

Spring 2014

HealthWise

SNOQUALMIE VALLEY
HOSPITAL DISTRICT

Tour de Peaks

Bike Ride Supports
Breast Screenings

Clinic Relocation

Stroke Awareness

Worry or Anxiety?

New Hospital Construction

Snoqualmie Valley Hospital
National Top 20
Critical Access Hospital



Construction Update

- Photo above shows steel framing of the main tower entrance.
- Most components of the building's steel frame are now in place.
- Concrete for the roof was poured on Monday, March 31, 2014.
- Fireproofing of the building is expected to be completed on April 28.
- Large windows to be installed in early May.

Moving Date

The new facility is scheduled to open in early 2015. It will be located at 9801 Frontier Ave. SE in Snoqualmie (just west of Snoqualmie Parkway, near I-90 and Hwy. 18). As moving day nears, look for our open houses & tours.



Quality Care for a Growing Community

The Snoqualmie Valley Hospital District was voted into existence by the community in 1972 "to deliver any service to help people stay healthy – physically, socially and mentally." Our mission is to promote the health and well-being of people in our community by providing quality care in a collaborative environment. Snoqualmie Valley Hospital was recently recognized as a Top 20 Critical Access Hospital by the National Rural Health Association for Quality out of over 1,300 Critical Access Hospitals nationwide.

The existing Snoqualmie Valley Hospital was built in 1983, with only 14 patient rooms, to serve a much smaller community. Since then, the highways have shifted away from the current location, making the hospital more hidden and difficult to access. Community utilization of services has increased substantially over the years, creating a need for more space. The new 70,000 square foot facility is beautifully designed with an emphasis on patient privacy and comfort. The new location will provide easy access from I-90, more convenient community services and improved overall patient care and safety.

New Location Services & Amenities

- 25 individual, private inpatient rooms
- Additional Emergency Rooms
- Chapel (with stained glass window)
- Community Cafe / Public Meeting Space
- Educational Training & Conference Rooms
- Expanded Endoscopy, Infusion, Laboratory & Wound Care Services
- Larger Rehabilitation Exercise Space
- Specialty Clinic (*Located inside the hospital*)
- Enhanced Medical Imaging Services



Features will include a fountain, benches, tables and landscaping.

Healing Garden - An outdoor sanctuary

Healing Gardens promote health and recovery. Engraved bricks are available with a \$250 donation and will be placed in the Healing Garden at the new Snoqualmie Valley Hospital. To purchase a brick, please contact the Snoqualmie Valley Hospital Foundation at (425) 831-3325 or foundation@snoqualmiehospital.org.



Dr. Anderson
ER Medical Director



Prevention

When someone is having a stroke, every minute counts. Getting fast treatment is essential in preventing permanent damage or death.

Stroke is the fourth leading cause of death among Americans, and about 800,000 people in the U.S. have a stroke each year, according to the Centers for Disease Control and Prevention.

A stroke occurs when a vessel in the brain either ruptures or is blocked by a clot and part of the brain dies. The longer blood flow is cut off to the brain, the greater the damage.

The major stroke symptoms can be identified with the acronym F.A.S.T.

F - Face – Sudden weakness or droopiness of the face, or problems with vision

A - Arms – Sudden weakness or numbness of one or both arms

S - Speech – Difficulty speaking, slurred speech or garbled speech

T - Time – Time is of the essence in stroke treatment. Call 9-1-1 immediately.

Other symptoms of stroke include a sudden severe headache with no

known cause, one-sided weakness, sudden loss of coordination and trouble speaking or swallowing.

There are two main types of stroke: ischemic (*caused by blockage in a blood vessel in the brain*) and hemorrhagic (*caused by bleeding in the brain or surrounding area*). The most common type of stroke, the ischemic, can be treated with brain-saving and potentially lifesaving “clot buster” medicines. These medications can

Snoqualmie Valley Hospital is a Certified Level III Stroke Center.

Stroke Recovery

Our premier regional post-acute Swing Bed Program helps patients recover from stroke through skilled nursing care and rehabilitation.

Stroke Education

Lunch & Learn - May 1st
Register Today: www.SVHD4.org

only be given during the first three hours of a stroke. If people wait too long, they may suffer unnecessary permanent disability.

The best treatment for stroke is prevention. Recognizing the risk factors and making lifestyle changes, such as exercising, eating healthy

and not smoking, can greatly reduce a person’s chance of having a stroke.

Ischemic Stroke risk factors:

1. High blood pressure
2. Heart disease
3. Smoking
4. Diabetes
5. High blood cholesterol levels
6. Illegal drug use
7. Recent childbirth
8. Previous history of transient ischemic attack (*warning stroke that can happen before a major stroke*)
9. Sedentary lifestyle
10. Obesity
11. Current or past history of blood clots
12. Age 40 years and older

Hemorrhagic Stroke risk factors:

1. High blood pressure
2. Smoking
3. Illegal drug use (*especially cocaine and “crystal meth”*)
4. Use of Warfarin or other blood-thinning medications

Stroke is a medical emergency that requires immediate medical care. If you believe you or someone around you is having a stroke, do not attempt to drive to the hospital, call 9-1-1 immediately. Receiving prompt medical attention can mean the difference between life and death and greatly increase the chances for a full recovery.



When does normal worry become anxiety?

Disorder (GAD), Panic Disorder, and Obsessive-Compulsive Disorder (OCD). Here are some signs and symptoms of each:

Everyone gets nervous or anxious sometimes when they are faced with an important decision or event such as changing jobs, taking a test or giving a speech. This is a normal human emotion. For some people, everyday demands and pressures create excessive worry that leads to feelings of high anxiety.

Anxiety becomes a concern when it interferes with a person's daily functioning and relationships.

"There are many situations in life that cause us to worry," Dawn Finney, Behavioral Health Therapist for Snoqualmie Valley Hospital District, said. "But when worry starts to become consistent and overwhelming, it may lead to anxiety disorders, which can have serious consequences to a person's well-being."

Anxiety disorders are one of the most common mental illnesses. People with anxiety disorders persistently have difficulty focusing and concentrating and continually worry about what might happen.

Common types of anxiety disorders include Generalized Anxiety

GAD – Persistent and exaggerated worry about everyday life with no obvious cause. People with GAD are constantly preparing for possible disaster and have difficulty accepting the unknown. The worry is often unrealistic and interferes with daily functioning. Symptoms include difficulty concentrating, headaches, muscle tension and lethargy.

Anxiety becomes a concern when it interferes with a person's daily functioning

Panic Disorder – Characterized by sudden attacks of fear that strike without reason or often without warning. Symptoms include difficulty breathing, stomach ache, pounding heart or chest tightness, feeling of choking, and chills or hot flashes. A key symptom is the persistent fear of having a future panic attack.

OCD – Characterized by obsessive thoughts or feelings that can lead

to repetitive behaviors. People with OCD have recurring thoughts or fears they cannot control. They only feel relief when they do or complete certain actions or behaviors in response to the obsessive thought. Common obsessions include fear of germs, fear of making a mistake, excessive doubt and a strong need for order.

Anxiety disorders are treatable and most people can be helped with professional care. Effective treatment of anxiety disorders includes mental or behavioral health counseling, relaxation techniques, medication, or a combination of all three. Treatment choices depend on the person and the intensity of the symptoms.

Before treatment begins, a doctor should conduct an evaluation in order to determine if the symptoms are caused by anxiety disorders or a physical problem.

"It's important to realize that you don't have to live with anxiety disorders," Finney said. "Your healthcare provider can help you figure out the most effective treatment to help you change the pattern of fear and enhance your quality of life."

To learn more about Snoqualmie Valley Hospital District medical providers and local services, go to www.SVHD4.org.



Lisa Krasowski, Outpatient Coordinator, and Lauren Sheehan, Rehab Director, stand at the outside entrance of the new rehabilitation clinic located near Snoqualmie City Hall.

NEW Clinic Location

Snoqualmie Hospital Rehabilitation Clinic

38565 SE River Street
Snoqualmie, WA 98065

t (425) 831-2376
f (425) 831-3071
Monday – Friday
9:00am – 5:00pm

Snoqualmie Valley Hospital outpatient rehabilitation services have moved from the hospital campus to a larger facility in downtown Snoqualmie.

On Monday, March 24, Snoqualmie Hospital Rehabilitation Clinic opened at 38565 SE River St, Snoqualmie, next to the post office.

“This new clinic location gives us greater opportunities to connect with the community and provide for direct patient access and increased visibility,” Lauren Sheehan, Rehab Director, said. “The larger space gives us more treatment space to allow us to increase the number of patients we serve as well as providing more privacy during treatment sessions.”

Outpatient Therapy services offered at the clinic include physical therapy, occupational therapy and speech therapy. The expanded space will also allow new specialty rehabilitation services, including Lymphedema Management, Hand Therapy and Myofascial Release (MFR).

Additionally, Encompass will offer pediatric therapy services in the facility to include speech, motor, occupational, sensory and feeding therapy. Due in part to the space limitations of their current clinic facility, many of their therapists have waiting lists.

The new space will allow them to serve more of the community.

“We are grateful for this partnership with the Snoqualmie Valley Hospital, as it affords an excellent opportunity for both of us to better meet community needs and demand,” Kristin Webb, Director of Operations for Encompass, said.

Encompass will also offer occasional parenting education and outreach events in the community space of the facility.

“We are really excited about the opportunity to collaborate with Encompass,” Sheehan said. “Our relationship with them and other local agencies will allow us to further our mission to promote health and wellness for people in the Valley.”



Healthy Transitions

This program promotes healthy, active lifestyles for those transitioning out of rehabilitation therapy.

One of our therapists meets with patients at the Snoqualmie Valley YMCA to teach them to use the gym equipment as they near completion of their rehabilitation therapy.

Details at www.SVHD4.org



www.tourdepeaks.org



Saturday, July 19th, 2014

Do you love to ride your bike? Come to North Bend and ride in the 26th Annual Tour de Peaks Bike Ride through the beautiful Snoqualmie Valley!

Tickets on sale now! Register today!

\$49 with early registration

\$69 registration on or after July 12

Choose from 3 fully supported rides...

- 100 mile century
Entire Valley, including Duvall.
- 50 mile half century
Country roads, including Carnation.
- 25 mile intermediate
Close up view of Mount Si.

Bike routes treat riders to food stops and finishes at the North Bend Block Party. A portion of your registration fee will be donated to support the Snoqualmie Valley Hospital Foundation Digital Mammography Capital Campaign.

SNOQUALMIE VALLEY
HOSPITAL FOUNDATION

Snoqualmie Valley Hospital GOLF CLASSIC



Hospital Foundation

Please support the Snoqualmie Valley Hospital Foundation and participate in the Snoqualmie Valley Hospital Golf Classic.

Date and Time

Friday, August 8, 2014 at 8:00am

Location

This event will be held at Mount Si Golf Course.

Cost

The cost is \$100 per individual and \$400 per foursome.

Register (425) 831-3325

foundation@snoqualmiehospital.org
snoqualmiehospital.org/foundation

Healthcare Locations

Snoqualmie Valley Hospital
(425) 831-2300

Primary Care Clinic (In Hospital)
(425) 831-2333

Snoqualmie Specialty Clinic
(425) 831-2313

**Snoqualmie Hospital
Rehabilitation Clinic**
(425) 831-2376

Snoqualmie Ridge Medical Clinic
(425) 396-7682

Snoqualmie Ridge Women's Clinic
(425) 831-1120



Map Key: Current Hospital Clinics New Hospital Site