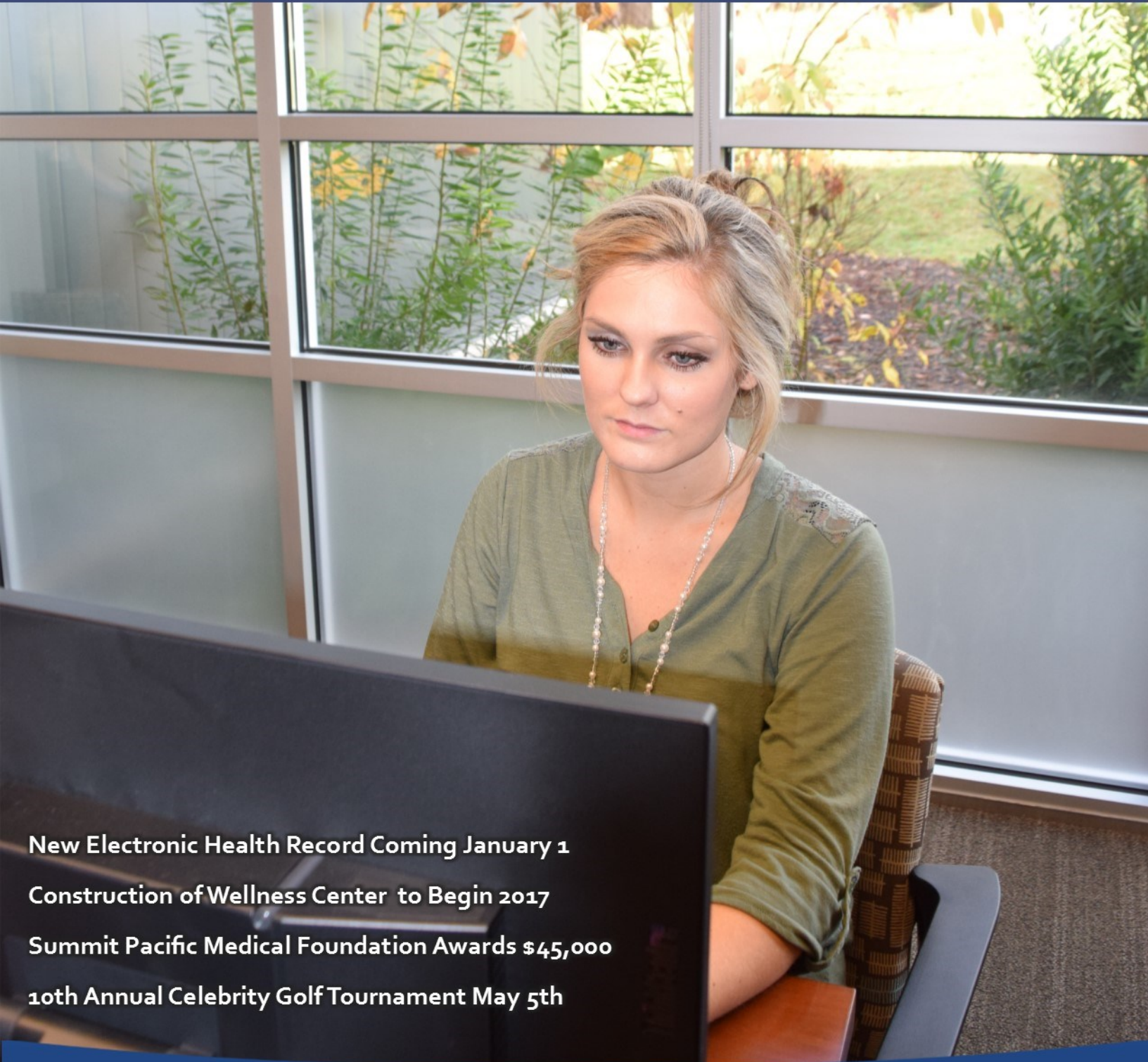




# PEAK HEALTH NEWSLETTER

Volume XI?, December 2016



New Electronic Health Record Coming January 1  
Construction of Wellness Center to Begin 2017  
Summit Pacific Medical Foundation Awards \$45,000  
10th Annual Celebrity Golf Tournament May 5th



# New Electronic Health Record Coming January 1st

We are excited to announce that on January 1 we will be implementing a new electronic health record, or EHR, across all of our clinics and hospital departments. The most basic definition of an EHR is a digital version of a patient's complete medical record to include medical history, diagnoses, medications, treatment plans, immunization dates, allergies, radiology images and laboratory test results.



All training is done on computers in the actual software that employees will be using beginning on January 1st

Currently at SPMC, different specialties use various programs to register patients and manage their records. This can result in duplicate work being done such as you having to provide the same contact information to various people, or an Urgent Care provider ordering a test that you may have just had done elsewhere. With the system-wide implementation of Meditech, no matter where you go within SPMC, all records, from a trip to the ED, or your annual mammogram, will be seamlessly uploaded into one system for you and your care team at Summit Pacific to review. This means that an Urgent Care provider can now look at your record and not only see that you have already had that test, but can also view the results.

The entire SPMC team has been hard at work preparing for the change for over a year now. The new system required staff to work one on one with the software developers to customize the system to meet our organization's needs. Maintenance and IT staff renovated space at the Mark Reed facility to be used as training rooms so that employees can receive dedicated training.

CEO Renee Jensen cannot praise the staff enough for the work they have been doing this past year, "It's been amazing to watch our staff come together and work toward this common goal. I know they have all been pushed to their limits and are exhausted, but they continue to deliver top-notch patient care, while spending every free minute and sometimes extra hours, meeting with peers to re-design workflows, meeting with software staff to share information and spending countless hours learning the new system."

SPMC's Spirit Team, an internal group who meets monthly and plans fun events for employees, has been planning events to keep employee spirits high during the transition. Events include ice cream socials, a traveling mock-tail bar, a stress ball building workshop and all you can eat taco bar. "It's been fun to be able to provide these extra perks and encouragement to staff during this busy, and sometimes stressful time," Trish Werdahl, Spirit Team Chair shared. Summit Pacific Medical Foundation provides funds to help support the Spirit Team's mission.

"In order to do the best for our patients, we need to have the best tools. The new EHR, Meditech, is one of those tools. And because of that, staff are willing to do what it takes to make it happen," Jensen shared.

Patients can expect to experience several changes over the next couple of months due to the new EHR. In addition to better care coordination, improved safety checks, and a better patient portal, patients will notice new billing statements for services and related charges incurred January 1, 2017 and later. Patients will also have to enroll into the new patient portal program, even if already enrolled in the current portal. In addition, patients may experience longer wait times for about the first month while staff continue to learn new processes and take extra time to confirm that all patient information in the new system is correct.

We truly appreciate your patience with us as we make this transition. If you have any questions about the implementation of our new EHR, please do not hesitate to contact us. For more information, we invite you to visit a list of frequently asked questions that is available on our website at [www.sp-mc.org](http://www.sp-mc.org).



Acute Care Staff training in one of the three Mark Reed training rooms that were prepared for the implementation



# Urgent Care or Emergency Department?

Summit Pacific Medical Center's Emergency Department is open 24/7, the Urgent Care is open Monday through Friday from noon to 8 p.m. and Saturday and Sunday from 10 a.m. to 6 p.m. It is often difficult for people to know which service is best for their needs.

## When to go to the Emergency Room

Emergency rooms can handle trauma, x-rays and other life threatening situations. Visit the ER for care when you experience the following:

- severe abdominal pain
- allergic reactions
- head or eye injuries
- serious burns
- severe headaches or blurred vision
- trouble breathing
- deep cuts that won't stop bleeding
- heart attack symptoms
- dehydration
- possible drug overdose or poisoning

## When to visit the Urgent Care

When you need immediate care but you do not have time to see your doctor, our Urgent Care can help with common conditions such as:

- rashes
- tooth pain
- sprains and strains
- cuts needing stitches
- urinary tract infections
- lower back pain
- pink eye
- animal or insect bites
- cold and flu symptoms
- asthma

If you have a life-threatening emergency, you should call 911 immediately.

# Not Too Late for Flu Vaccine

After November when you see signs that advertise, "Get Your Flu Vaccine Here," you might think, "Isn't it too late for that?" As long as flu viruses are spreading, it isn't too late to get a vaccine to protect yourself and loved ones.

The Centers for Disease Control & Prevention estimates that more than 200,000 people become hospitalized each year with the flu or with flu-related complications. According to the CDC, flu viruses are most common during the fall and winter. The exact timing and duration of flu seasons can vary, but influenza activity often begins to increase in October.

To get your vaccine call 360-346-2222 for an appointment, or just stop by during the hours of 7 a.m. to 5:30 p.m. Anyone can get a flu vaccine at SPMC, you do not need to be a current patient of the medical center to receive the flu vaccine.



**SAVE  
THE  
DATE!**

## 10th Annual 2017 Celebrity Golf Tournament Returns Friday, May 5th to Salish Cliffs Golf Club

*Single, team registrations and event sponsorships are available.  
More than 25 teams participated in 2016; register early to reserve your space!  
For more information on registering for this event and/or sponsorships contact  
Lauren Day at 360-346-2250 or [LaurenD@sp-mc.org](mailto:LaurenD@sp-mc.org).*





## Wellness Center Construction to Start Next Spring

Summit Pacific Medical Center will be inviting the public to attend a groundbreaking ceremony to celebrate the start of construction on the Wellness Center next spring.

The construction of a Wellness Center will allow services provided within the hospital to expand and accommodate growing patient volumes. The new three-story, 60,000 square-foot facility will be home to a 6,000 square-foot physical therapy gym, a primary care clinic that can house up to 18 primary care providers, a healthy eating café and many more opportunities for educational classes and chronic disease support groups.

As part of this project, and in support of SPMC, Summit Pacific Medical Foundation is raising funds to build a large indoor and outdoor family activity center, to include a robust playground, that will be accessible to the community year-round.

The organization chosen to construct the building is Graham, the same organization entrusted to build Summit Pacific Medical Center. In the coming months, community members will begin to notice some land development where the Wellness Center will stand.

The new facility will help achieve SPMC's initiative to transform the healthcare delivery model. Instead of focusing on treating sick people, SPMC is developing and increasing service lines targeted toward keeping people from getting sick and providing the community with the tools needed to live happier, healthier lifestyles.

## Recipe

### Holiday Roasted Brussels Sprouts

#### Ingredients

½ Pound sliced bacon  
¼ Cup butter  
⅔ Cup pine nuts  
2 Pounds brussels sprouts (cored & shredded)  
3 Green onions (minced)  
Salt & pepper to taste

#### Instructions

Place bacon in a large, deep skillet. Cook over medium-high heat until crisp. Drain and reserve 2 tablespoons grease. Crumble bacon and set aside. In the same skillet, melt butter into reserved bacon grease over medium heat. Add pine nuts and cook, stirring until browned.

Add brussels sprouts and green onion to the pan. Season with salt & pepper. Cook over medium heat until sprouts are wilted and tender. This will take approximately 10 to 15 minutes. Stir in crumbled bacon just before serving.





## Summit Pacific Medical Foundation Awards More than \$45,000 in Grants

Summit Pacific Medical Center wants to extend our deepest gratitude to Summit Pacific Medical Foundation and all those who support the foundation through personal gifts, event attendance and volunteer efforts. The foundation recently wrapped up their annual mini grant application and award process. Each year the foundation encourages staff and departments to apply for funding for various equipment and projects they are working on. Through this process, the foundation announced that they would be awarding over \$10,000 in grants to these employee led initiatives for use in 2017.

Thanks to immense support from staff and the community, this past year the foundation was able to provide more than \$45,000 in equipment and program funding to SPMC. Included in the amount were some of the following purchases:

- 2nd ED Nurse, Provider and Patient Tracking Board Station
- Ultrasound for the Emergency Department
- Powerlift Table and Exercise Bike for Physical Therapy
- High-low Exam Table Upgrade for the New McCleary Healthcare Clinic
- Vaccine Fridge Storage Upgrade
- Nutrition Services' Garden Beds
- Bariatric Wheelchairs
- Employee Recognition Funding

In addition to providing some incredible equipment for departments throughout the facility. The foundation provided over \$2,000 in patient assistance items. The Patient Assistance program provides support to qualified low-income patients to help them pay for one-time medication costs, transportation needs and other needed items as identified by their provider and support staff. This program also purchases small stuffed animals for staff in both the Emergency Department and the Urgent Care to pass out to our youngest patients.

Summit Pacific also appreciates the work the foundation does to help support the employee led funding that provided more than \$5,000 in scholarships to local graduating high school seniors in 2016.

If you would like to support Summit Pacific Medical Foundation, please visit their website at

<https://summitpacificmedicalcenter.org/wordpress/foundation/>

Or you can contact Lauren Day, Executive Director, at 360-346-2250 or [LaurenD@sp-mc.org](mailto:LaurenD@sp-mc.org). Gifts can also be mailed to SPMF, 600 E. Main St., Elma, WA 98541.



## SPMC Hosting Gingerbread Contest through New Year's Day

Stop by Summit Pacific Medical Center to vote for your favorite gingerbread house! Smells of gingerbread are in the air! From the very young to the very young at heart, this contest is one of wonder, awe and delight.



Local businesses and many employees of Summit Pacific Medical Center have crafted and placed their gingerbread creations on display.

Entries will be on display through New Year's Day. We invite the community to stop by, see the houses and cast votes for their favorites!

Awards will be given for "Best Employee Entry" and "Best Local Business Entry."

In 2015, submissions included a Seahawks stadium, a log cabin, the Millennium Falcon, a four-story gingerbread house, a replica of Summit Pacific Medical Center and many more!