

HEALTH *Wise*

Dylan Anderson: *A Success Story*



Advanced Trauma Care
Right Here

What 'Be Well'
Means
at PMC

2015 Calendar of Events

Be sure to mark your calendar for these exciting events in the Red Hot Mamas educational series at Portneuf Medical Center. Held the third Tuesday of each month, doors open at 5:45 p.m.

May 19

Healthy & Beautiful Skin: Looking Terrific at Menopause and Beyond

June 16

Dry Eyes at Menopause: Aging and Eye Health

July 21

NO CLASS

August 18

Bone Issues at Menopause: Osteoporosis and Osteoarthritis

September 15

Your Partner's Menopause: What You Need to Know about Her Transition

October 20

Breast Changes in Menopause

November 17

The Changing V-Zone: Vaginal Dryness and Vaginal Atrophy

December 15

NO CLASS



Register online at www.portmed.org by clicking "Free Seminars" under "Classes & Events" or call the registration line at (208) 239-1401.

REDHOTMAMAS[®]
outsmarting menopause™

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Portneuf Medical Center
777 Hospital Way
Pocatello, ID 83201
(208) 239-1000



Mark Buckalew – Chair, JV Board of Directors
Phil Joslin – Chair, Board of Trustees
Dan Ordyna – CEO



Community SEMINAR SCHEDULE

Free and open to the public, these community seminars are held in the Pebble Creek Conference Room the third Thursday of each month. Doors open at 6 p.m., and the presentations start at 6:30 p.m. Light refreshments are served.

May 21 • Pain Management

Tim Snell, M.D., and Juan Leon, M.D.

June 18 • Tendonitis and Other Hand Issues

Vernon Esplin, M.D., and Jeff Stucki, D.O.

July 16 • Colorectal Cancer—What to Watch For and Treatment Options

Drew McRoberts, M.D., and Gregg Marshall, M.D.

August 20 • no seminar planned

September 17 • Ankle Injuries and Treatment Options

Brandon Wilde, DPM

October 15 • Breast Care and Breast Cancer Panel Discussion

Kate Preston, M.D., Katie Fritz, M.D., FACS, Mike Callaghan, M.D., David Ririe, M.D., and Mike Francisco, M.D.

November 19 • to be announced

For more information or to make reservations (seating is limited), please call (208) 239-1048.

JOIN US!

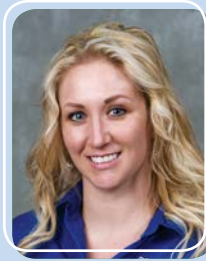
What Does 'Be Well' Mean to You?

We asked those who care for you and your family for their take on what it means to Be Well.



"When I hear 'Be Well,' first I think of overall personal fitness. To me, that means the body is fine-tuned and healthy. We can't all be Barbie and Ken, but there is a healthy state of being for each of us. Second, the mind must be able to solve problems and think clearly and reasonably. Lastly, our emotions and virtues, such as self-control, courage, self-respect, etc., are balanced. Ultimately, I think Be Well is a journey—not a destination—that takes steady, continual effort."

—Drew Burke, SPHR, Administrative Director, Human Resources



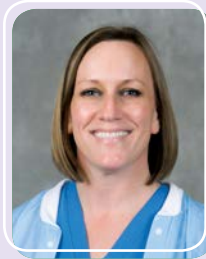
"Be Well is quite similar to a broad definition of health; both encompass a multitude of physical, emotional, spiritual, and social health factors."

—Amy Kramer, R.D., L.D., Nutrition Services



"I think of Hamlet's famous soliloquy—what does it mean 'to be' and then to be well? I interpret this imperative statement to mean embrace the beneficial, choose a philosophy of discipline, and continually strive to find a balance between too little and too much. This search also requires a philosophy of joy because finding balance means flourishing in mind, body, and spirit. It is the only way to truly be well."

—Marna Sorensen, CPMSM, Director, Medical Staff Services



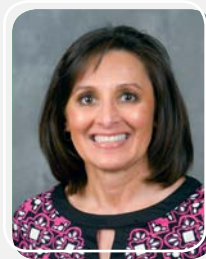
"Being well is the active participation in the growth and development of myself and others. Nursing is the venue I chose to express this sentiment. My wish for every patient I work with and their families is that they are not just free of symptoms and disease when they leave my care but rather have a legitimate sense of wellness and that this inspires

them to continue down healthy avenues and inspire this change in others."

—Laura Childers, R.N., BSN, Perioperative Services

"Be Well makes me think of my goal to not only treat but also teach people how to recover well, stay well, and try to become well. Since becoming a nurse, caring not only for others but preparing them to do the same has always been important. I frequently refer to this saying: 'Give a man a fish, you have fed him once. Teach him how to fish, and you have fed him for a lifetime.'"

—Lisa Rhudy, R.N., Total Joint Center



"On my trip to Greece a few years ago, people saying 'nase kala' instead of 'goodbye' or 'see you later' caught my attention. Nase kala means BE WELL!"

—Sophie Barkdull, Administrative Assistant, Facilities



"Striving to be healthy and happy. Having a sense of well-being."

—Bev Russell, Printroom

"Be Well means being able to get out of bed and do daily activities, such as walking, going to work, and feeling your best. A few days in bed with an illness will certainly make you appreciate the days that you are well."

—Debra Ray, Physician Assistant, Pocatello Lung and Sleep Disorders Clinic

Trauma Team STANDS READY

As a verified Level II Trauma Center, Portneuf Medical Center (PMC) and its trauma team are standing by to serve Emergency Department (ED) patients in their time of need.



AN AMBULANCE SIREN ECHOES en route to the hospital. Every three minutes, someone in the United States dies from a traumatic injury, and these emergencies lead to more than 41 million ED visits every year, according to the National Trauma Institute.

PMC's emergency team treated 441 trauma patients in 2014. With a commitment to providing exceptional patient care, PMC achieved its verification as a Level II Trauma Center by the American College of Surgeons in September 2014 and has a team ready and prepared for when trauma patients arrive. As one of only four verified trauma centers in Idaho, PMC lists car accidents and falls as the two most prominent causes of traumatic injury in ED patients.

PMC Trauma Director Drew McRoberts, M.D., FACS, leads the hospital's efforts to expedite trauma care that ultimately saves lives.

"We have policies and procedures in place to make sure trauma patients receive the highest quality and safe care the moment they arrive in the ED," Dr. McRoberts says.

CHOREOGRAPHED CARE

Practicing care procedures and creating clinical pathways keeps the PMC trauma team on point when they are called into action.

"There has to be a coordinated effort," Dr. McRoberts says. "If someone is in a motor vehicle crash and ejected from the car, he could have every part of his body injured. We immediately implement our trauma protocol once we're notified by the paramedics."

Once trauma patients reach the ED, the nature of their injuries sets the whole team in motion. ED physicians perform the initial patient evaluation and choreograph treatment protocols that may include accelerated ultrasound imaging, laboratory tests, X-rays, respiratory care, and medications. Specialists, including orthopedic and neurosurgeons, are available to make immediate consultations when necessary.



“We have trauma drills to keep the team performing like a well-oiled machine,” Dr. McRoberts says. “All PMC general surgeons have training from large Level I Trauma Centers to help care for critically injured patients.”

In addition to the clinical staff, other important members of the PMC team during a medical emergency are social workers. Their expertise can help distraught family members both during and after the initial treatment process when further care or rehabilitation may be needed.

“Case managers are available at all times in the ED,” Dr. McRoberts says. “We handle the acute part in the ED, but patients may not go home right away. Social workers can help arrange follow-up care.”

Working alongside Dr. McRoberts, Trauma Program Manager Greg Vickers serves as the link between trauma team members and the various hospital departments and EMS agencies to synchronize efforts, create care plans, and develop clinical care manuals.

“We want to perform the protocols the same each and every time,” Vickers says. “We treat all trauma patients according to best practices.”

IDAHO TIME SENSITIVE EMERGENCY

Saving more lives through effective trauma treatment is not only a goal for PMC but also the Idaho state legislature, which approved the Time Sensitive Emergency system in 2014. Both Dr. McRoberts and Vickers were involved in drafting the legislation. Vickers remains on the statewide council, which is working to establish and implement care protocols for trauma, heart attack, and stroke patients.

“These are three emergencies where time to treatment really matters,” Dr. McRoberts says. “States that have a system to regulate emergency care for these patients clearly have much better outcomes.”

“Before passing this legislation, Idaho was one of only three states in the country that did not have a statewide trauma system,” Vickers adds. “Now, we are one of the few with a comprehensive Time Sensitive Emergency system to cover all three emergencies.”

Within Idaho’s emergency system, PMC is the lead hospital for the Southeast Region.

“Having served as the trauma director for 19 of my 20 years at PMC, I can say for sure that we are providing a higher quality of care right now than we ever have,” Dr. McRoberts says.

For more information about the PMC trauma team, visit www.portmed.org.

Visit our website.

Emergency Medicine

John Conner, M.D.
Daniel Dallon, M.D.
Douglas Favor, M.D.
Randall Fowler, M.D.
David Francis, M.D.
Kurtis Holt, M.D.
Jordon Marshall, D.O.
Jeremy Monroe, D.O.
Willis Parmley, M.D.
Ken Ryan, M.D.
Curtis Sandy, M.D.

PREVENT FALLS TO AVOID A VISIT TO THE ED

Falls are the second leading cause of traumatic injuries in the Portneuf Medical Center (PMC) Emergency Department (ED). Every year, approximately one third of older adults experience a fall, according to the Centers for Disease Control and Prevention.

Emergency medicine physicians regularly treat patients, many age 65 or older, with life-threatening injuries associated with falls.

“Fall prevention is an important issue,” says Greg Vickers, Trauma Program Manager at PMC. “With the number of traumas we treat from falls, we want to raise community awareness, because they are easily preventable.”

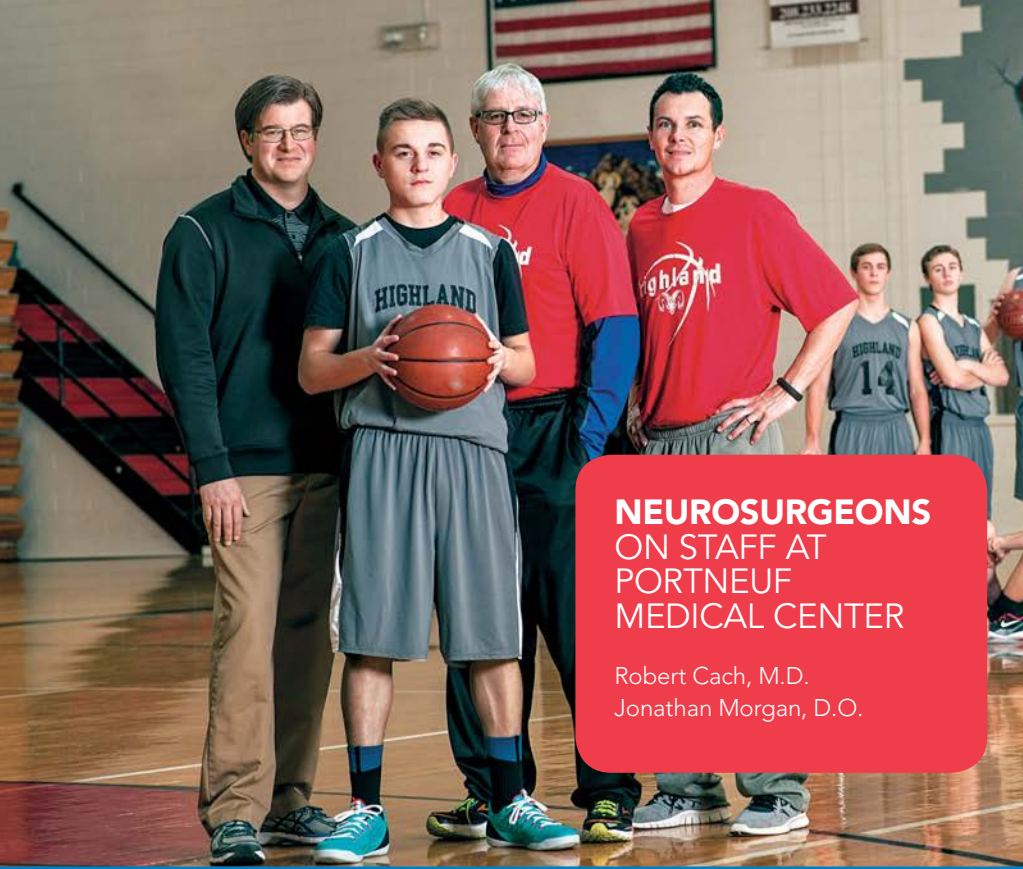
An ounce of prevention may save you an unnecessary visit to the ED. Try:

- › Adding lighting to rooms and walkways, such as lamps and nightlights
- › Installing grab bars in bathrooms
- › Installing handrails on both sides of stairs
- › Placing a nonskid bath mat inside the bathtub or shower
- › Removing excess clutter, especially on floors
- › Using a walker or cane for stability

PHYSICIANS ON STAFF AT PORTNEUF MEDICAL CENTER

Trauma Surgeons

Katie Fritz, M.D., FACS
Alian Garay, M.D., FACS
Gregg Marshall, M.D.
Drew McRoberts, M.D., FACS
Kate Preston, M.D.



**NEUROSURGEONS
ON STAFF AT
PORTNEUF
MEDICAL CENTER**

Robert Cach, M.D.
Jonathan Morgan, D.O.

“Our son’s life was saved that night. We want to thank every person who helped Dylan—the paramedics that safely got him to Portneuf Medical Center, the ED team that quickly diagnosed the injury, Katie Fritz, M.D., and her surgical team for their quick response and assistance, the ICU personnel for their kindness, and especially Jonathan Morgan, M.D., for repairing the injury. There aren’t enough words to express our gratitude.”

—Desia and Wade Anderson, parents of trauma patient Dylan

It Takes a Team

Thanks to the quick response of Portneuf Medical Center’s trauma program, 15-year-old Dylan Anderson is back where he belongs—on the basketball court.

ON OCTOBER 17, 2014, Dylan, a high school student from Pocatello, Idaho, was on his way out of Holt Arena after watching a football game when he fell approximately eight feet onto a concrete floor below. Dylan landed on the side of his head, losing consciousness briefly and experiencing a small seizure. He was rushed to PMC by the paramedics on site. After a computed tomography (CT) scan, doctors discovered that Dylan had suffered an epidural hematoma—his skull had fractured, and a blood vessel had been severed.

“When I arrived, Dylan was in a coma, and it was critical for us to get him into the operating room as soon as possible,” says Jonathan Morgan, D.O., neurosurgeon with Portneuf Medical Center. “The whole

team was there and prepared, and I was able to perform the operation and evacuate the blood clot very quickly.”

“Time was of the essence, so we didn’t speak much with Dr. Morgan prior to the surgery, but he took the time to answer all of our questions and address our concerns,” says Desia Anderson, Dylan’s mother. “I cannot explain the anxiety we were feeling, but Dr. Morgan and the ED staff helped us through it.”

HOME COURT ADVANTAGE

Without PMC’s trauma program, the only verified Level II Trauma Center in the area, patients like Dylan would have to be flown to the next-closest trauma center in Utah. In Dylan’s case, his recovery or survival might not have been assured.

“It’s huge for the community that we can provide high-level trauma care locally,” says Dr. Morgan. “Everyone’s focus at PMC is on providing the community with top-quality care, and in Dylan’s case, we were all able to work together and accomplish that.”

OFF THE BENCH

Not every recovery from a traumatic brain injury progresses as well as Dylan’s. He remained focused and positive throughout his recovery, setting small goals for himself he was determined to achieve.

“The recovery process was long, but the support I received got me through the bad times,” Dylan says. “As soon as I could, I was putting a few shots up at the gym. Two months to the day after my accident, I played in a game.”

For more information on PMC’s team-centered emergency care, visit www.portmed.org/clinics/emergency.

Learn more here.



3 GARDEN SAFETY TIPS

1. Set ground rules. No eating anything unless an adult says it's okay.
2. Keep sharp tools out of tiny hands until children are old enough to use them responsibly.
3. Supervise garden time carefully to keep children from wandering off or getting hurt.



Build a Better SACK LUNCH

Be sure to pack nutrition when you prepare your child's sack lunch.

Yard-to-Table: Kids Edition

Growing kid-friendly plants that do double duty in the kitchen can make gardening feel less like a chore and more like a game.

PLANTING A GARDEN WITH your child is a great way to introduce more fresh fruits and vegetables to your family's diet and may even save on trips to the grocery store. Plants that are hardy and low maintenance are best for young gardeners. Choose edible options that are fast-growing and kid-safe. For example, your clan may love rhubarb pie, but rhubarb leaves are poisonous and aren't a good choice for your family garden.

To find ideas for what to plant, look no further than your family's favorite foods. Try one of these food-themed planting lists in your garden.



PIZZA GARDEN PLANT LIST

- » Plum tomatoes
- » Bell peppers
- » Onions
- » Basil
- » Oregano
- » Flat-leaf parsley

Visit our website.

For more tips to keep your family well, visit www.portmed.org and select "Health Articles" from the "Patients & Visitors" menu.

SNACK TIME PLANT LIST

- » Carrots
- » Sunflowers
- » Celery
- » Cherry tomatoes
- » Popcorn corn

SUPER SALAD PLANT LIST

- » Lettuce
- » Spinach
- » Kale
- » Onions
- » Heirloom tomatoes
- » Radishes
- » Cucumbers
- » Carrots

SENDING LUNCH TO SCHOOL with your child can seem like an easy and less-expensive alternative to school-provided meals, particularly if you're dealing with food allergies or a picky eater. Packing lunches also allows you to avoid oversized portions often offered in school cafeterias. However, Houston researchers recently found that lunches brought from home often contain fewer fruits, vegetables, meats, and whole grains than federal nutrition standards recommend.

Try these healthy lunch ingredients to get your child's brown bag lunch back on track.

- » **Whole-wheat bread:** Sandwiches are a lunchtime staple, but choose whole-grain bread or tortillas over white bread that often contains high amounts of sodium.
- » **Vegetables:** If your child likes to have something crunchy in his or her lunch, pack celery or carrot sticks instead of potato chips to avoid fat and empty calories.
- » **Fresh fruits:** Rather than packing cookies or snack cakes, which are high in refined sugar, include fruits like apple slices, grapes, or peeled oranges as a sweet treat for the end of your child's meal.

If you have more questions about your child's nutrition, ask your pediatrician. Looking for a new physician? Visit www.portmed.org and select "Find a Doctor."

Learn more here.

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.



Committed to Higher Education

Money raised at the Cloud 9 Gift Shop goes toward annual Idaho State University scholarships of \$2,500, awarded to as many as five undergraduate and graduate students, and Welcome to Pocatello Scholarships of \$500 given to each of the seven new Family Medicine Residents who come to ISU each year.

Giving Back Is the Greatest Gift

WHEN YOU STOP BY the Cloud 9 Gift Shop at Portneuf Medical Center (PMC), you might not think you're making a difference in the lives of others, but every purchase you make funds special causes throughout the community. Eleven members of the PMC Auxiliary currently staff the gift shop, giving their time in four-hour shifts. The shop currently sells a variety of items, including:

- » Cards
- » Cosmetics

- » Flowers
- » Magazines
- » Newborn baby items
- » Purses
- » Scarves
- » Snacks

"Annually, we donate as much as \$20,000 to benefit the community in meaningful ways," says Karen Ruchti, PMC Auxiliary Past President. "In the past, we've supplied teddy bears to comfort children in the Emergency Department and purchased new décor

and a dishwasher for the guest house, where out-of-town families stay while loved ones receive care at PMC."

Statewide and national causes the Auxiliary supports include the Idaho Food Bank, March of Dimes, Make-A-Wish Foundation, Knots of Love, and Aid For Friends.

"Every bit helps," Ruchti says. "Shopping at Cloud 9 is an easy way to give back. If PMC has impacted their lives, we also encourage community members to consider volunteering."

The gift shop is open Monday through Friday from 9 a.m. to 5 p.m. Can't stop by in person to pick something up for a loved one? The Cloud 9 Gift Shop staff is happy to take orders over the phone at (208) 239-1156.

Give us a call.