

Connections

SPRING 2015

Already saving lives

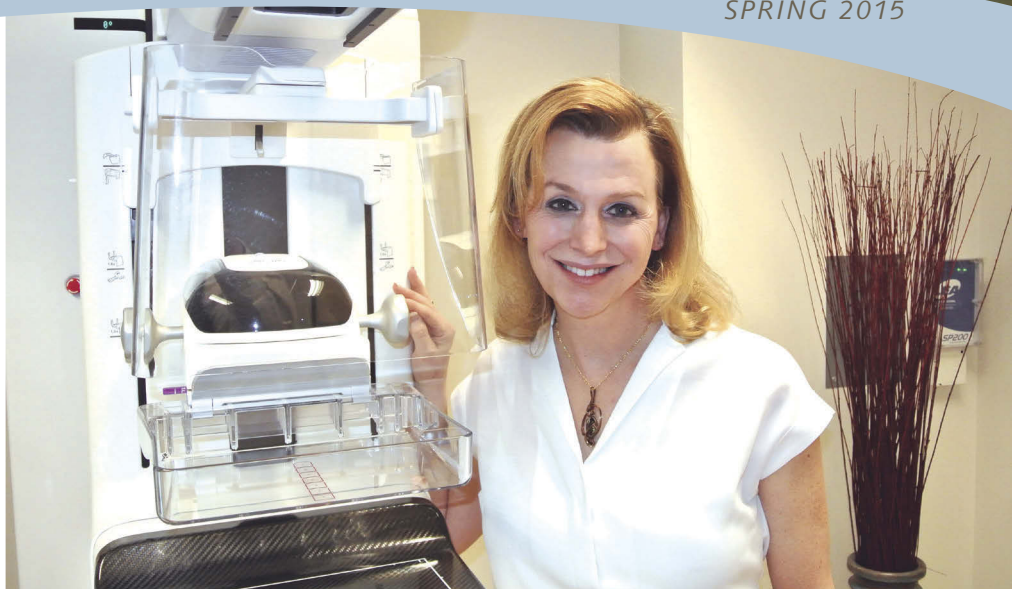
New 3-D mammography system at Gritman Medical Center shows results

LAST spring, Gritman Medical Center became the first of the nine major hospitals in the region to offer 3-D mammography, and it didn't take long to see the benefits of this new technology.

"The new 3-D technology is allowing us to find breast cancers that were previously too small, faint or hidden to detect," said Christin Reisenauer, MD, Medical Director of Gritman's Women's Imaging Center.

Gritman began offering 3-D imaging to all its patients on May 6, 2014, and the results have been astounding. Comparing the first nine months of 3-D imaging to the same time period in 2013, with only 2-D imaging, there has been:

- ▶ A 30 percent increase in the total number of screening mammograms.
- ▶ More than double the total number of biopsy-proven breast cancers found and treated.



From the time it was installed, 3-D mammography at Gritman is proving to save lives. It has shown three clear benefits over 2-D mammography:

- Higher breast cancer detection rate.
- Higher predictive value for all biopsies.
- Fewer women recalled for additional testing.

▶ A nearly 100 percent increase in breast cancer detection rate as compared to the national average.

▶ A substantial increase in positive predictive value for all biopsies.

▶ A more than 25 percent reduction in call-back requests for additional imaging.

In addition, Gritman's Women's Imaging Center was chosen by Hologic to be one of only nine hospitals worldwide to participate in the development of its special computer-aided detection software. This software is designed to further

enhance breast cancer detection as part of a complete 3-D mammography exam and is now an industry standard.

"Gritman's decision to bring 3-D mammography to the Palouse was like dropping a pebble into a pond," said Dr. Reisenauer, who was recently invited to speak at Harvard University, where she shared Gritman's amazing success. "Gritman Medical Center is improving health-care regionally and gaining national attention in the process. I'm very proud of that."



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A MESSAGE FROM OUR PRESIDENT AND CEO



Kara Besst,
President and CEO

By now you have probably heard of Gritman's commitment to *Lead the Way to Wellness*. Perhaps you have wondered what that looks like.

To those of us at Gritman Medical Center, *Leading the Way to Wellness* means offering services that address the health needs of our communities—neighbors, family and friends.

Leading the Way to Wellness means offering cutting-edge 3-D mammography technology, the first on the Palouse, to detect even the most difficult breast cancers sooner and with better results.

Leading the Way to Wellness means using advanced robotic technology to immediately connect stroke patients to highly

trained neurologists, as soon as they show symptoms.

Leading the Way to Wellness means we are not only a hospital in Moscow, but we also provide excellent healthcare to the people of our Kendrick, Potlatch and Troy communities through our Family Care Clinics.

Leading the Way to Wellness means connecting patients with physicians to evaluate their health risks through our free assessment clinics.

Leading the Way to Wellness means standing side by side with our patients to provide comprehensive care as they recover.

Leading the Way to Wellness means creating a safe and healthy place for patients to heal.

Leading the Way to Wellness means recognizing that it is essential to nurture the mind as well as the body and building a peaceful garden to do just that.

Leading the Way to Wellness means investing in our community, our physicians and our staff.

Ultimately, *Leading the Way to Wellness* means, as Dr. Reisenauer put it, that Gritman Medical Center is steadfastly committed to being that pebble in the pond—to continue to make a difference in how healthcare is provided on the Palouse and beyond.

Kara Besst, President and CEO, Gritman Medical Center

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know
what you
think

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HEALTH news

Gritman advances learning opportunities

Gritman Medical Center's Foundation, Auxiliary, and Departments of Nursing and Education are excited to announce the purchase of a new Laerdal Simulation Manikin. The manikin—a life-sized anatomical human model—will be used for basic to advanced patient care training.

The manikin is paired with a computerized notebook, similar to an iPad. The notebook is loaded with software that creates a variety of scenarios that occur in hospital or clinical settings.

Hands-on learning for students. Simulation learning is becoming the preferred method of training by many health sciences schools, as it allows students to experience real-life scenarios in safe settings. In rural healthcare settings, students are provided an opportunity to practice skills for low-frequency, high-risk procedures.

Nursing; nurse aides; and Washington, Wyoming, Alaska, Montana and Idaho



From left are Sheryl Washburn, CNO; Adina Bielenberg, Director of Marketing and Development; Deb Meshishnek, Education Coordinator; Debi Dockins, Director of Volunteer Services; Mary Woods, Auxiliary President; and Pam Hays, Foundation President.

(WWAMI) medical students who train with manikins gain confidence while learning and practicing hands-on skills.

For example, a certified nursing assistant student will need to practice and master basic skills of obtaining blood pressure and heart and respiratory rates. An instructor can program the manikin to have heart sounds, breathing sounds and simulated blood pressure. The student will provide care for the manikin, and the accuracy of the patient care is recorded by the manikin and SIM technology. The results are then displayed for the instructor and the student to review at the end of the scenario.

Extra practice. For experienced staff members, including nurses, respiratory therapists, certified nurse practitioners, physician assistants and others, the manikin provides practice to retain the highest level of skill. Complex clinical

scenarios—such as intravenous medication administration, insertion of a temporary breathing tube and wound care—can all be practiced on the manikin.

The manikin's body functions will respond to the participant's actions, which will prompt the participant to make further assessments and decisions. The manikin is capable of giving immediate feedback via voice alert technology about pain, expressing displeasure about not being informed, and protesting medical intervention.

Committed to great care. The purchase of the manikin was a collaborative effort funded with grants from the Gritman Medical Center Foundation, Gritman Medical Center Auxiliary and the Nursing Department. The collaboration demonstrates Gritman's commitment to provide extraordinary care to improve the health of the people in our communities.

Gritman goes Lean

Implementation of a single project has streamlined processes and freed up an average of 60 extra minutes each day,* giving nursing staff more time to spend on tasks related to patient-focused care.

That's just one of many success stories since Gritman Medical Center went Lean in 2014.

Gritman has trained hundreds of its employees on the principles of Lean, a method for eliminating wasted time and resources. Administrators recognized how the principles of Lean—developed and popularized by

automobile manufacturer Toyota in Japan—could be applied in a healthcare setting.

"The first principle of Lean is continual improvement," said Lean Facilitator Jon Wolpert. "Gritman consistently tops national benchmarks for patient care, but we want to do even better. Implementing Lean principles is helping us do just that."

After training, employees were encouraged to look at their unique roles within the hospital and find opportunities for improvement. The results have been astonishing. Literally every department has seen improved efficiency, thanks to the changes made by employees at every level.

The result: Gritman Medical Center can provide the best possible care with even faster results and less waste.

*Average time based on 30 minutes saved per 12-hour shift.



Holiday Delights helps fund new ultrasound

THANKS to the Gritman Auxiliary's annual Holiday Delights fundraiser, Gritman Medical Center is \$20,000 closer to an additional ultrasound machine.

Holiday Delights raises money to support the needs of Gritman Medical Center, including scholarships and equipment. Most of the 2014 proceeds went toward the purchase of an ultrasound machine for the Gritman Radiology Department. This new machine will improve image quality and resolution and costs approximately \$130,000.

Started in 1966, Holiday Delights invites Gritman supporters to enjoy hors d'oeuvres and wine-tasting while bidding on an array of silent

auction items from many generous individuals and businesses. New for 2014, Holiday Delights featured a live auction with an assortment of enticing packages, including a wine

tour, delivery of a homemade cake of the month and more.

"The purchase of the new ultrasound machine will allow us to move one machine to the Women's Imaging Center,"

said Scott Nelson, Gritman Director of Radiology. "A machine at the Women's Imaging Center translates to shorter wait

A new ultrasound machine means patients will have shorter wait times and a better overall experience when they need imaging tests.



▲ Making a bid: At the Holiday Delights fundraiser in 2014, attendees bid on silent auction items and later had a chance to take part in a live auction as well—both featuring items provided by people and businesses in our community.

times for patients and an enhanced overall patient experience for the best possible care."

The Gritman Medical Center Auxiliary hosts Holiday Delights, and the formal event marks the beginning of the holiday season.

Meet the 2015 Gritman medical staff leadership



Kimberley Blewett, DO
President/Chief of Staff

Dr. Blewett received her undergraduate degree in biology from the University of Idaho in 2000 and a medical degree from Kirksville College of Osteopathic Medicine in Kirksville, Missouri, in 2006.

She completed her family medicine internship and residency at McKay-Dee Family Medicine in Ogden, Utah, in June 2009 and joined Moscow Family Medicine in September 2009.



Geoffrey D. Stiller, MD
Vice President/Chief of Staff-elect

Dr. Stiller received his premedical education at Eastern College in St. David's, Pennsylvania, and his medical education at University of Minnesota at Minneapolis Medical School. He completed a surgical internship and residency at Graduate Hospital in Philadelphia. He is certified by the

American Board of Surgery. Dr. Stiller served in the military, based at the Mountain Home AFB Hospital in Idaho, from 2001 to 2004, when he joined Palouse Surgeons. In 2007, he went on to fellowship training in cosmetic surgery. He returned to practice with Palouse Surgeons in 2011.

Preventing diabetes damage

Clinical National and Diabetes Care receives education grant, plans to expand program to include nationally recognized diabetes prevention program



GRITMAN Medical Center has received a \$15,000 grant to raise awareness about prediabetes and increase diabetes education in the community and to area physicians.

Diabetes Self-Management Education Funding, a project of the Idaho Diabetes Prevention and Control Program, will help fund and establish a Diabetes Prevention Program (DPP) at Gritman, which is recognized by the Centers for Disease Control and Prevention.

“This funding will help us reach people who have prediabetes and diabetes,” said Nancy Kure, Director of Gritman Clinical Nutrition Services and Diabetes Care. “Diabetes may lead to serious health problems, like blindness, chronic wounds, dental issues and depression. Our goal is to prevent the complications associated with diabetes.”

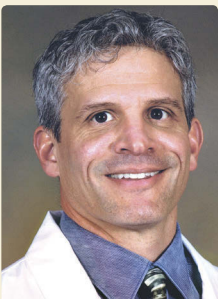
In Idaho, 8.4 percent of people (nearly 100,000) have diabetes, and 8.2 percent (more than 97,000) have prediabetes. Diabetes, which currently ranks as the eighth cause of death in

Latah County, was identified as a local health priority by Gritman in its 2013 Community Health Needs Assessment.

The DPP is a lifestyle intervention with a goal to prevent type 2 diabetes. The program focuses on helping those with prediabetes learn how to eat healthy, add physical activity to their routine, manage stress, stay motivated and solve problems that can get in the way of healthy changes. Participants will also learn problem-solving strategies for overcoming challenges to sustain weight loss.

The program’s group setting provides a supportive environment with people who are facing similar challenges and trying to make the same changes. Together, participants celebrate their successes and find ways to overcome obstacles.

Gritman Clinical Nutrition and Diabetes Care plans to offer DPP classes to the public in June 2015. Adding the DPP to the current program will enhance the diabetes care team’s ability to coach people with prediabetes and diabetes.



Paul Ammatelli, MD
Secretary/Treasurer

Dr. Ammatelli received his undergraduate degree from the University of Notre Dame, South Bend, Indiana, and a medical degree from the University of Missouri–Columbia School of Medicine. He is certified by the American Board of Internal Medicine. Dr. Ammatelli has held faculty appointments as Assistant Clinical Professor at the University of Colorado and the University of Washington. From 1994 to 2009, Dr. Ammatelli practiced internal medicine in Colorado, followed by two years as a hospitalist in Spokane. He joined the Gritman hospitalist group in 2012.



Dustin Worth, DO
Immediate Past President/Chief of Staff

Dr. Worth received a bachelor of science degree in music education from Oregon State University and completed graduate coursework in computer science at the National Technological University in Minneapolis, Minnesota. He received his medical degree from Kirksville College of Osteopathic Medicine, Kirksville, Missouri. Following a traditional rotating internship at Millcreek Community Hospital in Erie, Pennsylvania, he completed family medicine residency training at Eastern Maine Medical Center in Bangor, Maine. He joined Moscow Family Medicine in 2008.

Therapy restores life after stroke

Thanks to Gritman's Therapy Solutions and support from family and friends, Wendy South has hope for her future



Physical Therapist Angela Anderson, left, works with Wendy South to strengthen her weakened right side.

AFTER having a stroke and experiencing complications in 2013, Wendy South found herself in a wheelchair with limited mobility.

"She wasn't supposed to live, and most doctors told her that surgery would result in her inability to walk, talk or eat," said Wendy's daughter, Katie Adams.

Katie was concerned her mother would never be able to walk again. But through hard work and perseverance with therapy, Wendy regained her ability to walk.

Slow but sure success

Wendy's choice for rehabilitation was Gritman's Therapy Solutions, where staff planned a regimen of physical, speech and occupational therapy.

"It has become a highlight of my day when I see how much Wendy and other patients progress with their therapy," said Justin Minden,

Director of Therapy Solutions. "We are here to improve patient lives, and it feels so good to see that happening."

Wendy and Physical Therapist Angela Anderson used exercises in the therapy gym and HydroWorx therapy pool. Once Wendy met her initial goals, they began working on enabling her to move from her wheelchair and eventually learning to walk.

The therapy sessions are physically and psychologically exhausting. One especially difficult exercise had Wendy go from lying flat on her back to standing up by herself, using a chair for support. Other exercises involved going up and down stairs or kicking a ball.

Talking again

Other treatments concentrated on Wendy's speech and cognitive abilities. Wendy worked with

Duane Dale and Brandy Sullivan, speech-language pathologists. As a result of her improved speech, she is more independent and has been able to resume social activities that she enjoys—activities that only a few months before were impossible.

Before having the stroke, Wendy was an office manager at the General Counsel's office at the University of Idaho, assisting in the search for a new UI president. She still struggles to talk—the words come, but as with so many other things in her life, only with great effort and concentration.

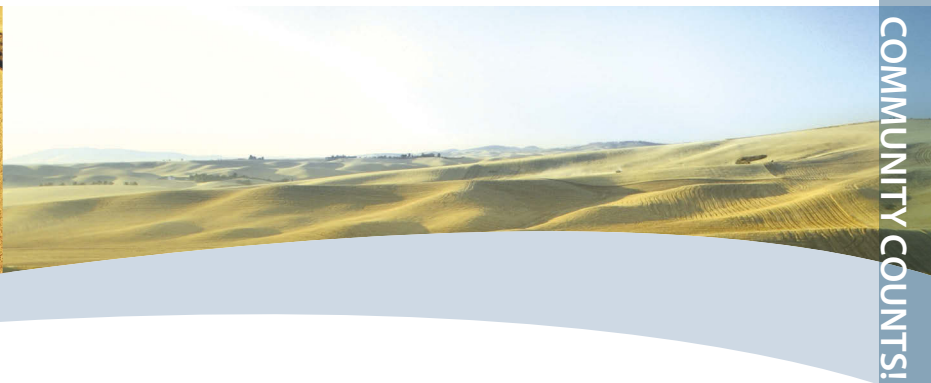
Amazing support

Wendy hopes to be a grandmother soon. The prospect of a grandchild is one of her main motivators to regain as much ability as possible. In addition to Gritman's help, Wendy said she's had amazing support from family and friends.

"The recovery process is frustrating," Wendy said. "I am just so grateful for everyone who is helping me. I am getting my life back."

"We are here to improve patient lives, and it feels so good to see that happening."

—Justin Minden, Director of Gritman's Therapy Solutions



Cancer Resource Center

Open Monday through Friday
10 a.m. to 4 p.m., FREE

Our supportive and knowledgeable volunteers help find resources to guide those in need through what can often be an overwhelming experience. We can help provide prostheses, wigs, hats, lap quilts and other items. We also offer American Cancer Society classes, including Look Good...Feel Better and Reach to Recovery. Info: **208-883-6030**.

CNA Program

Are you interested in a career that offers rewarding work in a high-demand industry? Consider becoming a Certified Nurse Assistant (CNA). Gritman Medical Center offers a two-month program that provides comprehensive training, giving you the skills needed to work in a healthcare facility. Watch our website for the latest information.

Diabetes Wellness Classes

First Tuesday of each month, 4 to 5 p.m.
Gritman Conference Center, FREE

Learn how to live with diabetes by attending free classes. Speakers include local physicians, nurses, dietitians and others. Sponsored by Gritman Medical Center Clinical Nutrition and Diabetes Care. Info: **208-883-6341**.

Living with Loss

Grief Support Group

Second and fourth Thursdays of each month, noon to 1 p.m.

United Church of Moscow, FREE

For information, call Glenda Hawley at **208-882-3197**.

Motherhood Connections

Every Wednesday, noon to 1:30 p.m.

Martin Community Wellness Center,
510 W. Palouse River Drive, Moscow, FREE

Are you a new mother? You and your baby are invited to join us for an ongoing class on infant care and development. For information, call Lisa Schacher, Childbirth Educator, at **208-883-6399**. Drop-ins welcome.

Fit and Fallproof

Monday through Friday

Martin Community Wellness Center,
510 W. Palouse River Drive, Moscow, FREE

Reduce your risk of falling by increasing your muscle strength and balance. Call **208-883-9605** for times.

Osteoporosis Exercise Group

Tuesdays and Thursdays, 9:30 to 11 a.m.

Gritman Cardiac Rehab Center
\$6.50 per session

One of the best ways to strengthen your bones and prevent osteoporosis is to get regular exercise. Even if you already have osteoporosis, exercising helps maintain the bone mass you have. Join our ongoing exercise group and improve your bone strength. A physician referral is required. Info: **208-883-6088**.

Prepared Childbirth (six-week course)

Mondays, 6 to 8 p.m.

June 1 to July 6; July 20 to August 24;
September 14 to October 19

Gritman Conference Center, \$40

The course follows the *Understanding Birth* curriculum. Instructors use a combination of literature and multi-media teaching resources. Register online on our events calendar. Info: **208-882-4511**.

Prepared Childbirth (weekend course)

Friday, 6 to 9 p.m.; Saturday, 9 a.m. to 4 p.m.

July 17-18; September 25-26

Gritman Conference Center, \$40

Super Sibling Saturday Spectacular

July 25, October 24, 11 a.m. to noon

Gritman Conference Center, \$15

Designed for children ages 1½ to 6 years old and parent(s). Enjoy interactive stations as your child learns more about being a sibling. Includes a Family Birth Center tour. Info: **208-883-6385**.

Refresher Childbirth Class

July 25, October 24, 1 to 4 p.m.

Gritman Conference Center, \$20

An overview of current information on pregnancy and delivery to support you during labor and birth. The class also provides resources for helping siblings prepare for the new baby.



GRITMAN MEDICAL CENTER
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Connections

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Did you know? *Gritman Medical Center is a not-for-profit 501(c)(3) hospital.*

DAISY Award honors nurses for their care

THROUGHOUT the year, the DAISY Award honors nominated nurses for their exceptional work in their field.

Thank you to our nurses for their dedication to making Gritman Medical Center a great place to receive medical care.

Adam Bosse, RN
Critical Care Unit

"Adam has an amazing ability to apply the highest level of technical skill and medical knowledge, all the while showing the compassion and care that each of us strives for," said Peter Vaughan, staff RN in the Critical Care Unit. "We are very proud to work with Adam and have him on our team at Gritman."

Know an outstanding nurse or other caregiver here at Gritman? Let us know! Give us a call at **208-882-4511** or visit **www.gritman.org** and click on "Contact Us."



Danielle Engle, RN
Family Birth Center

"We were very excited when Danielle received her DAISY nomination," said Alyssa Martsching, Director of the Family Birth Center. "She is an awesome nurse who takes excellent care of her patients. I appreciate her sense of humor, her hard work, her dedication to Gritman and the great teamwork she fosters on our unit."

Janine Lawrence, RN
Critical Care Unit, Medical Surgical

"Janine is a highly competent and caring nurse whose main concern is the comfort and safety of her patients," said Peter Vaughan. "She helps her co-workers in any way she can when they are busy. She has cross-trained to multiple units and is

always willing to go wherever she is needed."

Ben Stellmon, RN
Emergency Department

"Ben is a compassionate nurse who is highly valued by his coworkers for his strong commitment to patients and his team," said Mark McGahan, Emergency Department director.

The DAISY Award, established in 1999, recognizes nurses who provide exceptional care. While decisions on awarding a DAISY are made at local hospitals, the national organization (**www.daisyfoundation.org**) also provides recognition, awards and materials. To date, nearly 1,800 facilities in all 50 states participate in the DAISY Awards.