

# PEAK HEALTH NEWSLETTER

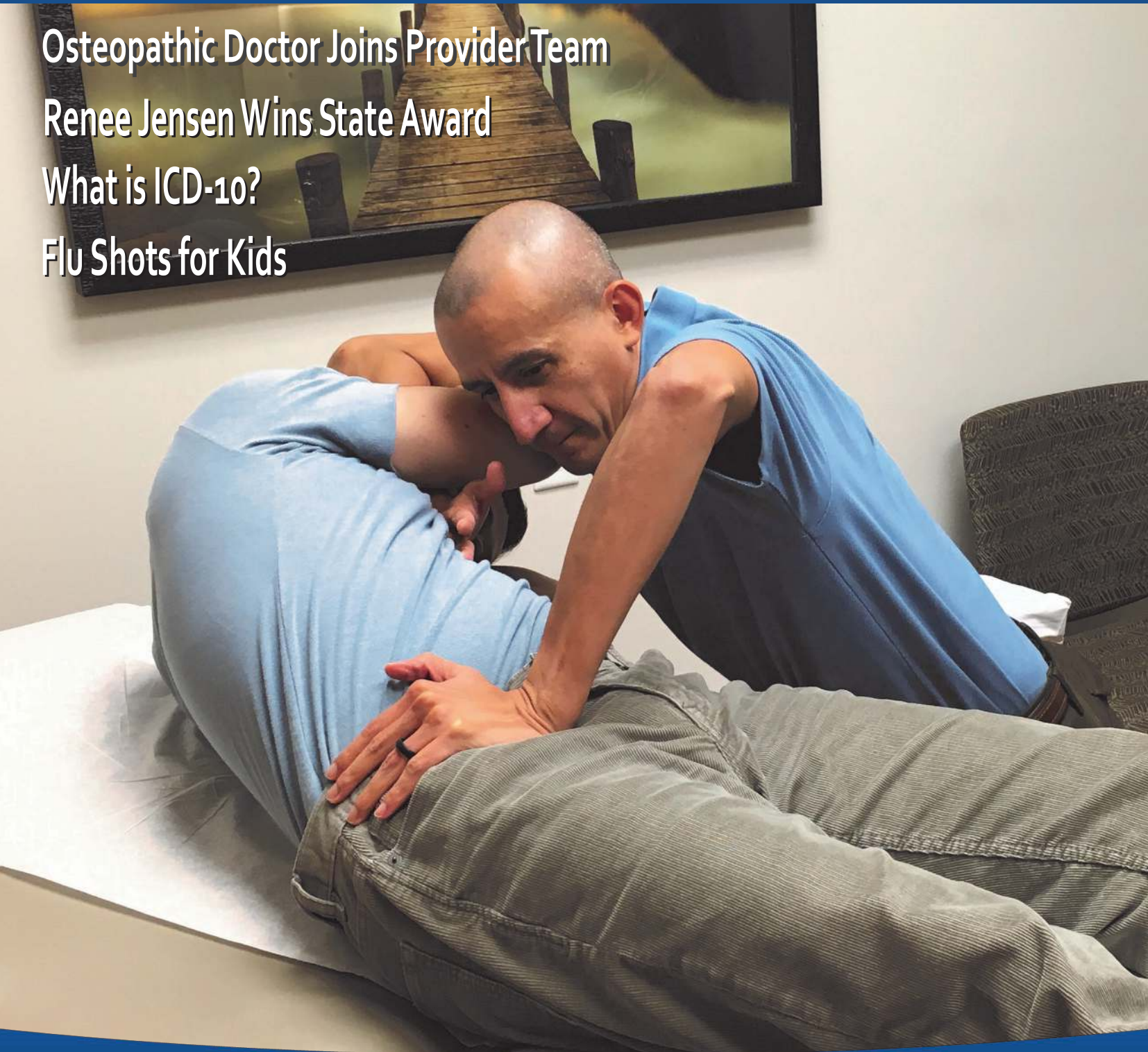
Volume V, December 2015

Osteopathic Doctor Joins Provider Team

Renee Jensen Wins State Award

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# Summit Pacific Healthcare Clinic Welcomes Osteopathic Doctor



Dr. Hank Wooden

In September, we welcomed Dr. Hank Wooden, D.O. What does D.O. stand for you may ask? It stands for Doctors of Osteopathy (D.O.). Like an M.D., which stands for Medical Doctor, Osteopathic Doctors attend medical school, pass exams, and are licensed to practice medicine in all 50 states, can prescribe medications and perform surgery. So, what is the difference?

A common core of Osteopathic Medicine is "Osteopathic Manipulative Treatments (OMT)." When asked how to explain this treatment, Dr. Wooden said, "OMT in the simplest terms is like chiropractic treatment but chiropractors focus mainly on

treatment of the spine whereas I treat the whole body." The belief around OMT is that the musculoskeletal system is important in reflecting and affecting the condition of our bodies. OMT can be beneficial for all age groups from newborns to the elderly and can be used to ease muscle pain, promote healing and can help patients with problems that range from asthma to carpal tunnel syndrome and migraines.

Since practicing at Summit Pacific Healthcare Clinic, Dr. Wooden has already seen patients responding well to his practice. "A handful of patients are Doing really well with OMT so far. In particular, several of these patients have seen great improvements with lower back pain."

In addition to providing OMT and general family care, Dr. Wooden brings access to a number of other procedures to Summit Pacific which include vasectomies, colposcopies and joint injections to name a few. One of his proudest moments from treating patients was when he was able to work with a patient who wanted to avoid using medication to treat his diabetes. "The patient was a 55-year-old male who seemed particularly motivated for success. We discussed the other options available to him. With close monitoring, over a period of nine months, he was able to lose 90 pounds and reduce his diabetic levels from a very high 9.9 to a much lower 6.3. He achieved this all through diet and exercise alone. I did not provide any prescription management, just offered him knowledge and encouragement."

If you or a family member is looking for a new family physician who can offer thorough care to every member of your family, call 360-346-2222 to schedule an appointment with Dr. Wooden, D.O. at Summit Pacific Healthcare Clinic located at 600 East Main Street in Elma, WA.



Dr. Wooden, D.O. performing OMT



# History Made at the Annual WSHA Meeting



For the first time in its history, the Washington State Hospital Association awarded two prestigious Joe Hopkins Memorial Awards for outstanding leadership: Renée Jensen, CEO of SPMC, and Tom Jensen, CEO of Grays Harbor Community Hospital in Aberdeen.

"Through their tireless commitment, their creativity and their sheer determination, Renée and Tom have ensured that their communities will have health care," said WSHA board chairman Gregg Davidson. "The awards committee was unanimous in their desire to see both of them recognized. It's always risky to make an exception, but exceptional people deserve to be recognized."

Renée has served as CEO since 2007, beginning at Mark Reed Hospital in McCleary. The hospital district was struggling, but Renée managed a successful financial turnaround. She secured the first USDA loan for hospital construction in Washington State for \$19.5 million. In 2013 the \$23 million green-field build of Summit Pacific Medical Center was complete and open to the public, and the former hospital was closed. Since opening, SPMC has seen tremendous patient volume growth, added an additional seven service lines, including one of only two Urgent Care clinics available in the county, and is currently in the process of building a brand new healthcare clinic in McCleary.

The Joe Hopkins Award is named after the former hospital association chair and hospital administrator who lost his battle with cancer in 1987. The award was created in honor of Hopkins's outstanding leadership and special qualities of warmth, persistence, insight, hardworking attitude and humor.

Fittingly, Hopkins started as a lab technician at Mark Reed Memorial Hospital, which was built in McCleary in 1954. Under Renée Jensen's leadership, in 2013 the public hospital district that oversaw Mark Reed built Summit Pacific Medical Center in Elma, a state-of-the-art facility that houses emergency, urgent and primary care services.

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Ashley Galvin

## Ashley Galvin Continuing to Develop Care Coordination Program

Ashley Galvin, RN and SPMC's Patient Care Coordinator recently received a certification in "Integrative Nurse Health Coach Program." The course teaches Registered Nurses to help their patients gain a better level of health and wellness by identifying their strengths

and coaching them to use those strengths to improve other aspects of their life. The program focuses on a whole person model of care that addresses the body, mind, spirit, culture, nutritional and environmental aspects that impact one's health and well-being.

**Making a Difference...** Each month, Galvin shares a patient success story. This month she shared the following story:

One of our providers felt I could help a patient with some insurance issues and finding resources to get some specialized testing done. Shortly upon meeting the patient, I began hearing about troubles at home and how nothing seemed to be working out anymore. The patient was depressed, tearful and felt hopeless. I quickly realized that although the patient did need help with insurance and identifying resources, right now this person just needed someone to listen. I listened, empathized and could understand how recent circumstances

had led this patient to a feeling of complete hopelessness.

Thanks to my recent training, one of the first things I thought this patient could benefit from was focused breathing. When we get worked up and anxiety gets high, we tend to start breathing faster because our brain thinks we are in a life or death situation. Slow deep breaths trick our brain into thinking everything is okay. When the patient was relaxed enough we talked about worry number one and how this patient could improve

the situation. Slowly we worked our way through the patient's issues and eventually we came up with goals and solutions.

The patient did most of the work, I was merely there as a coach. The patient was smiling after our visit and said that this was the best they had felt in a long time. I follow up with patients monthly or weekly depending on the circumstances. I truly believe that this type of care is often overlooked. However, sometimes this type of help is exactly what a person needs to have a better sense of health and wellness.

## What is ICD-10?

You may or may not have been hearing lots of talk around "ICD-10." You have probably asked yourself what is this weird phrase about? Why are all my medical providers talking about it?

ICD-10 stands for International Classifications of Diseases. It is an alphanumeric designation given to every diagnosis, description of symptoms and cause of death attributed to human beings. These classifications are developed, monitored and copyrighted by the World Health Organization (WHO).

So what does that mean to you, our patients? It means that each diagnosis a patient may be given has a "secret" code. This code transcends borders. It literally means that every medical professional in the United States and many other parts of the world

will understand the diagnosis the same way. So, for example, if you are diagnosed with GERD (acid reflux), it will be given the code K21.9. If you travel across the country and need to see a doctor for heartburn, he will also put a K21.9 on your record.

The reason for all the recent chatter? The US Government has recently

mandated transition from ICD-9 to ICD-10 as of October 1, 2015. In comparison, ICD-9 had 13 thousand codes and ICD-10 has 68 thousand codes! This means people across the country have been scrambling to learn 55,000 additional codes. There is now a code for practically anything that could physically happen to your body.

The updated code set is beneficial to patients in many ways. You will get enhanced medical review and detailed supervision of your care. Additionally, ICD-10 was intended to smooth the billing process and assist in cost reduction across healthcare systems. Overall, ICD-10 helps better frame patient standards of care from all sides of the healthcare partnership: with the doctor, patient, and the insurance companies.





## Mom, and Hospital CEO, Talks Flu Shots for Kids

Flu season is upon us and once again there is the on-going debate about the value verses the perceived risks of getting immunized. As a healthcare worker, the decision for me is an easy one and actually not a choice. I work in a high risk environment and in order to not only protect myself from becoming ill, but also other staff members and our patients, it is imperative that I take every precaution available to avoid becoming ill with the flu and spreading it to others.



Jensen's daughter bravely getting her flu shot.

As a mother of a beautiful 3 year old daughter I have another important decision to make about flu shots. Of course my daughter is not old enough to make this decision on her own so, the responsibility of this important decision rests with me as it does with most females in today's households. According to the US department of Labor, women make approximately 80 percent of health care decisions for their families. I have to decide if my precious baby girl will also be vaccinated each year against the flu virus (not to mention other immunizations). Recently it seems as if there is more and more anti vaccination publicity finding its way to the internet, social media and our social circles. Sometimes it is difficult to know what is fact, what is fiction, what is based in science, and what is right for you.

We could dive deep into the statistics, publications, or social media blogs and spend hours researching but instead, I will share with you how I arrive at this important decision for my family and let you make your own choice. I never knew just how much my daughter would change my life and just how much I could love another human being until she was born. Now that she is three and my love for her grows each day, I couldn't imagine a life without her. Not only that, but I can't imagine not doing everything within my power to protect her from harm, provide her with the best possible environment to grow up in and give her every opportunity to thrive in this challenging and ever changing world we live in today.

The Center for Disease Control (CDC) reports thousands of deaths in the US each year from influenza, including an average of 100 children under the age of 19; 80% of whom are not vaccinated. Children under the age of 5 are at even higher risk.

We worry about influenza because it is one of the top ten causes of death in the US and because it can cause very severe symptoms. Infants and young children are at particular risk for serious infections as their bodies and their immune systems haven't fought off influenza before. We hear these statistics and often don't really think about what that means to us or how it could impact our family. It's easy to be complacent and think, that happens to other people or it won't happen to my family. But, what if it did?

For me the choice is simple; I never want to see my child suffer or possibly die when I could have done something to prevent it. Last week my daughter came to Summit Pacific Medical Center to get her flu shot with me.

We gave her the choice of having a spray in her nose or a shot. To my surprise she bravely chose the shot and said, "Mommy can go first". She put me on the spot so now, I had to set a good example... There could be no whining, complaining about a needle stick or the tender arm that I knew was coming the next day. I willingly went first and then held my courageous little girl on my lap as she got her shot in her tiny, little leg. Not one flinch, not one whimper, not one tear; she was so brave.

My daughter's impressive display of resilience warmed my heart and reminded me once again how fortunate I feel to have been given this precious gift of her life. I know that getting a flu shot is not a 100% guarantee that our family won't get the flu but having the reassurance that I at least did everything I could to prevent it, is worth it. Please consider the most precious gifts in your life and vaccinate your family to help reduce the chance that families in our community will become statistics due to influenza.



Rane Jensen and daughter after receiving their flu shots at Summit Pacific Healthcare Clinic.





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