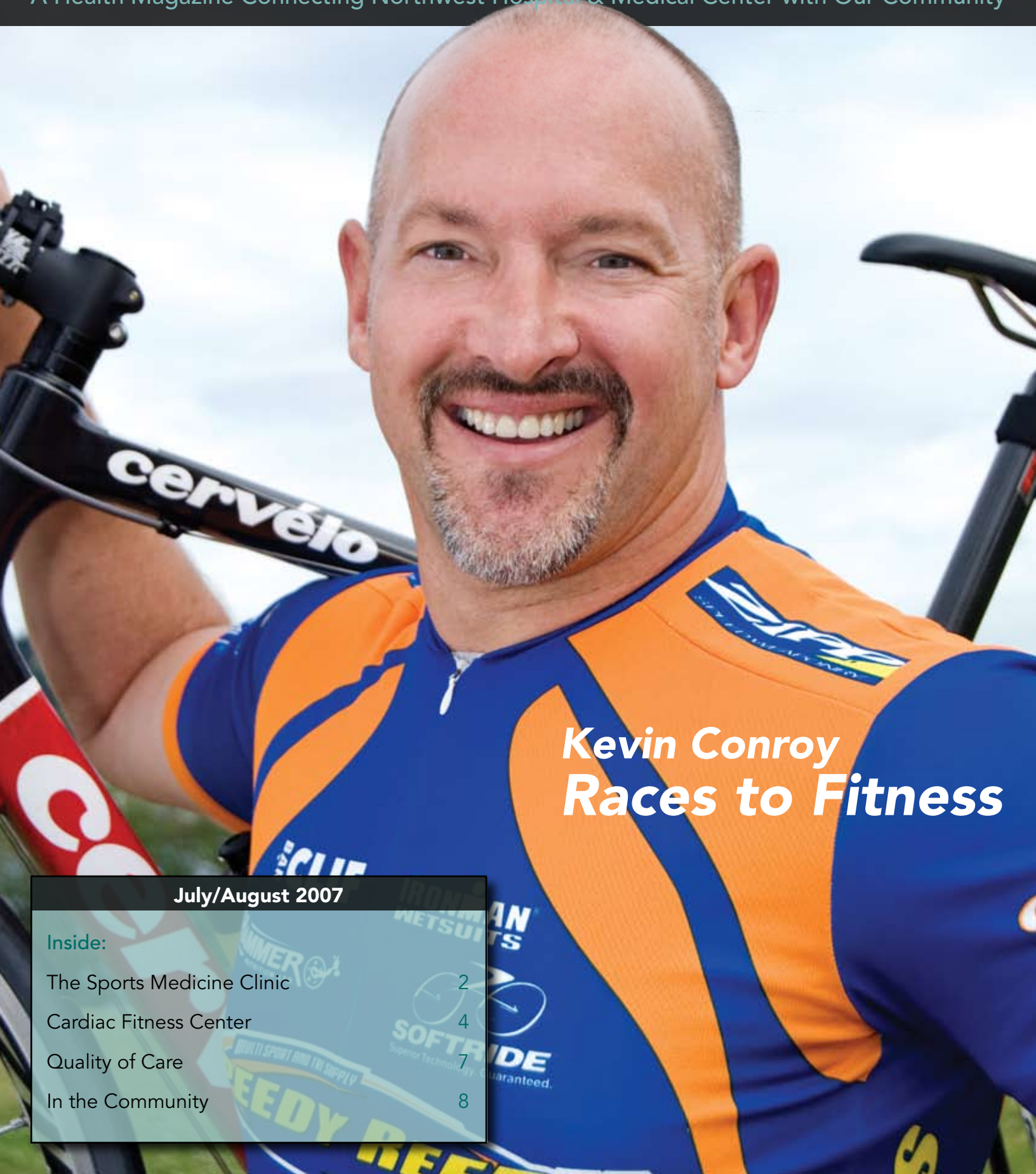




NORTHWEST HOSPITAL
& MEDICAL CENTER

Med-Info

A Health Magazine Connecting Northwest Hospital & Medical Center with Our Community



Kevin Conroy Races to Fitness

July/August 2007

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Driven on Two Wheels

It takes a plan to survive a triathlon, and it takes a driven person to survive an Ironman. Triathletes have to figure out how to pace themselves through the 2.4 miles of swimming and the 112 miles of biking, topped off with a full 26.2 mile marathon on foot. These athletes also have to make sure their equipment is in excellent condition, from the swimming goggles to the running shoes. Most of the time, they start out with bodies that are in race-ready condition, too.

That's why it seemed strange that a Seattle business owner, Kevin Conroy, got into competing at the Ironman level when his doctor scolded him for gaining weight after college.

"Originally, I went to see Dr. Mark Wagner at the The Sports Medicine Clinic at Northwest Hospital because of some high blood pressure concerns. I've been seeing him ever since as my family doctor," the 43-year-old Conroy says. "He suggested that my blood pressure problem was hereditary, but he also said it would be a good idea for me to lose some weight."

For many people, that's where the conversation might have ended. Conroy, owner of Blue Rooster Marketing in Seattle, as well as a fledgling winery, could have gotten a prescription for the hypertension and left it at that. Instead, he responded positively to Wagner's challenge.

Wagner says, "When that weight loss message comes from a physician who practices what he preaches, it makes a difference to the patient. I work out every day – patients can see me in the therapy room at lunchtime, riding a stationary bike, and they see me on the street when I'm out there running."

Wagner's patients benefit from having him keep a close eye on the scales for them. "Research shows the best weight loss results from having a physician on your back, tracking your progress," Wagner says. "Some of our patients come in just to step on the scales every two weeks, and they know they are accountable to their doctor for their progress."

Wagner's approach resonated with Conroy, and he started cycling.

It wasn't all smooth going, though. There was a ruptured disk in his back. Wagner recommended against surgery, so Conroy had a series of injections that reduced the swelling. About three months later, Conroy rode with Wagner on a week-long mountain biking trip around Moab, Utah, and did just fine.



Kevin at home on Lake Union



"The orthotics I got from the clinic were the significant reason why my time in the 2005 Ironman was considerably better than in 2003. The run was not nearly as painful."

- Kevin Conroy

"Next, I had a buddy who wanted to do some triathlons, so we did some sprint triathlons around Seattle," Conroy says. "Then he suggested I do an Ironman – why not, I thought. I finished the 2003 Coeur d'Alene Ironman in a respectable 14-and-a-half hours, at 39 years old. It was a lot of fun."

But, during the race he noticed a severe burning sensation in his feet while he was running. Dr. Richard Bouché, a podiatrist at The Sports Medicine Clinic, tracked the problem to poorly fitted bicycle shoes that didn't align properly with the bike's pedals.

"If we had not corrected his bike shoes, the problem would have likely carried over to affect his walking and other sport activities as

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Cover Story Continued . . .

well,” Bouché says. “Kevin is very serious about his sport, and that foot problem was affecting his ability to compete.”

As part of the clinic’s integrated treatment approach, Conroy also turned to The Sports Medicine Clinic for an analysis of his gait and his cycling style. Physical therapist Vicki Luebbe explains that it’s important to use the cyclist’s own bike during the analysis, so therapists can measure all the biomechanical points on the body. Then they can spot potential problems that could result in injuries from overuse.

“We make adjustments to both the bike and to the body of the rider,” Luebbe says. “What we’re doing is teaching the patient appropriate joint protection technique, so they’re not straining joints as they ride.”

Like many athletes pursuing their love of sports, Conroy was kite-boarding at Cape Hatteras, North Carolina, after his first Ironman, and tore a muscle in his shoulder. “I couldn’t even put a jacket on after the trip to Hatteras,” Conroy says. “Athletes are terrible when it comes to little pains!”

Dr. Wagner referred Conroy to Dr. Chris Peterson, an orthopedic surgeon at The Sports Medicine Clinic, who performed surgery on Conroy’s shoulder. He also assigned Conroy a week-by-week rehabilitation plan.

Conroy also credits The Sports Medicine Clinic with playing a major role in his success in his second Ironman. In 2005, he returned to the triathlon in Coeur d’Alene, and finished this time in 12 hours. “The orthotics I got from the clinic were the significant reason why my time in the 2005 Ironman was considerably better than in 2003. The run was not nearly as painful.”

The staff at The Sports Medicine Clinic all agree that Conroy is particularly committed to working hard to rehabilitate injured muscles and tendons after injuries. “I may be a little Type A about following the directions the doctors and therapists give me, but I don’t want to have to think about whether I’ll have a sore back after a 60-mile bike ride,” Conroy says. “I just don’t want to have any reason why I can’t do the things I want to do.”

As for the future, Kevin figures he’ll do one more Ironman, probably next year. In the meantime, he’s preparing for the New York Marathon this fall. He says, “It’s another life goal, like competing in an Ironman – it’s just one of those hundred things you have to do in a lifetime.”

For more information about sports medicine services, call the The Sports Medicine Clinic in Ballard at 206-782-3383, or The Sports Medicine Clinic in North Seattle at 206-368-6100. You can also visit <http://www.thesportsmedicineclinic.com>.

SAVE THE DATE!

Northgate Family Festival - August 11-12th

@ Northwest Hospital OPMC

Third annual Northgate Family Festival, at OPMC: Health fair, senior area, free rides and activities for kids, continuous entertainment on the music stage, commercial and art exhibits, arts and crafts booths, food, roving clowns and much more! Free parking and admission.

Northwest Hospital Music Festival - August 13-17th

@ Northwest Hospital

Fourth annual Music Festival with daily live performances from a wide array of local talent, including jazz, rock and classical musicians. Be ready to listen from noon to 1:30 p.m. daily, outside the Cafeteria Solarium on the Northwest Hospital Main Campus.



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Visit www.nwhospital.org for information and directions.

An Inviting New Place for Cardiac Fitness

As patients of Northwest Hospital's Cardiac Rehabilitation Program walk into the new, state-of-the-art Cardiac Fitness Center they usually gasp, says Mary Pat Hoffman, the Center's clinical coordinator. It's not because they're having heart trouble, but, as one patient put it, "the facility is simply breathtaking."

Located on the second floor of the McMurray Office Building on the Northwest Hospital campus, the new Cardiac Fitness Center opened its doors to patients in mid-June, replacing an older, outdated facility.

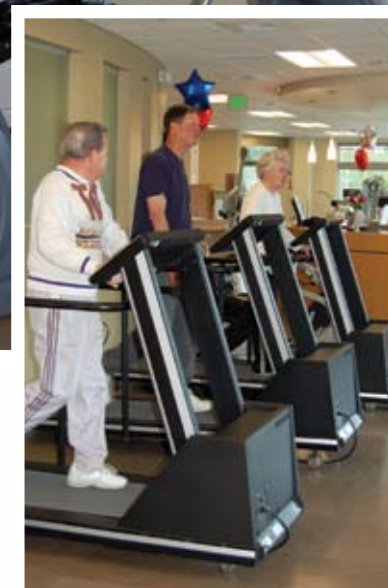
From the new lobby, the Center sweeps to the left and right. Strength training machines and free weights anchor the east end. Past the main desk, the center of the room holds the latest cardiovascular fitness equipment, including treadmills, bikes and elliptical trainers. In the west end of the Center is a large studio for classes, fitted with a shock absorbent floor and a mirrored wall. Windows across all three rooms look north over the Jack and Irene Curran Fountain Plaza, and fill the Center with natural light. Other amenities include lockers, showers, cardiac monitor displays, a consultation room, a deluxe sound system and three flat screen TVs, to make exercising more enjoyable.

"We were trying to give the center the look and feel of a spa," said Hoffman. "It has the serene but energizing feel we think patients will enjoy and which is very conducive to rehabilitation." According to Hoffman, the Center expects to serve 500 patients a month.

The Center is an extension of the Northwest Hospital Cardiac Care Program. The program utilizes a team approach, including the services of board certified cardiologists and cardiac surgeons. Patients are often referred by their family doctors or may arrive after being evaluated in the emergency department. Comprehensive cardiac evaluation may include testing, such as traditional treadmill or other stress tests, monitoring of the heart rhythm, evaluation of the heart's structure using echocardiography or heart catheterization.

Once all the necessary information has been gathered, members of the patient's care team explain the options available to the patient and lay out a treatment plan. Options may include stent placement to relieve blockage of a coronary artery, bypass surgery or placement of a pacemaker, to name just a few. Members of the cardiac care team, including physicians, cardiac surgeons and clinical staff actively work with patients and their families to make sure they understand treatment while they are in the hospital, as well as any care they may need after discharge.

Follow-up cardiac care at Northwest Hospital is a one-stop experience, with many services available on the hospital campus. The Pacemaker, Anticoagulant Management and Lipid Clinics help patients monitor their progress and make necessary changes to regain and enhance their cardiac health. The Lipid Clinic in particular provides guidance that can have lifelong effects in the management of blood cholesterol.



The Cardiac Fitness Center is at the core of the hospital's Cardiac Rehabilitation Program. Patients participate in workouts under the supervision of skilled physical therapists. Rehabilitation programs are individually tailored to each patient, and include medical evaluation, education and counseling, as well as carefully planned exercise. The rehab program helps patients who are at serious cardiac risk, as well as those who have suffered and are recovering from acute cardiac events, such as a heart attack. Other patients benefiting from the cardiac rehab program include those who have had conditions or procedures such as stable angina, coronary surgery, recent valve surgery, cardiac transplant, pacemaker placement, implanted cardiac defibrillator, hypertension or chronic heart failure.

The goal of the Cardiac Fitness Center is to help people make heart-healthy lifestyle changes to help prevent future complications from heart disease. Along with exercise, patients discover how to manage food, stress and other lifestyle factors to reduce cholesterol and blood pressure, all leading to a healthier heart.

"We're here to help people recover as quickly and completely as possible and to make sure they have the tools and knowledge they need to live healthier lives in the future," says Hoffman.

For more information about Northwest Hospital's Cardiac Care Program, call 206-363-1004 or visit www.nwhospital.org. For details about the Cardiac Rehabilitation Program, call 206-368-6550.

CANCER LIFELINE CLASSES & SUPPORT GROUPS

Cancer Lifeline at Northwest Hospital is located in the Professional Building in Suite 3. All classes and groups are free and open to the public. Call 1 (800) 255-5505 or (206) 297-2500 for more information or to register. You can also register online at www.cancerlifeline.org.

Drop-In Chat:

Drop in and chat with our trained lifeline responders over a cup of tea. No registration necessary. Tuesdays, July 10, 17, 24, 31, 1-3 p.m.

Brain Cancer Support Group

Drop in any time - no registration necessary. Second Tuesdays of the month, 6-7:30 p.m.

Breast Cancer Support Group

Drop in any time - no registration necessary. First and third Wednesdays of the month: 4:30-6 p.m.

Colorectal Cancer Support Group

Drop in any time - no registration necessary. First Wednesdays of the month, 7-8:30 p.m.

Lung Cancer Support Group

Drop in any time - no registration necessary. Second and fourth Thursdays of the month, 7-8:30 p.m.

Reclaiming Your Life

Wondering where to go for support after you have finished treatment? Come to this 8-week group for women who are at least 3 months past completion of cancer treatment. Intake interview and registration required. Call (425) 299-7753.

Lymphedema Exercise, Lebed Method

This gentle and fun exercise program combines easy stretches, strengthening and aerobic movement with great music! Appropriate during or after cancer treatment and for anyone with (or at risk for) lymphedema. Please register. Fine to start this class at any time. Mondays, July 2 - August 13, 12-1 p.m.

CHILDBIRTH EDUCATION

Childbirth, parenting and new baby classes are offered in conjunction with Gracewinds Perinatal Services. All classes are held on the Northwest Hospital campus. Please call Gracewinds Perinatal Services at (206) 781-9871 or visit www.gracewindsperinatal.com/nwclasses for scheduling and registration information.

Childbirth Prep Series

A four- and seven-week course that is designed to give expectant parents the tools and information needed during childbirth. This course is also available in a condensed weekend format.

Cost: Four Week, \$115 per couple
Seven Week, \$200 per couple
Weekend, \$125 per couple

New Family Skills

This important class addresses the specific changes that affect new parents. Costs: \$40 per couple

Newborn Care Class

This course is an excellent primer for first time parents, grandparents and baby-sitters. Costs: \$40 per couple

Infant Safety/CPR

A class designed to give new parents, grandparents and baby-sitters the skills to help prevent accidents, to perform infant CPR and to relieve an obstructed airway. This class does not provide a CPR certification card. Cost: \$40 per couple

Breast-Feeding Basics

This class is designed to educate parents on proper feeding techniques and positioning. Cost: \$40 per couple

Foundations for Fatherhood

A class for expectant dads. Taught by an experienced father, this popular class addresses topics and issues associated with fathering. Cost: \$30

Comprehensive Education Package
Purchase all six classes and save \$70.
Package Cost: \$245 per couple

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Offered on the third Tuesday of each month, 7-10 p.m. Registration required. Call (206) 368-1564 for more information. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.



Classes, Lectures, Support Groups and Research Studies

July - August 2007 (Continued)



PRENATAL SERVICES

Baby Your Back

Back pain is a frequent complaint of pregnant women and has many causes. Baby Your Back is a two-hour class for expectant mothers taught by a licensed physical therapist. It is offered the second Thursday of each month at Northwest Physical Therapy Services, located in Northwest Hospital & Medical Center's Outpatient Medical Center. Cost: \$10. Call (206) 368-6032 to register. Healthcare provider referral required.

SUPPORT GROUPS

*NEW - Diabetes Support Group, Resource and Network

Join the diabetes instruction team to learn about and discuss topics such as: meal planning, blood glucose monitoring devices, weight loss, treatment for high and low blood sugars, medication management, dietary supplements, diabetes myth busters, monitoring for complications and what's new in diabetes research and technology.

Second Tuesday of each month, 1-2:30 p.m. and third Thursday of each month, 7-8:30 p.m. To register visit www.nwhospital.org and click on "Classes, Events & Support Groups" or call (206) 368-1564.

WELLNESS CLASSES

Living Well with Diabetes

This program has been formally recognized for excellence by the American Diabetes Association. Participants will gain information and skills to manage diabetes in this four-session series offered monthly. Note: Physician referral is required for class. Day and evening classes available. For more information contact your physician, or call (206) 368-1564 to receive a brochure.

Qigong for People with Parkinson's

An ancient form of exercise derived from China combining physical postures with breathing techniques. Taught by certified qigong instructor. Held every Monday at 9:30 a.m. Registration required. Call the Deep Brain Stimulation Program to register and receive confirmation of location at (206) 368-5935.

Weight Loss Surgery Education

Is Weight Loss Surgery Right For You? Join us for a free informational seminar to learn more about: weight loss surgery options and risks; patient selection criteria; nutritional requirements; and insurance coverage. Question and answer segment to follow each talk. All sessions are free and are held on the Northwest Hospital Campus. Call (206) 368-1350 to reserve your space today. July 26, August 8 & 23, 6:30-8:30 p.m.



JULY 2007							AUGUST 2007						
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Quality of Care: Fun with Fred and Ginger

Patient safety is one of those things that most people can't identify when they see it. It is so all-pervasive in good hospitals that it's like dance music. The rhythm of it carries patients and staff along through successful interactions, from pre-admission through to post-discharge. The culture of safety is like a dance routine performed by a skilled dance team – intricate and smooth, while looking deceptively effortless.

For many years now, Northwest Hospital & Medical Center has focused on delivering the highest level of patient safety. Its efforts were most recently recognized by HealthGrades, who named the hospital among the safest in the country with a Distinguished Hospital Award for Patient Safety. Northwest Hospital earned this award and numerous others by striving to create the safest possible environment for patients and employees.

“For Northwest Hospital & Medical Center to perform extraordinarily well, we have to pay a lot of attention to every single process and system to assure we are using recognized best practices,” says Becky Budke, Northwest Hospital's director of performance improvement. “There are many different activities that need to be accomplished and they do not happen randomly. They take a great deal of orchestration.”

According to Budke, the latest orchestration has been around Washington State's “Safe Patient Handling” law. The legislation was passed in 2006, and called for medical centers to meet certain benchmarks for patient safety.

Within each hospital unit, and for every shift, a Safe Patient Handling Program must be implemented by December 1, 2007. That program must include a number of components, including a patient handling assessment that considers the types of nursing units involved, patient populations and patient care areas. Northwest Hospital's Safe Patient Handling committee has expanded existing programs to meet the requirements of the new legislation. It has developed a safe

patient handling policy based on each patient's physical and mental condition, as well as the availability of appropriate lifting equipment.

Peter Rigby, the hospital's director of therapy services, points to statistics that demonstrate parallel increases in the average age of bedside care providers and the weight of the average patient. “Since this phenomenon places the provider and the patient at potentially greater injury risk, staff knowledge of proper body mechanics and the availability of the right patient handling equipment is crucial.”

Patient safety committees have been a part of the Northwest Hospital scene for



HoverMatt demonstration at Northwest Hospital's Employee Safety & Security Fair

years. Michele Owen, the nursing unit Manager for surgical patients, says the committee for the fourth floor is tasked with reducing the number of back injuries among caregivers. She credits the willingness of certified nursing assistants and nurses to educate themselves in helping reduce these sometimes life-long injuries. The committee also studies the needs of the patients they care for, and orders equipment that helps keep patients safer.

Technology in patient care is a tremendous tool in enhancing patient safety. Recent advances have made repositioning and transferring patients from one surface to another less strenuous for nursing staff, and much more comfortable for patients. Thanks to one tool called the HoverMatt, patients sometimes even find themselves floating on air.

The HoverMatt is a device that can be kept on the patient's bed, under the sheets. When the patient needs to be placed on a gurney, or just needs to be repositioned for examination, a quiet electric blower fills the HoverMatt with warm air, which is forced out through tiny holes in the bottom of the mattress, lifting the patient just a few millimeters. Within seconds, the caregiver can safely move the patient around, without jostling and without the risk of back or shoulder injury to the caregiver. The device makes it as easy to move a larger person as it is to move a small child.

“These devices make moving patients much less risky both for the patient and the care provider,” Rigby says. “It changes potentially difficult situations that may involve several staff members to just a routine part of treatment.” He adds that the HoverMatt and other technical innovations allow for greater development of caregiver-patient relationships, without anxiety on either side about potential injuries.

Both technology and training put Northwest Hospital ahead of schedule for meeting further requirements of the state Safe Patient Handling law. The regulations call for the acquisition of additional safe lifting equipment by early in 2010.

Peter Rigby enjoys seeing the hospital exceed the standards set by the state legislature. “Regardless of what we have written in our manuals or what we own, it is our culture of safety that will really make the difference.”

The reason that Fred and Ginger were so successful as dancers was simply that they practiced, rehearsed, added new steps and rehearsed and practiced again. In much the same way, Northwest Hospital continues to be an award winner in patient safety because its staff learns daily, performs according to best practices, studies, adds new techniques and technology and then learns some more, to assure every patient benefits from the dance music of safety.



Northwest Hospital staff, family and friends set their feet in motion twice this spring and summer in the fight to cure cancer.

RELAY FOR LIFE: May 5 and 6, three enthusiastic Northwest Hospital teams kept at least one member on the track at Shoreline High School for 24 hours, in the Relay for Life. The Shoreline/North Seattle event raised over \$196,000 for cancer research. The Northwest Hospital teams donated \$26,000 they raised through a year of bake sales, car washes, a silent auction and other activities. The Mighty Mouse Brigade was the second-highest fundraising team at the event, with team member Pam O'Brien being the second-highest individual fundraiser.



RACE FOR THE CURE: The Susan G. Komen Race for the Cure on June 16 took runners and walkers along the Alaska Way viaduct, in the fight against breast cancer. Ninety-five staff members, friends and family took on the challenge, joining 16,000 participants in a 5K run, kids' walk and co-ed walks. Most of the runners and walkers mobbed the Seattle Breast Center booth on the floor of Qwest Field throughout the morning, snapping up cinch bags and information about breast care and cancer detection. The Seattle race raised over \$1.6 million dollars for breast cancer research and care.



Northwest Hospital & Medical Center has been awarded the 2007 HealthGrades "Distinguished Hospital Award for Patient Safety" and the Award for Excellence in Stroke Care.



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& MEDICAL CENTER**

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