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Write from the Top

Dear Friend of PPH,

The business of health care is built on relationships – relationships with patients, doctors, employees, vendors, insurance providers, medical groups and more. Palomar Pomerado Health’s continued growth and success depends on nurturing these relationships, which is why the featured article focuses on our strategic partnership with Kaiser Permanente. (See pages 4 – 5).

Kaiser physicians have been working alongside PPH physicians at our facilities for nearly a decade. With the opening of our “Hospital of the Future” next year, this partnership will expand even further – providing North County Kaiser Permanente members with a new hospital home in their own community.

Our agreement with Kaiser works. And, it’s the only contract of its kind in the country. Kaiser utilizes our facilities and services for their patients, and PPH enjoys increased volume. This helps us from a business perspective by filling more beds, but, most importantly, we’re taking care of more people which is what we do best.

As I always say, in order to do good, we have to do well, or we won’t be around to do very much good. This unique partnership allows us to make wise use of our facilities and grow our business – the business of health care. So, welcome Kaiser Permanente members, we look forward to caring for you.

In good health,

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

—the HealthSource Class Locations*

POWAY
Pomerado Hospital
15615 Pomerado Road
Poway, CA 92064
858.613.4000

Pomerado Outpatient Pavilion
Jean McLaughlin Women’s Center
Education Classroom
15611 Pomerado Road
Poway, CA 92064
858.675.5376

SAN MARCOS
The HealthSource
125 Vallecitos de Oro, Suite A
San Marcos, CA 92069
858.675.5376

OASIS – Poway
North County Inland Adult Center
Temple Adat Shalom
15905 Pomerado Road
Poway, CA 92064
760.796.6020

OASIS – Escondido
Escondido Joslyn Senior Center
210 E. Park Avenue
Escondido, CA 92025
760.796.6020

ESCONDIDO
Palomar Medical Center
555 East Valley Parkway
Escondido, CA 92025
760.739.3000

The HealthSource retains the right to cancel a community education class if minimum enrollment is not met. If you have a disability, please notify us 72 hours prior to the event so that we may provide reasonable accommodations.

*Off-site classes are also available for groups, businesses and other organizations that would like instruction on a particular health topic.

Call 858.675.5372 for more information.

Community Support Groups at Palomar Pomerado Health

Arthritis & Osteoporosis
Monday, Sept. 19    10 – 11:30 a.m.
Monday, Nov. 21    10 – 11:30 a.m.

Escondido Joslyn Senior Center

Chronic Fatigue Immune Dysfunction Syndrome and Fibromyalgia
2nd Wednesday of each month, 1 – 3 p.m.
Pomerado Outpatient Pavilion, First Floor Education Classroom

Circle of Caring:
Adult Bereavement Support Groups
Sponsored by The Elizabeth Hospice. Call 800.797.2050 for dates, times and locations.

Diabetes Support Group
2nd Tuesday of each month, 4:30 – 5:30 p.m.
120 Craven Road, Suite 207, San Marcos
3rd Tuesday of each month, 4 – 5:30 p.m.
Pomerado Hospital
Call 760.510.7377 for more information.

Mended Hearts Support Group for Heart Disease Patients, Families and Caregivers
3rd Saturday of each month, 10 – 11:30 a.m.
Pomerado Hospital, 3rd Floor Café Conference Room
Call 619.477.7703 for more information.

Head Injury, Trauma and Spinal Support System (HITSS)
Every Saturday, 9 – 10:30 a.m.
Palomar Medical Center, 2nd Floor Café Conference Room
Call 800.986.4487 for more information.

Menopause Information & Support
Thursday, Oct. 20    12:30 – 1:30 p.m.
Thursday, Dec. 15    12:30 – 1:30 p.m.
Pomerado Outpatient Pavilion, First Floor Education Classroom

Speech Communication Support Group
Every Tuesday, 3 – 4 p.m.
Rehabilitation Services
Palomar Medical Center

Women’s Cancer Support Group
1st and 3rd Wednesdays, 10:30 a.m. – noon
Pomerado Outpatient Pavilion, First Floor Education Classroom

Look Good, Feel Better
Monday, Dec. 5    4 – 6 p.m.
Pomerado Outpatient Pavilion, First Floor Education Classroom
To register, call the American Cancer Society at 800.227.2345.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Palomar Pomerado Health (PPH) and Kaiser Permanente are working together to keep North County families “thriving” by continuing to grow their partnership for good health that has been in place for more than 10 years. An expanded, long-term agreement between the two organizations will provide North County Kaiser Permanente members with access to local acute hospital care as well as emergency and trauma services when PPH’s “Hospital of the Future” opens in summer 2012.

The agreement solidifies and extends an existing contract in which PPH and Kaiser Permanente physicians have worked side-by-side at Palomar Medical Center (PMC) in Escondido. In 1999, PMC began providing labor and delivery services for Kaiser Permanente patients in North County. Since then, additional contracts have added more local services at PMC for Kaiser Permanente members including general surgery, orthopaedics and robotic urology.

The new contract extends the existing relationship until 2020 and includes additional renewal provisions. It is part of a strategic plan to assure that PPH remains financially secure and able to effectively provide comprehensive primary and specialized acute care services locally to meet the rapidly growing health needs of Inland North County residents.

“Our relationship with PPH began more than 10 years ago and, since then, both organizations have looked at how we can strengthen our shared commitment to wellness, prevention and quality health care for the communities throughout North County,” says Mary Ann Barnes, Kaiser Permanente senior vice president and executive director. “As our membership continues to grow, so have we by adding more specialty physicians and new ambulatory locations throughout the north region.”

“Our goal is for our North County members to have access to the full range of patient services – ambulatory primary and specialty care, plus acute hospital care – without leaving their communities,” adds Barnes. “We are especially excited about the new facility opening next year because we will have the ability to meet the acute hospital needs of our North County members.”

Collaborative Strategy to Promote Health

As the largest public health district in California, with a service area of 800-square-miles and current population of 530,000 people, PPH is charged with meeting the diverse health-care needs of infants, teens, adults and retired individuals. The most rapid population growth has been in Carmel Valley and Fallbrook, as well as peripheral service areas including Carlsbad, Vista, Oceanside and Temecula.

“Our mission is to ‘heal, comfort and promote health in the communities we serve’,” says Gerald Bracht, PMC chief administrative officer. “We have accomplished that, in part, by establishing collaborative relationships with...
several of the largest and most-respected medical groups and other health associations in the area. Through the years, these partnerships have helped us meet our goal of bringing essential services to residents of our communities, regardless of insurance type."

“Our philosophy is to be inclusive so that the communities we serve can enjoy access to quality primary and specialty medical care, along with acute hospital services, trauma care and emergency services locally,” adds Bracht.

This inclusive strategy is evident in the multiple, long-term affiliations PPH has with medical groups and independent physician associations (IPA), as well as contracts with the major insurance plans offered in this region.

“We are committed to maintaining strong relationships with our local medical groups and IPAs as well as the major insurance plans, which is important to assuring access to care,” says Margie Drobatschewsky, PPH director of Managed care Services. “The contracts we have with these various partners are key to being able to fulfill our mission in a responsible, meaningful way.”

Some current strategic partnerships between PPH and other health-care organizations include:

- **Last year, PPH and Centre For Health Care formed a new integrated physician organization called Arch Health Partners (AHP). AHP provides comprehensive patient care under 11 health specialties and was named one of California’s top-rated physician groups by the Integrated Healthcare Association. From primary and specialty care physicians to hospital care, rehabilitation and ancillary services, AHP is where healing begins.**

- **Graybill Medical Group and Community Physicians of North County (previously known as Sharp Community Medical Group North Inland) have provided primary and specialty medical care in North County for decades. These medical groups are affiliated with PPH for hospital and emergency services.**

- **In 2010, PPH contracted with Rady Children’s Hospital for inpatient pediatric and neonatal intensive care services at PMC. With this agreement, Rady Children’s physicians and nurses staff these units and provide high quality, expert care for young patients who live in North County.**

- **Since 2007, UCSD has contracted with PPH to provide perinatal testing and genetic counseling at PMC. The Perinatal Testing Center at PMC serves pregnant North County women who are considered high-risk as well as those who want pre-conception counseling.**

““These are examples of health care at its best, where affiliations between different providers enhance access to quality care and improve the health of the communities we serve,” says Bracht. “Like PPH, Kaiser has its own history of collaborative relationships, such as their agreement with Scripps Health in La Jolla for cardiovascular services.”

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**Kaiser Permanente and PPH: now and in the future**

When the “Hospital of the Future” opens in 2012, it will be listed as a “plan hospital” for Kaiser Permanente members living in North County. Members will be directed to the new facility for emergency services or inpatient hospital procedures and diagnostic tests.

“This is a real positive for our growing region because it helps assure that PPH can serve all the residents throughout our district, regardless of insurance type,” says Bob Hemker, PPH chief financial officer. “By listing our new facility as a plan hospital, Kaiser members will have access to all the services and amenities of this state-of-the-art facility when it opens next summer.”

While Kaiser Permanente physicians will provide the hospital and surgical care of their patients, all hospital services—from nursing care to laboratory, radiology and physical therapy—will be provided by PPH employees. Also, PPH’s hospital-based physicians, such as anesthesiologists, radiologists and emergency physicians, will continue to provide services to all hospital patients regardless of insurance type.

“If a Kaiser member is taken to an emergency department at another North County hospital, the patient will be transferred to our new hospital as soon as medically possible,” explains Bracht. “And, when it comes to providing hospital care, there will be no distinction between patients based on their type of insurance coverage. The agreement with Kaiser enabled PPH to plan for future needs from an informed point when we designed the ‘Hospital of the Future.’ This helps PPH remain a strong, viable health-care provider and the largest employer in Escondido.”

“We are very enthusiastic about the realization of the ‘Hospital of the Future,’” says Covert. “Our affiliation with Kaiser and other partners strengthens our ability to continue to provide excellent health care throughout our service area.”

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
Swing “Fore” Fitness: The Health Benefits of Golf

Are you looking for a way to lose weight that won’t keep you stuck in a sweaty gym or taking the same walk around your neighborhood? Would you like to add a little weight training to your cardio workout? Does adding natural vitamin D to your diet, better sleep to your nighttime and making new friends interest you? Take a swing at a golf course and all this could be yours! Seriously, golf is not just for out-of-shape guys making business deals while knocking a little white ball around the links. Not anymore! in fact, my fabulously fit husband, Tom, has played for years and loves it! As for me, i’m not really feelin’ the love just yet. i’m just a hacker still working on it … but it’s fun! And it’s an activity Tom and I can enjoy together surrounded by the great outdoors.

All that, and it’s a great workout! I was astounded to discover the number of health benefits that come with a round of golf, including:

- **Cardiovascular Workout** – Any activity that leaves you slightly short of breath and works up a bit of a sweat is great for your cardiovascular health. Besides lowering harmful cholesterol, a brisk round of golf helps speed up your metabolism, making weight loss easier. My Tom plays San Diego’s Balboa course every Saturday morning and burns upwards of 1,000 calories by carrying his clubs and walking more than four hilly miles.

- **Proper Exercise** – Golf is great for your bones! Weight-bearing exercise two to three times a week can create long, lean muscle mass, which helps support a strong skeleton. This type of exercise can also help prevent bone degeneration, including osteoporosis. To include weight bearing in your golf game, follow Tom’s lead and carry your clubs. (A great option to release stress on your shoulders is a double-strapped golf bag.)

- **Plenty of Vitamin D** – This vitamin is essential for strong bones. It regulates calcium and phosphorous in the blood as well as the growth of skin cells. While taking supplements and eating foods rich in vitamin D are helpful, your body can actually make all the vitamin D it needs just by catching some rays outside. So take a walk around your local links and let your body do its work.

- **Better Sleep** – (my personal favorite!) Study after study show regular exercise increases all the positives sleep brings. You’ll fall asleep faster and stay in a deep sleep longer with regular exercise. Playing a round of golf by day will likely increase the quality of your restfulness by night.

- **New Friends** – Golf is a social game. There’s plenty of time to chat with old friends and get to know new ones. Tom has made lifelong friends of several guys with whom he’s been randomly paired over the years. Making friends increases endorphins, which help mental outlook and an overall feeling of well-being.

So grab your clubs, head out to the links and enjoy a day in the sun!

For more on the “goodness of golf,” check out my interview with golf pro and advocate, Tina Mickelson. – Carol LeBeau

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A Talk with Tina Mickelson

San Diego golf legend Phil Mickelson has a sister who is equally passionate about the game. I talked to Tina about her love of golf and why it’s good for body, mind and spirit.

**Carol:** When did your passion for golf start?

**Tina:** At 18 months! My dad put my first club in my hand.

**Carol:** You took lessons?

**Tina:** I don’t actually remember learning the game. Dad just let us (brothers Phil and Tim) develop our own swings.

**Carol:** What about the fundamentals?

**Tina:** Golf is so much rhythm, timing and tempo. You can know the fundamentals, but if you’re not performing them in unison, you won’t have success.

**Carol:** Is it too late for someone like me to learn?

**Tina:** Absolutely not! It takes practice. No one masters the game, but your misses will get better. Golf is a game of misses!

**Carol:** What’s the best way to make the most of your game?

**Tina:** Instead of using a cart, walk the course when you can. Instead of a hot dog at the turn, opt for a cup of tuna salad.

**Carol:** I’ve heard you speak on the connection between golf and relationships?

**Tina:** Certain topics tend to come up on a golf course that can’t get addressed over a quick cup of coffee.

**Carol:** Is that true for you?

**Tina:** Some of the most memorable times with my family have been on the golf course.

**Carol:** As a new mom, will you be passing the torch (er, club!) to little Lucas?

**Tina:** As soon as Lucas can walk, we’ll put a club in his hand – just not in the house!
Managing Hearing Loss
OASiS – Poway (see page 3)
Tuesday, October 11
1 – 2:30 p.m.
Hearing loss affects about one-third of older adults. Join Ashish Wadhwa, M.D., and Jodi Wojcik, Au.D., as they discuss management strategies to help you hear better. To register, call OASIS at 760.796.6020.
FEE: $5 / participant

Healthy Eating for the Holidays with Diabetes
OASiS – Escondido (see page 3)
Wednesday, November 2
10 – 11:30 a.m.
How can you survive the holidays without consuming too much sugar or carbohydrates? Join Halle Elbling, RD, CDE, for helpful and healthy tips. To register, call OASIS at 760.796.6020.
FEE: $5 / participant

Foot Problems for the Mature Adult
OASiS – Escondido (see page 3)
Wednesday, November 9
10 – 11:30 a.m.
From heel to toe, your feet bear tremendous pressures from daily living and often carry the first signs of systemic diseases. Travis Westermeyer, DPM, will discuss common foot ailments, prevention techniques and treatment options. To register, call OASIS at 760.796.6020.
FEE: $5 / participant

Depression Is Not a Normal Part of Aging
OASiS – Escondido (see page 3)
Wednesday, November 16
2 – 3:30 p.m.
Depression is a common problem among seniors, but it’s not a normal part of aging. Diana Waugh of the National Alliance of Mental Illness (NAMI) will discuss many aspects of depression, including causes, treatment options and her own experience with “the blues.” To register, call OASIS at 760.796.6020.
FEE: $5 / participant

Living with Arthritis
OASiS – Poway (see page 3)
Wednesday, December 7
1 – 2:30 p.m.
Join Rheumatologist Smitha Reddy, M.D., as she discusses various forms of arthritis, treatment techniques and what to expect when trying to maintain a good quality of life. To register, call OASIS at 760.796.6020.
FEE: $5 / participant

Exercise Classes

Get Fit and Stay Strong
OASiS – Escondido
Redwood Town Court, 500 East Valley Parkway, Escondido
Mondays & Thursdays  12:30 – 1:30 p.m.
This fitness class uses bands, weights and the stability ball to increase your bone density, core strength, endurance and balance. To register, call OASIS at 760.796.6020.

September 12 – 29  FEE: $30 for 6 classes
October 3 – 31    FEE: $40 for 8 classes (No class Oct. 10)
November 3 – 28    FEE: $35 for 7 classes (No class Nov. 24)
December 1 – 19   FEE: $30 for 6 classes

Chair Fitness
OASiS – Escondido
Escondido Joslyn Senior Center, 210 E. Park Avenue, Escondido
Wednesdays  12:30 – 1:30 p.m.
Chair exercises can increase your strength, vitality and balance – perfect for anyone who has trouble standing for long periods of time. To register, call OASIS at 760.796.6020.

September 14 – 28  FEE: $15 for 3 classes
October 5 – 26    FEE: $20 for 4 classes
November 2 – 30    FEE: $25 for 5 classes
December 7 – 14    FEE: $10 for 2 classes

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
My mother has a sore on her foot that hasn’t healed and now the area looks infected. She says it doesn’t hurt, but I am worried. What should she do?

Non-healing wounds are always a concern because they are often caused by underlying medical conditions. Because your mother does not seem to feel this sore, she may have diabetic neuropathy or loss of normal sensation that may occur with long-term diabetes.

Diabetic neuropathy and other diseases such as peripheral vascular disease (poor blood flow), chronic venous disease (leg swelling) and pressure sores are the leading causes of stubborn wounds that do not heal within four weeks. Individuals with these diseases should examine their feet daily or arrange for help. This important self-care measure is a way to identify any problems at the earliest possible stage.

Determining if there is an underlying cause for the non-healing wound is important to successful treatment, helping prevent further wounds from developing and protecting quality of life. Your mother’s primary care physician can evaluate the sore and identify any existing medical issues that have contributed to this sore.

Palomar Pomerado Health’s Wound Care Centers offer comprehensive personalized care to treat non-healing wounds and their underlying causes. A team of specialists focuses on optimizing the healing potential of each patient.

Personalized outpatient treatment begins with a comprehensive medical assessment and a non-invasive vascular study to determine if adequate blood flow and oxygenation is occurring in the affected area. Ongoing care concentrates on healing techniques, including the use of advanced technologies such as bio-engineered skin substitutes, hyperbaric oxygen therapy and negative pressure wound therapy. To learn more, visit www.pph.org/wound or call The HealthSource at 800.628.2880.

My mother is returning home after being treated for a broken hip. Are there services available to her to assist with housekeeping and personal care while she continues to recover?

Older individuals are at increased risk of falls, which result in broken hips or other injuries that often require extensive hospital care and rehabilitation. While your mother continues to recover at home, she may benefit from the services of Palomar Pomerado Health (PPH) Supportive Home Care that provides personalized non-medical assistance with household duties and personal care.

The goal of Supportive Home Care is to help individuals live independently in the comfort and safety of their own home. Services include meal preparation and light housekeeping, shopping, helping with errands and providing transportation to medical appointments. We also offer personal care assistance with bathing, dressing, toileting, medication reminders and companionship.

PPH is the only hospital system in the region offering non-medical supportive home care with integrated case management. Our care manager oversees each client to provide support and resources to help clients stay in their home as long as possible. All staff members are employees of the hospital district and are carefully screened and supervised. They have the expertise to proactively identify and report signs and symptoms that may require attention. This early intervention benefits clients who receive timely care with a goal of enhancing wellness.

Taking action to help prevent future falls is also recommended. Our care manager can help you and your mother recognize potential risks and make safety recommendations such as securing area rugs with non-skid padding, moving electric cords out of traffic areas, assuring there is sufficient lighting and installing safety bars in the bathroom.

For more information, or a free in-home consultation, visit www.pph.org/homecare or call The HealthSource at 800.628.2880.
Back and neck pain are frequent companions. In fact, they are the most common chronic pain conditions and affect about 85% of Americans by age 50.* The discomfort can be debilitating – wreaking havoc on your physical and emotional health. The good news is, while there are many causes of back and neck pain, there are also numerous methods of treatment.

Don’t let back or neck pain take over your life. Join Palomar Pomerado Health (PPH) board-certified physicians and PPH Health Champion Carol LeBeau for a unique learning experience designed to help you beat the pain and get back to your normal routine. From non-surgical therapies to minimally invasive surgeries, our doctors will guide you through the most advanced and effective diagnosis and treatment options. Plus, you’ll learn more about our new ActivCentre – a patient-centered program providing complete coordination of all levels of back and neck care. Enjoy dinner, browse exhibits, and take advantage of free blood pressure, body composition, depression and foot screenings. Finally, relax and savor a five-minute chair massage. Register today!

*Source: National Pain Foundation

To register, or for more information, call The HealthSource at 800.628.2880 or visit www.pph.org/classes. FEE: $35 / person**

**Fee includes dinner, exhibits, health screenings and physician panel discussion.

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Ask a Nurse

Are you frustrated by back or neck pain? Unsure of treatment? Lost at where to begin? Help is here through Palomar Pomerado Health’s new ActivCentre. Our nurse navigator acts as a personal patient advocate – scheduling appointments, communicating with physicians and coordinating treatments without delay. “Dine with the Docs” guests will have the opportunity to meet with Jo Ann Nagy, R.N., for a brief one-on-one discussion of symptoms. Suggested next steps will be provided at no charge.

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Relax Your Back

Therapeutic massage is one of the most common methods used to ease back and neck pain. It has also been shown to reduce anxiety, depression and blood pressure. Massage therapists from the PPH Center for Integrative Medicine & Wellness will provide “Dine with the Docs” guests with free five-minute chair massages and a coupon for 25% off any massage at their office in Poway.
The vision for comprehensive, coordinated breast health services is taking shape for women throughout Inland North County at the Jean McLaughlin Women’s Center for Health and Healing in Poway.

A specialized breast surgeon has joined the Center, working with an experienced team of dedicated breast health nurse navigators, radiologists, nurses and mammography technicians. Elizabeth Revesz, M.D., affiliated with Palomar Pomerado Health (PPH) in September as the first dedicated breast surgeon at the Women’s Center. Fellowship-trained in breast cancer surgery, Dr. Revesz was previously a staff surgeon in the Lynn Sage Comprehensive Breast Center at Northwestern Hospital in Chicago.

“The Jean McLaughlin Women’s Center for Health and Healing is spectacular – one of the best I have seen in the country,” says Dr. Revesz. “It is truly centered around the needs of women diagnosed with breast cancer by providing access to comprehensive services and the compassionate expertise of nurse navigators who help facilitate treatment provided by many different specialists.”

Designated a Breast Imaging Center of Excellence by the American College of Radiology, the Jean McLaughlin Women’s Center for Health and Healing offers an array of advanced imaging capabilities and educational resources within a peaceful, healing environment. A new MultiCare™ Platinum prone breast biopsy table from Hologic, Inc., provides maximum comfort and enhances accuracy for women having a breast biopsy procedure. Other sophisticated technologies provided at the Women’s Center include digital mammography, MRI and ultrasound, while additional breast imaging services are also now available at the newly renovated Regents Imaging location in Escondido (see page 11).

“These enhancements ensure improved continuity of quality breast health services for women,” says Nan Budge, BSN, MHA, director of the Jean McLaughlin Women’s Center for Health and Healing. “Our goal is to provide a comprehensive breast health center that provides accessible, streamlined care through diagnosis, treatment and rehabilitation. We want women to know that we truly care for and about them in every way.”

Nurse navigators work with PPH surgeons, oncologists, radiation oncologists, plastic surgeons and other specialists to assure that each patient receives coordinated appointments, tests and other services required for comprehensive breast cancer treatment.

“Our nurse navigators assist each patient to assure they are informed and stay connected throughout each phase of care,” explains Budge. “Their role is to advocate, educate, inform and help streamline care so patients receive timely, efficient service.”
This October, honor the women in your life and celebrate the “Power of Pink” with a beautiful breast cancer awareness bracelet from Brighton Collectibles. In recognition of National Breast Cancer Awareness Month, Brighton Collectibles has created a new bracelet for 2011 – a truly dazzling accessory featuring a dangling heart charm studded with Swarovski crystals in a multitude of pink hues.

The bracelet, which retails for $50, will be available from October 1 – 31, 2011 at Brighton Collectibles stores. For each bracelet sold at the Westfield North County Shopping Mall location in Escondido, Brighton will donate $10 to the Jean McLaughlin Women’s Center for Health and Healing. Proceeds will be used to help fund breast imaging services for uninsured or under-insured women in North County San Diego. To learn more, including information on how to pre-order, call Brighton Collectibles at 760.839.6722.

For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.
On any given day, you or someone you know is suffering with back and neck pain. This ailment is so common, it is joked about (“just old age”), tolerated with a grimace (“learn to live with it”), and medicated with over-the-counter and prescription drugs that often mask the pain and do nothing to resolve the underlying cause.

The truth is back and neck disorders are a leading reason people seek physician care. The intricate anatomy of the spine – a column of vertebrae and discs encasing the nerves of the spinal cord – makes it difficult to know where to go for treatment.

“There are a variety of reasons for chronic neck or back pain and until the cause is known, it is very difficult to implement effective treatment that will resolve discomfort and restore function,” says Jeffrey Chen, M.D., a board-certified physiatrist who specializes in functional physical rehabilitation.

The ActivCentre medical team includes neurosurgeons, orthopaedic spine surgeons, neurologists, interventional radiologists, pain management specialists, physiatrists, psychiatrists, integrative medicine specialists (acupuncturists, massage therapists, dietitians), and rehabilitation specialists (physical therapy and occupational therapy).

The ActivCentre medical team includes neurosurgeons, orthopaedic spine surgeons, neurologists, interventional radiologists, pain management specialists, physiatrists, psychiatrists, integrative medicine specialists (acupuncturists, massage therapists, dietitians), and rehabilitation specialists (physical therapy and occupational therapy).

“Patients often wait weeks or longer to see a spine specialist while suffering with debilitating neck or back pain,” says Nagy. “My role is to help eliminate these delays by listening to the patient and working with the physicians to review individual histories and develop the best available options for treatment. I coordinate everything on behalf of the patient and am available to discuss any questions or concerns throughout the care process.”

Next, the ActivCentre team will develop a personalized treatment plan based on findings from the diagnostic phase and collaboration with your primary care physician. Non-surgical treatment includes outpatient rehabilitation, core strengthening and flexibility training, spinal injections, medication and pain management, psychological services, integrative therapies and nutrition counseling. Advanced surgical options include minimally invasive neurosurgery and spine surgery. Each patient care plan is documented through an electronic health record (EHR), which assures that all providers have access to real-time health data and can make appropriate decisions based on that information.

“The most important benefit of ActivCentre is that we provide total care coordination, offer the latest treatment options, and streamline care with prompt appointments with the right specialists,” says Dr. Chen. “Our ultimate goal is to relieve pain by treating the root cause, which will enhance quality of life and restore function.”

To learn more, and to meet our full team of available specialists, visit www.pph.org/ActivCentre.
Save Your Shoulders
Pomerado Outpatient Pavilion
Education Classroom
Monday, September 26
6 – 7:30 p.m.
Does a painful shoulder have you sidelined? Join Orthopaedic Surgeon Brad Cohen, M.D., as he discusses the latest surgical techniques to relieve pain and restore range of motion.
FEE: Free – registration required

Heal Your Hips
Palomar Medical Center
Graybill Auditorium
Monday, November 14
6 – 7:30 p.m.
Orthopaedic Surgeon Kevin Owlsley, M.D., will discuss the causes of hip deterioration and advanced options for treatment, including minimally invasive hip replacement.
FEE: Free – registration required

Get A Grip
Pomerado Hospital
Conference room C/D
Wednesday, December 7
6 – 7:30 p.m.
Hand impairments that affect the strength, function and flexibility of your wrist and fingers can be alleviated with therapy or surgery. Joseph Mann, M.D., and Diane Creamer, OT, CHT, will explore treatment options to help you get a grip.
FEE: Free – registration required

Free Your Knees
Pomerado Hospital
Conference Room C/D
Tuesday, December 13
6 – 7:30 p.m.
Knees wear out over time due to osteoarthritis or injury. Join Orthopaedic Surgeon Thomas Knutson, M.D., as he discusses the latest advances in treatment, including minimally invasive total knee and partial knee replacement.
FEE: Free – registration required

“They call us the bionic couple.”
“After years of living with constant pain, we thought we may never function normally again. That’s when we met Dr. Cohen. His friendly, informative manner, along with his comprehensive approach to care, immediately earned our trust. Three shoulder replacements and one knee replacement later, we are affectionately known as the ‘bionic couple’ and thrilled to be living pain free.” To find a physician you can trust, visit www.pph.org/doctor. To learn more about orthopaedic care at Arch Health Partners, visit www.archhealth.org.

Dine with the Docs
FOCUS ON BACK AND NECK HEALTH

Don’t let back or neck pain take over your life. Join PPH board-certified physicians and PPH Health Champion Carol LeBeau on Wednesday, October 26 for a unique learning experience designed to help you beat the pain and get back to your normal routine. See page 9 of this issue of The HealthSource for complete details.

Arch Health Partners
Arch Health Partners is a Palomar Pomerado Health-affiliated physician organization.
Finishing Touches begin for “Hospital of the Future”

This fall, look for Palomar Pomerado Health’s “Hospital of the Future” to spring to life. A closely orchestrated plan of systems testing, interior finishing, initial equipment delivery and landscaping activity indicates that the new hospital is on schedule for completion next year.

“Our focus going forward is attending to the many details as we move through the final months of construction,” says Wendy Cohen, director of Facilities Construction. “Testing of systems will be a priority to assure operational integrity throughout the 740,000-square-foot facility. These include the nurse call, fire alarm and medical gas systems.”

The internal infrastructure that has been meticulously installed over the past year will become operational by the end of the year. This includes lighting, heating/cooling and the extensive network of information technology servers and systems that provides the backbone for the facility’s state-of-the-art technologies.

Advanced diagnostic medical equipment – MRI (magnetic resonance imaging systems) and CT (computerized tomography) scanners – will begin arriving this fall. At the same time, the structure’s interior personality will begin to shine as flooring and cabinets are installed and painting is completed. Materials were carefully selected to optimize patient and staff safety, minimize noise pollution and create a calm, healing environment.

Landscaping will also begin to take shape as walkways, pavements and other structural elements are installed. Before the end of the year, a variety of native, low-water use vegetation will be planted in preparation for the official opening next summer.

Perhaps the most significant safety feature is Clarity’s patient identification process. Each patient is assigned a bar coded identification band upon admission that is used to positively confirm identity before any medication or laboratory orders are fulfilled. The nurse uses a handheld device to scan the bar codes on the patient’s identification band, medication labels, lab specimen containers and their own employee identification badge. The bar codes must match before fullfilling orders.

“This information is entered and confirmed at the patient’s bedside, which brings nurses closer to their patients, increasing opportunities for observation and interaction,” says Brenda Fischer, Ph.D., R.N., director of PPH’s Center for Nursing Excellence.

“We continue to maintain security and privacy by requiring providers to use individual user identifications and passwords,” says Prudence August, director of Application Services. “Approved care providers are enabled to view medical information for their patients anytime, from any remote location.”

All Clarity records are maintained on remote secure databases that have layered electronic and physical security measures.

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New Electronic Health Record
ENHANCES SAFE, TIMELY CARE

Paper medical charts for patients at Palomar Pomerado Health (PPH) have gone the way of typewriters and landlines. The health system’s new “Clarity” electronic health record (EHR) launched in June after an intensive two-year planning and design project. The result is a robust system that enhances safety and improves access to timely, comprehensive patient information.

Now, all physician and health-care provider orders are entered electronically into the patient’s EHR. This eliminates second-guessing handwritten orders, transcription time and potential errors. Clarity automatically stores clinical data such as vital signs, temperature, pulse rate and blood pressure. The information is integrated onto one screen that is accessible by multiple care providers from various locations. Diagnostic results, including lab and imaging studies, are available through the EHR.

“The EHR eliminates the confusion and delay that sometimes happened with handwritten orders,” says Benjamin Kanter, M.D., chief medical information officer. “When the new hospital opens, Clarity will be routine for the nurses and physicians who are adjusting to this new way of documenting care.”

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When you make a planned gift to the Palomar Pomerado Health (PPH) Foundation, you can “do good and feel good” at the same time. For Erwin (Al) Alexy, his gift brought him a feeling of joy he didn’t expect and couldn’t wait to experience again.

Alexy, a Rancho Bernardo resident, recently toured PPH’s “Hospital of the Future” scheduled to open next year. Alexy says he was most taken by the expansive patient rooms equipped to accommodate emerging medical technologies as well as the green environment intended to help speed healing.

“I was so impressed with the new hospital that after the tour in 2010, I made a gift to the PPH Foundation’s charitable gift annuity program,” says Alexy. “After I did it, I felt elated. In fact, I was so happy that I made another donation on July 1, 2011.”

Alexy’s gifts will do more than benefit PPH, they will help provide quality health care throughout North County San Diego communities. By choosing charitable gift annuities, Alexy will receive recognition at the new hospital in honor of his gifts, save a significant amount on his taxes, and earn a fixed, quarterly income for the rest of his life. He qualified to receive a 9.2 percent return on his gifts. His payment rate was locked in based on his age (88) at the time of the investment, which means his rate and payment amount will never change.*

“That’s a nice figure, and my accountant confirmed that charitable gift annuities are a terrific thing to do,” says Alexy.

Charitable gift annuities are a sound investment option because they are contributions that can save you money in taxes and pay you a fixed quarterly income. The balance that remains at your passing can be used in any manner you choose. You can create an endowment in your family’s name, support a program or service that is special to you, or name a room in the new hospital.

Learn More
It’s easy to be a philanthropist and make a solid investment in your future. To receive a free, personalized gift annuity illustration, contact Robert Sheldon, director of Gift Planning at 760.739.2961 or robert.sheldon@pph.org.

*As of July 1, 2011, higher charitable gift annuity rates for older individuals went into effect. Visit www.legacy.vg/pph/giving to find the rate for your own situation. You can also receive a higher rate of return by choosing a deferred charitable gift annuity now and waiting several years for guaranteed payment to begin.

NIGHT of NIGHTSTM

Oh, What a Night!

The fourth annual Night of Nights gala in support of Palomar Pomerado Health and the “Hospital of the Future” was once again a huge success.

New York Jets running back LaDainian Tomlinson and his wife, Torsha, hosted 650 guests on June 4, with help from NFL legend Dan Fouts, master of ceremonies.

The gala featured comedian Kathleen Madigan, live music by Wayne Foster Entertainment, and one-of-a-kind live auction items. Nearly $900,000 was raised thanks to the generous support of many individuals and organizations – bringing the four-year cumulative total for the gala to more than $5 million. Contributions will support the world-class “Hospital of the Future” which opens next summer.

Mark your calendar for the fifth annual Night of Nights gala scheduled for May 19, 2012. To view photos from this year’s event, visit www.pph.smugmug.com.

For more information on ways you can support our healing mission, please contact the PPH Foundation at 760.739.2787 or visit www.pphfoundation.org.
For a physician referral, or to register for a class, call The HealthSource at 800.628.2880.

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