



Grande Ronde Hospital

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HEALTH SCENE®

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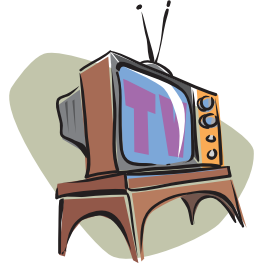


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HAPPY PEOPLE MAY AVOID THE SNIFFLES

In one study, researchers found that people with a positive attitude were less likely to catch a cold than people with a more negative outlook on life.

Psychosomatic Medicine



TELEVISION SAFETY

Every year, thousands of U.S. children visit an emergency department due to injuries from having a TV fall on them. Be safe and place your set on a sturdy, low base. And secure TV stands and entertainment units with anchors.

U.S. Consumer Product Safety Commission



Stephen Bump, M.D., communicates with Betsy Neeley, M.D., as she practices commanding the 215-pound RP7 robot via computer.

ROBOT JOINS GRANDE RONDE HOSPITAL STAFF

“Bringing this new technology to Grande Ronde Hospital carries a wealth of possibilities.”

—DOUG ROMER,
EXECUTIVE DIRECTOR,
PATIENT CARE SERVICES

The newest health care provider at Grande Ronde Hospital (GRH) doesn't fit any TV physician stereotypes of being tall, dark and handsome. ♦ But it does have a commanding bedside manner and is quite agile despite its bulky, 215-pound frame. Actually, you may have seen its kind on television shows like *ER*, and you could say that R2D2 from *Star Wars* is a distant relative.

Welcome RP7—a remote-presence robot that joined GRH in July for a demonstration of its many talents. The robot will live at GRH in association with St. Alphonsus Regional Medical Center.

The Boise, Idaho, hospital accepted several robots as part of a grant awarded by the U.S. Army Medical Research and Material Command. It now is collaborating with GRH and other medical facilities to “employ” the robots.

THE ROBOT IS IN RP7 is topped with a flat screen computer monitor that can rotate 360 degrees and tilt up and down. A camera inside the robot connects to the Internet through special software, enabling the physician or nurse operating the robot to see what is in front of the monitor screen. In turn, the face of the operator is visible on the monitor.

The robot's movements are controlled through a specially equipped laptop computer and joystick. This allows the remote operator to zoom in on detailed documents, such as medical charts, or maneuver the robot down the hallway for patient rounds.

Clear, two-way conversations take place using microphones and receivers on both the robot and the computer. The physician or nurse operating the robot can consult with patients and colleagues in real time, as well as listen to heart and lung sounds.

STATE-OF-THE-ART Bringing this new technology to GRH carries a wealth of possibilities, says Doug Romer, executive director of patient care services.

“We are fortunate to have this emerging technology at GRH as it is being embraced by many larger facilities, and the potential for collaboration is great,” he says.

While the project doesn't come without a price tag, the investment is comparably small. The U.S. Department of Defense is providing the \$250,000 robot through an education grant, and St. Alphonsus is contributing \$1,500 toward the creation of a wireless computer network environment. GRH will incur approximately \$40,000 in additional wireless network expense.

“In the future, this technology will bring urban medical care to our doorstep, including clinical consults and specialty call coverage backup,” says Jim Mattes, President/CEO of GRH. “We will be able to provide specialized care in critical emergencies and, in some cases, avoid the need to transfer patients to an urban hospital.” ♦♦



X-ray technologists Tanya McConnell (left) and Sherry Stirewalt are impressed with the RP7 robot.

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HOW TO FIND BALANCE IN YOUR LIFE

Ben Franklin once said nothing is certain in this world but death and taxes. ♦ He forgot about stress. ♦ Stress is pretty much a universal condition: It can strike anyone at just about any time. ♦ It is also somewhat of a paradox: A little stress isn't a bad thing—in fact, it's actually good for you. But too much stress on a regular basis can contribute to serious health problems.

"People like to be busy, so you want to have a little bit of stress in your life," says Fred Luskin, Ph.D., director of the Stanford University Forgiveness Project. "But when you become too busy and stressed out, it can cause anxiety and tension."

Learning how to manage that fine line between good stress and bad stress is essential to maintaining good health and living a happy and active life.

CAUSES OF STRESS Stress is caused by your body's instinct to defend itself. Such instinct is good in the case of emergencies, such as dodging a speeding car.

But it's not too often that we have to jump out of the way of a car. Instead, our stress is typically caused by more routine life events—both good and bad.

Any sort of change in your life can make you feel stressed—even a positive change, such as getting married or being promoted.

Other common causes of stress include losing your job, the death of a loved one,

divorce, an injury or illness, money problems, or moving, says the American Academy of Family Physicians (AAFP).

SIGNS OF STRESS Stress is a very individualized thing: What may be stressful for one person, such as public speaking, may actually be fun for someone else.

Stress also affects different people in different ways. "It can have an impact on you both physically and mentally," Dr. Luskin says.

When you're too stressed, you may feel angry, afraid, excited or helpless. You may also have trouble sleeping.

Other possible mental and physical signs of stress include:

- Back pain or stiff neck.
- Constipation or diarrhea.
- Depression.
- Headaches.
- High blood pressure.
- Upset stomach.
- Weight loss or gain.

If you don't learn how to cope with it, stress can lead to unhealthy habits, such as smoking, drinking alcohol, overeating and drug abuse. It may also trigger health problems such as heart attack or stroke.

STRESS BUSTERS It may not feel like it when you are stressed out, but there are ways to manage stress so that it doesn't

have a negative impact on your life.

"The most important thing you can do is make sure you are doing what you want to be doing in life," Dr. Luskin says. "There are too many people who are trapped in [bad] jobs or marriages or living in places they hate."

When you are feeling stressed, it's also important to try to think about the good things in your life and appreciate what you have, he says.

It doesn't hurt to take a deep breath every once in awhile too. "The most useful and simple stress management tip is to open your belly, let some air in and try to relax," Dr. Luskin says.

According to the AAFP, you can further minimize stress by:

- Exercising on a regular basis.
- Avoiding people or events that cause stress, if possible.
- Being prepared for events you know may be stressful, such as a job interview.
- Seeking help from family, friends or professionals when your stress level is high.
- Not worrying about things you can't control, like the weather or stock market.
- Taking your mind off daily stresses with group sports, social events or hobbies.
- Viewing change as a positive challenge, not a threat.
- Setting realistic goals at home and work.

Physical activity is one of many stress busters, so join our Rehab Run on Saturday, Sept. 29. Call 541-963-1437 to learn more.

Go, swim kids!



Jim Mattes, President/CEO of Grande Ronde Hospital, joined enthusiastic swimmers in celebrating the debut of a new scoreboard and timing system for Veteran's Memorial Pool in June. The Grande Ronde Hospital board of trustees helped to fund the system.

"Anytime we can encourage people to be more physically active, we are creating a healthier community," Mattes says. "This project helps our community and complements our mission."

The timing system and scoreboard will open opportunities for La Grande to host larger swim team meets. More than 150 swimmers from seven teams from eastern Oregon and southeastern Washington participated in the June meet.

- Taking care of yourself by eating well-balanced meals and getting enough sleep.

It also doesn't hurt to learn how to say no to people. Don't make promises you can't keep, and make sure you give yourself enough time to accomplish the tasks you do take on.

"By practicing stress management, you can really make a difference in your life," Dr. Luskin says. "You can do a lot of good for both your mind and body." ✨



FOOD LABELS

FIND THE HIDDEN TRANS FAT

CONSUMERS HAVE BEEN told for some time to limit their intake of trans fat, an especially unhealthy type of fat found in some processed foods.

But until recently, nutrition labels weren't required to list how much trans fat any product contained. If you wanted to avoid trans fat, you had to look for the words *partially hydrogenated oil* in the list of ingredients.

All that changed at the start of 2006. That was the deadline given by the U.S. Food and Drug Administration (FDA) for food products to list on their nutrition labels the amount of trans fat, in grams.

So if you want to avoid trans fat, all you have to do is look for *0 grams trans fat* on a product's Nutrition Facts panel. Right?

Not quite.

TRANS FAT AND HYDROGENATION Hydrogenation is the process of adding hydrogen to liquid vegetable oils to make a solid fat, such as shortening or hard margarine, according to the FDA.

Manufacturers began using it in response to consumer demands for foods low in saturated fat—a type of fat that can raise blood levels of LDL cholesterol (the bad kind) and increase the risk of heart disease.

According to the American Dietetic Association (ADA), the food industry decided to replace the increasingly unpopular saturated fat in processed foods with vegetable oils. But these oils proved too runny and didn't mix well with other ingredients.

Hydrogenation solved those problems but created a new one: trans fat.

"Trans fats do occur naturally in some foods, such as certain meats and dairy products," says Susan Moores, R.D., spokeswoman for the ADA.

But the trans fats created through hydrogenation are

chemically different—and thought to be worse for your health—than their natural cousins, says Moores.

Why are trans fats so bad?

They raise LDL cholesterol and lower HDL cholesterol (the good kind), a double whammy for your heart.

WHEN ZERO DOESN'T MEAN ZERO The FDA allows a product to contain up to 0.5 grams of trans fat per serving and still claim *0 grams* of trans fat on its Nutrition Facts panel.

That's important to know, says Moores. Here's why:

Let's say you have a bag of cookies labeled *trans fat 0 grams*. In fact, it may actually have 0.5 grams per serving.

**Visit our Web site at
www.grh.org for information
on health and wellness.**

On that same label it says that the package contains 10 servings. If you eat half the bag, you've consumed 2.5 grams of trans fat.

Even if you only eat a couple of cookies, you're still getting more trans fat than you bargained for.

WHAT YOU CAN DO It would be difficult to eliminate all trans fat from your diet, says Moores.

The key is to read food labels and scan the ingredients for partially hydrogenated oil. That, plus choosing fewer processed foods, can help you significantly cut back on the amount of trans fat that you eat, she says.

And you won't be fooled by a zero.

To learn more about trans fat, go to the ADA Web site at www.eatright.org.

ESCAPING INCONTINENCE

Simple physical therapy techniques can effectively treat this disorder

IF YOU'RE LIVING with urinary incontinence and keeping it quiet, it's time for your secret to be flushed out—no pun intended.

Wanting to keep the issue private is understandable. After all, incontinence, or leakage of urine, is embarrassing.

But the problem is not something you're doomed to live with. Treatments exist that can help, and physical therapists play a big role in working with patients to overcome this problem—you just have to ask.

Elizabeth Zastrow, a physical therapist at Grande Ronde Hospital Rehabilitation Therapy Services, has educated many people battling incontinence. She says physical therapy is a low-cost, low-risk and effective way to treat the problem. But first it's helpful to understand the various forms of the condition.

MULTIPLE MALADIES There are different types of incontinence.

Stress incontinence is the most common. It results when muscles that help support the bladder and close the urethra—the tube that carries urine from the body—weakens. Movements like coughing, exercising, lifting something or sneezing can then cause urine to leak.

Urge incontinence refers to a sudden uncontrollable urge to go to the bathroom.

Overflow incontinence is more common in men than women—especially men with prostate problems, the American Urological Association (AUA) reports. It results when the bladder is full.

Functional incontinence is a condition in which some obstacle, such as a physical or mental disability, interferes with one's ability to reach a toilet in time.

**“Urinary incontinence doesn't
have to ruin your life.”**

—ELIZABETH ZASTROW, PHYSICAL THERAPIST

RISK FACTORS Urinary incontinence affects up to 26 million Americans, including men, women and children.

Risk factors associated with the condition are pregnancy and childbirth, aging, chronic cough and chronic

constipation. Lifestyle habits such as poor nutrition, obesity, smoking and low activity levels can contribute to an increased risk of incontinence too.

THE HELP YOU NEED Treatment depends on the type of incontinence you have and how severe it is. With a physician's referral, Zastrow evaluates your problem and designs an individualized treatment plan.

Treatment may include:

- Exercises to strengthen the pelvic floor muscles.
- Biofeedback training to help you learn how to correctly use the pelvic floor muscles.
- Modifications to diet and activities to decrease bladder irritation.
- Relaxation and breathing techniques.
- Creating a bladder diary. A diary can help clarify the type of incontinence and track treatment progress.

If these treatments aren't successful, your doctor may recommend surgery or medication.

"Urinary incontinence doesn't have to ruin your life," Zastrow says. "I've seen a lot of patients have success with physical therapy."

To learn more about simple but effective treatments for incontinence, talk to your doctor, or call Elizabeth Zastrow at Grande Ronde Hospital Rehabilitation Therapy Services at 541-963-1437.



SAFETY FIRST: Misty Ryan, a registered nurse at Grande Ronde Hospital, programs a new high-tech IV pump for a patient. The new pumps help to prevent medication errors. Improving the safety of using medications is one of Grande Ronde Hospital's patient safety goals.

NEW IV PUMPS REDUCE MEDICATION ERRORS

GRH the only hospital in NE Oregon with this new technology

EACH YEAR Grande Ronde Hospital (GRH) joins other health facilities throughout the U.S. in adopting national patient safety goals.

Attaining one of those goals—to improve the safety of using medications—just became easier with the hospital's implementation of 39 high-tech intravenous (IV) pumps that help safeguard patients against potentially life-threatening medication mistakes.

IV bags contain important medications in liquid form that are administered into the veins of patients. The

medications can range from antibiotics to painkillers.

Ensuring that patients are given the correct doses at the correct drip rates, as well as managing combinations of drugs to avoid contraindications, is the challenge for nurses, says Mike Dempsey, pharmacy manager at GRH.

SAFETY NET Called "smart pumps," the new technology will greatly reduce the potential of someone accidentally keying in the wrong dose, Dempsey says. The new IV pumps are like built-in safety nets with computerized



All registered nurses at Grande Ronde Hospital received hands-on training with the new IV pumps, which will help safeguard patients.

memory functions that allow the pharmacy staff to build drug libraries with programmed dosage limits and infusion rates. The system alerts nurses if wrong doses are ordered or if wrong buttons are pushed.

"As a nurse it makes you feel safer," says Robin Mitchell, medical surgery nurse manager. She says she expected the switch to the new IV pumps to be more challenging and has been pleasantly surprised. "They are very easy to use, and we've had lots of education," she says. "The technology is amazing. It's hard to make a mistake. They're awesome."

LEADING THE WAY GRH is one of approximately 6 percent of the nation's hospitals using this new drug computer-entry system technology and the only hospital in northeast Oregon to have invested in the sophisticated Alaris Guardrails System by Cardinal Health, makers of the IV pumps and software.

"We are always looking for ways to support and improve patient care."

—MEREDITH LAIR, FOUNDATION DEVELOPMENT SPECIALIST

The GRH Foundation helped fund the project through a grant from the Oregon Office of Rural Health.

"We are always looking for ways to support and improve patient care," says Meredith Lair, the foundation development specialist. "This project will benefit many, since approximately 90 percent of our patients are placed on an IV pump at some point during their hospital stay." ✨

GRANDE RONDE HOSPITAL

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