

LIFE HEALTH®

FALL 2008

EXCELLENCE IN COMMUNITY HEALTH

HEALTH CARE

Why the cost?



THE COST OF AGING

Increased spending is also connected to (1) increased demand for care based on demographics, health status and technology and (2) the rising cost of providing that care.

An aging population drives up demand—and therefore cost—because they use more services. This rise will continue as more people develop chronic conditions that require intensive diagnosis and treatment. The cost of health care for a person with five or more chronic conditions is 15 times that of a person with none.

OTHER EXPENSES

Additional obstacles to affordable care are a labor shortage and underfunding from the government for programs like Medicare reimbursement.

Wages and benefits of caregivers represent more than 60 percent of the cost of hospital care. As hospitals face a shortage of nurses and physicians, labor costs go up. They also face significant increases in the costs of medications, patient supplies and technology development.

Government underfunding for Medicare and Medicaid causes significant cost shift to the private insurance plans, thus considerable increase in the premiums.

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It's no secret that health care can be expensive. And in this time of rising food and fuel prices, you might find the cost to be frustrating and baffling.

Everyone is feeling it—Tillamook County General Hospital (TCGH) included. Let's take a look at the demands placed on hospitals to deliver high-quality, affordable care.

PROBLEMS WITH PAPERWORK

Administrators strive to run hospitals that deliver the best care to their patients and comply with government regulators', payers' and other stakeholders' requirements. These increasingly divert resources from patient care and make health care less affordable.

While our hospitals should be certified and licensed, that entails meeting the extensive regulations

of more than 30 federal agencies, plus those of state and local authorities. Medicare, for example, has approximately 500 standards of practice and 307 pages of interpretive guidelines.

These standards govern issues of patient safety and quality of care. Neither of these should be compromised, but the processes do add time and cost.

Administrative costs include:

- Claims processing. ■ Billing.
- Data reporting. ■ Admission and discharge processes. ■ Clinical record keeping. ■ Utilization review.
- Quality improvement programs.

While these are essential functions, they can become redundant or excessive, imposing unnecessary burdens. One study found that paperwork can add at least 30 minutes to every budgeted hour of patient care.

THE HEALTH UPDATE

EVERY LITTLE THING



Bath time for **BABY** can be fun, but don't overdo it. Two or three trips to the tub a week are probably plenty for an infant's first year. Too many baths may dry out skin, especially during the winter months.

—American Academy of Pediatrics

Shying away from the **SALTSHAKER** is an important part of eating right, but you should also know what's already in the food you eat. More than 75 percent of sodium consumed by the average American comes from processed and restaurant foods.

—Journal of the American Medical Association

Check the **TIRES** on your car monthly—and that doesn't just mean the air pressure. Also check for debris wedged between the treads and irregular wear patterns. Go to www.safercar.gov for more information on tire safety and other tips.

—U.S. Department of Transportation

Pear vs. apple— a waistline alert

Does your waistline put your heart at risk? A tape measure might provide answers, especially if you factor in your hips.

Research reported in the journal *Circulation* suggests a high waist-to-hip ratio (waist circumference divided by hip circumference) offers powerful clues to heart disease risk.

Waist-to-hip ratio helps show whether weight is stored mainly around the belly (an apple shape) or around the hips (a pear shape). A ratio greater than 0.80 for women and 0.95 for men suggests an apple shape, which has been associated with increased health risks.

During the nine-year study, women with the highest waist-to-hip ratios were 91 percent more likely to develop heart disease than those with the smallest waists relative to their hips. Among men, those with the highest waist-to-hip ratio had a 55 percent higher risk. ♦



In the shadow of depression: How a parent's illness affects children

If you are a parent who is depressed or a loved one or partner of a depressed person with children, it's important to consider the effect of the depression on children.

Some of the lingering feelings associated with depression include sadness, hopelessness, irritability and fatigue.

Children of a depressed parent may be at a higher risk for depression themselves. In addition, these children may:

- Feel responsible for their parents' feelings.
- Have developmental problems.
- Perform poorly in school.
- Be more impulsive.
- Have difficulty with peers.



Helping kids. A parent's depression isn't easy on kids, but there are ways to help them through it.

It's important for kids to know they are not to blame for their parents' mental illness, says the American Academy of Child and Adolescent Psychiatry.

And it's

very important that parents get help. Depression almost always gets better with treatment. Treatment may include counseling or medication or both.

You may also want to consider individual or family counseling for children. This can help lessen the impact of a parent's depression on a child. ♦

Is it more than the blues? Our depression recovery class can help. See the back page or call 503-815-2270.

Hospice offers care and comfort

Hospice is intensive caring, directed at improving the quality of life for patients and families faced with the stress of terminal disease.

Ann and Dick Haward experienced hospice during the last five months of Ann's fight with brain cancer. Ann chose to celebrate life after learning her diagnosis. Dick describes the Adventist Health Tillamook Hospice team as "impressive professionals that worked comfortably with Ann and were adaptable to our needs and wishes."

The hospice team of nurses, a counselor, a chaplain, volunteers and hospice aides helped Ann create her own experience based on her very personal and unique terms and desires. She was able to create an atmosphere that allowed other people to experience her passing as a beautiful and peaceful celebration of life.

If you have questions about whether hospice is right for your loved one, call 503-815-2486. We will be glad to come to your home for an informational visit. ❖



Preventing migraine pain

If you're prone to migraines, you know that prevention is your friend.

The American Headache Society recommends the following prevention tips:

Follow a consistent sleep schedule.

Any change to your regular sleep-wake cycle could trigger a migraine.

Eat at regular times. Delaying or skipping meals can cause a drop in blood sugar that may trigger headaches.

Be active. Aerobic exercise—for at least 30 minutes three times a week—may help reduce the frequency or severity of migraines. Even a 20-minute daily walk may help some.

Keep a food diary. Certain foods, such as processed meats, can trigger migraines. To help identify which foods might be triggers for you, keep track of what you eat and when.

Keep stress in check. Stress can bring on a migraine, so try to reduce your daily stressors. ❖

Light Up a Life

Join us for a holiday tree-lighting ceremony to kick off the annual Light Up a Life fundraising campaign!

Monday, Nov. 24, at noon

Tillamook County Creamery Association Visitor's Center

Donate to Adventist Health/Hospice through Jan. 7, and you can help provide hospice care to anyone in our community with a terminal illness. Last year hospice served 98 local patients.

Light Up a Life—Hospice's only public fundraiser—runs from October through the Reading of the Names

ceremony in January. Those who contribute \$10 or more during this time receive a sand dollar ornament, lovingly decorated by our hospice volunteers.

Please make your donations by mail, at the hospice office or online at www.tcgh.com/giving. See our calendar on page 4 for more events.

Cost?

—Continued from page 1

MONEY WELL-SPENT

The rising cost of health care is a top concern, but the value of this investment is seldom considered. As spending has increased, the overall death rate has fallen 16 percent since 1980, and disability rates are down 25 percent for people older than 65.

Our health care system is at a crossroads, and hospitals are a part of the plan. They are the second largest employer in the private

sector, employing more than 5 million people, paying more than most service jobs. Locally, TCGH employs 320 people, making it the second largest private employer in the county. Its presence in the community strengthens the local economy with the purchasing of goods and services and the generation of more jobs.

TIME FOR TEAMWORK

Opportunities to increase affordability do exist. We can:

- Emphasize wellness and prevention.
- Prepare for the growing

incidence of chronic diseases.

■ Use technology to improve quality and efficiency.

■ Reduce administrative costs by eliminating redundancy.

Keeping health care affordable will involve all of us—hospitals, physicians, insurers, employers and individuals. We can and must do this together.

At Tillamook County General Hospital, we are committed to our mission of providing Excellence in Community Healthcare.

Visit the American Hospital Association's website at www.aha.org for more information. ❖

All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. Call 503-815-2313 or 503-815-2270 for registration and information. From North County, call 503-368-6544.

BETTER HEALTH

CHIP Supper Club

Second Monday of the month
5:45 to 8 p.m.

Tillamook SDA Church, fellowship hall
To RSVP, call 503-815-2270.

Depression Recovery

Introduction: Jan. 8, 6:30 to 8:30 p.m.

Tuesdays and Thursdays, Jan. 13 through
Feb. 5, 6:30 to 8:30 p.m.

Tillamook SDA Church
To register, call 503-815-2270.

2009

Annual Seminar:

Diabetes and You

Tuesday, Nov. 4

Hemoglobin A1C: 9 to 10 a.m. \$10

Free seminar with lunch: 10 a.m. to 3 p.m.

Tillamook SDA Church

To register, call 503-815-2313.



Living Better with Diabetes

Thursdays, Jan. 8 through 29
1 to 3:30 p.m.

2009

TCGH third-floor conference rooms

Must complete diet assessment prior to class. To arrange, call Janice Wolk, CDE, at 503-815-2287 or Ginny Gabel at 503-815-2270.

RESPIRE CARE

Reading of the Names

End of annual Light Up a Life campaign
Monday, Jan. 5, at noon

TCCA Visitor's Center

Call 503-815-2486 for more information.

2009

Wellspring Adult Respite Care

■ Monthly—second and fourth Tuesdays
Tillamook United Methodist Church

■ Monthly—first and third Wednesdays
Tillamook Seventh-day Adventist Church

■ Monthly—first and third Thursdays
Covenant Community Church,
Manzanita

NORTH
COUNTY

■ Monthly—second and fourth Thursdays
Beaver Community Church

SOUTH
COUNTY

All dates, 10 a.m. to 4 p.m.

\$26 per day, but no one is turned away due to inability to pay. Call Faith In Action at 503-815-2272.

FIRST AID AND CPR

Health Care Provider CPR Certification

Wednesday, Nov. 19, and Tuesday,
Dec. 16, 9 a.m. to 2 p.m.

TCGH third floor, Conference Room D
\$35 (includes book); \$30 for online certification

Health Care Provider CPR Recertification

Wednesday, Dec. 10, noon to 3 p.m.

TCGH third floor, Conference Room D
\$35 (includes book)

PRENATAL CARE AND WOMEN'S HEALTH

Childbirth Preparation Class

Wednesday, Jan. 7, 7 to 9 p.m.

2009

TCGH third floor, Conference Room A
\$40 for mom and one support person.



Look Good...Feel Better

■ Wednesday, Nov. 19

TCGH third floor, Conference Room D

■ Wednesday, Jan. 28

2009

TCGH third floor, Conference Room A

4:30 to 6:30 p.m. Registration required.
Call Nancy at 503-815-2313. FREE.

Women's Cancer Survivor Group

First Thursday of each month
10:30 a.m. to noon

312 Laurel Ave., Tillamook

Call Jan Bartlett at 503-842-4508.

SUPPORT GROUPS

Diabetes and All That Jazz

Second Tuesday of each month
1:30 to 3 p.m.

TCGH third floor, Conference Room A

Grief

First and third Tuesdays of each month
3 to 4:30 p.m.

TCGH third floor, Conference Room B

WELLNESS SCREENINGS

FREE Blood Pressure Clinic

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Wellness Screenings

Wednesday, Jan. 14, 7 to 10 a.m.

Tillamook Family YMCA

2009

Cost is \$20 for total cholesterol, HDL and LDL, triglycerides, and fasting blood sugar. A 12-hour fast is required. Results in five minutes. Appointments recommended but not required. To make an appointment, call Nancy at 503-815-2313.

COMMUNITY EVENTS

American Red Cross Blood Drive

Tuesday, Dec. 30, 1 to 6 p.m.

Tillamook Adventist School

Call 503-815-2364 for an appointment.

Faith In Action Volunteer Training

Friday, Nov. 7, 9 a.m. to 3 p.m.

TCGH third floor, Conference Room A

Lunch is included. Registration required by Monday, Nov. 3. Call Nancy at Faith In Action, 503-815-2313. FREE.



LIFE AND HEALTH is published as a community service for the friends and patrons of TILLAMOOK COUNTY GENERAL HOSPITAL, 1000 Third St., Tillamook, OR 97141, telephone 503-842-4444, www.tcgh.com.

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