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Volume 8 – Issue 2
May – August 2012

Editor in Chief
Janet Gennoe Kitzner
Director of Marketing & The HealthSource
janet.kitzner@pph.org

Managing Editor
Tami Diamond Weigold
Marketing Manager
tami.weigold@pph.org

Content Editors
Gustavo Friederichsen
Chief Marketing & Communications Officer
gustavo.friederichsen@pph.org
Bobette D. Brown
Marketing Specialist
bobette.brown@pph.org
Mary Coalson
Health Education Specialist
mary.coalson@pph.org
Tammy Chung
Coordinator, Marketing & The HealthSource
tammy.chung@pph.org
Elly Garner
Marketing Specialist
elly.garner@pph.org

Contributors
CeCe Wilkens Wilkens Communications
Design/Production
Chase Design
info@chrischasedesign.com
Trina Hinch
Marketing Project Manager
trina.hinch@pph.org
Mark Seal
Rush Press
Photography
Michael Balderas
David Cox, DPR Construction
Don Darrock Photography
Trina Hinch
George Kung, M.D.
Carol Sonstein

The state-of-the-art New Palomar Medical Center in Escondido is scheduled to open to patients on August 19, 2012.

Dear Friend of Palomar Health,

This is truly a season of celebration for the employees and physicians at Palomar Health, as well as for the communities we serve!

On Saturday, April 21, we celebrated Pomerado Hospital’s 35th Anniversary with the community, celebrating our past and looking forward to continued growth in the future.

In August, the opening of the new Palomar Medical Center will mark a new era in health care for the region, with innovations and technologies that create a world-class healing environment. A Grand Opening celebration for the community will be held on Saturday, July 28.

Also this summer we will take the first step in fulfilling a promise made to the residents of Ramona with the groundbreaking of the new 7,600-square-foot Ramona Ambulatory Care Center.

Transformation of the Palomar Health Downtown Campus will result in a vibrant facility with expanded women’s and children’s services and other specialty inpatient and outpatient programs. And the construction of a pedestrian bridge that will connect Pomerado Hospital to Pomerado Outpatient Pavilion will begin this summer.

As we continue to grow and transform our services, we remain committed to delivering our promise of excellent customer service and the highest quality of care possible.

In good health,

Michael H. Covert, FACHE
President and Chief Executive Officer
Palomar Health

Write from the Top

This summer, the Palomar Health Downtown Campus will be holding its Grand Opening celebration on Saturday, July 28. Join us for the festivities as we celebrate 35 years of providing health care for the region! For more details and information on how to attend, please visit www.PalomarHealth.org/opening.

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You are invited to the Grand Opening of the new Palomar Medical Center.

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Your Health and Wellbeing
Celebrating 35th Anniversary with the community, celebrating our past

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In August, a new era in health care for the region – and nation – will begin with the opening of the new Palomar Medical Center in Escondido.

Called the “Hospital of the Future”, the new Palomar Medical Center has gained acclaim as the first hospital nationwide to incorporate a multitude of progressive innovations that create a world-class healing environment.

In 2004, nearly 70 percent of Palomar Health district residents approved Proposition BB authorizing funding of the new Palomar Medical Center, expanding Pomerado Hospital services and developing new satellite medical centers in communities throughout the district.

Palomar Medical Center is the first new hospital in North County in more than 30 years. The vision for what is heralded as the best example of 21st century health-care design crystallized through an extensive planning process that involved physicians, staff, the Board of Directors, community leaders, Palomar Health community councils and volunteers who voiced heartfelt opinions and proposed forward-thinking solutions. Palomar Health sought advice from some of the nation’s leading health-care futurists to coalesce these ideas into a structure that has become the first in the nation to integrate the largest array of evidence-based features that will enhance healing and sustain functionality over time.

“The building is the best example of innovative design principles that will stand the test of time,” says Gerald Bracht, FACHE, chief administrative officer, Palomar Medical Center. “There is a symbiotic relationship between this state-of-the-art facility and the superb staff. When we open the doors, our outstanding staff will breathe life into the building and that will be the true test of our extensive preparation for the Hospital of the Future.”

This issue of The HealthSource is filled with important information about the new hospital, plans for the current downtown hospital campus and Pomerado Hospital. You will learn how innovative technologies have blended with environmental designs to create what some are calling “the fabled hospital” of the future.

“As our vision and plans have crystallized and as they continue to take shape – with the help of our staff, our physicians, our advisory groups, community leaders, volunteers and our Board of Directors – we are about to enter into an era unprecedented in the history of Escondido and Palomar Health.”

– Michael H. Covert
President and CEO, Palomar Health

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Innovative Technology for Today, Tomorrow

“The opportunity to deliver care in a new and unique way is what is most exciting,” Bracht says. “A primary goal was to build a facility that can adapt to future technologies and innovations, even though we don’t know exactly what those will be.”

At the heart of this goal is the new Palomar Medical Center’s advanced surgery and procedures department that will house 12 expansive surgical suites and six Cath Lab/Interventional Radiology suites. The structural steel truss system creates an obstruction-free floor area that will enable the space to be quickly and less expensively changed in the future to create larger or smaller operating rooms as the practice of medicine changes. Structural steel installed in one area is designed for the future installation of intra-operative MRI equipment.

A pioneering design element funnels natural daylight into this work area, which is located deep within the interior of the building. Large windows in each operating room open to views of a two-story atrium and hallway bathed in natural light from massive skylights.

“Ample research shows that natural light enhances the healing process,” Tam says. “Furthermore, it has a positive impact on staff well-being and can help reduce medical errors.”

This new structure is ideal for hybrid procedures that involve the collaboration of multiple surgical specialties. Already, specialty surgeons, interventional cardiologists and interventional radiologists have been working together to identify how they can combine and apply their skills in innovative ways to benefit patient care.

WIRED FOR TODAY, TOMORROW

With thousands of feet of cabling and fiber optics pulsing throughout the new Palomar Medical Center, the new facility is fully wired – along with a secure wireless network accessible throughout the building – to meet the demands of rapidly evolving information technologies that improve health-care safety and efficiency.

This robust system will support electronic medical record keeping and an array of wired and wireless technologies to provide connectivity to medical devices. Patients and family members will be able to enjoy access to the Internet through a secure guest network.

Relocated and Expanded Trauma & Emergency Services

Palomar Medical Center’s Trauma Center serves more than 540,000 residents living in a 2,204-square-mile region – the largest trauma district in California. The area served reaches from southern Riverside County to Scripps Ranch and from the Anza Borrego Desert to the coast. Each year, more than 1,200 trauma patients are treated at Palomar Medical Center, most sustaining life-threatening injuries from vehicular collisions.

Effective August 19, the Trauma and Emergency Department at the current Palomar Health Downtown Campus (555 E. Valley Parkway) will officially close. That same day, the Trauma and Emergency Department will reopen at the new Palomar Medical Center (2185 Citracado Parkway). From this day forward, all trauma and emergency patients will be treated at the new hospital.

The new Trauma Center and Emergency Department are designed for direct access to prompt care within larger treatment rooms equipped with state-of-the-art imaging and specialized clinical equipment that can save minutes when it really counts. CT (computed tomography) imaging and X-ray equipment are located within the department to assure immediate availability for emergency and trauma patients.

The two Trauma Center suites are equipped with defibrillators and a ceiling mounted direct digital X-ray machine. A dedicated trauma elevator can deliver patients from the rooftop heliport to the operating room within seconds. A separate cardiac receiving room, adjacent to the trauma suites, is specially equipped to treat cardiac emergencies. In the event of a major emergency, those rooms and suites can be expanded for multiple trauma patients.

The Emergency Department will have 48 treatment rooms, which is 15 more than currently available at the downtown hospital. In addition, there are six critical care treatment rooms and one orthopaedic treatment room. The department is designed in three modules, each with a central nursing station and support services.

The Emergency Department and Trauma Center are located on the first floor, with direct access for walk-in patients and those arriving by ambulance. (continued)
Embracing Patient-Centric Care

“The new Palomar Medical Center looks like a five-star resort, a place of serene comfort providing expansive views of the Palomar Mountains and Escondido Valley,” says Bracht. “But when we admit the first patients, our focus will be on assuring that this destination of healing lives up to the expectation of delivering exceptional care.”

“It’s definitely the people throughout the hospital who will make our vision a reality,” says Lorie Shoemaker, RN, MSN, DHA, NEA-BC, chief nurse executive, Palomar Health. “Every single staff member is responsible for assuring that each patient has the best possible hospital experience because health care is all about people taking care of people. We already excel, as recognized by being designated a nursing Magnet® health system.”

When Palomar Health was granted Magnet status by the American Nurses Credentialing Center in 2009, it joined a distinguished group that represents only five percent of all hospitals nationwide with that recognition.

“Magnet is a distinction that recognizes excellence in nursing care in all departments and across the spectrum of services, from acute hospital care to skilled nursing and home health services,” Shoemaker says.

Since achieving Magnet status, Palomar Health has sustained the process of continuous improvement through a major culture transformation toward patient-centric care that teaches all staff members to focus on what is most important to the patient and family on any given day.

“As health-care professionals, we are skilled in providing the clinical expertise needed to improve health and recovery,” Shoemaker says. “We have learned that we can further enhance the care experience by addressing the patient’s emotional needs by asking our patients and families what is most important to them on any given day. Sometimes we learn that they want to eat some homemade lasagna or to get their hair washed. By helping patients accomplish these goals, we provide more holistic patient-centric care.”

Every employee has been trained in this care philosophy, including those who do not have direct patient-care responsibilities.

“We believe that the success of patient-centric care and service excellence involves everyone, because if you are not taking care of patients, you are working to support other employees who are,” Shoemaker says. “When we earned the Magnet designation, that was the start of a lifelong commitment to excellence because we know we need to be better tomorrow than we are today.”

Promoting Healing Through Evidence-Based Design

“Patients and visitors will appreciate the nature theme throughout the facility that promotes a sense of calm and healing,” says Tam.

“The main lobby was designed by people experienced in creating fantastic cruise ship environments and the success of their design is reflected in the openness of the three-story main entrance to the new Palomar Medical Center.”

The interior design readily opens up to the surrounding outdoor environment while incorporating shapes and colors that bring nature inside. The energy saving, innovative wavy green roof inspired undulating backdrops that designate reception areas throughout the hospital and an art-form pattern of soothing sea-foam green glass intersected with sand-colored tile along one wall of the Garden Terrace Café, one of the hospital’s restaurants.

From the moment patients step into the new Palomar Medical Center, they will recognize that they have entered a world-class healing environment. While the goal is to create a sense of calm for all who enter the new building, a variety of evidence-based design features will restore health, help patients go home more quickly, improve safety and enhance staff well-being and morale. Some of these design advancements include:

ALL PRIVATE-PATIENT ROOMS

The 288 patient rooms average 320-square-feet in size and include a private bathroom and family visiting area with a sleeper couch for overnight stays. These larger rooms accommodate portable medical equipment, helping minimize the need to move patients throughout the hospital.

“Every room has the same orientation, which means equipment and the patient bed are always in the same location no matter which room is entered,” Shoemaker says. “This becomes important in an emergency, when staff must respond immediately and know where to find essential equipment.” Some of the safety and comfort enhancements can be seen in the images on pages 9.

DISTRIBUTED NURSING STATIONS

Gone are the centralized nursing stations in favor of distributed nursing stations outside of every patient room. By working outside the patient room, nurses will be closer to the bedside and able to respond more quickly to patient needs. Windows provide visual contact with patients in the two rooms on either side of each workstation.

Each workstation is wired as a communications hub for maintaining electronic medical records. Electronic medical records are accessible to physicians and staff through a secure wireless network, providing current and complete information about each patient.

“We will store linens inside each patient room and stock the supplies that are used most often in a cabinet just outside each room,” Shoemaker says. “This further helps nurses remain at the bedside and focused on their patients, rather than spending time searching for supplies in the far reaches of the hospital.”

(continued)
Encompassing 21st century technologies makes the new Palomar Medical Center an interconnected, organic building, according to CO Architects, the architecture firm that designed it. The best ideas of health care futurists into a world-class healing environment. The architects were also tasked with reducing the impact of construction and operations on the natural surroundings.

Palomar Health made an early commitment to incorporating sustainable design solutions to advance healing, safety and satisfaction. Significant evidence-based research has demonstrated the positive healing benefits of promoting stronger connections to nature throughout the physical building.

By using dynamic modeling technology, CO Architects developed these sustainable design solutions.

GREEN WAVY ROOF

This environmentally sound structure was planted a year ago with drought-resistant native vegetation. This innovative feature significantly reduces both heat reflectance and absorption inside the building, helping to reduce utility consumption. The wavy roof is an integral part of the facility’s storm water management system.

The wavy roof incorporates several large skylights and solar tubes that direct natural light into diagnostic and treatment areas below.

NATURAL LIGHTING

Rain or shine, patients and staff alike will know what the weather is like thanks to expansive windows, skylights, solar tubes and accessible outdoor terraces on every floor. Floor to ceiling windows along corridors provide unobstructed views of the surrounding mountains and rolling hills. A unique grid embedded in the windows reduces heat and reflective glare without interfering with the vista.

SUSTAINABLE MATERIALS

From the infrastructure to finished floor, ceiling and wall coverings, the materials chosen for the new Palomar Medical Center are designed to be durable, easy to maintain, cost-effective and help reduce noise.

LED LOBBY LIGHTING

Over time, the LED lights will reduce costs by using less electricity and reducing maintenance requirements. Used as a design element in the three-story high lobby, a wall panel of vertical LED lights will change colors during the day or to reflect colors of the seasons.

“When this and other innovations, we anticipate reducing energy consumption by approximately 25 percent,” says Tam.

OUTPATIENT SERVICES

A range of outpatient services will continue to be available including outpatient surgery, physician, occupational and speech therapy and cardiac rehabilitation, radiation therapy, sleep lab, EEG, diagnostic imaging and other diagnostic services.

Readiness Training Underway

The same care and attention that went into designing the Hospital of the Future has been applied to assuring that the staff is fully prepared to provide 21st century care when patients arrive in August.

Staff training for all employees assigned to the new Palomar Medical Center began in April, with online instruction and onsite orientation to the building.

“We expect every employee to be able to find their way around the three-story high lobby, every floor and be very well versed in all safety and emergency procedures,” Shoemaker says.

“We are looking forward to the major upgrade of the downtown hospital, which retains vital services and supports more than 200 medically-related businesses in the downtown area,” says Escendid Mayor Sam Abed.

“We are committed to maintaining a vibrant facility that will serve as a focal point for a revitalized downtown area,” says Sheila Brown, FACHE, chief outreach officer with responsibility for the Palomar Health Downtown Campus.

“Extensive conversations with physicians, Escondido city officials, community leaders and staff helped crystalize our plans to retain several key specialties here, while also offering new services such as a 24-hour Urgent Care Center. Additionally, we have the full complement of support services including pharmacy, laboratory, imaging, food and nutrition, maintenance and transportation.”

The current Palomar Medical Center will be transformed into a destination for expanded women’s and children’s services and other specialty inpatient and outpatient programs. Remodeling

Palomar Health Downtown Campus – Revitalizing Key Specialties

Palomar Health Downtown Campus has big plans to revitalize the hospital that has served North County residents for more than 55 years.

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The current Palomar Medical Center will be transformed into a destination for expanded women’s and children’s services and other specialty inpatient and outpatient programs. Remodeling

will include converting all rooms to single, private patient use. By adopting many of the innovative design features found at the new Palomar Medical Center, the building will reflect a renewed environment of health and healing.

“The new Palomar Medical Center will be the home of:

Women’s and Children’s Hospital

Comprehensive services include the Birthing Center for labor and delivery, perinatal services for high risk pregnancies, gynecologic surgery and women’s outpatient services. Pediatrics and neonatal intensive care will be provided through a license with Rady Children’s Hospital. All expectant mothers will continue to deliver their babies at the current Palomar Health Downtown Campus (855 East Valley Parkway). There will be no Labor and Delivery services at the new Palomar Medical Center.

Center for Behavioral Health Services

Inpatient mental health services include psychiatric care and crisis management services. Patients can self-refer for these services, or may be referred by physicians or family members. In the event of life-threatening behavioral health emergencies, patients will initially be managed at the new Palomar Medical Center until the medical emergency is stabilized. Those patients will then be transferred to Palomar Health Downtown Campus for continued inpatient behavioral health care.

Rehabilitation Institute

The acclaimed rehabilitation program includes CARF Accredited and Stroke Certified comprehensive inpatient and outpatient physical, occupational and speech therapy services focused on restoring patients to their physical and cognitive best following injury or stroke, other illness or surgery.

Palomar Health Urgent Care

The existing Emergency Department will convert to a 24-hour urgent care department after the new Palomar Medical Center opens in August. Rady Children’s Hospital Urgent Care is planning to relocate to the Palomar Health Downtown Campus.

A dedicated ambulance will be available at the downtown campus to respond to emergencies requiring prompt transfer to the new Palomar Medical Center.

The HealthSource Career Extender program will participate as mock patients and other employees will participate in intensive training to gain familiarity with specific new technologies in their work areas.

Two hundred student volunteers from Palomar Health’s Clinical Career Extender program will participate as mock patients and family members to provide staff with realistic experience in responding to a variety of needs.

“The new Palomar Medical Center was at the forefront of the BIM revolution and won the 2010 American Institute of Architect’s award for the use of BIM,” says Wendy Cohen, Palomar Health district director of construction. “This system allows everyone involved in the design and construction of the facility to understand and see the relationship of all systems in the building. In addition to saving construction time and money, BIM will be used to assist with preventive maintenance and for future expansion of the new Palomar Medical Center.”

Another innovation used an integrated project management model, in which Palomar Health and all contractors worked together as team members focused on working together for common goals and shared success.

“We approached the project with the understanding that everyone was responsible for the result, that everyone had ‘skin in the game’ and would share the benefits if we completed on time and on budget,” Tam says. “We discovered that the workers found collaborative solutions that helped move the project forward effectively.

These companies had major contracts for the construction of the new Palomar Medical Center:

- CO Architects
- University Mechanical
- DPR Construction
- University Electrical
- Bergelcic
- Vision System

Construction of the new Palomar Medical Center began five years ago and will be completed for a total cost of $956 million. More than 75 percent of the 5,000 construction workers are North County residents.

“‘The new Palomar Medical Center represents the pinnacle of progressive design technologies,’ says Tam. ‘But a little known story of our success is how we approached building the largest health-care project in California.’”

When construction began more than eight years ago, CO Architects used a revolutionary 3-D design method called BIM – building information modeling. This replaced traditional flat drawings that resulted in thousands of pages of blueprints. Essentially, the BIM model provides a view into each wall, floor and roof, and above each ceiling showing exactly where pipes, ducts and electrical conduits are located.”

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“We are looking forward to the major upgrade of the downtown hospital, which retains vital services and supports more than 200 medically-related businesses in the downtown area,” says Escendid Mayor Sam Abed. "Having worked with Palomar Health since the early stages of planning for the new hospital of the future, I know that the citizens of Escondido and the greater area will benefit from the state-of-the-art services that will be available at both hospitals.”

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“We expect every employee to be able to find their way around the three-story high lobby, every floor and be very well versed in all safety and emergency procedures,” Shoemaker says. “In addition, nurses and other employees will participate in intensive training to gain familiarity with specific new technologies in their work areas.”

This summer, staff will spend at least two days testing multiple real-life scenarios with scripted examples of patient needs. These drills are designed to provide practical experience of typical situations.

Two hundred student volunteers from Palomar Health’s Clinical Career Extender program will participate as mock patients and family members to provide staff with realistic experience in responding to a variety of needs.

“We will test and train our response to a ‘patient’ arriving with anything from severe chest pain to patients arriving for scheduled surgery,” Shoemaker says. “By walking through each scenario, our staff will become more familiar with locations and equipment and be better prepared to respond efficiently once the real patients begin arriving.”

(continued)
Pomerado Hospital Continues to Grow

Fresh from celebrating 35 years of health excellence, Pomerado Hospital is embarking on a future by renewing its commitment to providing health services that meet the changing needs of a growing community.

This summer, construction will begin on the pedestrian bridge that will connect the hospital with the Pomerado Outpatient Pavilion that houses the Joan McLaughlin Women’s Center for Health and Healing, Arch Health Partners Urgent Care and medical offices, the Center for Integrative Medicine, other physician offices and state-of-the-art diagnostic services, along with the nearby parking structure.

“Patients and visitors will appreciate the convenience of the bridge that improves access through these important services when it opens at the end of 2013,” says Tam.

The pedestrian bridge is the latest addition to Pomerado Hospital, part of a master plan to assure that the hospital continues to serve the community in meaningful and lasting ways.

“Improvements at Pomerado Hospital have been an integral component of realizing the vision of the Health System of the Future,” Tam says. “For example, Pomerado Hospital has achieved national recognition as a Baranic Center of Excellence. When the 125,000-square-foot Pomerado Outpatient Pavilion opened in 2012, the community recognized that we are committed to creating healing environments that meet the demands of advanced technologies and growing community needs.”

The spa-like Joan McLaughlin Women’s Center for Health and Healing, designated a Breast Imaging Center of Excellence by the American College of Radiology, offers an array of advanced imaging capabilities and educational resources. A specialized breast surgery team works with an experienced team of dedicated breast health nurses, navigators, radiologists, nurses and mammography technicians to provide comprehensive services and compassionate expertise.

Other services available here include perioperative, lactation consultation, bone density testing and the Women’s Health Connection Boutique.

Bringing Outpatient Services Closer to Communities

Over the past five years, Palomar Health has expanded access to outpatient health services with the addition of walk-in expresscare centers (see related article on page 20) and expanded services at the San Marcos Ambulatory Care Center. More is planned:

- Construction will begin this summer on a new 7,600-square-foot outpatient/ambulatory care facility.
- In 2010, the San Diego City Council approved plans for a new 780,000-square-foot outpatient satellite center in Rancho Peñasquitos.
- Construction plans will be announced in a future issue of The HealthSource.
Noon – 2 p.m.
FREE Blood Pressure Screenings
high blood pressure. Prescription medications, along with diet and exercise, help manage body weight can help lower blood pressure as well as improve Making small changes, such as losing just 10 percent of your total much as 60 percent of new cases of hypertension. It has been estimated that obesity accounts for as Being overweight or obese, smoking, excessive intake of calories, salt and alcohol, as well as aging, may increase your risk for developing Medical conditions such as obstructive sleep apnea, chronic pain or restless leg syndrome often result in long-term sleep disruption. Of these, obstructive sleep apnea is the most serious and may increase the risk of high blood pressure, stroke or heart failure. Because there are many root causes of and types of sleep disorders, a thorough evaluation is the first step to finding a solution that may work for you. The most definitive way to diagnose sleep apnea is during an overnight evaluation in Palomar Health’s Sleep Lab. To learn more, visit www.PalomarHealth.org/sleeplab.

HOUSE CALL

Blood Pressure by the Numbers
Rebecca Samuels, D.O.
Internist
Palomar Medical Group
At my last check-up, I was found to have borderline high blood pressure. I’m not sure what the numbers mean. Should I worry? What can I do?

It is well known that high blood pressure, or hypertension, increases the risk of heart attack, stroke and other serious medical conditions. Today, physicians are interested in identifying pre-hypertension, which is defined as a blood pressure reading of 120/80 mm Hg. Pre-hypertension is a warning sign to make lifestyle changes to lower your blood pressure. For example, losing just 10 percent of your total body weight can help lower blood pressure as well as improve Metabolic Syndrome can help lower blood pressure as well as improve Metabolic Syndrome.

A circulation disorder can actually cause high blood pressure. Smoking, excessive alcohol intake, obesity, being sedentary, and family history can increase your risk for developing hypertension. It is important to have your blood pressure checked on a regular basis to help manage high blood pressure.

FREE Blood Pressure Screenings
Noon – 2 p.m.
Palomar Medical Center Lobby, 1st Friday of each month
Pomeroado Outpatient Pavilion, Education Classroom
Thursday, May 24
6 – 7:30 p.m.
Many adults have trouble sleeping at some time in their lives. Join Richard Schumann, M.D., as he discusses warning signs and treatment options for common sleep disorders.

FEE: Free – registration required
To register, call 760.628.2880 or visit www.PalomarHealth.org/classes

Restless Sleep
Richard J. Schumann, Jr., M.D.
Neurologist
San Diego Medical Group
I am a 56-year-old man and lately I feel like, no matter how early I go to bed, I just never feel rested. I am always tired, and it’s starting to affect my mood, as well as how I function at work. Why can’t I get enough sleep?

If lack of sleep is impeding your life in any way, it’s wise to seek help. Sleep is a very basic human need that helps our bodies repair and rejuvenate. Good sleep provides beneficial rest for the cardiovascular system, helps improve learning and memory and contributes to overall good health.

Sleep is an innate drive for people – just like hunger, thirst or sex drive. When we don’t get enough sleep, stress hormones are released in our body. The two main types of sleep are rapid-eye movement (REM) sleep, which is dream sleep, and non-REM sleep. Deep sleep restores the body, while REM sleep renews the mind. How well rested we feel depends on how much sleep we get and our ability to complete sleep cycles. Most adults should get at least six to seven hours of sleep every 24 hours.

Sleep may be interrupted temporarily by a snoring partner, needing to use the bathroom, certain medications or noise. Medical conditions such as obstructive sleep apnea, chronic pain or restless leg syndrome often result in long-term sleep disruption. Of these, obstructive sleep apnea is the most serious and may increase the risk of high blood pressure, stroke or heart failure.

Because there are many root causes of and types of sleep disorders, a thorough evaluation is the first step to finding a solution that may work for you. The most definitive way to diagnose sleep apnea is during an overnight evaluation in Palomar Health’s Sleep Lab.

To learn more, visit www.PalomarHealth.org/sleeplab.

Summer Time Nutrition
OASIS – Escondido
Wednesday, July 12
10:30 a.m. – Noon
Finding time to eat healthy foods during busy summer schedules can be a challenge, but with good planning and preparation, you can maintain a healthy diet. Join Registered Dietitian Halle Elbling as she discusses how to optimize flavor and maximize nutrition. Take home some fun recipes too.

ABCs of Lungs & Breathing
OASIS – Escondido
Wednesday, July 12
10:30 a.m. – Noon
Hearing Loss & Emerging Technologies
OASIS – Escondido
Thursday, July 12
10:30 a.m. – Noon
Hearing loss is an ever-increasing problem in today’s society, especially among young people. The demand has resulted in devices of highly functional quality. Join David Illich, Au.D., as he discusses the latest hearing devices available on today’s market.

Pain Management
OASIS – Poway
Tuesday, May 15
1 – 2:30 p.m.
Pain attacks the human body at every vulnerable target – muscles, bones, and joints. Acute pain can last a moment, while chronic pain persists for long periods. Join pain management specialist Tom Cheng, M.D., as he discusses pain management – from cause and proper diagnosis to treatment and coping.

Leg Pain
OASIS – Poway
Wednesday, June 6
10:30 a.m. – Noon
Get Fit and Stay Strong
OASIS – Redwood Town Ctr., 500 E. Valley Pkwy., Escondido
Thursday, August 8
10:30 a.m. – Noon
Get Fit and Stay Strong
OASIS – Redwood Town Ctr., 500 E. Valley Pkwy., Escondido
Thursday, August 8
10:30 a.m. – Noon
Healthy brain cells depend on adequate supply of nutrients in your diet. Join Halle Elbling, RD, CDE, to learn more on how to live well as you age and how to eat smart for a healthier brain.

All About Cholesterol
OASIS – Poway
Wednesday, August 15
1 – 2:30 p.m.
When it comes to cholesterol, knowing your numbers and how to improve them is key to good health. Join Luanne Arangio-Law, R.N., M.Ed., as she explores the pitfalls of “bad” cholesterol (LDL) and the benefits of “good” cholesterol (HDL).
For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

“Our mission is to provide an environment conducive to the diagnosis and effective management of chronic wounds and conditions,” says Roger Schechter, M.D., director of Palomar Health’s Wound Care Centers.

The multi-disciplinary team includes physicians who are certified as wound care specialists and are also board-certified in hyperbaric medicine, plastic surgeons, vascular surgeons, infectious disease specialists and podiatrists who work with diabetes educators and a highly specialized team of nurses and technologists.

“Our statistics for successful healing are in the upper 90th percentile,” says Dr. Schechter. “Many patients across the country who have threatened limb loss do not get a proper diagnosis before having an amputation. Palomar Health Wound Care Centers offer a customized patient experience, based on a very comprehensive diagnosis for each patient’s individual care needs.”

“We look at the whole person and any underlying conditions the patient’s facing,” says Dr. Schechter. “Then, we address the patient’s circulatory issues, and work hand-in-hand with vascular surgeons to optimize every patient’s circulation in order to save their limbs. We also follow evidence-based protocols to maximize healing and create the greatest opportunity for preventing limb loss.”

“The staff at the Wound Care Center is simply incredible,” says Olga. “It was very emotional when we said our final goodbyes and thank you.”

Today, Deke has returned to walking and is working on gradually increasing his distance over scenic routes from the Flower Fields of Carlsbad to the beach.

“We are so grateful,” Deke says. “It’s truly a team effort and they did everything they could to prevent the loss of my leg. Because of them, I am out walking and enjoying life again.”

For more information, visit www.PalomarHealth.org/wound.
The orthopaedic continuum of care for joint replacement patients starts before hospitalization with patient education and supports the patient throughout hospital care and surgery. Personalized home health care and outpatient physical therapy is provided as needed throughout the rehabilitation stage of recovery.

“Our established process has now been recognized by Aetna for its quality as measured by fewer patient complications, improved long-term results, shorter hospital stays and better patient satisfaction,” Dr. Knutson says. “We are fortunate that our continuum of care includes Palomar Health’s Home Health services and Outpatient Rehabilitation services, which help patients continue their recovery and rehabilitation until they have achieved their full potential for restored ability.”

PMC is the only medical center in San Diego County to receive this designation from Aetna. The orthopaedic program will be carrying the Aetna stamp of approval with it when it relocates this summer to the new Palomar Medical Center in west Escondido that is scheduled to open in August. Aetna is committed to recognizing facilities with distinguished performance to help members make informed choices by providing access to high-quality, cost-effective care.

Two months after minimally invasive neurosurgery at Palomar Medical Center to remove a large cyst from the base of her spine, Laura Savrovich went hiking in Yosemite with her daughter Sasha.

“Last June, I noticed leg pain and thought it was related to my rheumatoid arthritis,” Laura says. “When the pain began going down my leg and my foot became numb, I became really concerned that it might be something serious. I called my primary care doctor and insurance company for referral to someone who could diagnose and treat the problem.”

“It was a frustrating month of going here and there, without getting the help I felt I needed,” Laura says. “My symptoms worsened because the cyst was growing, so I was becoming more concerned about getting the right help, and fast. Then, my daughter told me about Palomar Health’s new ActivCentre.”

Laura contacted Jo Ann Nagy, R.N., B.S.N., the ActivCentre nurse navigator, who listened to her “with genuine interest and caring.” That same day, Nagy consulted with Keyvan Esmaeili, M.D., medical director of Palomar Health’s Acute Rehabilitation Services, and he recommended referring Laura to a neurosurgeon for evaluation. Nagy called Laura’s primary care physician and obtained a referral to neurosurgeon Mark Stern, M.D., who examined Laura within three days.

Located in Pomerado Outpatient Pavilion in Poway, the ActivCentre utilizes an integrated approach to treating neck and back pain by providing convenient, centralized access to advanced diagnostic tests, and streamlining necessary tests and other appointments. Non-surgical treatment includes outpatient rehabilitation, core strengthening and flexibility training, spinal injections, medical management, pain management, psychological services, integrative Therapies and nutrition counseling. Advanced surgical options include minimally invasive neurosurgery and spine surgery.

Laura Savrovich (left) hikes Yosemite with her daughter two months after minimally invasive neurosurgery.

Laura says, “She helped me through a very stressful time.”

“When I first met with Dr. Stern, he listened to all my symptoms and concerns and then explained the mechanics of my diagnosis and every option available,” Laura says. “In short, Dr. Stern and his staff made me feel as if my best interest was their genuine concern.”

Dr. Stern and a neurological team performed a partial laminectomy to remove the cyst on August 23, 2011. Laura had expected to be in the hospital for two days, but the surgery went so well Dr. Stern discharged her that day.

“I was able to walk and move fairly well right after surgery, though I moved a bit slower. As I gained confidence that everything was alright, I started doing more,” Laura says. “Within a couple of weeks, I was back to somewhat normal activities and feeling great.”

Don’t let back or neck pain take over your life. Visit www.PalomarHealth.org/ActivCentre or call 858.613.6252. Nurse Nagy will act as your personal patient advocate and help guide you through the treatment options that are right for you.

Visit www.PalomarHealth.org/ActivCentre or call 858.613.6252 to take advantage of your FREE consultation today!
Rolls Out a Summer of Specials

**MAY:** Take Shape for Life

Tune up for summer with “Take Shape for Life,” offered locally by PALOMAR HEALTH expresscare health centers and Medifast®. Sign up in May and receive a free water bottle, BMI (body mass index) test and pedometer to track exercise progress. Participants receive free medically supervised health coaching to help them achieve their weight loss goals. The nutritionally balanced Medifast meals can be ordered through coaching to help them achieve their weight loss goals. The test and pedometer to track exercise progress.

**JUNE:** Blood Pressure and Summer Safety

Visit any PALOMAR HEALTH expresscare location for a free blood pressure check and to learn how to control blood pressure for overall health benefits. All visitors will receive a free lip balm, because lips need protection too!

**JULY:** Teen Health Month

Stop by for a combined sports physical and acne evaluation, with prescription treatment if needed, a $30-$62 savings.

**AUGUST:** Discounted Vaccines

College bound? Planning an overseas vacation? Not sure if your vaccinations are up to date? PALOMAR HEALTH expresscare nurse practitioners can help you determine if you need new or booster vaccines. Vaccinations are available at affordable prices and appointments are never needed to see one of the nationally board-certified nurse practitioners.

**PALOMAR HEALTH expresscare** is proud to present the following specials this summer:

14340 Peñasquitos Dr. San Diego, CA 92129
30530 Rancho California Rd. Temecula, CA 92591
1509 E. Valley Parkway Escondido, CA 92027
33330 Ranchi California Rd. Temecula, CA 92590
3013 Rancho Pechasquitos Dr. San Diego, CA 92129
1571 San Elijo Rd. South San Marcos, CA 92078
33330 Ranchi California Rd. Temecula, CA 92590
1571 San Elijo Rd. South San Marcos, CA 92078

For more information call 888.738.2452.
Primary health care is coming closer to residents of 4S Ranch and Poway and San Marcos. By early July, residents of 4S Ranch will have primary medical care providers within walking distance. The new medical offices, located at the intersection of Camino Del Norte and Dove Canyon Road, will open with two female family practice physicians. Construction for this new 7,600-square-foot outpatient medical center will take place this summer with the groundbreaking of the new Ramona Ambulatory Care Center. Arch Health Partners will be the sole tenants of the new building, relocating from their current location on Main Street.

This month, we celebrate the important contributions and compassionate care Palomar Health nurses are committed to providing with our observance of Nurses Week, May 6 - 12. For years, patients have voiced their appreciation for the care they receive throughout the Palomar Health system. The quality and professionalism of patient-centered nursing care at Palomar Health has been recognized and unanimously granted Magnet® status by the American Nurses Credentialing Center (ANCC) – the world’s largest and most prestigious nurse credentialing organization and subsidiary of the American Nurses Association. Palomar Health was the first health system in California to receive such a distinction.

But did you know our nurses, physicians and caregivers do more than provide life-saving care? At Palomar Health, caregivers are among the most generous individuals who support the organization by giving their time, effort and dollars to the Palomar Health Foundation in support of the capital campaign for the new Palomar Medical Center.

This is a great, fast-growing community and we are proud to bring award-winning medical services to the residents,” says Victoria Lister, FACHE, AHP chief executive officer. “Our family practice physicians are experienced in caring for patients of all ages by providing attentive, knowledgeable services tailored to each patient’s personal health-care needs.”

The first step in fulfilling a promise made to Ramona residents will be the sole tenants of the new building, relocating from their current location on Main Street.

Construction for this new 7,600-square-foot outpatient medical center is scheduled to be completed by the end of 2013. When it opens, the Ramona Ambulatory Care Center will feature Arch Health Partners Urgent Care, plus X-ray and laboratory services. Arch Health Partners currently has primary care providers in Poway and San Marcos. 

Your wisdom, passion and experience can be used in a meaningful, life-changing way. At Palomar Health, we respect your time and appreciate the generosity of our entire family of volunteers. To share your energy today, call 760.739.3081 or 833.613.4659 to register or visit www.PalomarHealth.org/volunteer for more information.

• Caring, supportive environment  
• Flexible hours  
• Various opportunities and locations available  
• With or without patient contact  
• New hospital opening

By early July, residents of 4S Ranch will have primary medical services available in their community for the first time. The new medical offices, located at the intersection of Camino Del Norte and Dove Canyon Road, will open with two female family medicine physicians providing medical care throughout the week. Services will include X-ray and laboratory. AHP specialists, including dermatologists, ear, nose and throat specialists, and orthopedic surgeons, will be available at the 4S Ranch medical center on a rotating basis.

Volunteer.

Share Your Energy – Become a Palomar Health Volunteer.

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For a physician referral, or to register for a class, call The HealthSource at 800.628.2880. 

Stay informed about progress on these medical office locations at www.PalomarHealth.org.

4S Ranch

Ramona

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If you would like to be removed from our mailing list, please contact The HealthSource at 800.628.2880.