

CMH HEALTH COMPASSTM

A JOURNAL DEVOTED TO HEALTHFUL LIVING

SUMMER 2012

Quality meets convenience

CMH Outpatient Pharmacy now open

CHOOSING a pharmacy is an important decision. You want to ensure that you're getting expert information and the best care. For an option that offers both quality and convenience, Columbia Memorial Hospital has opened the CMH Outpatient Pharmacy, located across the street from the main hospital in the first floor lobby of the Park Medical Building.



Patty Chow, CMH Outpatient Pharmacist

Some of the great things that our new pharmacy offers are:

- ▶ A knowledgeable and friendly staff with time to answer questions in a manner that is easy to understand.
- ▶ Full explanations about each new medication, such as how and when to use the medication, what to expect, and activities to avoid during its use.
- ▶ Recommendations about proper use of vitamins and supplements.
- ▶ Assistance when you're choosing over-the-counter medications.
- ▶ A daily delivery service for disabled people or people who have difficulty getting to the pharmacy. (Deliveries are available Monday to Friday after 6 p.m. within the Astoria city limits only).

The CMH Outpatient Pharmacy offers competitive prices, accepts most insurance plans and is conveniently located near most physician offices in the area. We are open Monday through Friday from 8 a.m. to 6 p.m. Sheltered parking is available in the lot under the Park Medical Building (an elevator to the first floor is available at the entrance). And remember, if you are homebound or disabled, the CMH

CEO LINK

Yes, it is summertime!

WELCOME

to the Summer issue of *CMH Health Compass*. In this issue, you will learn about the new CMH Outpatient Pharmacy, discover the importance of having a partnership with your primary care provider, read why it's important to plan for the unexpected and meet our 2012 Planetree Spirit of Caring Award winners.

Summer is here, so enjoy the weather, be safe—and remember that you can count on CMH for all your health care needs.



Erik Thorsen, CEO

Erik Thorsen, CEO

Outpatient Pharmacy can deliver to most Astoria locations!

To find out more, call **503-338-4560**.

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A partnership for good health

Why it's important to have a primary care doctor

AFTER years of specialized medical training, your doctor is an expert on the human body. He or she knows how it works, how to help keep it healthy and how to treat it if something goes wrong.

But even with all that expertise, your doctor will have a hard time treating you without knowing the details of your unique medical situation. That's why it's so important for you and your doctor to have a strong working relationship based on open communication.

Your primary care doctor

The main doctor-patient relationship for most people involves a primary care physician. Among other things, these doctors:

- ▶ Diagnose medical problems.
- ▶ Treat a variety of illnesses and conditions.
- ▶ Coordinate health care with other medical professionals, if needed.
- ▶ Help patients learn how to care for their own needs.
- ▶ Help prevent health problems from occurring in the first place.

A doctor for every patient

There are several types of primary care doctors. For example:

- ▶ A family physician is trained to care for people of all ages and both genders.
- ▶ An internist, or doctor of internal medicine, focuses on the medical conditions faced by adult patients.
- ▶ A pediatrician works with newborns, infants, children, teens and even young adults.

Do your part

Before your next doctor's appointment, take a little time to get ready. Gather up your medications—including any herbal and alternative remedies that you may take—and bring them with you to the doctor's office. Be ready to tell your doctor if you are allergic to any medications.

Also, before your visit, consider writing down any

questions you want your doctor to answer. You'll be less likely to forget something. Put the most important questions first, so you'll be sure to ask them before the visit ends.

During your visit, tell your doctor about your symptoms and anything else you think he or she needs to know. For instance, be sure to mention when your symptoms started, how often they occur and how long they last.

Honestly answer all your doctor's questions, even the ones that might seem a little embarrassing. Remember, everything you talk about



Kevin Baxter, DO, family medicine physician

Need a primary care doctor for yourself or a loved one? Visit us on the Web at www.columbiamemorial.org.

with your doctor is confidential.

Also, pay attention when your doctor speaks. It can be a good idea to repeat what he or she says in your own words so you're sure you understand. If you're confused, don't hesitate to ask questions.

If your doctor recommends medication, ask about possible side effects. If your doctor suggests surgery, be sure you understand the risks and benefits. If you have a condition that has a number of treatment options, ask about the pros and cons of each one.

While maintaining an ongoing relationship with your doctor may take a little work, it can pay off in a lifetime of better health.

Sources: Agency for Healthcare Research and Quality; American Academy of Family Physicians; American Medical Association

Plan ahead for the unexpected

A trip to the emergency room usually comes as a surprise. Fortunately, once you get there, there are certain things you can count on.

You can expect:

► **Triage.** In most cases, when you arrive in the emergency room, you'll be seen by a triage nurse whose job is to prioritize emergencies. People who need medical attention the most get it the fastest.

The nurse will check what's wrong, ask about your symptoms and take your vital signs. He or she may also do minor first aid, such as apply an ice pack or clean a wound.

If you are unconscious, brought in by an ambulance or otherwise need immediate treatment, you'll be assigned a bed and treated right away.

On the other hand, if your condition is not life-threatening and the emergency room is full, you may be asked to wait while the staff helps more seriously ill patients.

► **Treatment.**

A doctor will do a physical exam and may order tests, such as x-rays, an electrocardiogram, or blood or urine samples. Many emergencies are treated in the emergency room but, if required, you may be admitted to the hospital.

When you're discharged from the emergency room, you'll receive written instructions about how to care for your illness or injury. The instructions will also tell you what to do if it gets worse and whether or not you should follow up with your primary care doctor. You may also get a prescription.



We're here for you 24/7. Learn more about our emergency services at www.columbiamemorial.org.

The patient's role

To make the best of your visit to an emergency room, the American College of Emergency Physicians advises you to:

► Bring a medical history form, if possible. Forms are available online at www.columbiamemorial.org.
► Tell the triage nurse if you have any chronic health problems or allergies

or if you take any medications.

- Be honest about your symptoms. Don't understate them, and don't leave any out.
- Let the triage nurse know if your condition gets worse while you're waiting.
- Don't eat or drink anything until a doctor or nurse says it's OK—doing so may interfere with test results or surgery.
- Ask questions if there's anything you don't understand. The doctors and nurses are there to help.

When it's an emergency

You should go directly to an emergency department if you have difficulty breathing, shortness of breath, chest or upper abdominal pain, fainting, sudden dizziness or weakness, changes in vision, mental confusion, uncontrolled bleeding, severe or unusual abdominal pain, suicidal feelings, or if you are

coughing or vomiting blood.

If you think your medical condition is life-threatening or that it could worsen on the way to the hospital, don't take chances by driving. Call 911 and have emergency medical providers come to you.

Source: American College of Emergency Physicians

from

to

Your guide to summer safety



Epinephrine. If you're severely allergic to insects that sting, carrying a device that allows you to inject yourself with this rescue medication could save your life.

Foodborne illness. Harmful bacteria can quickly multiply on food in summer's heat. At picnics, keep foods you'd normally refrigerate on plenty of ice.

Grilling. Barbecue meat to an appropriate minimum internal temperature to kill bacteria (steak to 145 degrees; hamburger, 160 degrees; and chicken, 165 degrees).

Heat illness. For prevention, dress in lightweight clothes and do strenuous activities when it's coolest (early morning and after sunset). Seek out air conditioning when you can.

Itchy skin. It's a problem that can affect swimmers in parasite-infested waters. Known as swimmer's itch, it usually can be treated with corticosteroid cream, cool compresses or anti-itch lotions.

Just minutes. That's the time it can take for heatstroke to develop in a child left in a car on a sunny day. Never leave children alone in a vehicle.

Kee your distance. That's how you should think of lightning. When you see it, note how long it takes to hear thunder. If it's 30 seconds or less, seek shelter immediately.

Clear skies, cool water and fresh-squeezed lemonade—these are images of summer at its best.

Unfortunately, they're not all the season has to offer. Summer also presents many hazards, making this a good time for a quick safety review.

Avoid alcohol. It doesn't mix with driving, boating or swimming.

Bees. To help keep bees away, don't wear bright-colored clothing and don't use perfume or scented soaps. Cover food at outdoor events.

Camping. Give someone your itinerary, and think carefully about the equipment, supplies and skills you'll need for your trip.

Dehydration. It's a particular concern for active kids. Make sure they drink between 5 and 9 ounces (about 10 to 20 gulps) of fluid every 20 minutes during vigorous activity.



Life jacket. It's smart attire for all boaters.

Mosquitoes. Some are just pests; some carry West Nile virus. To protect yourself, use insect repellent containing DEET. Follow the instructions on the label.

Noggin. That's slang for your head, a part of your body that needs a helmet when you bike, in-line skate or ride a scooter.

Open-water swimming. Never swim alone or in canals or fast-moving water. And don't swim in the ocean unless a lifeguard is on duty.

Where there's sun, fun will likely follow. Make sure that fun will last by protecting yourself from summertime hazards.

Poison ivy. Avoiding it begins with recognizing it. Remember this saying: "Leaflets of three, beware of me."

Quiz your kids. Always ask where they'll be and whom they'll be with. It may help reduce risky behaviors.



Recreational water illness. To reduce the dangers, practice good hygiene, don't get in the water when you have diarrhea and don't swallow pool water.

Sunscreen. Put it on at least 30 minutes before going out, and reapply it every two hours or after swimming or sweating.

Ticks. Check everyone for ticks after spending time in tall grass or wooded areas.

Ultraviolet radiation. It's what causes the sun damage to your skin. Try to keep your skin covered, and seek shade.

Vehicle safety. Heading down the highway on a summer vacation? Make sure everyone buckles up and your car is in good shape.

Window guards. Warm weather means open windows at your home, and open windows can be dangerous for kids. Consider installing window guards to prevent children from falling out of open windows.

X—eXtra vigilance. It's what's required of adults when children are in or near water. Don't take your eyes off them, even for a moment.

Yard work. When mowing, keep children indoors to prevent injuries from flying debris.

Z's. Get enough, especially before beginning long car trips. Drowsy driving can be deadly.

SAFEGUARD YOUNG SWIMMERS

Keep kids safe around water

For kids, summertime sure does ramp up the fun. And when it's hot, it's water they want! So consider these reminders from experts for when kids are looking to make a splash:

Watch them like a hawk. Pay close attention whenever kids are in or near water—and always keep little ones within arm's reach. Texting, phoning, reading or doing yard work could be risky distractions when they're under your supervision.

Take precautions with home pools. Remember, it takes only minutes for kids to wander away into danger. So along with keeping a constant watch, make sure any pool you have is properly enclosed so that no one gets in without your knowing. Recommended safety features include fencing on all four sides, with self-closing and self-latching gates.

Issue life jackets. Make sure they're worn for those lake outings—and consider having young or inexperienced swimmers use them in swimming pools.

Know where they're going. Remind kids to ask before going near water, and never entrust their care to another child.

Source: Centers for Disease Control and Prevention



An entertaining evening: Rachel and Chad Hamar of Cloverdayle brought the crowd listening and dancing pleasure.

Denim and Diamonds

A new CMH Foundation gala and auction

DENIM and Diamonds was a rollicking, raucous success for the Columbia Memorial Hospital Foundation at the Clatsop County Fairgrounds on June 2. Entering the event, guests were entranced by the décor that transformed the fairgrounds into a glittering fantasyland—complemented by the

many variations of attire inspired by the theme.

The guests feasted at a variety of dinner stations while bidding on items at the silent and art auctions, mingling with friends, and being serenaded by Cloverdayle, a rising star in the country music scene.

Before the live auction, a stunning

array of flaming desserts was delivered to each table.

The live auction brought spirited bidding for items such as diamonds; sporting events; private dinners; a cruise; an exotic vacation to your location of choice; and getaways to San Francisco and Portland and other Oregon locations. The Fund-a-Need section of the live auction raised funds for cancer care and was led by State Sen. Betsy Johnson. After the live auction, Cloverdayle returned with its full band and rocked the crowd with its cool, upbeat country sound.

More than 200 donors contributed to the silent, art and live auctions. The Foundation is very grateful for their generosity.



503-325-3208

Email foundation@columbiamemorial.org

Columbia Invitational Golf Tournament scores for cancer care

ON May 11, 98 golfers hit the links at the Astoria Golf and Country Club to support the Cancer Care project of the Columbia Memorial Hospital Foundation.

The golfers enjoyed a lunch and many games during the 18-hole scramble format. The games were Money Ball Contest, Pro Shot, Closest to the Pin, and Hit the Green. Hole-in-One prizes were provided by Ocean Crest Chevrolet, Cadillac, Buick, GMC and included a 2012 GMC Terrain.

The tournament was followed by a social hour, silent auction, buffet dinner and awards ceremony. The Ohana Media Group team—consisting of Art Reith, Allan LaPlant, Faleo Poyer and Bill Sigmar—won the tournament and received a revolving trophy and wind vests. The P & C Construction and Bank of Astoria teams won blind draws and received umbrellas and golf balls. All golfers were given a tee prize of a folding stadium chair with the CMH Foundation logo.



Playing for a cause: Jennifer Bennett and Jeff Canessa of the Bank of Astoria team head for their hole to tee off at the 13th annual Columbia Invitational Golf Tournament.



TAKE TIME FOR YOUR HEALTH!

Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit www.columbiamemorial.org to register or to learn more about the exciting opportunities at CMH.

CHILDBIRTH/ FAMILY PREPARATION

Childbirth Classes

- ▶ Weekly classes: Wednesdays, Aug. 8 to Sept. 12, 6:30 to 8:30 p.m.
- ▶ Weekend Fast Track: Friday, Aug. 3, 6 to 8:30 p.m., and Saturday, Aug. 4, 10 a.m. to 4:30 p.m.

Free for couples delivering at CMH; \$75 for others

This course is offered as a weekly series or as a weekend "fast track."

Infant Safety and Development Milestones

free Tuesdays, Aug. 7 and Sept. 4, 10:30 a.m. to noon

This course is for new parents to begin discussion of important infant safety measures, including infant choking and how to enhance developmental milestones in your infant's first year.

Better Breathers

free Tuesdays, Aug. 7, Sept. 4, 2 to 3 p.m.

CMH Health and Wellness Pavilion, third floor

Monthly educational program and group discussion for people who have chronic respiratory conditions such as emphysema, COPD and asthma.

HEALTH AND WELLNESS

Healthy Cooking With CMH: Buy It, Prepare It

Tuesday, Sept. 25, 12:30 to 1:30 p.m. or 5:30 to 7 p.m. \$15 per person/\$20 per couple*

Learn how to purchase and prepare local foods in a fun and healthy way.

Healthy Cooking With CMH: Cooking It Healthy

Tuesday, Oct. 23, 12:30 to 1:30 p.m. or 5:30 to 7 p.m., \$15 per person/\$20 per couple*

Learn basic techniques in healthy food preparation.

Healthy Cooking With CMH: Healthy Holiday Baking

Tuesday, Nov. 13, 12:30 to 1:30 p.m. or 5:30 to 7 p.m., \$15 per person/\$20 per couple*

Get tips on healthy and good-tasting holiday baking.

* If you register for the entire three-part cooking series, the cost is \$35 per person/\$50 per couple.

Six Silent Sounds of Quigong (Che-gong)

▶ Thursdays, Sept. 13 to 27, 5:30 to 6:30 p.m.

\$15 for three-class series

Instructor: David Rauch, CMH PT Assistant

Tai Chi

▶ Tuesdays, July 10 to Aug. 14, 9 to 10 a.m., \$25 for six-week series

▶ Wednesdays and Fridays, July 11 to 27, 9 to 10 a.m., \$25 for six sessions

These six-week programs provide training for beginning tai chi techniques to promote balance and strength. Programs can be repeated to enhance technique.

Trying to Quit Tobacco? Tools for Tobacco Cessation

▶ Tuesday, July 24, 5:30 to 6:30 p.m.

▶ Wednesday, Aug. 8, 11 a.m. to noon

▶ Thursday, Sept. 6, 1 to 2 p.m.

This class is for people who are considering quitting tobacco. In this class you will learn about tobacco cessation services and options, in addition to the next steps for quitting.

Pharmacist-Assisted Tobacco Cessation Course

Sept. 20 to Oct. 25
\$400, billable to most insurance companies.

Our CMH Mayo Clinic-certified tobacco cessation coordinator will help you develop a plan and identify techniques to help quit tobacco use, including smokeless. Individual and group programs are available. Pharmacist-assisted.

Get a Grasp on Medicare

free Thursday, Sept. 20, 4 to 5:30 p.m.

CMH Conference Room A

This course is appropriate for those new to Medicare and those who are already enrolled in Medicare with questions about benefits. Preregistration is requested.

Living Well With Chronic Illness

Wednesdays, Sept. 26 to Oct. 31, 1:30 to 4 p.m.

Svenson Grange

This six-week course provides individuals with the tools for living a healthy life with a chronic condition. Topics include relaxation techniques, managing emotions, fitness, nutrition, communication, working with your health care team and more.



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CMH HEALTH COMPASS is published as a community service by COLUMBIA MEMORIAL HOSPITAL, a Lutheran-affiliated health care facility. 2111 Exchange St., Astoria, OR 97103, telephone 503-325-4321, website www.columbiamemorial.org

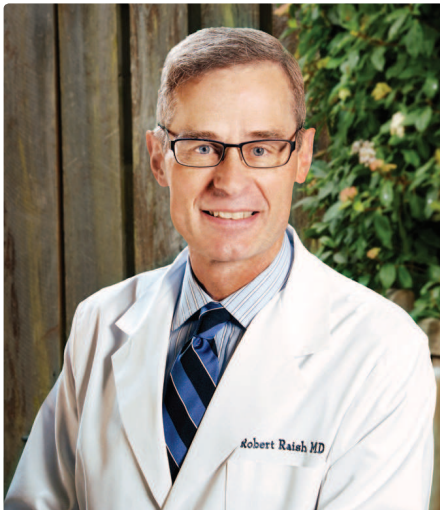
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LHN28189



Robert Raish, MD



Joanna "Joey" Brochacka



Bamboo

SPIRIT OF CARING AWARDS 2012

Above and beyond

AS a Planetree-affiliated hospital, we believe in celebrating our outstanding caregivers in a special way each year through our annual Spirit of Caring Awards process and ceremony.

All Columbia Memorial Hospital (CMH) employees, volunteers and physicians are invited to nominate fellow caregivers and write a paragraph or two describing how the nominee consistently rises above and beyond



A Planetree Hospital

by demonstrating the Planetree philosophy to personalize, humanize and demystify patient-centered care at CMH. We also request that specific examples, stories and qualities be shared describing how the nominee enhances our care environment and furthers our mission to improve the health of those we serve with excellence, leadership, and compassion.

This year's Spirit of Caring Award winners were announced on May 7 during Hospital Week. They

include our Physician Champion Award winner Robert Raish, MD, of our CMH and OHSU Cancer Care Center, and our Caregiver Award winner, Joanna "Joey" Brochacka, of Lower Columbia Hospice. The photos and stories are displayed on the Spirit of Caring wall in the hospital along with the names and departments of all of the previous years' winners.

This year we also honored our Pet Therapy Dog of the Year Bamboo as she and her caregiver, Jennifer Quigley (also our director of nursing), met the goal of 100 patient visits! For more details about the Planetree philosophy of care or the international conference, visit www.planetree.org.

