

# PACESETTER

Sharing ideas for healthy lifestyles

Spring 2002

Volume 14, No. 2

## Nineteen New Private Patient Rooms Open

Everyone rests better in their own room. And, when it comes to recovery from an illness or surgery, getting enough rest is essential.

Kadlec Medical Center this month opens 19 new private rooms on the east end of the fourth floor—the first phase of its effort to convert all rooms within the Medical Center to private rooms.

“Private rooms provide fewer interruptions and more privacy. It is easier for families to have important conversations among themselves or with a physician without another patient, and possibly that patient’s family, in the room,” said Suzanne Richins, Kadlec’s Chief Operating Officer.

These new rooms will be devoted to adult orthopedic and neurological surgery patients. The floor also includes a large physical therapy area. “Having easy access to physical therapy will be a big benefit for these patients,” said Richins.



*Nancy Dahlberg, RN, Clinical Nurse Specialist, Jim Connerly, RN, Infection Control Practitioner, and Brenda Atencio, RN, Unit Manager review plans for the 19 new private rooms now open on Kadlec Medical Center's fourth floor.*

“We need these additional beds to support our growing programs and the addition of new neurosurgeons. It is also freeing up space for heart patients,” said Richins.

“Once this work is complete, we intend to start converting patient rooms on the third floor to private rooms,” said Richins.



### Heart Healing

Gary McCollum is rehabilitating his heart after bypass surgery with the help of Kadlec’s CardioPulmonary Rehabilitation program. (See story, page 3.)

### Construction Update

- Kadlec’s new two-story East Wing is scheduled to open in November, 2002. It will house a new Intensive Care Unit (ICU) and Emergency Department (E.D.). Both will double in size. The remodeled E.D. will include a separate entrance and 20 private rooms including four devoted to resuscitation for traumas and one especially devoted to pediatric patients. There is also a room equipped to handle patients brought in with nuclear or chemical contamination. The East Wing will also house a six-bed Express Care Center allowing for expanded hours and services.
- A new main entrance to the Medical Center is under construction at the east end of the campus. It will include a non-denominational chapel, gift shop and espresso service. Projected completion date is October, 2002.
- In August, across from the Medical Center, work will be completed on a new medical office building which will house an Outpatient Imaging Center. The center will include nine different imaging modalities, much of which is latest generation, state-of-the-art equipment.

*All Our Best!*

**KADLEC**  
Medical Center

# New Treatment Options for Retinal Vein Occlusion

Central retinal vein occlusion is second only to diabetes as the leading cause of retinal vascular blindness. It is usually caused by a blockage of blood vessels in the back of the eye. Blood flows into the eye but can't get out, resulting in pressure build-up in the vessels, swelling, bleeding and profound loss of vision.

"It's like any tube. When a fluid flows in and cannot flow out, pressure builds," said Tri-Cities Retinal Specialist Charles Sung, MD.

Until recently there was no cure for this condition.

Now two new surgical techniques have been developed which are providing hope for these patients.

The first procedure, performed at Kadlec Medical Center by Dr. Sung, is called neurotomy. A small incision is made with a blade on the optic nerve disc and scleral ring to relieve the constriction and restore the blood outflow.

In the second procedure, a very fine needle is inserted into the central retinal vein, followed by injection of tPA (a clot-busting agent). This dislodges and/or dissolves the clot restoring the blood flow. Dr. Sung will soon begin performing this procedure at Kadlec, as well.

In both procedures, pressure is relieved and the blood flow is restored. Both are extremely delicate, high-tech surgeries.

"These procedures provide hope for vision to be clearly improved. It is impossible to return a patient to 20/20 vision because most of these patients have poor vision to begin with. Yet, they provide an opportunity for improved vision when before there was none," said Dr. Sung.

Thank you  
"Bear-y" Much!

Members of the Natural Helpers Club from Chief Joseph Middle School in Richland recently donated 250 stuffed animals which they collected during a school drive. They are to be given to young Emergency Department patients.



## PACESETTER

*PaceSetter* is published by  
Kadlec Medical Center  
888 Swift Blvd., Richland, WA 99352  
(509) 946-4611 • www.kadlecmed.org

Mary Lynn Merriman, MLM Communications, editor; Sara Nelson Design Ltd., design and layout; Shields Printing, printing; Litz's New Media Solutions.

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# Rehabbing the Heart

**G**ary McCollum, of Pasco, says he wasn't really trying to set a world's record when he underwent heart bypass surgery in January – but his quintuple bypass certainly was an extensive procedure. Fortunately, McCollum had seen the symptoms of heart disease before he had an actual heart attack which allowed the procedure to be performed before his heart was damaged.

But, even under the best of circumstances, recovering from open heart surgery can be a slow and difficult process. People who have a history of heart problems are also at high risk for additional heart problems. That's where Kadlec Medical Center's CardioPulmonary Rehabilitation program comes in.

The CardioPulmonary Rehabilitation program at Kadlec is designed to assist heart patients in improving their overall physical and mental health. The outpatient program not only includes exercise, but also emphasizes medical, nutritional, educational and psychological components of recovering from a heart attack, heart surgery or pulmonary disease.

McCollum enrolled in the Kadlec program six weeks after his surgery. "My physician suggested it as part of what I needed to do to improve my mobility, strength and stamina.

And, if he had not suggested it, I would have because I have friends who have had great results from this program. I also saw it as being very important for my mental health," he said.

For McCollum, 63, it means going to the Cardiac Rehab unit on Kadlec's fourth floor every Monday, Wednesday and Friday for a 12-week program.

"Following my initial interview, the staff designed a very specific program for me. It includes a variety of exercises using a treadmill, stationary bike, arm exercises and other things to get the heart rate up. Meanwhile, they are constantly monitoring your heart to keep you in the safe range, yet building you up.

The constant monitoring is comforting. It gives you confidence to continue working harder," he said

Even with the rigorous aspects of the program, according to McCollum, it is also very social.

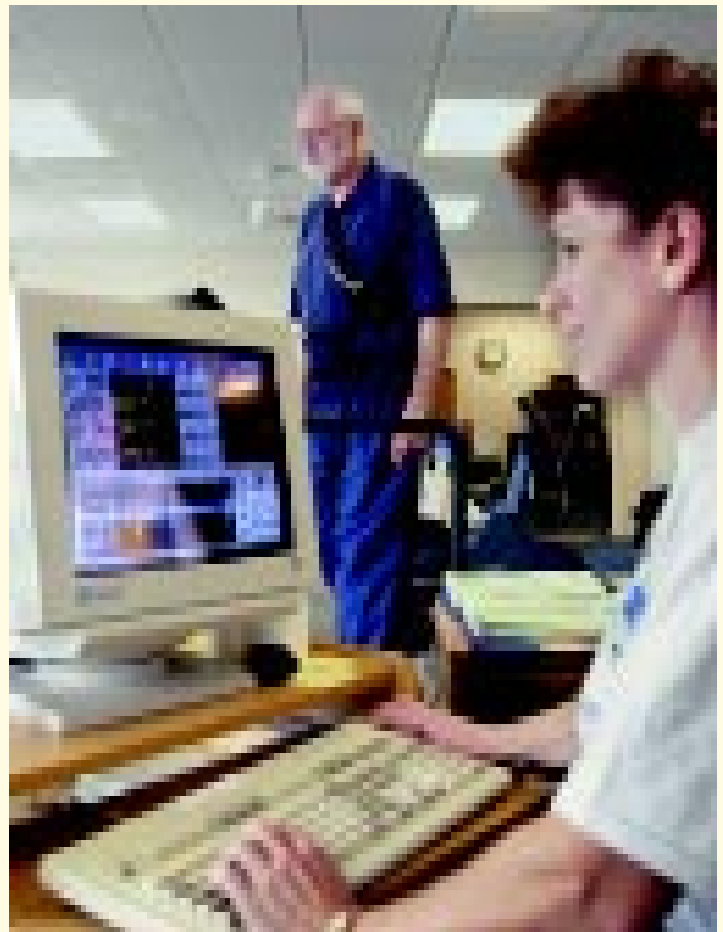
"While the program is regimented, the environment is very social. You get to know other people

who are all going through the same things you are," he said.

McCollum gives high marks to the cardiac rehab staff. "They are very participant-focused. In my estimation they are the real story. They are great people. They push you pretty hard and then work to help you see your progress. They really help you learn to celebrate your successes and at the same time look for more improvement," McCollum said.

"I think this program is an absolute must for the physical and mental well-being of anyone who has had a cardiac incident," said McCollum.

For more information, call Kadlec's CardioPulmonary Rehabilitation Department at 942-2737



*Gary McCollum works out on a treadmill at Kadlec's CardioPulmonary Unit while being closely monitored by Kay Langevin, RN.*



*Step aerobics are also part of the monitored workout McCollum undergoes three times a week as a part of his rehabilitation following heart surgery. Kadlec's Linda Christiano, RN leads him through the workout.*



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*All Our Best!*

# Standing Ready

Suddenly, there is an emergency situation within our community. It might be a natural disaster, human-induced or technological. How the community responds requires a great deal of teamwork and forethought.

Effective emergency preparedness means anticipating the unexpected and imagining the unimaginable. At Kadlec Medical Center, preparing for emergencies has been going on since the hospital was established in 1944.

“Kadlec was originally built for nuclear work as a part of the government-run Hanford portion of the Manhattan Project. Because of the nature of that work, preparing for an emergency began when the hospital opened nearly 60 years ago,” said Jean Schalasky, Environment of Care Specialist at the Medical Center.

With the proximity to both the Hanford area and the Umatilla Chemical Depot, preparing for the unexpected has been a community-wide effort, including government agencies, hospitals, schools and others who might be involved in such a situation.

“Our area has one of the finest Emergency Command Centers in the country,” said Schalasky.

At Kadlec, emergency preparedness is a hospital-wide program. “The entire staff is involved in emergency preparedness planning and their role in it. Annual

safety and emergency preparedness education is provided to all Kadlec Medical Center staff,” she said.

In addition, the community conducts annual emergency drills, of which Kadlec is a part.

“We have 20 different scenarios we consider from floods, to electrical outages, volcanic ash and earthquakes. We look at mass casualty events such as a plane crash. And, of course, we have considered emergencies at Hanford and Umatilla too,” said Schalasky.

“We are very fortunate in our community that everyone works together.”

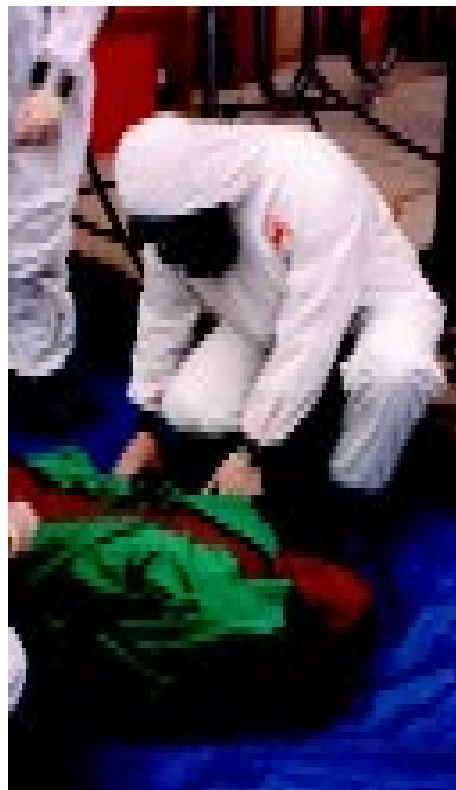
## New Emergency Department includes Decontamination Unit

If an emergency requires the need for nuclear decontamination, the new Emergency Department under construction at Kadlec includes a separate decontamination unit. It features a separate entrance, a shower with a holding tank for its water, and special ventilation.

“In situations where there is a need for

decontamination, such as in a chemical or radiation exposure, one of the main goals is to keep the contamination from entering the Medical Center,” she said. “If the Emergency Department staff becomes ill, they cannot treat their patients.”

Kadlec has in place a decontamination team, trained and ready to respond should the need arise.



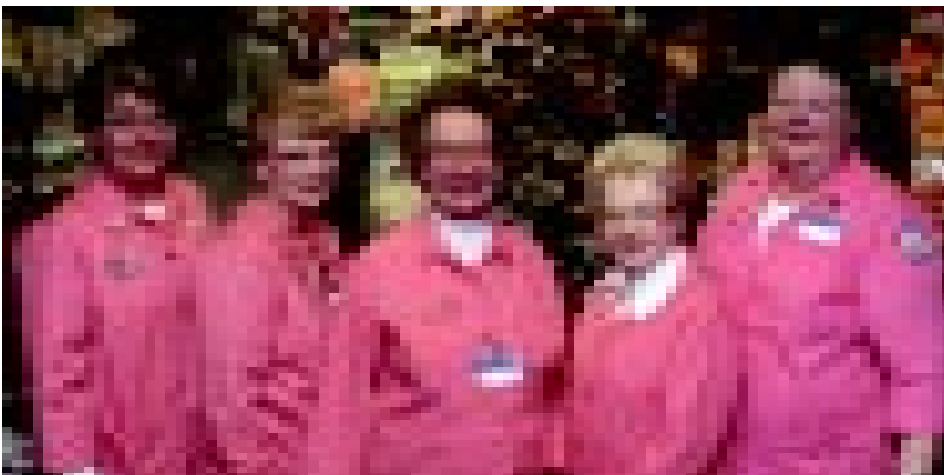
# Be A Sunscreen User!

We are sun-people in the Tri-Cities! We gloat about how much beautiful sunshine we have compared to the rest of Washington! Yet, it is becoming more and more clear we also need to be a sunscreen covered people. And, we need to learn to use sunscreen correctly.

According to the American Academy of Dermatology, more than half of all new cancers are skin cancers with more than 1 million new cases each year. About 80 percent of the new skin cancers will be basal cell carcinoma, 16 percent are squamous cell carcinoma and 4 percent are melanoma. The incidence of melanoma has more than tripled among Caucasians between 1980 and 2002.

Sunscreen is designed to prevent sunburn, yet most of us have experienced the pain of sunburn despite the use of sunscreen. Effective use of sunscreen should include:

- Wearing a broad-spectrum sunscreen with a sun protection factor (SPF) of at least 15.
- Use sunscreen every day if you are going to be outside in the sun for more than 20 minutes.
- Apply sunscreens to dry skin 15 to 30 minutes before going outdoors.
- When applying sunscreen, pay particular attention to the face, ears, hands and arms and generously coat the skin not covered by clothing.
- Use enough sunscreen – one ounce is considered the amount needed to cover the exposed areas of the body completely.
- Reapply sunscreen every two hours and immediately after swimming or strenuous activity.
- Avoid deliberate tanning with indoor or outdoor light.



*Each year, the Kadlec Auxiliary provides hours of volunteer service and support to the Medical Center. This month, the Auxiliary will present a \$60,000 check to the Kadlec Foundation — the largest donation in Auxiliary history. The Auxiliaries raise the money through many activities including the gift shop, wreath sale, bake sales and bazaars. The Auxiliary will also operate the new gift shop, which will double the size of the current one, now under construction in the east wing addition. Auxiliary officers are, left, Pat Baker, Secretary; Ann McKibbin, President-elect; Betty Nash, President; Marge Yesberger, Vice President; andp LaVelle Nash, Treasurer.*

**T**odd Eppich has had plenty of time to contemplate his future. The 36-year-old father of five is a fulltime farmer whose occupation requires him to spend time sitting in a tractor by himself working his fields north of Pasco.

Yet, that time is now being taken up contemplating something new, too – how to juggle fulltime farming with being a fulltime nursing student at Columbia Basin College.

Eppich enrolled in the nursing program at CBC last fall and was one of the recipients of the Kadlec Medical Center Foundation

health care scholarships. He credits several factors for drawing him into this second profession.

“The farming economy certainly had something to do with it, but I also saw the care family and friends were receiving and knew I wanted to help others, too,” said Eppich.

He has found the first year harder than he expected, but has found the actual clinical work better than he expected, too.

“When you have the opportunity to take care of someone for six or more hours, you get to know about them as a



cropped, I have a better crop. If we take care of our patients, they respond, too. In both, you have the opportunity to see hard work pay off,” he said.

As a part of his coursework, Eppich has already gained hospital experience on the Medical/Surgical floors, in Pediatrics, Same Day Surgery and in the Emergency Department. “I hope to do some type of hospital nursing, possibly in the Emergency Department. That’s where I have enjoyed my work the most. It’s the excitement of never knowing what is coming next and how to respond to it, which excites me. I see it as where I can use my skills the best,” he said.

## Two fields apart

Juggling the two professions is something

real person and treat the whole person. To have a patient say to you, ‘I really appreciate what you’ve done for me,’ you feel you have made a difference. That’s the part which is better than I expected.”

Eppich says there are similarities between his two fields – the main one is hard work. “If I take care of my

Eppich plans to do, even after he finishes his nursing education and begins fulltime nursing. “I want to carry on the tradition of farming my father gave to me. On the practical side, I can work three 12 hour shifts a week and still have three days to farm,” he said.

He’s a busy man with a heart to help. Maybe this time on the tractor working his asparagus fields will be also spent contemplating an entirely different field—how best to help his patients.

Each year, Kadlec Medical Center Foundation awards nearly \$30,000 in scholarships to students studying in health care professions.

For more information about the scholarships, call the Foundation office at 942-2661.



# Are you a Smoker or Former Smoker?

If you answered “yes,” you may be eligible to take advantage of Kadlec Medical Center’s new computed tomography (CT) screening for lung cancer.

The statistics regarding lung cancer are frightening. This year, 355,000 Americans will be diagnosed with lung cancer and in five years, only 14 percent will still be alive. Lung cancer is now the most fatal cancer for both men and women. It can only be cured by surgery when it is detected early.

“Research on lung cancer screenings has been going on for over 10 years. It has shown early detection can help find the cancer at a stage where it can be treated surgically when there is still hope of a cure,” said Kadlec Radiologist C. Kenneth Requard, MD.

CT scans provide unobstructed images of the entire lungs and detect six times more lung cancers compared to a chest x-ray. The CT scan can detect lung cancer before symptoms arise, before it can be seen on a chest x-ray and in a substantial number of cases, at a stage when it can be cured by surgery.

## Should you be screened?

The risk of lung cancer increases with the age of the person, how many years they

may have smoked and how many cigarettes per day. Physicians estimate risk by determining “pack-years”. A pack-year is determined by multiplying the number of packs of cigarettes smoked per day by the number of years smoked. For example, if you have smoked 2 packs a day for 10 years, then the number is 20 “pack-years.”

Your physician can help you determine your risk and help you decide whether to be screened. However, you may refer yourself for screening directly if you are over 45 years old and have at least a 10 pack-year history of smoking at any time in the past.

The screening is also available to people who have had extensive exposure to asbestos.

The cost is \$250 for the hospital fee and \$75 for the Radiologist to interpret the results. Because the screening is not covered by some insurance companies, payment is due at or before the time of service.

For more information on this new lung screening or to schedule a screening, call Kadlec’s Imaging Department at 942-2621.

## Tri-Cities Heart Symposium

More than 100 physicians, nurses and other health professionals attended the first Tri-Cities Heart Symposium. The program was hosted by Tri-Cities Heart Care and its surgeons Hugo Gomez-Engler, MD (far left) and Roberto Amado-Cattaneo, MD (second from left). Featured speakers included Albert Starr, MD, Oregon Health Sciences Center; Nabil Dib, MD, Arizona Heart Institute; James Oury, MD, International Heart Institute of Montana; and James Thomas, MD, Cleveland Clinic Heart Center.



# Safe Kids SATURDAY



**It's Free!**

Each year, Kadlec teams with over 30 other community service organizations to help kids (and parents) learn how to stay safe! Last year, an estimated 4,000 kids and parents attended!

A parent or guardian must accompany children.

(In case of bad weather, the event will be moved to Sacajawea Elementary School at 518 Catskill, Richland. To confirm location on the day of the event, call 942-2658.)

**May 11** • 10 a.m. – 2 p.m.  
Kadlec Medical Center Campus  
Swift & Stevens Blvd.

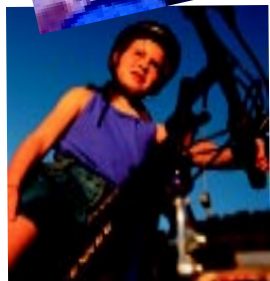
## Your child will learn:

- how to call the police or paramedics in an emergency.
- what to do if a fire started in your home.
- bike and water safety and much more!

## PLUS. . .

- free photo ID and fingerprinting.
- free bike helmet fittings.
- free child safety seat inspections.

New  
Event!  
Bike  
Rodeo



## Project Linus

*Peggy Mackey, Loretta Allen and Linda Porter of Project Linus present a handmade blanket to Dianna and Chris Simenec, for their newborn daughter, Chelsea, who was in Kadlec's Neonatal Intensive Care Unit. The Simenec's older daughter Camrin looks on. The three women began the Tri-Cities Chapter of Project Linus in the fall of 2001. The group delivers new, handmade and washable security blankets to children ages birth to 18 who are severely ill or severely traumatized. There are over 300 chapters nationwide with more than 350,000 blankets delivered around the world. The new Tri-Cities Chapter has already delivered blankets to the three area hospitals, fire stations and the Tri-Cities Chaplaincy and plans to include the Safe Harbor Crisis Nursery.*

