Shawna Evans, RN; Jamie Roy, CST; Christy Jackson, RN; Glenna Boggs, CST; Robert Dalton, Anesthesia Tech

"We are doing an average of 10 to 13 more procedures per day—that's an increase of 25 percent. What that means for patients is that a person will not have to wait as long to receive a non-emergency surgery. It is a real benefit for patients.

"The new operating rooms are so much larger; it enables us to move around more safely during a procedure, but also increases the number of steps we take during a day. We estimate that on a shift we now walk three miles, that's two-thirds more steps each day."

—Shawna Evans, RN
Operating Room

Post-Anesthesia Care Unit

The second floor also includes a Post-Anesthesia Care Unit where patients recover after surgery. Patients will remain in the unit until it is determined that it is safe for them to be transferred to their next phase of care.



"With more space we are able to keep patients in recovery longer, which is a real benefit for them. By keeping them longer we can more accurately determine where they should go next based upon how they are doing. The larger area also offers more patient confidentiality and privacy. The area also has natural light which is nice for both patients and staff."

—Amy Thomas, RN
Post-Anesthesia Care Unit

"This new unit is very, very nice for patients and their families. It's much more than we ever imagined. It is comfortable and beautiful and very family-friendly. We've gotten a very good response from families. They are very appreciative of how nice the facility is, but also the kind of care now offered on this floor."

—Katie Hill, RN
Intermediate Care Unit

Intermediate Care Unit

The fourth floor of the River Pavilion is devoted to a new 28-bed Intermediate Care Unit. The service focuses on patients who need elevated care, but not to the level of a Critical Care Unit. Each room is equipped with state-of-the-art technology for close surveillance of patients. The patients in this area are often dealing with issues related to cardiac care.

"It has been absolutely wonderful. The nurses make you feel so at home and care so much for you as a patient. Even when you are feeling anxious, they understand and help you. They are the nicest nurses. I can't say enough; they do an awesome job."

—Alys Anderson
Patient, Walla Walla





Among the recipients of 2008–2009 Foundation scholarships are from right: Alejandra Radillo, Darcy Hill, Grace Achieng, Tracy Hasty, Ryan Glatt, Kate Antolick, Haley Wells, Shellie Hansen and Brandi Purcell. Not pictured: Becki Carlson, Terra Dabling, Jenevieve Lackey, Angela Long, Meagan Marston, Nicole Rickard and Rachel Winer.

Helping students

Foundation awards \$28,000 in health care scholarships

Thanks to generous donors, the Kadlec Medical Center Foundation was able to award \$28,000 in scholarships to area students pursuing clinical health care and health care supportive degrees for the 2008–2009 school year. Selection is based on financial need, academic performance and other pertinent career-related ambitions.

Receiving the scholarships are: Grace Achieng, Kate Antolick, Becki Carlson, Terra Dabling, Ryan Glatt, Shellie Hansen, Tracy Hasty, Darcy Hill, Angela Long, Meagan Marston, Brandi Purcell, Alejandra Radillo, Haley Wells and Rachel Winer.

In addition, Tracy Hasty received the Rita Murphy Scholarship. Funds for this scholarship are made possible by gifts from family

and friends in memory of Rita, who was a nurse at Kadlec Medical Center.

High School Internship Award recipients were Jenevieve Lackey and Nicole Rickard. The high school awards are selected by the hospital advisor and Richland High School advisor from those students who have participated in the high school internship program and demonstrated exceptional commitment to pursue a health care career.

In addition to the scholarships awarded by the Foundation, the Kadlec Auxiliary presented \$2,000 Recognition Award scholarships to Kim Turner and Kristen McKinlay, who both worked as Junior Volunteers.

Caring

WHEN A WOMAN is facing a mastectomy, she is filled with apprehension and questions about the days ahead. Kadlec Medical Center has teamed with a national organization to offer these women essential supplies and practical guidance.

At a pre-operation appointment, women are now given a Necessities Bag—a tote filled with essentials for wound care, hygiene and personal comfort—as well as *The Necessities Woman to Woman Guide to Prepare for Mastectomy*®, a pamphlet of practical tips about managing the hospital stay and how to plan for homecoming.

The program was started by a Connecticut woman, who herself underwent a mastectomy. Following surgery she made a list of the simple things that would have made her recovery a bit easier; that list grew initially into a small bag called a Necessities Bag, and the program that developed from it has now taken off nationwide.

While attending a Planetree conference, Kadlec’s Sandy Stevens, director of Health Information Management, learned about the program and brought it back to the Kadlec Foundation. Kadlec became one of the program’s early affiliated hospitals. “The idea is to help women facing mastectomies by giving them control over their experience and preparing them for the unexpected,” Stevens said.

Helpful items. Inside each bag items range from plain lip balm and breath mints to men’s T-shirts with roomy arm holes. Other items include soft, oversized bandages, a water bottle, a memo pad and pen and even ribbon cut to a specific length to aid the women when showering. Small, cushy pillows are sewn in cheery fabrics to slip under the arm or seat belt for comfort.

At Kadlec, the Foundation financially supports the program through a \$10,000



Cooper’s Corner now open

The interactive miniature city called Cooper’s Corner is now open at Columbia Center. The whimsical city is designed specifically to teach children about real safety.

The project has been made possible with the support of the community. Kadlec has been involved from the beginning and helped create the ‘hospital’ which includes the donation of a flat-screen TV-DVD that can be used as a light box to show broken bones and also to show safety videos.

in a bag

grant and the Kadlec Auxiliary puts together the bags, including sewing the specially-designed pillows.

The information and supplies offered in the Necessities Bag prompts conversation, questions and answers. The bags also benefit the woman's caregivers, giving them information to help a patient through the ordeal—both before and after surgery. An average of 10 bags are handed out each month.

"The women are very appreciative of receiving a Necessities Bag. The pre-op visit is very emotional and to be presented with a beautiful, thoughtful gift means so much to them," Stevens said.

Rozanne Tucker, Kadlec Foundation director of Philanthropy, agrees.

"We have received several notes from women who have received these bags. They wanted us to know how much it meant to them. Some have even contributed to the Foundation to help keep the program going," Tucker said.

Chest of Hope. This summer, a group of local women committed to assisting women undergoing breast cancer treatment also became a part of the Kadlec Foundation. Chest of Hope Tri-Cities was founded by cancer survivors Cari Mitchell and Teresa Lavender and their friends Tana Wyrick and Ines Bold who

"came to the conclusion there just was not enough assistance in our community for women with breast cancer," said Lavender.

They raised \$7,500 to specifically benefit women dealing with breast cancer. They found the most effective way to distribute that money—and to continue to raise additional money—was to become affiliated with the Kadlec Foundation.

Through Chest of Hope, women undergoing mastectomies will soon receive in the Necessities Bag a special camisole and gift certificates for a lymphedema sleeve and three massage training sessions.

"Each of these items can be very important. The camisoles are very expensive so to receive one is a wonderful gift. A side effect of the

surgery is often lymphedema, so the sleeve helps reduce the swelling associated with it. The massage training teaches each woman how to massage her own arm in order to help alleviate the effects of lymphedema," said Tucker. "It is a remarkable accomplishment that these women have undertaken this project on their own initiative. We are pleased to be working with them and it fits wonderfully with the Necessities Bag program."

The partnership with the Kadlec Foundation and the Necessities Bag program has "brought all of our hopes together and made our focus a reality," said Lavender. ○



call If you would like to support the ongoing work of the Kadlec Foundation on projects like this, call **(509) 942-2661**.

The Kadlec Auxiliary sews the specially-designed pillows that go into the Necessities Bags to help women undergoing mastectomies. Among the Auxiliary women who help with the project are, from left, Louise Meyer, Donna Bast, Arlene Peterson, Hospital Sewing chair Jan Jacobs, Nancy Austin, Nancee Kanehl, Clarice Wren and Sally McKinney.

Open for business

Pasco Primary Care Clinic

KADLEC CONTINUES TO bring medical care to you with the opening of our newest clinic in Pasco. The Pasco Primary Care Clinic is located at 9605 Sandifur Parkway (near the Broadmoor Mall). The clinic offers X-ray services and has space to accommodate up to 12 physicians.

Providing care at the clinic are: plastic surgeon Frank Fleming, MD, internist Debbierey Bongar, MD, and family practice physician Kelly Nelson, DO.

Each is taking new patients. The clinic can be reached at (509) 942-3170. ○



You're invited

Pasco Clinic
Open House
October 2
4 to 7 p.m.

Pain relief

Kadlec's new Pain Management Clinic offers patients with chronic pain more options

Despite today's medical advances, not all pain can be quickly eliminated or cured. When this is the case, it's important for people to learn to manage pain so it improves their ability to function and doesn't destroy their quality of life.

To help, Kadlec has recently established a Pain Management Clinic. This new clinic is led by Tim Baldwin, MD, and is part of Kadlec's expanding neuroscience program which also includes neurosurgeon Matthew Fewel, MD.

The general philosophy of the clinic is determining how to treat chronic pain while minimizing the use of narcotics. The first step of care at the clinic is a very thorough evaluation by Dr. Baldwin.

Pain treatment may include both interventional and non-interventional methods.

"This clinic is a place where people with chronic pain start with a very thorough workup followed by a course of treatment that improves functionality leading to increased quality of life. The

care at this clinic is patient centered and they will benefit from this approach," said Bill Wingo, vice president of Medical Staff Development.

The clinic is located at 833 Swift Boulevard in Richland across from the main Kadlec campus. Patients are treated on an outpatient basis by physician referral.



For more information about Kadlec's Pain Management Clinic, call (509) 942-3080.

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