

THE MARVELS OF MODERN MEDICINE

APRIL ISSUE—2009

BOZEMAN DEACONESS HEALTH SCREENING DAY — APRIL 4, 2009

ALONG WITH GOOD HEALTH HABITS—proper nutrition, weight control, daily exercise, stress management, drinking in moderation, and abstaining from smoking—regular physical exams and health screenings shouldn't be overlooked.

On Saturday, April 4 from 7:00 am until 1:00 pm, the hospital will offer several screenings at no cost:

- Blood pressure
- Bone density
- Glucose
- Balance
- Oximetry
- Heart Rate Monitoring

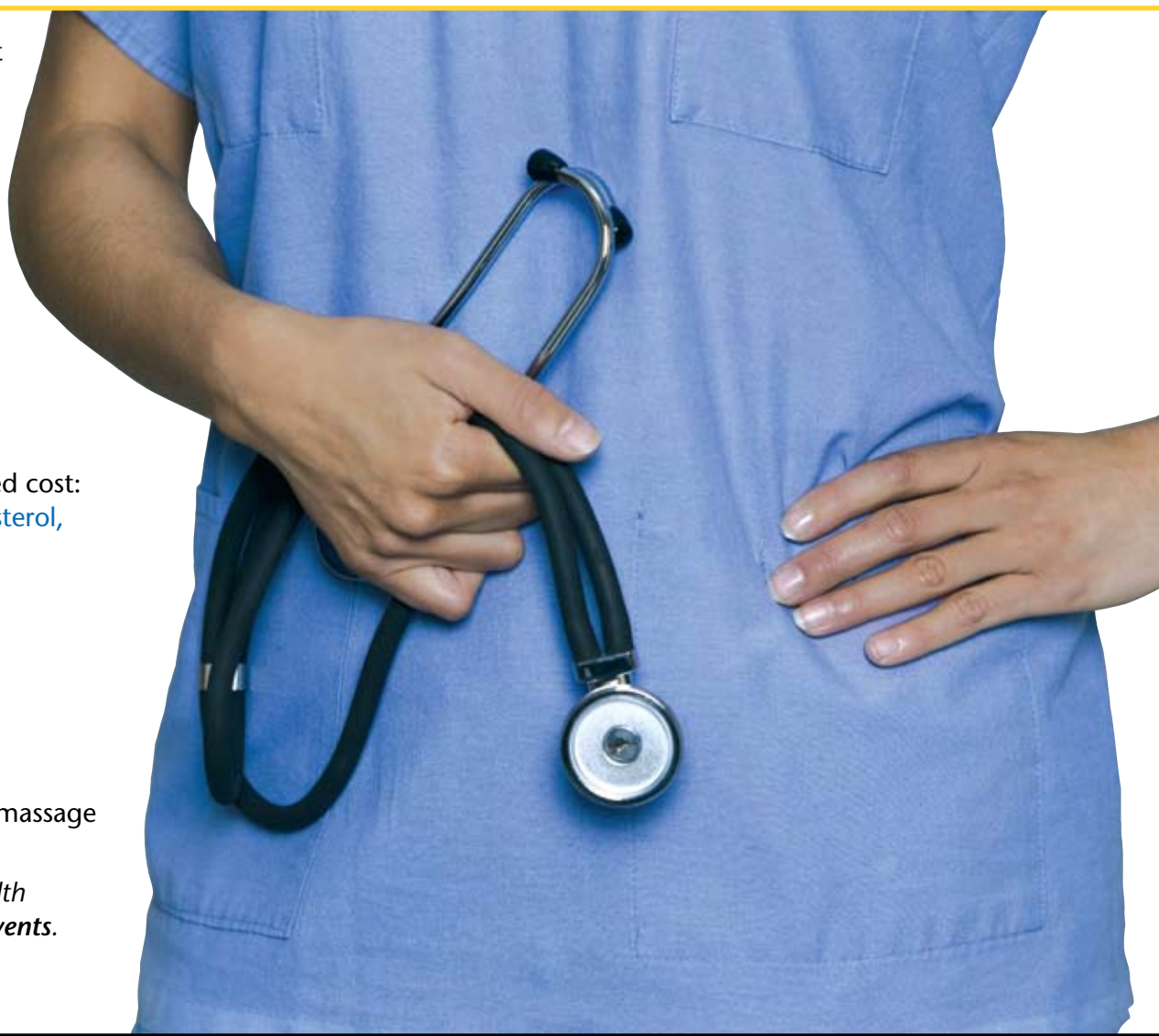
In addition we will be offering laboratory procedures at a reduced cost:

- Comprehensive chemistry screening measuring thyroid, cholesterol, triglycerides, HDL and LDL (\$30)
- Homocysteine (\$19)
- Hemoglobin A1C (\$19)
- Prostate specific antigen (\$19)
- C-reactive protein screens (\$16)
- Colon cancer (\$15)

Remember to fast for 12–14 hours before your blood draw.

After your screenings, be sure to stop and have a relaxing hand massage provided by Bozeman Deaconess Synergy Medical Spa.

For detailed information about the Bozeman Deaconess Spring Health Screening Day visit our website at www.bozemandeaconess.org/events. Questions? Call the Bozeman Deaconess Health Information Center at 522-1644.



BOZEMAN DEACONESS EMPLOYEES HELP REBUILD TOWN HIT BY KATRINA

WHEN HURRICANE KATRINA HIT THE MISSISSIPPI COAST in August 2005, the town of Waveland and the 6,000 people who lived there took a direct hit. Levy breaks weren't the problem; a 30-foot storm surge wiped out the town and took the lives of 115 people. Bozeman Deaconess employees Margaret Brun and Donna Kokaly were among 20 United Methodist Church members who spent two weeks in January helping rebuild the tight knit community.

"There are still articles of clothing and debris hanging from trees," says Brun. "And the people who were housed in government trailers since the storm will be evicted when FEMA is required to take the temporary homes away this spring." Brun and Kokaly joined volunteers from across the nation and helped sheetrock, mud, tape, install fixtures and paint homes with materials donated by wellwishers. No federal funding remains.

"I found the experience very humbling," says Kokaly. "People were grateful and thankful for our efforts and for listening to their stories." Brun and Kokaly helped ready a new home for one 78-year-old woman who insisted others needed homes more than her. When the group completed her new house, she said she felt like "Ed McMahon was bringing me a check."

The two Bozeman Deaconess employees paid their own airfare and bunked together in temporary trailers with communal kitchens and bath while helping rebuild Waveland, Mississippi.



Donna Kokaly(Left) and Margaret Brun(Right) spent two weeks in Waveland, Mississippi helping to rebuild a tight knit community that was wiped out by the Hurricane Katrina storm surge.

Bozeman Deaconess
HOSPITAL
915 Highland Boulevard
Bozeman, MT 59715

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NINTENDO Wii BOWLING FOR RESIDENTS AT ASPEN POINTE



ASPEN POINTE AT HILLCREST installed a Nintendo Wii video game console last summer and with the exception of one-week intervals between bowling tournaments, it's been game on at the senior community.

The interactive gaming technology offers exercise, interest, activity and social interaction. According to Erwin Elgen, who along with Katie Billau bowled a 300—perfect score with 12 strikes in a row—Wii (pronounced “we”) bowling is both a competitive and spectator sport.

Program Coordinator Ann Fuchs says

Wii is so popular and cheering during the tournaments so rousing that Aspen Pointe had to call a Wii-timeout during mealtimes. “We play every night after dinner,” say Billau and Barbara Saracas. “It gets people involved, out of their room from in front of a television set.” They’re hoping newcomer Corrine

Fohrer, who is just learning the ropes of the virtual game but has bowled in leagues, will become an enthusiast.

Lyla Soule, who bowled in two senior leagues and knows what a “sour apple” is, says it’s easy to operate the remote control buttons. People can bowl from wheelchairs or walkers so it’s an ideal activity for seniors.

To date Aspen Pointe residents held two handicap and one scratch bowling tournaments. There’s talk about challenging other senior living communities to a Wii bowling tournament. Residents also play tennis and golf and the software also offers pool, ping-pong and shooting games.



“WE LOVE IT!”

“IT’S THE BEST THING THAT’S EVER HAPPENED HERE.”

“IT’S A SHOT IN THE ARM.”

“MY SON SAYS IF THEY TAKE Wii AWAY THERE WILL BE A RIOT.”

BOZEMAN DEACONESS ACQUIRES TECHNOLOGY FOR IMPROVED CANCER DETECTION



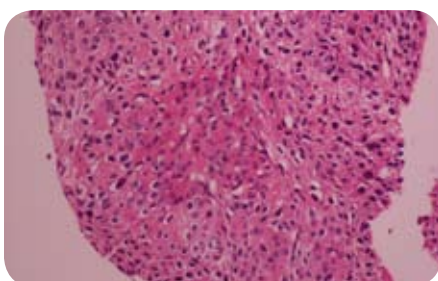
Ben Blend, MD

BOZEMAN DEACONESS LABORATORY SERVICES is now using a cell block processor technology that helps pathologists detect and assess the progression of cancer from the smallest of samples.

A cell block is made from body fluid or needle aspirations from a variety of sites which draw out liquid or semisolid

material for examination. They are centrifuged or filtered, then treated as though they were a solid tissue. A biopsy and a slide is prepared of similar quality, for the pathologist to examine. In the past, many of the cell blocks lacked sufficient cells for interpretation. The Cellient system, using vacuum assisted filtration, concentrates cells for diagnostically useful, high quality cell blocks. What that means for you is the pathologist has an improved chance of detecting cancer in small specimens acquired by minimally invasive techniques.

Benefits are better concentration of cells within the blocks and lower risk of cross contamination. Pathologist Ben Blend, MD, says that if special studies are required, additional samples can be cut from the cell block and are more likely to yield sufficient cells for these studies.



The new Cellient system captured a tissue fragment that was diagnostic for squamous cell carcinoma.



The old cell block method with the same specimen showed a small number of suspicious cells.

THE GI CLINIC JOINS BOZEMAN DEACONESS HEALTH GROUP

DRS. TIMOTHY JOHNSON AND BRIAN LANDSVERK, and their practice, The GI Clinic, joined the Bozeman Deaconess Health Group on February 1, 2009. Drs. Johnson and Landsverk, along with Bozeman Deaconess Health Group physician Dr. Kathryn Lynch will practice as Bozeman Deaconess GI Clinic.

Bozeman Deaconess GI Clinic is located on the third floor of Highland Park 3, at 931 Highland Blvd, Suite 3350. They can be reached by calling 556-5336.

Dr. Steven Shaneyfelt has opened his own practice, Shaneyfelt Gastroenterology. The practice is located on the third floor of Highland Park 3, at 931 Highland Blvd in Suite 3330. He can be reached at 586-0103.



Timothy Johnson, MD
Gastroenterologist

TAKE ONE TO RELIEVE DIGESTIVE TROUBLE.



Brian Landsverk, MD
Gastroenterologist



OUR DOCTORS, AND HEALTH PROFESSIONALS, WILL SEE YOU NOW.

Bozeman Deaconess Internal Medicine Associates has expanded hours. The clinic is open from 8:00 am until 7:00 pm on Mondays and Wednesdays. New patients are always welcome.

And for your convenience they're open on Saturdays and same-day appointments are available. Call Internal Medicine Associates for an appointment at 522-2400.

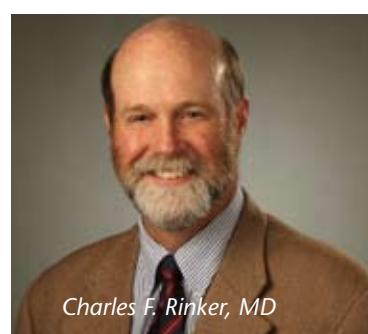
Bozeman Deaconess Bridger Internal Medicine welcomes new patients. Same-day appointments are available for established patients. Call 556-5506 to make an appointment today with Dr. Timothy Adams, Keven Comer, FNP or Ted Preiss, PA-C.

Bozeman Deaconess Robert A. Hathaway Internal Medicine health professionals Ted Preiss, PA-C and Karen Izbicki, PA-C are seeing new patients and offering same-day appointments. Please call 556-5533 to schedule your appointment today.

Our Doctors, and Health Professionals, will see you now.

Bozeman Deaconess HEALTH GROUP
HIGHLAND HEALTH PARK
www.bozemandeaconess.org/healthgroup

CHARLES F. RINKER II, MD, FACS— TO DIRECT SURGICAL QUALITY



Charles F. Rinker, MD

“I’M LOOKING FORWARD to using my 40 plus years in the operating room to help improve patient safety in our OR,” says Charles F. Rinker II, MD, FACS. Rinker, who retired in December from Surgical Associates of Bozeman, has accepted the new position of director of surgical quality at Bozeman Deaconess Hospital.

Rinker says the hospital will soon introduce the American College of Surgeons National Surgical Quality Improvement Program (NSQIP). NSQIP is the first nationally validated, risk-adjusted, outcomes-based program to measure and improve the quality of surgical care. The program employs a prospective, peer controlled, validated database to quantify 30-day risk-adjusted surgical outcomes. This allows valid comparison of outcomes among all hospitals in the program. Participating hospitals and their surgical staff are provided with the tools, reports, analysis, and support necessary to make informed decisions about improving quality of care.

PHARMACY AT HIGHLAND PARK EXPANDS HOURS

TO BETTER SERVE THE COMMUNITY, the Bozeman Deaconess Pharmacy at Highland Park has expanded its Saturday hours and is now open until 3:00 pm.

Hours: M–F, 8 am–6 pm; S, 8 am–3 pm
925 Highland Boulevard | 406-585-1030
www.bozemandeaconess.org/pharmacy



BOZEMAN DEACONESS HOSPITAL OPENS A NEW OPERATING SUITE



Bozeman Deaconess surgeons performed the first surgery in the newest, most technologically advanced surgical suite on February 16, after hosting an open house for nearly 200 community members, employees and physicians who came for a sneak peek at the Operating Suite of the future.

The new operating suite—the seventh at Bozeman Deaconess—is equipped with \$1.1 million in state-of-the-art technology and surgical supplies. The suite occupies 878 square feet and is approximately 30 percent larger than a typical operating room.



STAPH INFECTION RATE AT BOZEMAN DEACONESS BELOW NATIONAL AVERAGE



By Mark D. Winton, MD, Infectious Disease Specialist, Bozeman Deaconess Internal Medicine

STAPH (STAPHYLOCOCCAL) infections are certainly a concern in the United States. In the past 20 years there has been a dramatic rise in the number of staph infections, including the more antibiotic resistant type called MRSA.

Normal healthy skin is colonized by many bacteria. It is not possible to sterilize skin, but surgeons are able to reduce the level of skin bacteria to very low levels for surgery to be safely performed. Staph is one of these bacteria normally found on skin surfaces.

Any surgical procedure therefore, carries a risk of infection, including the risk of staph infections. The goal is to make that number as low as possible.

To that effect, hospitals have designated infection control practitioners. Many larger hospitals also have infectious disease physicians to assist in keeping the number of infections at a minimum.

Nationwide, there is a database of infections that occur in hospitals, and there are baseline rates that are recorded. Hospitals can compare the rates of infection to other institutions to ensure that they are doing well.

Bozeman Deaconess follows these national guidelines, and records the number of infections, including staph infections. As a result, the number of surgical infections posted is below the national average on a consistent basis.

Specifically, the number of staph infections is also below the national average on a consistent basis, despite the rise in staph infections seen in other areas of the country. Ongoing programs use best practices and evidence based guidelines to prevent infections in the hospital and in the community.

CONTRIBUTIONS TO BOZEMAN DEACONESS FOUNDATION MAKE A DIFFERENCE

ONLY ONE-THIRD OF MAMMOGRAPHY UNITS IN THE COUNTRY ARE DIGITAL—and most are at facilities on the East and West coasts. When Barbara Kligerman moved to Bozeman from New York to be near her children, she was surprised to learn from a Bozeman Deaconess Foundation board member that the technology is available here in the Gallatin Valley.

“My gratitude goes out to everyone who made it possible for Bozeman Deaconess and Advanced Medical Imaging to have such amazing technology,” says 68-year-old Kligerman. In November, Radiologist Rex Spear, MD, of Intercity Radiology, PC, identified an abnormality on her screening mammogram taken with the newly installed digital system at Advanced Medical Imaging.

“When the reality hit—I was shocked, speechless, devastated. I wanted them to just cut it [breast] off,” she recounts. “But now I think, thank goodness they found this so early. I don’t think it would have been detected with the old film system.”

According to Debra Gill, executive vice president of philanthropy

at Bozeman Deaconess, 758 donors contributed \$577,000 for digital mammography and the Bozeman Deaconess Foundation Hospitality Auction raised close to \$300,000 more. Two digital mammography systems were installed in the Women’s Imaging Center at Bozeman Deaconess in fall of 2008.

Kligerman, who is currently receiving cancer treatment at Bozeman Deaconess Cancer Center, has a message for the women in Southwest Montana. “I now know that all women are so well taken care of at Bozeman Deaconess...I am so thankful...if cancer is there, let’s find it!”



Barbara Kligerman



SUIT UP FOR AN EVENING OF DINNER, DANCING, AND LIVE & SILENT AUCTIONS

DATE:	MAY 2, 2009
TIP OFF:	6:00 PM - MIDNIGHT
VENUE:	MSU SHROYER GYM
COST:	\$100 PER PERSON (\$125 AFTER APRIL 1)
RESERVATIONS:	FIRST COME FIRST SERVED. SEATING IS LIMITED. CALL 585-1085
PROCEEDS:	EMERGENCY SERVICES AT BOZEMAN DEACONESS HOSPITAL

MOTHERS AND BABIES TAKE CENTER STAGE IN NEW LABOR AND DELIVERY SUITE

A NATURAL EXPERIENCE IN A STATE-OF-THE-ART NATURAL ATMOSPHERE.

Every day, millions of babies are born. Giving birth is one of the most common events in nature, still each birthing experience is as unique as the little person it creates. The labor and delivery team at Bozeman Deaconess Hospital strives “to help every patient have the best labor and birth experience ever,” according to Susan Connell, RN, manager of the Bozeman Deaconess Maternal-Newborn department.

Lights are low, soothing music plays, and a Jacuzzi bath awaits you if you wish. Each birthing room is furnished with faux wood floors, a comfortable recliner and a flat screen TV. Bathrooms resemble those found in the ritziest of hotels and feature slate floors and wood accents with Jacuzzi tubs. Electronic plug-ins are available so expectant parents can listen to their favorite music or videos on their portable devices.

Laboring moms should not only be expecting their new baby, they should also expect great care. Says Connell, “Mothers and babies take center stage during their stay with

us. We accommodate their wishes knowing that pregnancy, childbirth and lactation are normal, healthy physiological processes that do not require medical intervention unless there is a medical issue.”

Whether the preference is natural or medicated childbirth, a woman’s decision, made together with her physician, is respected. “We enjoy the personal, private one-on-one time and respect each family’s individual needs and wishes,” says Connell. In addition, she says doulas, or coach advocates, are always welcome.

Nurse educator, Kim Kusak says some expectant parents have a misconception that newborns are whisked to the nursery as soon as they are delivered. Not so! While a lullaby plays over the

facility’s soundsystem heralding the recent birth, healthy babies are placed in their mothers’ arms.

Amie and Jeremy Porter welcomed daughter Paige Noel to the world on December 27, 2008 at Bozeman Deaconess Hospital. The couple, whose first child Ethan was born at another Montana hospital two years ago, toured the facility on a free Prospective Parent Tour and was “wowed” by the pleasant atmosphere and serene feeling at Bozeman Deaconess.

The remodeled labor and delivery suite, which features six spacious birthing rooms, is renovated

Delivery suite connect to a state-of-the-art operating suite. And, the suite has a triage room where women who are not quite ready to deliver are monitored.

Once the baby is delivered, families can expect plenty of bonding time. “Healthy babies spend as much time rooming with their parents as the parents wish,” says Kusak. “We have many postpartum rooms that are extra homey, with wood floors and double beds so dads can share the nightshift right from the start.”

“We were really impressed that we could have a double bed,” said Amie. “It was more relaxing, like being at home. The furnishings are nice—they even have little Tiffany lamps.”

In addition, the mother-child bond is strongly supported and hospital’s lactation program offers education from specialists about the benefits of breastfeeding as well as one-on-one professional breastfeeding training, with additional guidance for those moms who feel they need extra help after leaving the hospital.

The average length of stay postpartum is two nights for vaginal birth and three nights when a baby is born by C-section. This time of recovery for new moms and babies is important. Nurses pamper new moms with back and foot rubs and are continually monitoring the health of the babies. The hospital observes “Rest for Recovery” quiet times in the late afternoon and at night so moms and babies can get the rest they require.

New parents and their infants’ safety is of utmost importance. Camera surveillance and hospital security teams help to assure security in the nursery and postpartum rooms.

All of this makes for an excellent stay. Says Connell, “We know our moms and dads remember this special event forever and we want that memory to be a great one.”



to facilitate excellent patient care and memorable experiences. The soothing environment underlies the latest in state-of-the-art equipment and treatment. Medical data is computerized and high-tech monitors track vital signs of mother and baby.

Thanks to portable and waterproof monitors assessing baby heart rates and contraction patterns, women are free to labor however they feel most comfortable—some walk, others bathe in the jetted tubs, while many prefer to rest in bed.

The Porters, who elected for a natural birth, found the nursing staff accepting and very helpful. The mood in the room was calm—they appreciated the home-like ambiance. In the event that medical intervention, such as a Caesarean section, is needed, rooms in the Labor and

MEDICAL IDENTITY THEFT PREVENTION PROGRAM AT BOZEMAN DEACONESS BEGINS MAY 1

AFTER MAY 1, all patients or their guardians, will be required to show photo identification during preregistration for medical appointments, to obtain medical prescriptions, as well as to obtain personal medical records. This new regulation called the “Red Flag Rule” is part of a program by the Federal Trade Commission to prevent medical identity theft. “Red flags” are warning signs of identity theft.

Rest assured that care will not be delayed if photo identification is unavailable at the time of service and no one will be turned away. The new policy applies to Bozeman Deaconess

Hospital, Bozeman Deaconess Health Group, Bozeman Deaconess Outpatient Services and Bozeman Deaconess Pharmacies.



NATIONAL HEALTHCARE VOLUNTEER WEEK



ALWAYS READY TO LEND A HAND—always ready to share the compassion in their hearts—that’s the spirit of Bozeman Deaconess Hospital and Bozeman Deaconess Hospice volunteers.

During National Volunteer Week, April 19–25, we thank our volunteers for all they do every day to help care for our patients. Volunteers are often the first friendly face patients, visitors and employees see when they come to Bozeman Deaconess, and in many

cases, the last as they leave.

Bozeman Deaconess Hospital volunteers perform many duties: staffing information desks and the gift shop, answering phones and assisting with office work, escorting visitors to their destination or delivering mail to patients. The volunteers of Bozeman Deaconess Hospice provide respite to family members, companionship to patients, run errands, transportation to doctor appointments and assist in the Hospice department.

A heartfelt “thank you” to our many volunteers. Your dedication continues to make Bozeman Deaconess a special place.

BOZEMAN DEACONESS LAUNCHES “CONDITION H” SAFETY INITIATIVE

IN JANUARY, BOZEMAN DEACONESS launched a new patient safety initiative, based on a national patient safety initiative, entitled Condition Help. “Condition H allows patients and families to partner with health professionals; we understand that in many cases it’s the family who knows the patient best,” says Vickie Groeneweg, RN, chief nursing executive. “Condition H is an avenue for additional help.”

If a patient or family member feels they are unable to get the attention of a healthcare provider or is concerned about treatment, they may place the Condition H call and activate “HELP!” Whether Condition

H is called for an emergency, a breakdown in care or communication, or just confusion about the plan of care, there will be an immediate response.

Educational brochures, available hospital-wide, explain the purpose and instruct patients and family members to call extension 1800 within the hospital and 522-1800 from outside the hospital if necessary. The hospital switchboard will activate the Condition H and page the team, which is comprised of ICU nurses, respiratory therapists and the nursing supervisor. The management team will follow up on Condition H calls to determine patient satisfaction with response.

HOSPICE VOLUNTEER TRAINING WORKSHOP

BOZEMAN DEACONESS HOSPICE is holding a Volunteer Training Workshop the weekend of April 17-19. Volunteers, particularly those available during daytime hours, are needed to learn about how to care for others who are in a terminal situation.

Those interested in training to assist patients and families are encouraged to attend this three-day workshop. The cost is \$15. Please call Bozeman Deaconess Hospice at 585-1099 for more information or to register.

