



HEALTH NEWS

THE MARVELS OF MODERN MEDICINE

AUGUST ISSUE—2011

HISTORIC!

THE YEAR 2011 MARKS AN IMPORTANT MILESTONE FOR OUR NONPROFIT COMMUNITY HOSPITAL. BOZEMAN DEACONESS HOSPITAL IS CELEBRATING A CENTURY OF COMMITMENT, CARING, AND SERVICE. WHAT BEGAN AS A 20-BED HOSPITAL WITH ONE DOCTOR IS NOW AN 86 BED FACILITY WITH OVER 160 PHYSICIANS ON MEDICAL STAFF REPRESENTING 45 SPECIALTIES. TODAY BOZEMAN DEACONESS HEALTH SERVICES IS THE LARGEST PRIVATE EMPLOYER IN GALLATIN VALLEY WITH MORE THAN 1300 EMPLOYEES.

Centralized healthcare began in the Gallatin Valley with Dr. Foster's medical facility. After Dr. Foster died, his widow sold the Bozeman Sanitarium to Dr. J.F. Blair in 1902, and he renamed it the Blair Sanitarium. Dr. Blair initially leased his sanatorium to the Deaconesses and then offered to sell it for \$20,000.

In 1911, your community nonprofit hospital, Bozeman Deaconess, was born of a partnership between the community and the Methodist Church when each contributed \$10,000 to purchase the Sanitarium from Dr. Blair. Once the sale was complete, the Sanitarium was renamed Bozeman Deaconess Hospital and was managed by Methodist deaconesses. A "deaconess" was a woman who dedicated her life to service. The deaconesses cared for patients, cleaned the hospital, and typically received a small stipend plus room and board.

By 1920, additional hospital facilities were needed, and in spite of pressing financial problems at the time, area citizens and the Methodist Church responded in support of a new hospital. The 50-bed hospital cost \$125,000 to complete. The population of Gallatin County at that time was 15,864. By the 1940s, the last of the deaconesses in Bozeman had moved or retired, closing the era of the deaconess. In 1944, a west wing was constructed to serve as the nurses' dormitory. A few years later, this building was converted to patient services, and the capacity of the hospital was increased to 104 beds (patients shared rooms and had longer hospital stays than is the norm today).

In 1955, a full time radiologist was hired and a modern x-ray department opened. In 1956, the governing board and management at Bozeman Deaconess recognized the growth that would come to the Bozeman area and purchased 500 acres of land east of town. (During the 1960s Bozeman Deaconess built the Hillcrest Retirement Community on Highland Boulevard.) In 1957, the hospital opened a newly equipped physical therapy department; two years later, a modern laboratory was established. In 1961, Bozeman Deaconess celebrated its 50th anniversary.

In 1969, an intensive care unit was built, which attached to the original buildings built in 1920 and 1944. In 1971, a \$1.7 million addition was completed on the hospital which was still located



on the corner of Tracy and Lamme. The hospital purchased a radioactive isotope scanner in 1977.

By 1980 the population in Gallatin Valley had grown to 42,865. In 1983 the need was established for a modern acute care facility. Trustees formulated a long range development plan to relocate and construct a new facility west of Highland Boulevard and north of the Hillcrest Retirement Community on land it had purchased in 1956.

The 86-bed (all private rooms) hospital opened in 1986 in an area that offered, and continues to offer, ample space for future expansion of services. At that time there were 60 physicians on medical staff. In response to requests for office space by area physicians, attached medical office buildings were constructed. Highland Park 1 opened in early 1990. Also in 1990, the Cardiac Pulmonary Rehabilitation Program began and the Pharmacy at Highland Park opened. Highland Park 2 was fully occupied by July 1992. The Cancer Treatment Center (now Bozeman Deaconess Cancer Center) opened in 1994. Highland Park 3 opened in 1998 for medical office space and also houses the Cancer Center, the Dialysis Center and Outpatient Services. Bozeman Deaconess Foundation was incorporated in 1998.

Between 1996 and 2006 Gallatin County saw a 27% growth rate. Bozeman Deaconess responded to meet growing community need to improve community health and quality of life. A 10-bed emergency department opened in October 1999. Construction is underway for a new 25-bed Emergency Services Department that will open mid-2012. In 2001, Hillcrest Senior Living Neighborhood was rebuilt and Aspen Pointe (retirement living) and Birchwood (assisted living) opened. In 2003 the Cardiac Cath Lab opened, offering diagnostic catheterizations. Highland Park 4 was completed in 2005. Bozeman Deaconess Health Group began in 2005 as a partnership to support continued access to essential and expanded services to the community. Robert A. Hathaway and Internal Medicine Associates were the first clinics to join the group. Today, there are nearly 50 employed physicians and 15 employed midlevel providers in the multispecialty health group. A new surgery suite was constructed in

2005, and two new OR suites added to meet the increased number of surgeries performed at Bozeman Deaconess Hospital. Advanced Medical Imaging opened.

Bozeman Deaconess Cancer Center was renovated in 2006 to offer fully integrated cancer care. Also in 2006, Aspen Pointe added 32 new apartments. The Wound Clinic opened; the following year, a hyperbaric chamber was added. An interventional cardiologist joined the medical staff. Until that time, people having a heart attack had to go to Billings for lifesaving treatment.

In 2007, Bozeman Deaconess Hospital began the Hospital Medicine Program. Surgical Services expanded and a new Perioperative Services (formerly Day Surgery) wing was built. The Sleep Disorders Center expanded from three to six sleep rooms. Bozeman Deaconess Internal Medicine Associates moved into expanded space on the top floor of Highland Park 4. Bozeman Deaconess Women's Specialists, Neurology and Urological Associates joined Bozeman Deaconess Health Group. Bozeman Deaconess Diabetes Center opened. The new state of the art Laboratory, with fully automated instrumentation opened. In 2008-09 obstetric delivery rooms were renovated and remodeled and the nursery expanded. In 2009 a Vascular Lab, where radiologists and cardiologists offer minimally invasive procedures to treat vascular disease and blockage, opened. The Knolls Phase I opened for adults 55 and better. Synergy Medical Spa opened. Pulmonary Disease and Critical Care, Infectious Disease, Rheumatology and Family Medicine & Pediatrics (formerly Medical Associates) joined Bozeman Deaconess Health Group. Bozeman Deaconess received American Heart Association Training Center designation and the Bozeman Deaconess Foundation celebrated a decade of philanthropy with \$10 million raised for healthcare services in 10 years. The Greater Gallatin United Way presented its Community Impact Award to Bozeman Deaconess and the Health Information Center opened in Highland Park 2 Atrium.

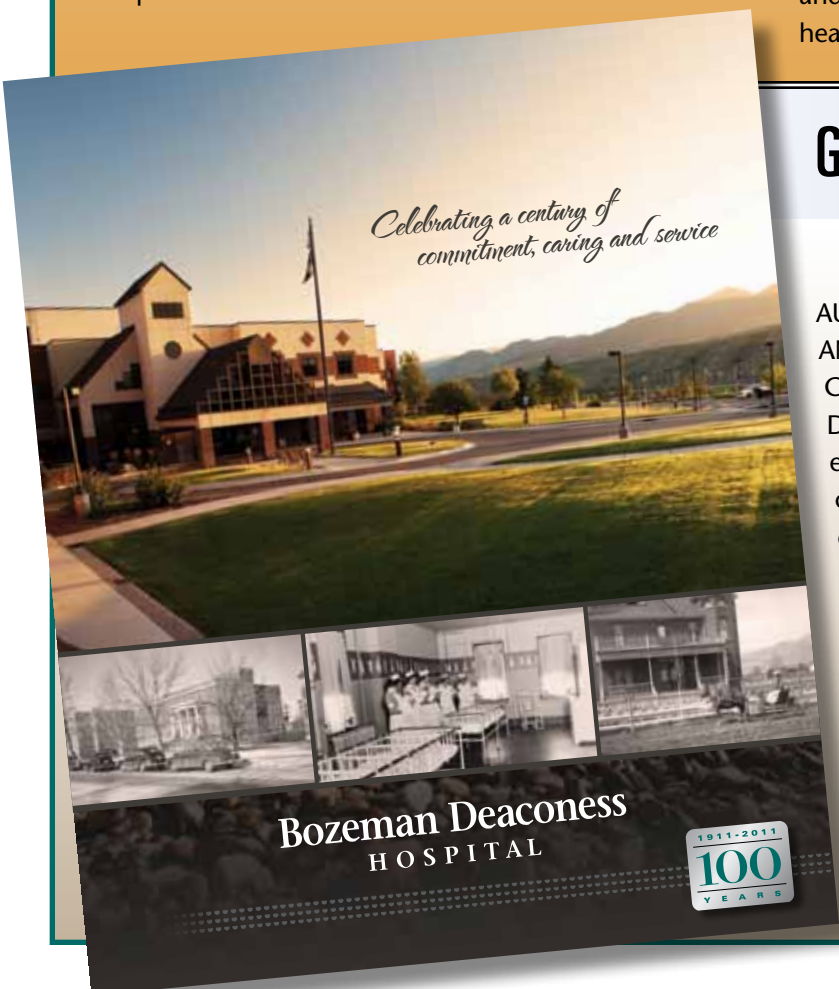
In 2010 Bozeman Deaconess Cancer Center earned American College of Surgeons Commission on Cancer accreditation and Seattle Cancer Care Alliance Network membership. Bozeman Deaconess and 16 school districts formed a health literacy partnership. Bozeman Deaconess Nephrology opened.

Today Gallatin County is home to more than 90,000 people who, along with visitors, seek and receive top-notch medical care at Bozeman Deaconess Hospital.

The Sanitarium was renamed Bozeman Deaconess Hospital and was managed by Methodist deaconesses. A "deaconess" was a woman who dedicated her life to service.

GET YOUR OWN PIECE OF OUR HISTORY

AUGUST 3 MARKED THE 100TH ANNIVERSARY OF YOUR NONPROFIT COMMUNITY HOSPITAL, BOZEMAN DEACONESS HOSPITAL. And we're celebrating a century of service, caring and commitment. To mark the occasion, we developed a special booklet celebrating this milestone. Free copies are available at retailers throughout Bozeman and Belgrade and at Bozeman Deaconess Hospital. Want us to mail you a copy? Email info@bdh-boz.com or call the Bozeman Deaconess Health Information Center at 406-522-1644.



SAFETY FIRST IN BOZEMAN DEACONESS SURGICAL SERVICES

BOZEMAN DEACONESS HOSPITAL—IN A CONCERTED EFFORT TO ELIMINATE SERIOUS SAFETY EVENTS—IS TEACHING ALL ITS EMPLOYEES FIVE HUMAN ERROR PREVENTION STRATEGIES. One of the Bozeman Deaconess-specific five safety



The timeout enhances safety and it matters to our patients. It's an opportunity before incision or the start of a procedure to conduct a final assessment.

habits is "Communicate Clearly." That means everyone is responsible for ensuring they hear things correctly, understand accurately and say things clearly.

A surgical timeout is a requirement of the 2008 National Patient Safety Goals. A timeout verifies the correct patient, procedure, side, site, position, equipment/x-rays. The timeout gives the OR team the opportunity to correct any discrepancies before a

procedure begins.

At Bozeman Deaconess Hospital, we believe the timeout process is clear communication in action and consider the timeout vital to patient safety in the OR.

The timeout enhances safety and it

matters to our patients. It's an opportunity before incision or the start of a procedure to conduct a final assessment. During the timeout, immediate members of the surgical team suspend their actions to verify that they have identified the correct

patient, correct procedure and correct site. The team's focus during timeout is on standardized active and clear communication; the procedure is not started until all questions are resolved.

BOZEMAN DEACONESS VOLUNTEER SERVICES AWARDS SCHOLARSHIPS



Jenna Mosley



Laura Astrup



Kendi Dykema



Kinsey White

BOZEMAN DEACONESS AWARDED SCHOLARSHIPS TO SEVEN JUNIOR VOLUNTEERS Codi Francis, Whitney Dowton and Kendi Dykema (Manhattan High School), Laura Astrup, Kinsey White and Jenna Mosley (Bozeman High School) and home schooled graduate Maria Swoboda. Each of the junior volunteers scholarship recipients worked 100 hours or more in various settings throughout Bozeman Deaconess.



Whitney Dowton



Maria Swoboda



Codi Francis

WHAT IS A HOSPITALIST?



Dr. Matthew Wright

By Matthew Wright, MD, Bozeman Deaconess Hospital Medicine Program

A hospitalist is a physician who cares for hospitalized patients. Hospitalists may be internal medicine or family medicine physicians. Their primary focus is the general medical care of hospitalized patients. Their activities include patient care, teaching, research and leadership related to hospital care. Many patients are referred by their primary care physician for treatment during the duration of their hospitalization and are then returned to their primary care physician after discharge. Hospitalists also consult on and treat patients referred by surgeons and

medical subspecialists during their hospitalization. They help manage patients through the continuum of hospital care, often seeing patients in the Emergency Services department, following them into the Intensive Care Unit when necessary and organizing post-acute care. In addition, hospitalists at Bozeman Deaconess are involved in efforts to improve the quality of health-care delivery in the hospital.

The 24/7 hospital medicine department at Bozeman Deaconess Hospital provides primary inpatient care for patients of:

- Bozeman Deaconess Health Group Clinics:
 - Bridger Internal Medicine
 - Cardiology Consultants
 - Family Medicine, Medical Associates
 - Hathaway Internal Medicine
 - Internal Medicine Associates
- GI Clinic
- Medical Oncology
- Neurology
- Nephrology
- Community Health Partners
- "Unassigned patients" in need of hospitalization who do not have a primary care physician.

NIFTY TIPS AND TRICKS TO RELIEVE CHILDHOOD ILLNESSES



My child has a virus, how can I help her feel better?

While you may be able to keep germs from spreading, you can't always keep your child from getting sick. Use the following tips to help keep your child healthy:

- Keep hands clean. Everyone should wash their hands several times a day to keep germs from spreading.
- Avoid sharing eating utensils, drinking cups, toothbrushes, washcloths, or towels with anyone who has a cold or fever.
- Wash dishes and utensils in hot, soapy water.
- Don't smoke around your child. Don't smoke in the car or around the house.



Your child's doctor may recommend the following ways to soothe a sick child:

To relieve a stuffy nose

- Use saline (saltwater) nose drops to thin nasal discharge. Ask your child's doctor about which ones to use. Place a few drops of the saline into each nostril followed by gentle bulb suction. This works best for babies younger than 3 months.
- During the illness, use a cool-mist humidifier or vaporizer in your child's room. This helps moisten the air and may help clear your child's nasal passages. Be sure to clean the humidifier or vaporizer often, as recommended by the manufacturer.



To relieve chest congestion

- Chest physical therapy can loosen mucus and may help infants and young children cough it out. Lay your child across your knees, face down; cup your hand; and gently tap your child's back. Or sit your child on your lap, lean her body forward about 30 degrees; cup your hand; and gently tap her back.
- During the illness, use a cool-mist humidifier or vaporizer in your child's room. This helps moisten the air and may help clear your child's congestion. Be sure to clean the humidifier or vaporizer often, as recommended by the manufacturer.



To relieve a fever

- Give acetaminophen to a baby 6 months or younger. Give either acetaminophen or ibuprofen to a child older than 6 months. Ask your child's doctor for the right dosage for your child's age and size. Do not give aspirin to your child because it has been associated with Reye syndrome, a rare but very serious illness that affects the liver and the brain.

To relieve a cough

- Try half a teaspoon of honey for children aged 2 to 5 years, 1 teaspoon for children aged 6 to 11 years, and 2 teaspoons for children 12 years and older. If honey is given at bedtime, make sure you brush your child's teeth afterward. Remember, it's not safe to give honey to babies younger than 1 year.
- For a child age 4 years and older, cough drops or lozenges may help soothe the throat. Remember not to give cough drops or lozenges to a child younger than 4 years because he/she could choke on them. Also do not give your child more cough drops than directed on the package.



About other medicines

- Cough and cold medicine. The American Academy of Pediatrics strongly recommends that over-the-counter cough and cold medications not be given to infants and children younger than 2 years because of the risk of life-threatening side effects. Also, several studies show that cold and cough products don't work in children younger than 6 years and can have potentially serious side effects.
- Antibiotics. Your child's doctor may prescribe an antibiotic to treat a bacterial infection. For viral infections the body needs to fight the virus on its own because antibiotics won't work.

Source: American Academy of Pediatrics

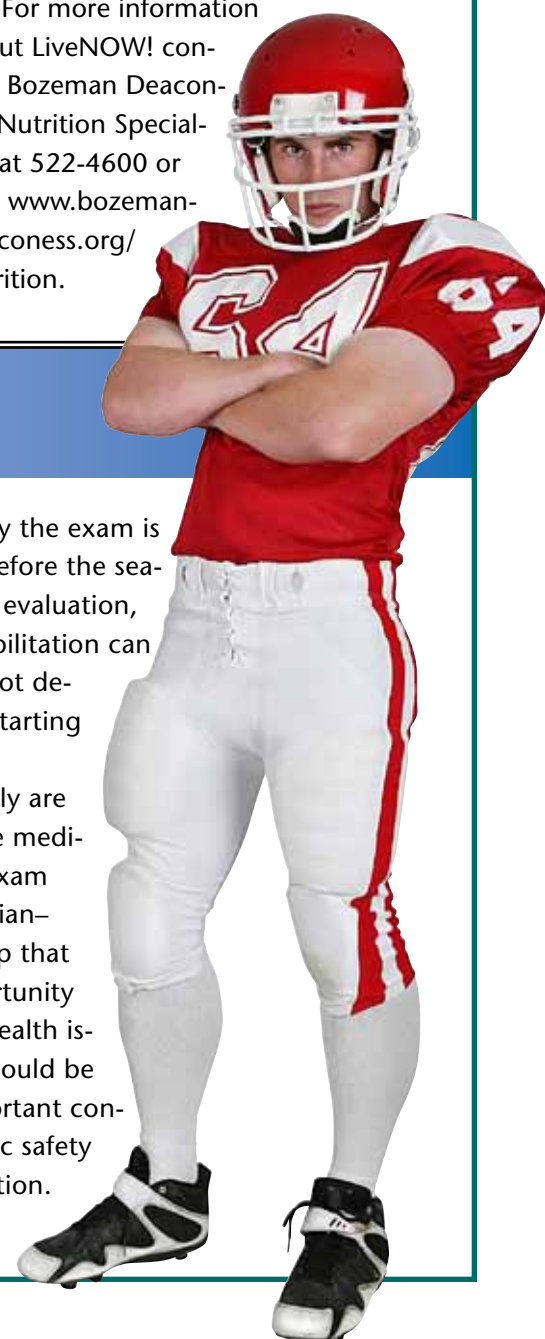
BOZEMAN DEACONESS LAUNCHES NEW WEIGHT LOSS PROGRAM, LiveNOW!



BOZEMAN DEACONESS NUTRITION SPECIALISTS IS LAUNCHING A NEW 10-WEEK WEIGHT LOSS PROGRAM BASED ON COMMON SENSE EATING PRINCIPLES. LiveNOW! is a program of nutrition education and counseling that incorporates physical activity coaching for participating adults. To be eligible, you must have a body mass index of over 25 and be ready to commit to a 10-week series of classes which include keeping a daily

food intake and physical activity log. The first class will meet Wednesday, September 14 at 5:30 pm. The cost is \$250.

For more information about LiveNOW! contact Bozeman Deaconess Nutrition Specialists at 522-4600 or visit www.bozemandeaconess.org/nutrition.



THE IMPORTANCE OF SPORTS PHYSICALS FOR KIDS



Dr. James Feist

By James Feist, MD of Bozeman Deaconess Pediatrics, Medical Associates

SPORTS ARE ONE OF THE GREAT WAYS FOR KIDS TO BUILD STRENGTH AND CHARACTER, TO MAKE FRIENDS AND TO LEARN HOW TO ACCEPT BOTH SUCCESS AND DEFEAT GRACEFULLY.

A pre-participation sport physical is required by the Montana High School Sports Association to ensure

the health and safety of the student athlete. Done properly, the exam has several components: a careful family history, a past medical history, a complete medical exam, and a musculoskeletal exam.

The family history focuses on any evidence of early heart disease in family members, which is the primary cause of sudden death in athletes. This history must be reviewed by parents to ensure accuracy. The student's past medical history identifies conditions such as asthma, hypertension, concussions, seizures, and previous organ injury that need to be addressed for safe athletic activity. Vaccine history can also be updated.

The medical exam focuses on heart conditions, lung functions, and blood pressure. The musculoskeletal exam is used to identify any preexisting weakness or previous injuries that require further evaluation before practice begins. The exam should be done well in advance of practice, not a quick 10 minute 'sign my

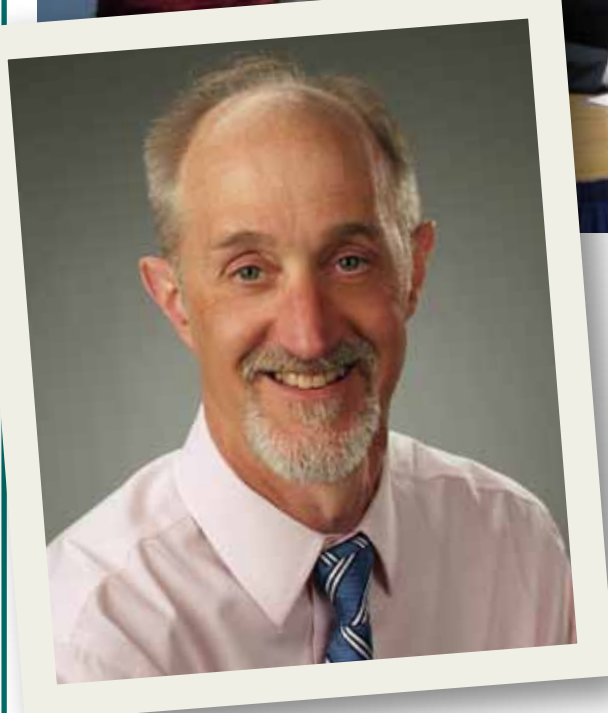
form' event. Ideally the exam is done 4-6 weeks before the season so any further evaluation, treatment or rehabilitation can be finished as to not delay the athlete in starting practice.

Teenagers rarely are involved in routine medical care and this exam promotes a physician-patient relationship that can offer an opportunity to address other health issues. This exam should be viewed as an important contribution to athletic safety and health promotion.

PATIENT ADVOCATE: ONCOLOGIST TESTIFIES IN SUPPORT OF CANCER CLINICAL TRIALS LEGISLATION.



Dr. Hensold, stands second to left, as Governor Schweitzer signed the cancer clinical trials bill at Montana State University on May 17.



Dr. Jack Hensold

CLINICAL TRIALS OFFER CANCER PATIENTS ACCESS TO THE LATEST AND NEWEST CANCER RESEARCH OPTIONS. And while these experimental drug costs are funded by the group conducting the clinical trials, in many instances, insurers don't cover routine cancer treatment for participating patients.

Oncologist/hematologist Jack

Hensold, MD, Bozeman Deaconess Cancer Center, testified recently in Helena in support of a bill to advance cancer treatment and research. HB 615, sponsored by Bozeman Rep. Kathleen Williams, requires the State Insurance Commissioner to convene a working group to address insurer denial of routine cancer treatment for patients participating in cancer clinical trials.

"The working group study will identify and hopefully overcome the current barriers to participation in clinical trials," Dr. Hensold says.

Bozeman Deaconess Cancer Center patients have increased access to clinical trials through the Seattle Cancer Care Alliance (SCCA) Network. The Seattle Cancer Care Alliance (SCCA) Network provides community-based physicians throughout the Pacific Northwest with access to the latest cancer diagnostic and treatment information.

SCCA has over 200 clinical trials open for patients. Bozeman Deaconess Cancer Center is an SCCA Network member and that means our patients may access many new drugs and alternative treatments that are under investigation in clinical studies and are available only at SCCA and at limited sites around the country. According to SCCA, for many types of cancer the best chance for a cure is found in clinical trials. Cancer clinical studies are research studies that test how well new medical treatments work in people. Clinical studies may examine new kinds of screening, diagnosis, prevention or treatment. For example, they may test a new chemotherapy drug for toxicity or test a different dose for an established drug.

The goal of clinical studies is to increase knowledge about cancer and develop more effective, less-toxic cancer treatments. Without clinical studies, new drugs and treatments could not be approved. No matter how promising a new treatment looks when tested with lab animals, it cannot be used to treat people until it has been carefully evaluated through the several phases of a clinical study. Every advance in cancer treatment in recent years has come out of a clinical study.

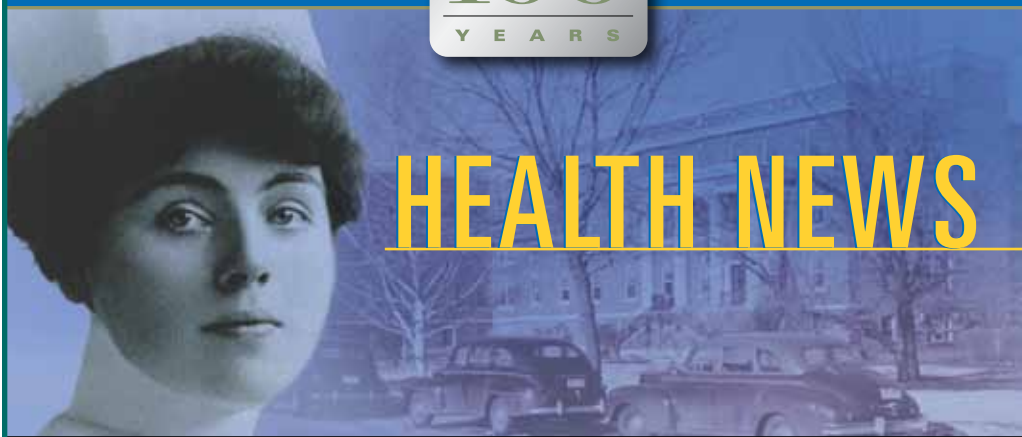
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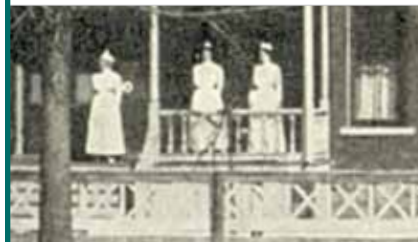
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Bozeman Deaconess
HOSPITAL



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Historic! August 3 marked the 100th anniversary of your nonprofit community hospital, Bozeman Deaconess Hospital.



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Safety First: The timeout process is clear communication in action and is vital to patient safety in the OR.



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Nifty tips and tricks: You can't always keep your child from getting sick. Use these tips to help keep your child healthy and relieve symptoms.



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Sports Physicals for Kids: The pre-participation sports physical exam should be viewed as an important contribution to athletic safety and health promotion.



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Patient Advocate: Jack Hensold, MD, Bozeman Deaconess Cancer Center, testified in support of a bill to advance cancer treatment and research.

HEALTH SCREENING DAY AT BIG SKY THURSDAY, SEPTEMBER 1, 8 AM – 1 PM

Bozeman Deaconess Pharmacy at Big Sky is holding our annual Health Screening day for residents of Big Sky on Thursday, September 1 from 8 am–1 pm. We'll have a number of free screenings available including blood pressure, body mass, glucose and bone density and health education materials. Find us across from the Big Sky Chapel in the Meadow Village Center.

For more information call Bozeman Deaconess Health Information at 406-522-1644 or go to bozemandeaconess.org/events.



Save the Date!

Bozeman Deaconess Synergy Medical Spa's

Ladies' Spa Night and Botox Party

Wednesday, September 21, 2011 | 5:30–8 pm
At Synergy Medical Spa on the campus of
Bozeman Deaconess Hospital



synergymedicalspaboze.com
(406) 556-5140

Please watch for more information
or call (406) 556-5140.