

CMH HEALTH COMPASS

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SPRING 2012



We deliver!

At CMH we're proud to provide a family-focused, nurturing place to welcome your baby

WHEN it's time to deliver your baby, we have just what you need the most: a warm, caring, family-focused birthing center—and the expertise and quality of care that can give you peace of mind.

Meeting your needs and making the birthing process a safe and family-centered experience are our priorities.

We strive to accommodate your personal wishes, encourage family involvement, and provide the best nursing care and support possible.

In addition, it is our belief that every family is unique and deserves a birthing experience that embraces the needs of that

particular family. That's why we:

- ▶ Encourage you to create and share your birth plan with your team of caregivers.
- ▶ Employ a medical staff that is caring, nurturing and highly skilled.
- ▶ Maintain a state-of-the-art facility to meet any special needs that arise for mom or baby.
- ▶ Include you in decisions during labor and delivery.
- ▶ Provide education and support before, during and after your birth experience.

We're here for you. Our doctors and nurses are here to answer your questions and give you the tools you need to feel confident in taking care of your new baby.

Learn more about the
CMH Maternity Center at
www.columbiamemorial.org.

CEO LINK

Spring is in the air!

WELCOME

to the Spring issue of *CMH Health Compass*. In this issue you will learn how the Columbia Memorial Hospital (CMH) Maternity Department offers outstanding family-centered maternity care and why a diagnosis of diabetes shouldn't have to define who you are.

CMH continues to expand our services to meet the local health care needs of the communities we serve. Please read about the new CMH Wound Care Clinic and our newly expanded Occupational Therapy program.

Have a great spring season, and remember you can count on CMH for all your health care needs.



Erik Thorsen,
CEO

Erik Thorsen, CEO

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CMH opens Wound Care Clinic



Lisa D. Harris,
RN

WOUND healing should occur naturally. But when it doesn't, serious complications can occur, including infection, gangrene and even loss of

a limb. That's why Columbia Memorial Hospital (CMH) now offers a comprehensive Wound Care Clinic.

The Wound Care Clinic provides the most comprehensive and compassionate wound care available, and it also offers advanced clinical approaches to wound management. Whether you have diabetes, have poor circulation or live with a medical condition that affects the natural wound-healing process, the combination of medical expertise and state-of-the-art treatment can get you on the path to better healing. The center uses a holistic approach to promote healing and get patients back to their day-to-day lives.

Whether faced with a highly complex wound that requires multidisciplinary care or a chronic wound that requires consistent



therapy, the Wound Care Clinic at CMH is able to help you with the appropriate assessment and treatment necessary, all in one comfortable, convenient location. A plan may include options such as:

- ▶ Surgery.
- ▶ Antibiotics or other medications.
- ▶ Negative pressure treatment.
- ▶ Topical therapies.
- ▶ Compression garments.
- ▶ Prosthetics or orthotics to enhance off-loading, mobility and quality of life.

Other leading-edge treatments at the center include bioengineered tissues, total contact casting and growth factor therapies.

Patients can refer themselves or

get a referral from their physician. Most treatments are covered by private insurance plans, HMOs, Medicare and Medicaid. The Wound Care Clinic will evaluate a wound and review a patient's history before recommending a treatment. Tests

may also be done to check blood flow and tissue oxygenation

and to detect infection.

Supervised by Lisa D. Harris, a wound care-certified (WCC) nurse, the clinic is on the third floor of the CMH Health & Wellness PAVILION. Hours of operation are Monday through Friday, from 9 a.m. to 4 p.m. To schedule an appointment at the Wound Care Clinic, call 503-338-4523.

To learn about additional specialty clinics and services at CMH, visit www.columbiamemorial.org.

Be aware of diabetes-related foot ulcers

People who have diabetes may also get ulcers on their feet. These open sores or wounds usually form for more than one reason, including poor circulation and not having feeling in the feet. High blood glucose levels lessen the body's ability to heal itself and increase the risk of infection.

Any break in the skin from ulcers, abrasions, or incisions can allow

an infection to develop. Infections in wounds can spread to the bloodstream and other organs. Serious infections can involve the whole body and require intensive care—and may even lead to organ failure or death.

Treatments are available

Treatments for infected wounds vary depending on the kind of wound, its cause and the degree of infection.

Treatments include:

- ▶ Debridement—removing dead skin and tissue from the wound.
- ▶ Application of special dressings that absorb drainage and promote healing.
- ▶ Surgical interventions, including skin transplantation.

For more information, see your family physician or visit us on the web at www.columbiamemorial.org.



adaptive equipment and techniques to perform everyday activities, and guidance and education for family members and caregivers.

OTs see outpatients for:

- ▶ Hand therapy for fractures of the hand or arm, lacerations and amputations, burns, and surgical repairs of tendons and nerves. Acquired conditions such as tendonitis, rheumatoid arthritis and osteoarthritis, and carpal tunnel syndrome also are treated.
- ▶ Adult therapy for neurologic, orthopaedic and other conditions that cause a person to have difficulty functioning at the highest level possible.
- ▶ Pediatric therapy for developmental delays, neurological disorders, and any condition that prevents a child from functioning at the highest level possible.
- ▶ Ergonomic evaluations of work spaces.

A helping hand: Laurel "Laurie" Willard-Mathews, OT, has more than 25 years of experience as an occupational therapist.

New occupational therapist at CMH

LAUREL "Laurie" Willard-Mathews, occupational therapist (OT), has joined our team of experienced therapists at Columbia Memorial Hospital's (CMH) Rehabilitation Department. She has more than 25 years of experience treating a wide variety of patient types. She specializes in:

- ▶ Orthopaedic conditions, including those of the hand, wrist, forearm elbow, back and neck.
- ▶ Making splints for the elbow, forearm, wrist and hand.
- ▶ Neurological impairments with expertise in stroke care.
- ▶ Acute care disposition assessments and early rehabilitation.
- ▶ Ergonomics.
- ▶ Treatments to help patients perform daily living and coping skills.

Help for the everyday

OTs help people of all ages participate in the things they want and need to do through the therapeutic use of everyday activities. Common occupational therapy interventions include helping children with disabilities

participate fully in school and social situations and providing supports for older adults experiencing physical and cognitive changes. Patients receive an individualized evaluation, during which the client/family and OT determine the person's goals.

To learn more, call
503-338-7555.

Ask your physician or provider if occupational therapy

Inpatient and outpatient care

OT services at CMH during a hospital stay may include safety evaluations of the client's home, recommendations and training for

might be right for you or your family. Willard-Mathews is available for appointments at CMH Rehabilitation by calling **503-338-7555.**

Helping seniors stay independent

If you have a loved one who is finding it more difficult to manage daily tasks in the home as he or she gets older, you may want to talk to an occupational therapist (OT).

OTs have training and expertise in making changes that can help seniors stay independent in their own homes.

Changes an OT may suggest include:

- ▶ In the bathroom: Installing grab bars on walls around the bathtub or switching to a handheld shower head.

- ▶ In the kitchen: Lowering sinks and countertops, and storing often-used items in easy-to-reach places.
- ▶ In hallways and doorways: Installing secure carpets, and putting up handrails.
- ▶ In the living room and bedroom: Placing beds in easily accessible locations and moving telephones to easy-to-reach spots.

Source: American Occupational Therapy Association



Diabetes



Don't let it define you

WHEN THE DIAGNOSIS IS DIABETES

Learning that you have a life-long disease is never welcome news. That discovery can be especially distressing if your doctor has just told you that you have type 2 diabetes.

Diabetes, after all, affects almost every part of your body. It can damage your eyes, nerves, kidneys, feet and gums. It also makes you especially vulnerable to a heart attack or stroke.

Still, take a deep breath if you're newly diagnosed. Good blood sugar control and other safeguards can help you stay healthy. Moreover, diabetes doesn't need to define you. You are much more than your disease.

What follows are the basic ingredients for a successful and satisfying

life with the disease. Ask your doctor any questions you have. He or she will be your best source of guidance.

First things first

Perhaps the first thing you need to know about diabetes is its relation to blood sugar (glucose). Having diabetes means that your blood sugar is too high. Having type 2 diabetes, in particular, means that your body doesn't use insulin—the hormone that regulates blood sugar—effectively. Either your body doesn't make enough insulin, has trouble using it or both.

A fundamental part of avoiding complications is keeping your blood sugar in a healthy range. You might be able to do this with diet

and exercise alone. But if lifestyle changes don't bring your blood sugar down to a safe level, you may need to take medications, such as diabetes pills and insulin shots.

How will you know if your treatments are working?

One way is to have an A1C test at least twice a year. This lab test reveals your average blood sugar for the past two to three months. If your number is 7 percent or higher, you may need to change your diabetes care plan.

You might also need to test your blood sugar several times a day with a blood glucose meter. Most meters work by analyzing a drop of your blood. Your blood sugar level then shows up on a screen. Your doctor

Diabetes education at CMH

At Columbia Memorial Hospital, our diabetes education program, which has been recognized by the American Diabetes Association (ADA), offers group classes that are taught by a registered dietitian and a registered nurse. Our in-depth program has been ADA-recognized for more than 15 years and provides you with a high-quality education experience. You will gain the latest knowledge and skills needed to successfully manage your diabetes. Upcoming activities include:

Group classes offered monthly in four 2-hour sessions. These ADA-recognized group classes require a physician's referral and have a charge.

Diabetes support groups at no charge. Join us for the following classes:

- ▶ April 25 at 2 p.m.: Gardening & Gourmets with Melissa Morris, RD
- ▶ May 22 at 6 p.m.: Diabetes and Heart Disease with Diana Rinkevich, MD, cardiologist
- ▶ June 14 at 10 a.m.: Diabetes Foot Assessments with Jan Anderson, RN, and Gloria VanDeHey, RN.



To register for classes, get more information or join our mailing list to receive fliers for all upcoming events, call us at 503-338-4012.

Our in-depth program has been ADA-recognized for more than 15 years.

will help you learn how to use your results to make decisions about your diet, physical activity and any diabetes medications you take.

Beyond blood sugar

As important as it is to control your blood sugar, it's also essential to keep your blood pressure and cholesterol levels in check. This extra effort helps protect you against heart disease, the No. 1 killer of people with diabetes in the U.S.

High blood pressure is defined differently when you have diabetes. It starts at 130/80 mm Hg, a lower threshold than for most people.

As for cholesterol, you should keep LDL cholesterol (the bad kind) below 100 mg/dL of blood. Levels of HDL cholesterol (the good kind) should be over 40 in men and above 50 mg/dL in women.

Exercise is absolutely key to managing your blood sugar, blood pressure and cholesterol. Your ultimate

goal should be 30 to 60 minutes of physical activity on most days of the week. But if you haven't been active lately, start with only a little exercise and build up gradually. Brisk walking is generally a great way to move more. Still, ask your doctor what's safe for you.

Chances are you'll also need a meal plan, which a registered dietitian can help you create. Like any healthy way of eating, your plan will focus on foods that are low in fat (especially saturated and trans fat), moderate in salt and sugar, and high in fiber.

A registered dietitian can help you create a healthy meal plan. For more information or to find a physician, visit CMH on the web at www.columbiamemorial.org.

amount of food at each meal or snack.

You can also stay on top of diabetes by:

▶ **Dropping pounds.** It's likely that you developed type 2 diabetes, at least in part, because you

Keys to a healthy eating plan are to have meals and snacks regularly and to eat about the same

Have diabetes, will travel

Whenever you travel, your diabetes goes with you. For a better chance of a getaway that results in good memories only:

Plan ahead. See your doctor for a checkup four to six weeks before your trip. You want to be sure that your diabetes is well controlled before you depart.

Get it in writing. Ask your doctor for a prescription for any diabetes medicines you take and a letter explaining how you manage your diabetes. Carry both at all times on your trip.

Be safe, not sorry. Pack twice the amount of diabetes medicine and supplies that you normally need.

Don't risk a lost suitcase. Are you flying? Pack all of your medicine and supplies in carry-on luggage.

Do some homework. Also if you're flying, find out how long your flight will be and whether meals will be served. Even if meals are available, bring enough food to cover delays or unexpected schedule changes.

Source: CMH Diabetes Education Program

were overweight. Losing those extra pounds will make your blood sugar easier to control.

▶ **Stopping smoking.** If you light up, ask your doctor for help quitting.

▶ **Taking any medicine your doctor advises exactly as directed.** Do so even if you feel fine.

▶ **Speaking up.** Ask your doctor how else you can help protect your health, such as by checking your feet daily for any red spots, cuts or sores.

Sources: American Diabetes Association; National Diabetes Education Program



FOUNDATION

503-325-3208

Email foundation@columbiamemorial.org



Columbia Invitational Golf Tournament kicks off May 11

The 13th annual Columbia Invitational Golf Tournament will be held Friday, May 11 at the Astoria Golf and Country Club.

This year's event will be a fun-filled scramble format with ample opportunities for games throughout, such as the "Money Ball," "Hit the Green" and "Pro Shot." The day will begin with a golfers' lunch and conclude with social hour and silent auction, golfers' dinner and an awards ceremony. Tournament winners will be named on the tournament's revolving trophy and receive prizes. Prizes will also be given to the top two teams closest to a blind score.

Astoria Golf and Country Club began in 1923 and is considered one of the Northwest's premier private golf clubs. The unforgettable and challenging 18-hole course, built on ancient sand dunes near the Pacific Ocean, is one of Oregon's hidden gems and host to the annual Oregon Coast Invitational Tournament. Don't miss the opportunity to play this outstanding private club.

Sponsorships, which include playing spots and dinners, are available. The fee for individual players is \$125. For sponsorship information and to register, call the Columbia Memorial Hospital Foundation at **503-325-3208**.



▲ Warm welcome: Donald and Marie Rummell are inaugurated into the Columbia Legacy Circle and receive a plaque from Mike Autio, Planned Gifts Chair and Columbia Legacy Circle member. Janet Niemi, Foundation Executive Director, congratulates the Rummells.

HONORING OUR DONORS

Columbia Legacy Circle inducts new members with inaugural luncheon

The Planned Gifts Committee held a luncheon to inaugurate members into its Columbia Legacy Circle. Members received an engraved plaque. The Columbia Legacy Circle recognizes donors who have made

a planned gift to the Columbia Memorial Hospital (CMH) Foundation, such as a charitable gift annuity, bequest or trust. Anyone who has named CMH in his or her will is also eligible.



NEW EVENT!

Denim and Diamonds gala to be held June 2 at the fairgrounds

A fun and kicky new theme for the Columbia Memorial Hospital (CMH) Foundation's annual gala and auction will provide festive entertainment on June 2 at the Clatsop County Fairgrounds.

Denim and Diamonds will feature live country music and dancing with

Cloverdayle, food stations, live and silent auctions, a raffle, and more. The fairgrounds will be transformed into a Western fantasy-land, sparkling with diamonds both in the décor and on guests, who will don any combination of diamonds and denim attire that suits their fancy.

Sponsorships are available. Individual tickets are \$75. To make reservations or for sponsorship information, call the CMH Foundation at **503-325-3208**.



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, May 16 to June 13, June 27 to July 25, 6:30 to 8:30 p.m.

► Weekend Fast Track
Friday, April 13, 6 to 8:30 p.m.
Saturday, April 14, 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."

Basics of Breastfeeding

free Thursdays, April 19, May 10, June 21, or July 12, 7 to 8:30 p.m.

This course is designed for new parents and parents-to-be. Explore the benefits, how-to and problem solving related to breastfeeding. Taught by certified lactation consultants.

Newborn Care and Safety

free ► Thursday, May 3, or Wednesday, June 20, 6:30 to 8 p.m.

This course includes information on newborn care, with a review of feeding options and instruction on how to respond to a choking newborn.

HEALTH AND WELLNESS

Healthy Cooking Class: Cooking for Chronic Illness

► Monday, April 9, 12:30 to 1:30 p.m.

► Tuesday, April 10, 5:30 to 7 p.m.

\$15 per person/\$20 per couple

Learn to create fun, great-tasting meals with attention to low-cholesterol, low-sodium and anti-inflammatory needs.

Healthy Cooking: Cooking with Kids

► Saturday, May 5, 11:30 a.m. to 1 p.m., \$5 per person.

Come learn and create easy, healthy lunch and snack ideas. Led by CMH Dietitian Grace Laman. Best for kids ages 6 to 12.

Six Silent Sounds of Quigong (Che-gong)

► Thursdays, May 10, 17 and 24

► Thursdays, June 14, 21, and 28
5:30 to 6:30 p.m.

\$15 for three-class series

Instructor: David Rauch, CMH PT Assistant

Tai Chi

► Tuesdays, May 1 to June 5
9 to 10 a.m.

► Wednesdays, May 16 to June 20
5 to 6 p.m.

\$15 for six-week course

Touch for Health

► Wednesdays, April 4, 11 and 18
3:30 to 4:30 p.m., \$15

This is a three-part series that focuses on the importance and use of touch and how to enhance healing with touch. Taught by a certified massage therapist.

Trying to Quit Tobacco?

May 2 to June 6

\$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, June 7
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

free Two classes to begin
April/May 2012 in
Astoria or Seaside. Contact us
for more information.

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.



The CMH Community Center. Available for your meeting, educational and private party needs.

Denim and Diamonds June 2

Clatsop County Fairgrounds
Join us for live country music and dancing with Cloverdayle, food stations, live and silent auctions, a raffle, and more, in support of the Columbia Memorial Hospital Foundation. Individual tickets are \$75. For more information, see page 6.



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The arts and healing

ARTS and healing have long been closely intertwined. In the years before Hippocrates, the healing temples of ancient Greece surrounded patients with paintings, sculpture, gardens, fountains, music, poetry and storytelling. An environment rich with art was seen as therapeutic, providing a means to alleviate physical discomfort and emotional distress.

Florence Nightingale, in her book *Notes on Nursing*, described the patient's need for beauty, even to look out a window or gaze at a vase of flowers: "People say the effect is only on the mind. It is no such thing. The effect is on the body, too."

Planetree hospitals like Columbia Memorial Hospital (CMH) are finding ways to bring the arts back into the health care environment to enhance patient-centered care and promote healing. One way to accomplish this goal is to invite local artists to donate artwork for display or exhibit art for sale in common areas, such as



A Planetree Hospital

hallways, cafés and lobbies. In addition, volunteer musicians are invited to play live music in common areas for patients, families and visitors to enjoy.

If you are a local artist or musician and you are interested in getting involved with the art initiatives at CMH, please call Stephanie Brenden at **503-338-7573** or email sbrenden@columbiamemorial.org.



Are you having problems getting from room to room or completing daily tasks within your home? If so, insurance has a wheelchair benefit that may assist you. At Pacific Coast Medical Supply, we have a large selection of manual wheelchairs, power wheelchairs or scooters that can assist you within your home.

To start the process, all you need to do is make an appointment with your doctor to discuss the specific reasons you need a wheelchair to help you move around your residence. After the appointment, one of our trained wheelchair specialists will come to your home to evaluate your specific needs to help get you a wheelchair that is best for you.

If you have any questions or would like more information, please visit Pacific Coast Medical Supply, your local source for wheelchair mobility, at 1210 Marine Drive, Astoria, or call us at **503-338-0349**.



Pacific Coast Medical Supply