

Fall 2010 Community Health

A Publication of Snoqualmie Valley Hospital and Clinics



(Left to Right) Snoqualmie Valley Hospital X-ray / CT Technologist Marcia Korich and Medical Imaging Department Manager Gregory Merrill review images. Photograph by: Lindsey Oliver

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The Snoqualmie Valley Hospital Medical Imaging Department is available 24 hours a day, every day of the year. We service patients from the hospital emergency department, the physical rehabilitation department, inpatients, and all out-patient radiology needs – just a short ride from home. We have an exceptionally experienced staff with an average experience level of 15 to 20 years, and the majority of our staff also live right here in the Snoqualmie Valley.

Referrals

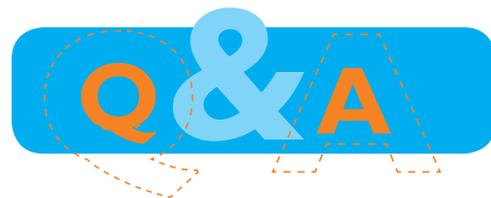
We accept referrals from any doctor, chiropractor, clinic or hospital.

100% Digital

Our department is 100% digital. This means your exam is portable; we can give you a CD to take to your doctor or your doctor can view it securely through the internet.

Radiation Safety

Radiation safety is our number one priority. We offer all imaging safety equipment. To ensure that we stay up to date and within current standards, all of our protocols



What x-ray equipment is better and why would I get an x-ray exam instead of a CT scan or an MRI scan?

It is common for me to get a question like this. Most people want to use the best technology. There is no such thing in the Imaging (X-ray) department as “the best.” Each of our equipment serves a different purpose. When I get this question, I like to use a transportation analogy. In your daily life you walk, drive a car, fly in an airplane or ride in a boat. Each of these will do something completely different, and we couldn’t function by only using one. Your doctor will know which exam(s) fits your needs.

- Gregory Merrill, RT (R)
Medical Imaging Manager



AFFORDABLE ACCESS

Affordable Access offers primary care services for a low monthly fee. Members may be seen for routine care such as yearly exams, chronic disease management and in-office procedures. Members are able to establish an ongoing relationship with a medical provider, which is a key aspect of a healthy lifestyle. Same- or next-day appointments are available for injuries and illnesses.

\$30 per member per month

Members also pay a one-time setup fee of \$45 and \$5 per visit. This service is not limited by income, geography or pre-existing conditions. Membership fees may be paid for by family, friends or employers. Service is available at Snoqualmie Ridge Medical Clinic. For more information, drop by for an enrollment packet, call Affordable Access at (425) 831-3430 or e-mail affordableaccess@snoqualmiehospital.org.

Snoqualmie Ridge Medical Clinic
35020 SE Kinsey St.
Snoqualmie, WA 98065

Affordable Access is not an insurance plan. It provides for primary care services only and makes no provision for emergency or specialty care.

are routinely reviewed by the imaging manager and radiologist. You can expect excellent image quality while keeping the radiation dose low. Remember – if you are pregnant or are trying to become pregnant, you should inform the technologist prior to entering an x-ray exam room.

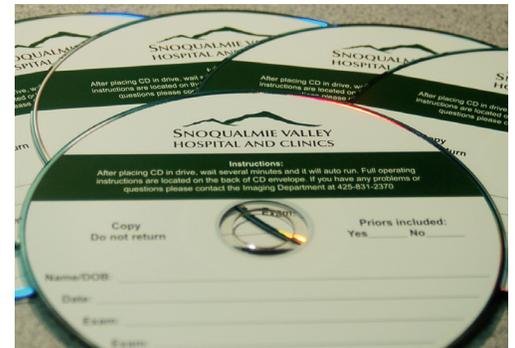
Our services include: X-ray, CT, MRI, Ultrasound, Bone Density Test (DEXA), Stress Echo and Modified Barium Swallow exams.

Exams are interpreted by TeleRadia Radiologists, who are available 24 hours a day, 7 days a week. Imaging reports can be produced in some cases as soon as one hour from the time of your exam. These reports are automatically generated to our hospital computer system, and you receive a CD with all of your exams on it. We can also upload CDs with previous imaging exams from other healthcare facilities into our system. This is beneficial to you, since our radiologist can then compare your old exams with the new ones.

We look forward to seeing you the next time you need medical imaging services. ■

CDs are provided to patients with all of their medical imaging scans to be given to their doctor for review.

Photograph by: Lindsey Oliver



Imaging Functions

X-Ray

- More inexpensive than many other scans.
- Uses the least amount of radiation.
- Shows bones well.
- Duration of scan is a fraction of a second.
- Takes internal photographs of bones, chest and abdominal regions.

CT

- Captures vascular and blood circulation as well as bones, veins and arteries.
- Uses radiation.
- Average duration of scan is 25 seconds.
- The section of body that is being scanned must be inside the machine.

MRI

- Shows soft tissue such as brain matter, ligaments and cartilage best of all the imaging scans.
- No radiation is used in this exam. Uses magnetic radio waves.
- Average duration of scan is 45 minutes.
- Entire body is enclosed by the machine.

Ultrasound

- No radiation. Uses Soundwaves.
- Shows developing babies in pregnant women, blood clots, vascular movement.

Bone Density Test (DEXA)

- More sensitive than an x-ray for bone density.
- Important for those with or at risk for osteoporosis.
- No referral needed.
- Duration last about 10 seconds per scan.

Stress Echocardiograph

- Used specifically to take images of the heart.
- No radiation.

Modified Barium Swallow

- A speech pathologist requests this test to evaluate the swallowing function.
- Shows where food or liquids are getting caught while eating or drinking.
- Duration of scan lasts about 15 minutes.



The Snoqualmie Valley Hospital District presents grey fleece vests in appreciation for all the hard work the Auxiliary has done for the hospital and community.

Photograph by: Lindsey Oliver

Snoqualmie Valley Hospital Auxiliary Volunteers Supporting the Hospital District

The Snoqualmie Valley Hospital Auxiliary has been in existence since the early 1980s. Several members from the original group have remained members for almost 30 years. The Auxiliary supports the Hospital's needs, fulfilling requests such as wheelchairs for the Emergency Room, equipment for the Physical Therapy Unit, and furniture for the Rehabilitation Floor. The Auxiliary has assisted with the Hospital's Relay for Life team and has provided support at various hospital sponsored events. Using proceeds from their Valley famous plant sale in May and the holiday bazaar in October (which boasts homemade pies, breads and jellies), the Auxiliary contributes annually to the local food bank, an expression of our appreciation for the Valley's support over the years. The Auxiliary also sponsors an annual \$1,000 scholarship for a local high school student who wants to pursue a degree in a health field. ■

For more information on the Auxiliary, please contact Mae McLean at 425.888.2101.



Rodger McCollum, CEO, serves the dessert at the thank you dinner for the Snoqualmie Valley Hospital Auxiliary.

Photograph by: Lindsey Oliver

**Become a
volunteer!**

Snoqualmie Valley Hospital and Clinics Volunteer Program

A word from Carol Waters, Volunteer Coordinator

“Volunteers are essential at Snoqualmie Valley Hospital. As our Goodwill Ambassadors our adult and student volunteers provide greatly needed assistance to patients, families and the community. Volunteers embody our mission to serve our guests, families, and staff with respect, sensitivity and excellence of service.”

Dominick Canady

Dominick Canady, a sophomore at Mount Si High School, has volunteered once a week at Snoqualmie

Valley Hospital for the past three months. He foresees continuing to volunteer during summer vacation and possibly during the winter months, which is his off-season from competing

in Track and Cross Country at the High School.

**I have wanted
to solve MS
and Autism by
becoming a
neurosurgeon**

Canady would love to work in the medical field and plans on attending the University of Washington to become a neurosurgeon. Classes such as Sports Medicine, and Anatomy and Physiology fascinate him. Particularly, while taking the class Health, Science and Careers, Canady was introduced to the Youth Health Service Corps. The Corps requires one to provide 50 hours of community service, but Canady's goal is to reach 100 hours, for which he would be awarded the Presidents Honor Award. Canady states that he liked that he could stay local to volunteer in a healthcare facility and not have to travel a long distance.



Dominick Canady: Volunteer
Photograph by: Lindsey Oliver

Canady's passion for becoming a neurosurgeon started when he was in second grade. He encountered a classmate who would occasionally scream during class and found out that this particular child was autistic. Canady also had a family friend who had Multiple Sclerosis, also known as MS. He says, "Ever since then, I have wanted to solve MS and Autism by becoming a neurosurgeon."

Carol Waters, the volunteer coordinator, has primarily placed him in assisting Housekeeping and Medical Records. He and Dan Alexander-Epure, who is in charge of Medical Records, have become close and laugh a lot while working together to properly file and label patient charts. Canady notes that it has been interesting to learn and understand the difference between inpatient and outpatient charts. "It's kind of like a puzzle. I know it sounds kind of boring, but it's kind of fun." He mentions that the main thing Carol Waters has taught him is that every person's function in the organization is vital for the organization to properly function. ■

Ever Jones

After working in the corporate travel industry for a number of years, Ever Jones decided to go back to school and change careers to the medical



Ever Jones: Volunteer
Photograph by: Lindsey Oliver

field, which she believed would be a more stable industry for her. One of her counselors at Bellevue College suggested she volunteer at a hospital to get a feel for the medical environment

I am really impressed by the volunteer program

and recommended Snoqualmie Valley Hospital. Back in 1978, Ever had received her Nurse's Aide Certificate, but her stomach just could not handle the different situations a nurse must undergo. In the '80s, Ever worked in Jackson, Tennessee as a medical receptionist and was in charge of bookkeeping, medical records, and transcriptions. Currently, she is looking for a job as a medical receptionist or filing clerk of Medical Records.

Jones says, "I am really impressed with the volunteer program, and Carol Waters is so accommodating. Managers and supervisors need to be just like her. Driving 21 miles from Bellevue to Snoqualmie is so relaxing and not hectic. Everyone here is so nice and pleasant."

Jones volunteers at the hospital district once a week for a half-day. She has worked at the Specialty Clinic, as well as with Medical Records and the Billing Department located in North Bend. Her responsibilities include filing and labeling patient charts, as well as copying and mailing patient charts to patients upon request. She mentions that she would love to have a job here if an opening in her desired position opened up. ■



(Left to Right) John Mullen, Master Carver for the Snoqualmie Tribal Nation; Gary Haines representing the Carnation / Duvall Medical Reserve Corps; Heidi Gerber, RN and Beverly Davidson, RN, BSN act as victims who have been splattered by a hazardous chemical, here represented by mustard.

All Photographs by: Lindsey Oliver

Decontamination Training

On June 21st, 2010, volunteers from the Snoqualmie Fire Station, Carnation Medical Reserve Corps, Snoqualmie Tribal Nation, and Snoqualmie Valley Hospital teamed up to partake in a class put on by the Washington State Hospital Decontamination Program.

Chris Orkioloa, one of the trainers, said he was there to provide background training and how to properly use the personal protective equipment, including the decontamination tent, for decontaminated victims who have been exposed to harmful chemicals associated with a natural or man-made disaster.

Jeff Cullen from Facilities at Snoqualmie Valley Hospital reports that the training consisted of four hours of class and four hours of hands-on drill. The class gave an overview of all types of disasters and how to take action and respond properly.

RN Heidi Gerber stated that it's good for multiple people in an organization to be able to know what is going on when there is a disaster and to be able to direct and help people. "Even though I cannot set up the decontamination tent by myself, I can better assist and direct individuals

Decontamination preparation is an important aspect of responsibly serving our community.

with what needs to be accomplished, now that I have been through the training course."

Beverly Davidson, Snoqualmie Valley Hospital's Emergency Department Manager, said, "I volunteered for this class because decontamination

The team works to set up the decontamination tent in a timely manner. Members chosen to act as victims pretended to be amiable and were decontaminated by volunteers in full protective gear, including a mask and gloves. The process consisted of rinsing off all contaminants with warm water. Victim would be given a fresh, clean garment to wear afterwards as contaminated clothing would be disposed.

preparation is an important aspect of responsibly serving our community."

"I took the decontamination class to understand what the hazards are we might run across and the measures to neutralize them. The class was excellent in fulfilling both goals," Gary Haines representing the Carnation / Duvall Medical Reserve Corps said.

Alta Broodryk, Swing Bed Utilization RN, testified, "I wanted to take the opportunity to educate myself on what to do if we ever should have a threat of hazardous materials, terrorism or weapons of mass destruction. I was amazed at how well-trained the team got with the setup and take down, which was a great achievement. Rick Green, Emergency Preparedness Coordinator for the Hospital District, put together a great team of leaders who offered a well-constructed course. Thanks for a great experience and training – one that I do hope we will never need to use in our area, but know that we have equipment and trainees who will step up to help at a heartbeat."



What do you enjoy about working for the Hospital District?



Beverly L. Davidson, RN, BSN
Emergency Department

“I enjoy working at Snoqualmie Valley Hospital because I am able to provide emergency nursing care with a focus on great customer service and provide more individual attention to our patient population. I work with a terrific team of professionals in the Emergency Department. Also, it’s very rewarding to be working as a nurse where I live because I feel that I am contributing to the health of my family, friends and community. I look forward to a long and productive career at Snoqualmie Valley Hospital.”



Andy Corbett
IT Department

“I moved to North Bend 13 years ago because I wanted to live closer to the mountains than the city. Yet I found myself spending more time commuting than doing the things I moved here for. SVH has given me the opportunity to utilize my background locally with a team full of intelligent, motivated, caring, fun people, all working together to provide exceptional medical services to my community. It is an honor to be a part of a team that does such important work.”



Barbara Pfeifle, CMA
Clinic

“I’ve been a part of Snoqualmie Ridge Medical Clinic since it opened in 2004 and seen many changes. Our clinic is small enough to feel like a hometown clinic yet we can provide service matching a large metropolitan office. We are able to provide personalized attention to our patients and treat them all as individuals. Our clinic operates as a team. Each team member has unique skills and talents which we utilize for the benefit of all our patients.”



Candy Naderi, RPh
Pharmacy Department

“As a clinical pharmacist at Snoqualmie Valley Hospital for the past four years, I have had the opportunity to be an active member of our medical team and I feel that my contributions have had positive impacts on our patients’ well being.”



Larry Hottell
HR Department

“I enjoy the challenge of helping a group of diverse employees learn to work together and at the same time create an environment where they can be both professional and have fun.”



Angela Lynch
Insurance Verification

“I love working for the district because it’s like my family away from my family. We have all the same joys and frustrations but we always pull together and make it the best it can be.”

Snoqualmie Ridge Medical Clinic

Photographs by: Brenda Huckle



John M. Gray, MD Board Certified Family Medicine

“I work with my patients to achieve balance in four main aspects of being a healthy human being – your physical, intellectual, spiritual and emotional self – to help bring health and happiness into each of their lives. I believe family medicine perfectly balances the tools of modern medicine with the wisdom of the ages to help people achieve maximum wellness.”

Undergraduate

University of Notre Dame

Medical School

University of Washington School of Medicine

Residency

Family Medicine, Swedish Medical Center, Seattle, WA

Community Classes FREE

Diabetes and Healthy Eating

Class #3455375
October 15, 2010

Monitoring your Blood Glucose

Class #345576
November 19, 2010

Register early by calling:

(877) 532-4545 and indicate the class number you're attending.

All classes are at the Mt. Si Senior Center from 1:00 p.m. – 3:00 p.m.

Mt. Si Senior Center
411 Main Ave. S.
North Bend, WA 98045

For more information, call:

Philip Koziol
(425) 831-2326
or
Primary Care Clinic at
Snoqualmie Valley Hospital
(425) 831-2333

Drive Thru Flu Shot

Located at Snoqualmie Valley Hospital

Saturday, October 9th and 23rd

8:00 a.m. - 2:00 p.m.

Must be 12 years of age or older

Cost: \$30.00

Payment: Cash or Check (We will bill Medicare and Medicaid only)

Questions? Call the Primary Care Clinic (425) 831-2333


SNOQUALMIE VALLEY
HOSPITAL AND CLINICS

www.snoqualmiehospital.org

**Snoqualmie Valley
Hospital**
9575 Ethan Wade Way S.E.
Snoqualmie, WA 98065
(425) 831-2300

**Snoqualmie Ridge
Medical Clinic**
35020 S.E. Kinsey St.
Snoqualmie
(425) 396-7682

**Snoqualmie Ridge
Women's Clinic**
7726 Center Blvd. S.E.
Suite 230
Snoqualmie
(425) 831-1120

**Snoqualmie
Specialty Clinic**
9450 Ethan Wade
Way S.E.
Snoqualmie
(425) 831-2313

**Primary Care
Clinic at SVH**
9575 Ethan Wade
Way S.E.
Snoqualmie
(425) 831-2333