

Community Health

Hospital nationally recognized in Top 20 for quality

Snoqualmie Valley Hospital was recently recognized as a Top 20 Critical Access Hospital in quality for 2013 by the National Rural Health Association. The hospital was recognized for outstanding quality out of more than 1,300 Critical Access Hospitals across the nation.

“This is an excellent reflection of all the work everyone has done to continually improve the quality of care at our hospital,” Rodger McCollum, CEO for Snoqualmie Valley Hospital District, said. “It is a real testament to how we safeguard the health of our communities.”

Critical Access Hospitals provide essential services to the communities they serve and are certified to receive cost-based reimbursement from Medicare. Snoqualmie Valley Hospital received CAH status in 2005.

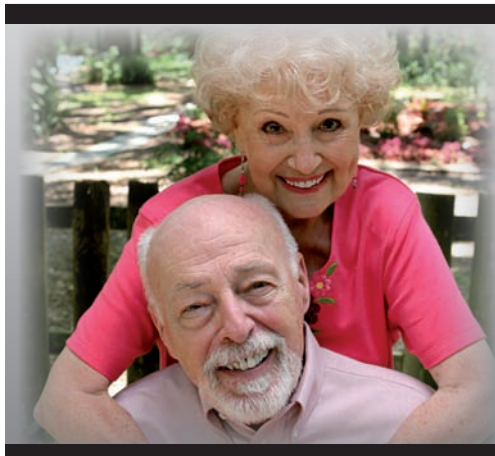


Snoqualmie Valley Hospital District serves the communities of North Bend, Snoqualmie, Fall City, Preston, Carnation and Snoqualmie Pass. Our regionally-acclaimed Swing Bed Program serves patients from all over King County. The hospital is located at 9575 Ethan Wade Way SE, Snoqualmie, about one mile from Mt. Si High School.

The quality rating is determined by iVantage Health Analytics based on its Hospital Strength Index. The Index is compiled from publicly available data sources, including Medicare Cost Reports, Medicare claims data, “Hospital Compare” and related sources. The Index determines CAH strength considering Quality of Care, Clinical Outcomes and Financial Stability. Snoqualmie Valley Hospital was one of two Washington Critical Access Hospitals recognized for Quality. The other is Odessa Memorial Healthcare in Odessa.

About the National Rural Health Association

NRHA is a nonprofit organization working to improve the health and well-being of rural Americans and providing leadership on rural health issues through advocacy, communications, education and research. NRHA membership is made up of 21,000 diverse individuals and organizations, all of whom share the common bond of an interest in rural health. For more information, visit their website [www. RuralHealthWeb.org](http://www.RuralHealthWeb.org).



H Snoqualmie Valley Hospital Swing Bed Program

*Premier Regional Post-Acute
Rehabilitation & Nursing*

Call (425) 831-2300 www.SVHD4.org



New Hospital Construction

A note from our CEO

Construction is full speed ahead on the new hospital campus. The parking lots are now paved, ensuring the site stays clean throughout the winter while work continues. The forms for the foundation walls are put up and concrete pouring began November 8th. Other foundation areas are next. Steel structure elements will begin in mid-December. The weather is cooperating so progress should be very rapid now. These are very exciting times for us and our future patients!

- Rodger McCollum, CEO
Snoqualmie Valley Hospital

Flu Shots

Protect yourself and others from influenza by getting your flu shot. Vaccines are available at Snoqualmie Ridge Medical Clinic. No appointment necessary.

(425) 396-7682
35020 SE Kinsey Street
Snoqualmie, WA 98065



Kickstart device helps stroke victim walk

In January of 2013, Romelle Wasden had a stroke. She lost the use of her right side and was suddenly unable to walk, move her right arm or speak.

After three weeks in acute hospital care, Wasden came to Snoqualmie Valley Hospital for rehabilitation and recovery through the hospital's Swing Bed Program. She received speech and physical therapy to help her recover faster.

"Snoqualmie Valley Hospital really went above and beyond for mom's care," Drea Gibson, Wasden's daughter, said. "We searched all over and visited several facilities and nothing felt right for my mom. When we walked into Snoqualmie Valley Hospital, the first thing we noticed is that everyone said hello and made us feel welcome. We chose this place because of the friendly staff, the nurse to patient ratio; one nurse to five patients; and the fact that it is so close to home."

With the help of a Kickstart Walking System, Wasden is able to walk better than she has in almost a year.

The Kickstart device consists of a waistband and leg brace with pulleys and spring action which is attached to the foot. It uses a series of pulleys and weights that propel the leg forward to help patients take steps they couldn't otherwise.

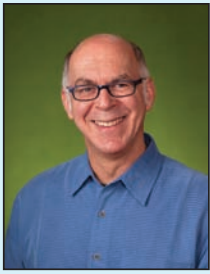
After two months of intensive rehabilitation, Wasden had improved enough to return to her daughter's house in Fall City. She comes to SVH each week for outpatient physical therapy to continue strengthening her arm and leg and work on her speech.

She is able to walk better than she has in almost a year.

At first, she had to use a walker. She is now able to walk with a cane, but still has difficulty placing one foot in front the other. The Kickstart device helps her walk better.



Dr. Anderson



Dr. Halper



Dr. Tom



Dr. Korbonits



Dr. Rubin



Dr. Huttenlocker



Dr. Chock

Common ER Conditions

- Allergic reactions
- Asthma attacks
- Deep cuts
- Dehydration
- Fractures
- Head injuries
- Pediatric concerns
- Pneumonia
- Respiratory conditions
- Severe abdominal pain
- Severe pain
- Stroke symptoms
- Suspected heart attack
- Uncontrolled bleeding

No matter the emergency, we help you feel better—faster

24-Hour Emergency Care

Caring Professionals

All ER physicians are board certified and all staff are well-trained to diagnose and treat any injury or illness.

Short Wait Times

Average wait time to see a physician is 15 minutes or less.

Follow Up

We call within 48 hours to see how you're doing.

Snoqualmie Valley Hospital (425) 831-2300 9575 Ethan Wade Way SE, Snoqualmie

“The Kickstart brace allows her to achieve a more normal gait because she is able to advance one foot in front of the other instead of dragging her right foot behind her,” Kris Cernak, Outpatient Physical Therapist for Snoqualmie Valley Hospital, said. “The device is really making a difference.”

Kickstart was introduced in the U.S. last September. It was developed by Cadence Biomedical to enable users to walk again after a stroke, spinal cord injury or other condition that affects mobility. Snoqualmie Valley Hospital was the first hospital in Washington to be able to trial the clinical version of this device.

The device can be used for therapy or for personal use. For more information about Kickstart, go to www.cadencebiomedical.com.



Physical therapists Kris Cernak and Tim Huber guide Romelle Wasden as she utilizes the Kickstart device to strengthen her leg in outpatient rehabilitation at the Snoqualmie Valley Hospital.

Coat Drive

The Snoqualmie Valley Hospital Foundation is participating in the Winter Coat Drive with One VOICE (Valley Organizations In Collective Effort). We are collecting new and gently used winter coats, gloves/mittens, and new socks for local families. The donated items will be distributed at the One Voice holiday event in early December.

Please consider donating a winter coat to help families in the Snoqualmie Valley.

Collection boxes are set up at:

- Snoqualmie Valley Hospital
- Snoqualmie Specialty Clinic
- Snoqualmie Ridge Medical Clinic
- SVH Foundation Office



Health Benefit Exchange Office

Need help with the new healthcare laws?

Free, In-person Assistance

Monday – Thursday
9am – Noon & 1pm – 3pm

213 Bendigo Blvd. N, Suite 1
North Bend, WA 98045
(across from Sterling Bank)

For bus transportation
call (425) 888-7001

Assistance provided by
Snoqualmie Valley Hospital District



Lunch & Learn

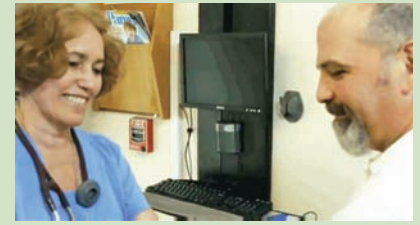
**Disaster Preparedness
Dec. 5th, 2013**

Is your family prepared for an emergency? Snoqualmie Fire Chief, Bob Rowe, will discuss ways to prepare your family and home for potential disasters and other emergencies. Monthly Lunch & Learn classes are held the first Thursday of the month at Snoqualmie Fire Station.

Watch Classes Online

Visit www.SVHD4.org and go to the Community tab and click Lunch and Learn for more information about registration and to view and share videos of classes.

Scan the QR Code for more details about our Lunch and Learn classes.



Affordable Access Program

Regular physical exams and routine health screenings are an important part of preventive health care. The Affordable Access Program provides a cost-effective way for people to receive primary health care services at the Snoqualmie Ridge Medical Clinic. It is not an insurance program, but rather a supplement to health insurance plans.

\$30 per member per month

\$5 per visit

\$45 one-time setup fee per member

Call 425-831-3430 or email
affordableaccess@snoqualmiehospital.org

Scan the QR Code to watch short video clip about the program.



District Services

Snoqualmie Valley Hospital
(425) 831-2300

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

Snoqualmie Ridge Medical Clinic
(425) 396-7682

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

Snoqualmie Specialty Clinic
(425) 831-2313

- Affordable Access Program
- Anti-Coagulation Clinic
- Endoscopy / Colonoscopy
- Emergency Services
- Infusion Therapy
- Lab Services
- Medical Imaging
- Outpatient Rehabilitation
- Swing Bed Program
- Transportation Services
- Wound Care
- And More!

