

# LIFE HEALTH

FALL 2009

EXCELLENCE IN COMMUNITY HEALTH



Tillamook County General Hospital's surgical team includes (from left) Bambi Poblador, RN; Mark Eklof, Surgical Tech; Teya Pillar, RN, Director of Surgery; Kelley Downing, RN; and Leilani Schabell, RN.

## A cut above

**T**EYA PILLAR, RN, Director of Surgery, sits for a moment in her office within the surgical suites at Tillamook County General Hospital (TCGH).

In her hands are three cards listing the specific procedures to follow for surgeries carried out at the hospital. She calls them her cheat cards because they provide the minute detail reminders she calls out to her team before each surgery.

“While still awake and lying on the surgery table, each patient listens as we go through the checklist to make sure everything is on hand and

everyone knows the reason we are in surgery,” Pillar says. “It’s rewarding when I see the patient give the thumbs-up sign, and we begin.”

### SURPASSING BENCHMARKS

TCGH’s Surgical Department has received national recognition for compliance with the National ABC Benchmarks for SCIP Measures for 2008. SCIP (Surgical Care Improvement Project) is a national quality

TCGH has a great team that isn’t satisfied with anything less than 100 percent.

partnership of organizations interested in improving surgical care by significantly reducing surgical complications.

“Even before SCIP received focused attention in 2006, we have striven to prevent any adverse outcome in a surgical situation,” Pillar says. “There are nine measures we have been working on, and we scored 94.9 percent on one measure and 99 to 100 percent on all the rest.”

These measures include: ■ Usage of antibiotics within specific time frames. ■ Control of blood sugar before, during and after surgery. ■ Appropriate hair removal. ■ Making sure the patient remains warm by monitoring body temperature. ■ Use of beta-blocker medications. ■ Therapies for preventing blood clots.

### ABOVE AND BEYOND

Most of these preoperative standards have been in use for years nationwide, but fine-tuning the details has brought about great improvement in patient outcomes.

When a national standard requires compliance with only a certain group of patients, TCGH takes it a step further and modifies the  
—Continued on back page

# THE HEALTH UPDATE TCGH

## EVERY LITTLE THING



Have a **BIRTHDAY** coming up? Celebrate by taking care of yourself. One of the best ways to do that is to stay up-to-date on checkups, screenings and immunizations. Ask your doctor for help in determining what's right for you.

—U.S. Department of Health and Human Services

If you use **MEDICATED PATCHES**, such as a nicotine patch, on your skin and you are scheduled to have an MRI, be sure to let the technician know. Some medicated patches contain metal, which can heat up and cause burns during the imaging process.

—U.S. Food and Drug Administration

**SPECIAL OCCASIONS** and parties can be challenging when it comes to managing diabetes. But you can still enjoy festive fare with some careful choices. Seek out a few of your favorite things, skip the rest, and maybe exercise a little more before or afterward. If you have questions about adjusting your insulin, ask your doctor.

—American Diabetes Association



## Light Up a Life

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

Nov. 23, noon

Tillamook County Creamery Association (TCCA) Visitor's Center

Donate to Adventist Health/Hospice through Jan. 4, and you can help provide hospice care to anyone in our community with a terminal illness. Last year hospice served 112 local patients.

Light Up a Life—hospice's only public fundraiser—runs through the Reading of the Names ceremony on

Jan. 4 at noon at the TCCA Visitor's Center. 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](http://www.tcgh.com/giving).

## A lasting legacy

Forward-thinking pioneers and community members in Tillamook County have a long history of investing their lives and resources to make Tillamook a community to be proud of. The Legacy Circle of Tillamook County General Hospital (TCGH) honors individuals who have invested in the health care mission of TCGH through future financial gifts, including bequests in wills or estate plans; life income gifts, such as charitable trusts and gift annuities; and beneficiary designations on life insurance policies or retirement funds.

As a member of the Legacy Circle, you will receive a certificate of membership, regular updates about the hospital and an invitation to a special annual event designed especially for our supporters.



Those who join during the first months of our Legacy Circle launch will receive special designation and benefits as charter members at events and on reports.

Would you like to learn more about the Legacy Circle of TCGH and the various gift options that could create membership for you? Use the handy response form below or call us at **503-815-2302**. ♦

Dear Friends at TCGH:

- Please send me your free brochure about making a planned gift to TCGH.
- I (we) have included TCGH in our estate plans.
- Please contact me (us) about a personal visit.
- The best time to call me (us) is: \_\_\_\_\_
- Please send information about the Legacy Circle at TCGH.

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone \_\_\_\_\_

Mail this form to:  
TCGH, 1000 Third St.,  
Tillamook, OR 97141



# Achoo!

**WHEN KIDS HAVE COLDS:  
OFFERING THEM SOME RELIEF**

**Y**OU'RE NOT being overly cautious if you are hesitant to give your child over-the-counter cough and cold medicines.

The American Academy of Pediatrics (AAP) strongly warns against giving these medications to any child younger than 2 years because of the risk of life-threatening side effects in infants and toddlers.

In addition, according to the AAP, these medications don't appear to be effective in children younger than 6 years and can have serious side effects.

But without these medicines to turn to, how can you help a child with a cold feel better?

Cold and cough medications can cause serious side effects in kids.

Consider these symptom-easing suggestions from the AAP:

- To clear a stuffy nose, put a cool-mist humidifier in your child's room. This helps moisten the air, which can help clear your child's nasal passages.
- To ease chest congestion, sit your child on your lap, lean his or her body forward about 30 degrees,

cup your hand, and gently tap the back. This can let your child cough out loosened mucus.

- To soothe a sore throat, let children older than 4 years suck on hard candy. Offer children older than 1 year warm chicken broth.

- To relieve a cough, give children ages 2 to 5 years ½ teaspoon of honey and children 6 to 11 years a full teaspoon of honey. A child younger than 1 year should never eat honey; it isn't safe for babies.

## WHEN TO CALL THE DOCTOR

Alert a doctor if a baby 3 months or younger seems sick. Colds in babies this young can sometimes quickly develop into something more serious, such as pneumonia.

Older babies and children generally don't need to be seen by a doctor unless signs of a more serious illness—such as a fever over 102 degrees or ear pain—occur, says the AAP. Most colds in kids run their course in seven to 10 days. ♦

## Too young for a new hip?

**I**F YOU'RE younger than 60 and have chronic hip pain, you don't have to wait years for relief.

Surgeons used to be reluctant to offer hip replacement to people under 60. They were concerned that younger people would put more stress on the prosthetic joint and cause it to wear out faster.

But you don't have to put up with the pain. When it comes to hip replacement surgery, your overall health and activity level are more important considerations than your age, according to the National Institutes of Health (NIH).

Advances in technology have led to replacements that are more durable than older versions, the NIH reports.

Ronald Teed, MD, an Orthopedic Surgeon with Cascade Orthopedics,

will present a **free** seminar on joint replacement surgery on Thursday, Nov. 5, from 4:30 to 6:30 p.m. at Tillamook County General Hospital in third-floor conference room A. For more information, call **503-842-5564**. ♦



All classes will be held at Tillamook County General Hospital (TCGH) unless otherwise noted. To register, please contact the hospital cashier in person or call 503-815-2499. For more information, call 503-815-2270.

## BETTER HEALTH

### CHIP Supper Club

■ Second Monday of each month, 5:45 to 8 p.m.

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

### Living Better With Diabetes

■ Thursdays, Jan. 7 through 28, 1 to 3:30 p.m.

TCGH third-floor conference room A  
A one-hour nutrition counseling session with a dietitian is necessary before attending class. Referral by a health care provider requested. To schedule, call 503-815-2292.

## RESPIRE CARE

### Wellspring Adult Respite Care

■ Second and fourth Tuesdays of each month, Tillamook United Methodist Church

■ First and third Wednesdays of each month, Tillamook SDA Church

■ First and third Thursdays of each month, Covenant Community Church, Manzanita

■ Second and fourth Thursdays of each month, Beaver Community Church

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

NORTH  
COUNTY

SOUTH  
COUNTY



## SPECIAL EVENT

### Blood Drive

■ Tuesday, Dec. 29, 1:30 to 6:30 p.m.  
Tillamook Adventist School, 4300 12th St.  
Call 503-815-2364 for appointments.

\$27 per day; financial assistance available.  
Call Faith in Action office at 503-815-2272.

## FIRST AID AND CPR

### First Aid

Online course available at [www.tcgh.com](http://www.tcgh.com).  
\$35; no book fees.

### Health Care Provider Skills Checkoff

■ Wednesday, Nov. 18

■ Monday, Nov. 30

■ Friday, Dec. 18

■ Wednesday, Dec. 30

All dates, 9 a.m. to noon

TCGH third-floor conference room D  
Must bring copy of online computer certificate. Reserve time with the cashier 48 hours before date.

## PRENATAL CARE

### Childbirth Preparation Class

■ Wednesdays, Jan. 6 through 27, 7 to 9 p.m.  
TCGH third-floor conference room A  
\$40 for mom and one support person.

## SUPPORT GROUPS

### Diabetes and All That Jazz

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

TCGH third-floor conference room

### 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, Nov. 11, 9 to 11 a.m.  
North Coast Home Care, 210 Ivy Ave., Tillamook

■ Wednesday, Jan. 13, 7 to 9 a.m.  
Tillamook YMCA

\$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. Call Nancy at 503-815-2313.

## A cut above

—Continued from front page

procedure to include all surgical patients. For example, monitoring blood sugar is only a national standard requirement for diabetes patients. But for three years TCGH has tested all patients before surgery. As a result, TCGH discovered many patients who had diabetes and didn't know it.

"Tillamook County General Hospital has three things going for it," says Ruth Medak, Associate Medical Director of Acumentra Health in Portland. "First, they

have found their physicians to be champions for a high standard of excellence; second, they have frontline directors who have persistence, like Teya Pillar; and thirdly, their administration says this [SCIP] is important to them, thereby supporting the hard work it takes to provide excellent care."

TCGH will be featured on an upcoming weekly webcast viewed by almost all Oregon hospital surgery departments addressing how Pillar has been so successful.

For more information about TCGH as your surgical choice, visit [www.tcgh.com](http://www.tcgh.com) or call 503-842-2260. ❖

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](http://www.tcgh.com).

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