

PEAK HEALTH NEWSLETTER

Volume XII, March 2017

Summit Pacific's Primary Care Clinics Receive National Recognition

10th Annual Celebrity Golf Tournament May 5th

Community Education Dinners Return

National Save Your Vision Month

Roasted Salmon with Melon Salsa Recipe



Primary Care Clinics Receive Top National Recognition

All three of Summit Pacific Medical Center's primary care clinics have received the highest level of recognition for their patient-centered care from the National Committee for Quality Assurance (NCQA). Summit Pacific has the most clinics in a single healthcare system recognized at the highest level in the Rural Health Clinic network statewide.

The clinics, including Summit Pacific Healthcare Clinic, McCleary Healthcare Clinic and Elma Family Medicine, have each been recognized as a Level 3 Patient-Centered Medical Home by NCQA. This is the highest level of recognition that a clinic can achieve. All three of Summit Pacific's clinics had to apply individually for recognition by demonstrating an ingrained approach at meeting standards for delivering comprehensive, patient-centered care. Patient-centered care is achieved by meeting a variety of standards around a team-based approach at delivering accessible, coordinated, quality care to all patients.



Kathy Miller, Clinic Manager at Elma Family Medicine and a consultant working on the PCMH application.

"Summit Pacific focuses on high-quality, efficient, patient-centered care," said Deborah Jayne, Chief Nursing Officer. "We are glad our success in these areas is being recognized at a national level. It is a huge complement to our staff for the hard work they do day in and day out. We are thrilled to offer our community the benefits associated with seeking care at a recognized patient-centered medical home facility. With the development of the new Wellness Center coming next year, we will only continue to expand on these services and meet the needs of even more patients."

This level of recognition is not easy to obtain. "It assures the thousands of patients we see every year that we have followed the recommendations and passed rigorous performance reviews," says Renee Smith, Director of Rural Health Clinics at SPMC. She continued, "Every member of these clinics and our project team has been working toward this goal for the past year."

The excitement about receiving this recognition is creating renewed enthusiasm around patient care in our clinics and inspiring staff to want to continue to raise the bar on how we ensure we provide the best personalized preventive primary care available."

Some changes that SPMC's clinics implemented during the recognition process include offering early morning and evening appointments, extending appointment times and making all appointments more comprehensive by reviewing the patient's complete medical record at every visit to identify opportunities to address other wellness needs. This may mean offering additional exams and services, with the patient's consent, not related to the initial reason for their visit.

"While it is a great accomplishment to be NCQA recognized as a Patient Centered Medical Home, the bigger accomplishment is being able to make a difference in our local community," said Jayne. Research confirms that medical homes can lead to higher quality of care and lower costs for patients and can improve both patients and providers' experience of care.

With more than 10,500 patients, Summit Pacific's impact on the community is immense. "Through this work, adolescent well-care visits have increased by more than 150 visits from the previous year," shared Kayla Godfrey, Population Health Analyst at SPMC. "In addition, in 2016 we saw a 100% increase in the rate of HPV vaccinations administered from 2015."

Giving primary care providers more time with their patients made it possible for these vaccines and well-care visits to take place within a normal primary care visit. The provider is able to focus on preventative services that the patient is due for and address them during the visit.

Other internal changes made by the clinics are having a direct impact on patients as well. The clinics are now using a "pre-visit tool" to assess each patient's needs more efficiently and doing daily "huddles" at each clinic location. During these huddles, clinical staff plan for the day and try to foresee any problems that could arise and cause an inconvenience for patients.

In response to the need for increased access to primary care, Summit Pacific has recently welcomed two new primary care providers and is constructing a new three story, 60,000 square foot wellness center, which will be able to accommodate up to 20 primary care providers and will offer more even more preventative services.



Summit Pacific Medical Foundation Celebrating Tenth Annual Celebrity Golf Tournament May 5

Spring is here and it is time to get outside! If you are looking for a good excuse to spend a Friday outdoors, look no further than Summit Pacific Medical Foundation's Annual Celebrity Golf Tournament. This year is the tenth anniversary of the event, which will return to the award winning Salish Cliffs Golf Club in Shelton May 5.



This photo from 2009 shows Brad Goode and Phil Luce, the two longest-standing celebrities!

This annual event, turned local tradition, was born a decade ago when Summit Pacific Medical Center was still Mark Reed Hospital and Mark Reed Hospital Foundation was looking to develop a signature fundraising event. Newly hired CEO, Renee Jensen, had the idea of a Celebrity Golf Tournament.

Over the past ten years the golf tournament has allowed the foundation to donate nearly \$300,000 to the hospital and clinics to fund items such as the new Summit Pacific Medical Center facility, an ultrasound, the paved wellness trail, new hospital beds, a mammography unit and much more. Each year the tournament grows, with last year's event seeing record numbers once again in both attendance (28 teams) and total raised (\$40,000 net profit).



Golfers can enjoy a wonderful catered awards barbecue following play.

"Each year the Tournament has built upon the success of the prior year, which offers interesting challenges and opportunities," said Lauren Day, Foundation Executive Director. Since moving the event to Salish Cliffs Golf Club, more than twice as many golfers have been participating in the event. "We had a great time when we first started the event working with Oaksridge Golf Course," Day shared, "But eventually we needed more room to accommodate more golfers. There is a good chance we could sell out this year so get your registration in early!"

In keeping with tradition, Summit Pacific Medical Foundation will be auctioning off a range of celebrities and professional golfers. Crowd favorites Brad Goode, most recently known as a local news anchor on Komo 4 News, and local golf pro Ronnie Espedal of Highlands Golf Course in Cosmopolis will be back as celebrity golfers.

Play consists of a four-man scramble with a shotgun tee-off. To keep things interesting, participants will encounter various opportunities along the course to take home prizes ranging from cash, cars, clubs and bragging rights by participating in an assortment of games and contests including classics such as closest to the pin and longest drive as well as your non-traditional "marshmallow drive," "flip cup" and "roll the dice" games.

Golfers also have opportunities to improve their score and support the organization through the purchase of raffle tickets, mulligans and grenades. At the end of the day, golfers and their guests enjoy a lively barbecue dinner, silent auction and awards presentation.

At this time, the golf tournament is the foundation's largest annual fundraiser and an integral part of its overall success. "We are continuously in awe and thanks of the



Courtney Coleman and a golfer "Roll the Dice," one of the fun course games!

REGISTRATION NOW OPEN!

Contact Lauren Day
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LaurenD@sp-mc.org.

tremendous support we receive at this event each year from local businesses, business partners and the community," Foundation Executive Director, Lauren Day shared, "We have worked hard to create a fun and unique tournament experience that makes people want to come back each year."

Individuals and teams are encouraged to register for the event. The preferred deadline for registration and payments is Friday, April 21. Additional dinner tickets can be purchased for \$50. Registration is available online at www.summitpacificmedicalcenter.org under the Foundation tab, or by calling 350-346-2250.

March is National Save Your Vision Month

It is simple to see the world around us; all you have to do is open your eyes! So much of our daily lives are based on visual stimulation from using a computer at work, to enjoying our favorite TV shows and movies at night. Our eyes are a big part of our everyday lives and getting your annual eye exam is as important as getting your annual physical. Regular eye exams can tell you a lot about your health. Did you know that diabetes is often diagnosed during eye exams?

Save Your Vision Month takes place every March with the goal of increasing awareness around good eye care. The focus of this event, organized by the American Optometric Association, is to encourage people to get their regular eye exams and to think about the things in our everyday environments that could be causing our eyes stress. Technology is a big part of many people's lives and the risk of eyestrain and damage is higher than ever. Apart from ordinary eye care, this month focuses on eye care in the workplace.

Eye Care in the Workplace

Today, almost every work place is fitted with computers, whether it is a corporate office or a small library. One of the biggest problems of continued and persistent computer use is eyestrain. Many people who use computers for long stretches of time tend to complain about symptoms like dry eyes and blurry vision. While it might not be feasible to cut down on computer use, there are ways to limit overworking your eyes.

4 Tips for Reducing Digital Eye Strain

Location of computer screen — position your monitor so that you are looking downward at your screen. Optimally, the computer screen should be slightly below eye level as measured from the center of the screen and 20 to 28 inches from eyes.

Lighting — position the computer screen to avoid glare, particularly from overhead lighting or windows. Use blinds or drapes on windows and replace the light bulbs in desk lamps with lower wattage bulbs.

Rest breaks — to prevent eyestrain, try to rest your eyes when using the computer for long periods. Rest your eyes for 15 minutes after two hours of continuous computer use.

Blinking — to avoid dry eye when using a computer, make an effort to blink frequently. Blinking keeps the front surface of your eyes moist.

Roasted Salmon with Melon Salsa

Fish is a great food for the health of your eyes because it contains omega-3 fatty acids EPA and DHA. EPA and DHA stand for eicosapentaenoic acid and docosahexaenoic acid. These fatty acids are omega-3 fats, which are found in cold-water fish and have an important role in vision. EPA and DHA help decrease inflammation, protects against age-related macular degeneration, cataracts and even dry eye syndrome.

The most effective way to get EPA and DHA into your diet is to eat cold-water fish that are high in these omega-3 fatty acids and low in contaminants. Wild Alaskan salmon, sardines, rainbow trout, and mackerel, among others, are good options. Other good Omega-3 foods include walnuts, chia seeds, flaxseeds and egg yolks.

This is a great recipe for spring as it offers a vibrant and bright presentation and is highly nutritious. Peach or papaya can be used as a substitute for melon if you prefer, or if it is in season. We recommend you serve this dish with a green salad and brown rice.



Recipe

Roasted Salmon with Melon Salsa

Roasted Salmon (serves 4)

Ingredients

4 Salmon fillets
1 Tablespoon olive oil
Salt and pepper to taste

Instructions

1. Preheat oven broiler to 400 degrees.
2. Line a cooking sheet with aluminum foil.
3. Place fish fillets on the cooking sheet and brush with olive oil. Sprinkle a little salt and pepper to taste on each fillet.
4. Place in oven for 5-10 minutes, or until brown on the top and cooked throughout.



Melon Salsa

Ingredients

1 Cup cantaloupe (cut into ¼-inch cubes)
½ Red pepper (cut in ¼-inch cubes)
1 Green onion, chopped finely
1 Tablespoon fresh cilantro, chopped
Juice and zest of 1 lime
1 Tablespoon olive oil

Instructions

1. Mix cantaloupe, green onion, red pepper and cilantro. Season with salt and pepper.
2. In a small bowl, whisk together the olive oil, lime zest and lime juice.
3. Pour dressing over salsa and mix.
4. Place salmon fillet on plate and spoon one quarter of the salsa on top.

SPMC's Infection Control Wants Your Help

Ask your care team, "Have you washed your hands?"

Did you know that our hands are the most common vehicle to transmit healthcare associated pathogens? Yet many patients are still not comfortable with asking medical personnel if they have washed their hands. We want our patients to feel comfortable and empowered to ask, "Have you washed your hands?"

We realize that the impact of healthcare associated infection can cause patients to become infected with serious illnesses, prolong stays in healthcare facilities, add to the personal cost of healthcare and can even cause death.

It is important to ask your care providers if they have washed their hands, even if you do not have a cut or any broken skin. You never know what they have contacted before arriving to your appointment.



3D Mammograms and DXA Coming Soon to SPMC!

We are pleased to announce that we have purchased two new pieces of state-of-the-art equipment for our Diagnostic Imaging Department!

We will soon be able to offer our patients 3D Mammography. By minimizing the impact of overlapping breast tissue, 3D mammograms help detect cancer earlier than conventional mammography.

DXA, which measures body composition, is completely new to Summit Pacific. DXA scans help providers and patients know specifics about a person's bone density. These scans determine the risk of broken bones and can confirm a diagnosis of osteoporosis. The entire exam typically takes just a few minutes to complete.

SPMC is excited to expand services and continually upgrade equipment to best support our community. Our Prompt Pay Discount of 25% makes staying local for these screenings an easy choice.

Monthly Community Education Dinners Have Returned

Many community members and employees have come to know and love the monthly Community Education Dinners sponsored by Summit Pacific Medical Center.

This year's topics are expanding to meet a more diverse group of community needs. Some core topics from past years will return along with new topics including children's nutrition, vision awareness, preventative physical therapy, benefits of naturopathy and end of life planning.

SPMC's vision for the events is to provide important education around various health and wellness issues, prevention tactics and community resources. The more informed our community becomes on how to take charge of our health and happiness; the easier it will be for us to make choices that improve our quality of life. The dinners are also a fun opportunity to try delicious, but healthy meals and socialize with your neighbors.

If you have not already attended one of the popular Community Education Dinners, make time this year to come see what the hype is all about. These events tend to take place on the fourth Tuesday of every month, from 4 to 5 p.m., in the Kelsey Conference Room at Summit Pacific Medical Center. Classes are free, with no RSVP required, feature a guest speaker and of course, dinner!

2017 Community Education Dinner Schedule

March 28, Lower Back Pain

April 25, Understanding Antibiotics

May 30, Stroke Awareness

June 27, Benefits of Naturopathy

July 25, End of Life Preparation

August 29, Nutrition for Children of all Ages

September 26, Preventative Physical Therapy

