



Dr. Karen Tom, along with Emergency Department personnel, performs in a stroke drill. These drills are completed on a regular basis to adhere to the Emergency Cardiac and Stroke (ECS) and other protocols.

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Snoqualmie Valley Hospital coordinates patient care with other hospitals to help save lives

The Washington State Department of Health (DOH) recently implemented a care coordination plan creating an Emergency Cardiac and Stroke (ECS) care system designed to improve the process and care for cardiac and stroke patients. Snoqualmie Valley Hospital is now part of this new statewide care coordination system.

To receive official categorization, hospitals must complete a rigorous application process and meet all specified quality measures designated by the new system criteria. This new system has two cardiac levels and three stroke levels.

Snoqualmie Valley Hospital has been awarded a Level II Cardiac Care and Level III Stroke Care category by the DOH.

"Our goal through the process of obtaining Level II Cardiac and Level III Stroke categorization has been to improve the health and safety of our community and to save lives," said Rachel Weber, Director of Nursing at Snoqualmie Valley Hospital.

Under the new system, emergency departments are required to follow certain protocols and meet performance goals for cardiac patients, such as the ability to complete EKG's within 10 minutes and being able to transfer patients to locations where they will receive the optimal and specialized care they need.

"Snoqualmie Valley Hospital has effectively developed strong collaborative relationships with

area hospitals to assure that patients receive the right care at the right time regardless of where that care occurs," Weber said.

The DOH's next step is to have all of the state's Emergency Medical Service (EMS) providers indicate how they will coordinate care based on the system's criteria. Local EMS personnel have the option to transport critical stroke or cardiac patients to Snoqualmie Valley Hospital to reduce transport time so patients start receiving care as fast as possible.

Fire departments statewide will be creating protocols for First Responders, Emergency Medical Technicians and Paramedics to ensure coordination of care is provided for all patients.

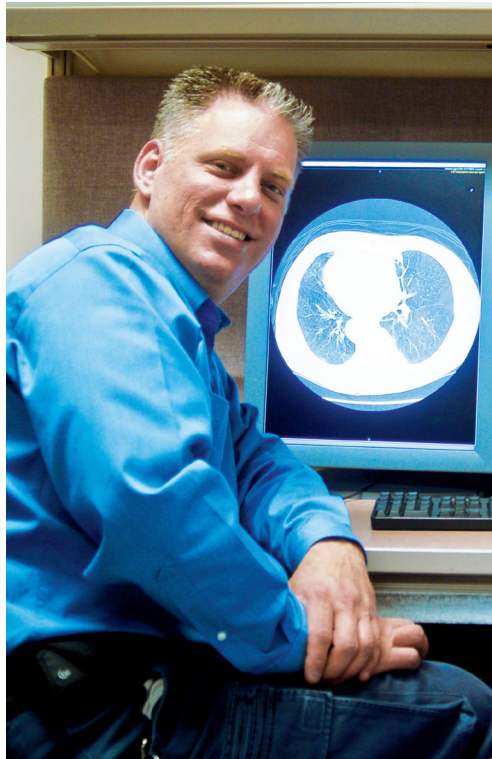
Not all of the state's hospitals have completed the Emergency Cardiac and Stroke care system application process or satisfied the quality measures required by the new system. Washington State Department of Health is working to get all 97 hospitals participating in the new system.

Recognizing the warning signs of heart attack or stroke is instrumental in helping hospitals save lives. Visit www.heart.org for a list of heart attack and stroke warning signs.

If you or someone near you is experiencing symptoms of heart attack or stroke, please call 911 immediately.



For Heart Attack and Stroke Symptoms Scan the QR Code or go to www.heart.org and click on "The Warning Signs" in the red box on the right.



Q: Which imaging scan is best?

A: “There is no such thing as “the best.” Each scan technique 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 does something different, and we couldn’t function only using one. Your doctor will know which exam(s) you need.”

- Gregory Merrill, RT (R)
Medical Imaging Manager

Medical Imaging Services

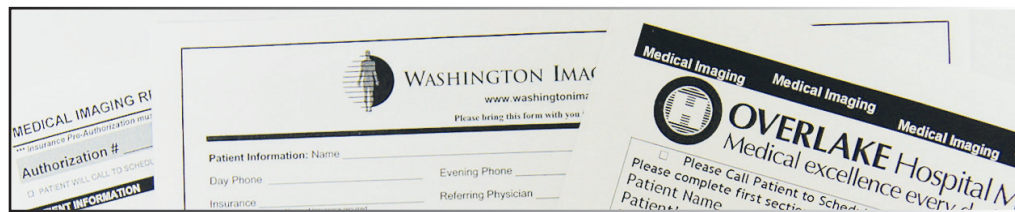
State-of-the-Art Technology

Right Here, Right Now

We serve patients from the hospital emergency department, the physical rehabilitation department, inpatients, and all outpatient radiology needs — just a short ride from home. We have an exceptionally experienced staff with an average experience of 17 years, and the majority of our staff live right here in the Snoqualmie Valley.

Any Referral

We accept any referral from ANY doctor, chiropractor, clinic or hospital.



100% Digital

Our department is 100% digital. This means your exam is portable; we give you a CD of your scans and a report is sent to your personal doctor so he or she can view it. 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 in one hour from the time of your exam. Radia is one of the largest physician-owned radiology groups in the Pacific Northwest. With more than 70 board-certified, subspecialty trained radiologists, they provided more than 30 hospital and specialty clinic partners with more than 1 million interpretations in 2011.

X-Ray

- Most inexpensive type of scan.
- Uses the least amount of radiation.
- Shows bones well.
- Takes internal photographs of bones, chest and abdominal regions.
- Scan time is a fraction of a second.

CT

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

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 magnetics and radio waves.
- The section of body that is being scanned must be inside the machine.
- 45 minutes on average per scan.

Ultrasound

- No radiation. Uses sound waves.
- Shows developing babies in pregnant women, blood clots, vascular movement.
- Duration dependent on purpose.

Bone Density Test (DEXA)

- Similar to an X-Ray.
- Important for those with or at risk for osteoporosis.
- No referral needed.
- 10 seconds per scan on average.

Stress Echocardiograph

- Used specifically to take images of the heart.
- No radiation.
- 45 minutes on average.

Modified Barium Swallow

- A speech pathologist requests this test to evaluate swallowing.
- Shows how and where food/liquids travel while eating/drinking.
- 15 minutes per scan on average.



Healthcare for the Valley

The Snoqualmie Valley Hospital District provides essential healthcare services to North Bend, Snoqualmie, Fall City, Carnation, Preston and surrounding areas. Our hospital, network of clinics, specialty practitioners and regional partners help us safeguard the health of the communities we serve. We are innovative in creating special programs, proactive in educational outreach and community partnerships, and adaptable to the changing needs of our service areas. Seen as a necessary, rural healthcare entity, we are designated as a Critical Access Hospital. We are known governmentally as King County Public Hospital District No. 4, governed by an elected five-member Board of Commissioners.

Our system of integrated care, exceptional board-certified medical staff and low patient-to-nurse ratio allows the hospital to excel in service delivery. Our emergency department is staffed 24/7 with physicians who have years of experience working in Puget Sound hospitals. Our medical imaging department provides a variety of scans including MRI and CT. On-site lab work is also available 24-hours a day for patient convenience.

As a Critical Access Hospital, we are able to provide inpatient hospitalization as well as in-hospital rehabilitation through our Swing Bed Program. This is valuable for residents of the Valley who can receive these services close to home. Our Hospital also provides outpatient rehabilitation services and works seamlessly with other facilities in the area for patients in need of more complex care.

On a consistent basis patients highly rate the District's services in family practice, pediatrics, women's health, geriatrics and other areas of practice in our clinics. Our Snoqualmie Specialty Clinic provides orthopedics, pain management, cardiology, psychiatry and gastroenterology.

With a futuristic mind-set, we are passionate about looking for new, innovative ways to better serve our patients and surrounding communities. For example, we are committed to the efficient and safe delivery of services through electronic medical records and bar-coded medication administration. We are very pleased to announce our new hospital facility planning is underway and we plan to break ground in late 2012.

Mission & Vision

"Welcome to our community. Whether you are a new resident, new to our staff, or have been here awhile and watched us grow, you can be assured that we have great patient care as our first priority. We look forward to serving you in the future; so whether it is in one of our clinics, our hospital, or through our wellness and prevention services, thank you for allowing us to serve your healthcare needs.

In our strategic planning process for 2012, we constantly looked to our mission of "safeguarding the health of our Community" for inspiration and direction. Using our stated core values of integrity, trust, collaboration, quality and innovation, we defined our strategic focus areas as quality, finance, relationships and growth. As we look to the continued growth of Snoqualmie Valley, our hospital district must plan for providing services to an expanding community and at the same time increase our offering of clinically appropriate services."

-Rodger McCollum, CEO

You're Invited

Join us Tuesday evening, Oct. 2, from 6:30pm to 8pm at the YMCA on Snoqualmie Ridge to hear Rodger McCollum, CEO, talk about "Hospital District on the Move." Other speaking venues are being planned around the Valley as well. Stay tuned for updates and other locations.





AFFORDABLE ACCESS Primary Care

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 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 email affordableaccess@snoqualmiehospital.org.

Lunch & Learn Classes

We host educational speakers the first Thursday of every month at the Snoqualmie Fire Station. Register online for these free classes at www.SVHD4.org

Classes are recorded and placed on our YouTube page for your reference.

Sept. 6, 2012
"Gluten Free Diet: Beyond Myth or Fad"

Oct. 4
"Hospital District on the Move"

Nov. 1
"Hospitalization for Acute Medical Care" Insight into the indications, processes, and regulations involved with hospitalization.

Dec. 6
"Post-Acute Care" Review of options available for continued recovery following hospitalization.



Scan the QR Code to register for a Lunch and Learn class or register online at www.SVHD4.org

Medicare Classes Learn about Medicare Benefits

October 15th 2:30pm & 6:00pm
At Snoqualmie Valley Hospital
Light Snacks Provided

To Register:

Email: lindseyo@snoqualmiehospital.org
Call: (425) 830-9098

DriveThru Flu Shot



SAVE
THE
DATE

Saturday,
Oct. 6, 2012

\$30.00

At Snoqualmie
Valley Hospital

Questions
(425) 831-2333

We will bill to Medicare and Medicaid or you may go to any of our clinics to use your insurance coverage.

Locations

 **Current Hospital**

 **Clinic**

 **New Hospital Site**



Snoqualmie Valley Hospital

(One Mile from Mt. Si High School, at the top of Meadowbrook Way)

Primary Care Clinic (in Hospital)

Snoqualmie Specialty Clinic (on Hospital Campus)

Snoqualmie Ridge Medical Clinic (near Ridge IGA)

Snoqualmie Ridge Women's Clinic (second floor entrance, above Finaghty's)



Scan the QR Code or search YouTube: "SVHD Affordable Access Video."

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