

LIFE HEALTH

WINTER 2006

EXCELLENCE IN COMMUNITY HEALTH

SimMan arrives

COMPUTERIZED MANIKIN HELPS STUDENTS AND STAFF PRACTICE SKILLS

WITH FUNDING from the Oregon Simulation Alliance, Tillamook County General Hospital (TCGH) and its partners in the Tillamook County Healthcare Simulation Coalition now have a state-of-the-art education tool called SimMan.

This computerized manikin—produced by Laerdal, a Norwegian medical education company—gives health care students and staff the opportunity to practice medical management skills in real-time scenarios. This manikin can talk, breathe, display vital signs such as a heartbeat and heart murmurs, and can be programmed to respond to what students do or don't do.

Tillamook's SimMan is set up in its own hospital room, complete with patient care equipment. Clatsop Community College nursing students using TCGH as their



Healthy learning: Mary Oakes, R.N., helps Morgan Metcalfe, a student from South Prairie School, listen to SimMan breathing during the Teddy Bear Fair Hospital Tour.

SimMan can talk, breathe, display vital signs, and respond to what students do or don't do.

clinical site already have begun practicing patient-care skills with SimMan. Lab times may be set up through the Education Office for other students or staff to practice or learn new skills of all kinds.

Students can practice starting IVs, placing chest tubes, inserting urinary catheters, drawing "blood," performing resuscitation on the SimMan and even interpreting an EKG (electrocardiogram) from the monitor. SimMan also can talk back to students, complain of pain and, in general, respond like a real patient.

If you would like more information about SimMan, please contact Mary Oakes at 815-2314. ♦

JOINT SURGERY

What 'minimally invasive' means

JOINT REPLACEMENT surgery is one of medicine's "most important success stories," says Michael Wirth, M.D., of the American Academy of Orthopaedic Surgeons (AAOS). It often allows people who may have battled joint pain for years to move comfortably again.

But can you take a good surgery and make it better?

Today, surgeons may offer patients "minimally invasive" joint surgeries that can possibly result in faster, less painful recoveries.

During a traditional joint surgery, a doctor replaces a damaged knee, hip or other joint with one made of plastic and metal components. The minimally invasive alternative to this involves doctors using smaller incisions and cutting through less muscle and other tissue. Some research suggests that this technique leads to shorter hospital stays, less

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For more information about joint surgery, call Ron Teed, M.D., or Sarah Lampton, M.D., of Cascade Orthopedic Surgery at 842-5564, or visit www.cascadeorthopedic.com.

HEALTH NEWS UPDATE



EVERY LITTLE THING

Life could be a **WALK** in the park: At least 75 percent of Americans live within two miles of a public park.

—National Institutes of Health

Clear the air for kids: Children and teenagers exposed to even small amounts of secondhand **TOBACCO SMOKE** tend to score lower on tests of reading, math and visual problem solving.

—Environmental Health Perspectives

Got a **NOSEBLEED**? Rather than tilt your head back, pinch the lower half of the nose (not the very end) and hold it firmly for at least five minutes while sitting up.

—American Academy of Family Physicians

What's a **SERVING SIZE** for a toddler? Serve youngsters about 1 tablespoon of each kind of food for each year of age. If your child is still hungry, you could then offer more.

—American Academy of Pediatrics

Philanthropy for our community

Providing quality health care in our community takes a lot of resources. That's where your help and the work of the hospital philanthropy comes in.

Philanthropy. As hospitals face increasing financial challenges, fundraising has become an important source of income. The Development Office at our hospital coordinates fundraising activities to support a variety of projects and services. Philanthropy also raises community awareness of the hospital.

The projects. Among its ongoing projects, philanthropy helps provide:

- Care for those who cannot afford it.
- Affordable health screenings and clinics.
- Hospice, outpatient and other care.

Funds may also be designated for other major needs, such as building new facilities, upgrading existing facilities or purchasing equipment.

The funds. Our hospital raises money through:

- Special events.
- Annual campaigns.
- Capital campaigns. These are one-time efforts to raise money for projects.
- Gifts and planned giving. These funds come from people who make large one-time donations or leave gifts to the hospital in their wills.

You can make a difference. Anyone can contribute. Call Melody Ayers at **815-2302** and find out about ways you can take part. ❖

Hope Chest gives generously

When their first small shop opened in Wheeler in 1998, Hope Chest Thrift Shop volunteers dreamed of doing big things for Hospice and Faith in Action. Today, with a second shop operating in Rockaway Beach and more than \$200,000 in cumulative donations to the Hospice and Faith in Action programs, Hope Chest volunteers are making that dream come true.

In addition to Faith in Action and Hospice, current donations support six other Tillamook County charities each month: the Rinehart Clinic, North County Food Bank, Secret Angels and three meal sites—St. Albans Episcopal Church, Rockaway Senior Meals and First Christian Church.

Cumulative donations to all charities since 1998 total more than \$275,000. ❖



Terry Walhood,
Hope Chest volunteer

Store locations

- Hope Chest Thrift Shop is located at 395A Highway 101, Wheeler.
- Hope Chest Too is located at 316 Highway 101 North, Rockaway Beach.



New ophthalmologist at TCGH

Jennifer Balentine, M.D., has opened Ophthalmology Services with Tillamook Medical Associates and Tillamook County General Hospital (TCGH).

Dr. Balentine completed her bachelor's degree in computer science at Washington University in St. Louis and her master's in computer science from the University of Illinois at Urbana-Champaign. From there she entered medical school in Denver at the University of Colorado. She completed an internship at Presbyterian/St. Luke's Medical Center in Denver and a residency at Casey Eye Institute at Oregon Health & Science University in Portland.

Dr. Balentine has practiced with the Portland Clinic for two years and currently is in private practice with Northwest Eye Associates, LLC.

She has been married to Brian, an engineer, for 10 years and has two children, ages 5 and 7, and a third child due in March. She enjoys activities with her family such as hiking, reading, watching her children's soccer games and learning French.

Dr. Balentine offers a full range of eye-care services, including evaluation for glaucoma, macular degeneration and cataract surgery performed at TCGH. She accepts referrals. Office hours are held through Tillamook Medical Associates on the first Wednesday of the month. Please call (503) 812-6668 for appointments. ❖



**Jennifer
Balentine, M.D.**

Foot care takes a step forward

Tillamook County General Hospital offers assessments of your foot care needs at five locations throughout the county. The services provided include soaking, cleansing, fingernail and toenail trimming, and light lotion.

We are pleased to welcome Sue Phillips-Meyer, R.D., R.N., to our team. Phillips-Meyer will work in the Outpatient Services Department and with the Foot Care Clinics. She is both a registered dietitian and a registered nurse and is certified to provide foot care services for diabetics on insulin.

Phillips-Meyer has worked as a registered dietitian for 28 years. She took time off to raise two boys, Joey, 12, and Trent, 8. She then completed an associate degree in nursing from Tillamook Bay Community College and became a registered nurse.

Our Foot Care Clinics are held in north, south and central Tillamook locations. For more information on locations, fees, insurance coverage for foot care, or to make an appointment, call 815-2292. ❖



CHIP returns to Tillamook

PROGRAM TEACHES HEALTHY LIFESTYLE CHANGES

Coronary Health Improvement Project (CHIP), a lifestyle intervention program, will be held again in Tillamook this spring. Tillamook CHIP had 60 attendees for the first program, adding to more than 45,000 graduates worldwide.

Facilitated by Scott Gardner, M.D., F.A.C.S., Greg Saunders, M.D., F.A.C.S., and two hospital dietitians, this program has been proven to help lower cholesterol by 10 to 15 percent in 30 days. Participants were surprised to find how much better they felt and how they were able to eat more and still lose weight.

This program is designed to reduce health risks associated with heart disease, high blood pressure, diabetes and obesity. It helps patients make the kinds of lifestyle changes that their doctors have been encouraging.

Hans Diehl, DrHSc, M.P.H., F.A.C.N., C.N.S., will make presentations that will show how you can reduce your chance of a heart attack by 50 percent, lower cholesterol by 15 to 20 percent and enhance your quality of life. Fifty to 85 percent of people on blood pressure medication can be off pills after four weeks on the program.

The four-week program begins April 3. Free information sessions will be held in the two weeks before the sessions begin. Check the Calendar of Events on page 4 for dates, or call 815-2270.

CHIP could give you the best 30 days of the rest of your life. For more information, visit www.chipusa.org. ❖



Financial services

Whether you're reading *The Wall Street Journal* or tuning in to your local late-night news, you're likely to hear something about hospitals and charity care. As a resident of Tillamook County, you should know that your hospital has a program in place to provide needed health care services to individuals who are unable to pay. At a minimum, it is available for emergency and obstetric services.

Since the day we opened our doors, we have been providing free or discounted care to those who could not otherwise afford treatment. As a community hospital, our mission always has been to reach out to the underserved corners of our community.

More information is posted on our Web site, www.tcgh.com. Click on the "Financial Info" box on the main page. You also can contact our Patient Financial Services office at 815-2306. ❖



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

BETTER HEALTH **CHIP Introduction Sessions**

Free information and registration.

Tuesday, March 21

Wilson School, Room 3

Monday, March 27

First Christian Church Fellowship Hall

Wednesday, March 29

TCGH third floor, conference room A

4:30 to 5:30 p.m. or 6 to 7 p.m.

CHIP Sessions

April 3 to April 28

5:45 to 8:45 p.m. (Includes supper.)

Tillamook Seventh-day Adventist

Church

Hospice Teleconference—FREE

Pain management at the end of life:

Bridging the gap.

Wednesday, April 5

10:30 a.m. to 1 p.m.

TCGH third floor, conference room A

Meals Made Easy

Wednesdays, March 1 to March 22,
6 to 8 p.m., OSU Ext. Office

Thursdays, March 2 to March 23,
10 a.m. to 12:30 p.m.

North County Recreation District Bldg.,
Nehalem

FIRST AID AND CPR **Advanced Cardiac Life Support**

March 1 and 2, 8 a.m. to 5 p.m.

Tillamook United Methodist Church

CPR Instructor Certification

April 10 and 11, 8:30 a.m. to 5 p.m.

TCGH third floor, conference room D

Heartsaver CPR **for the Adult**

Wednesday, April 19, 1 to 3 p.m.

TCGH third floor, conference room A

Heartsaver CPR **for the Child**

Wednesday, April 19, 3 to 5 p.m.

TCGH third floor, conference room A

Health Care Provider **CPR Certification**

Wednesday, March 8

8:30 a.m. to 2 p.m.

TCGH third floor, conference room D

Health Care Provider **CPR Recertification**

Thursday, March 9, 9 a.m. to noon

TCGH third floor, conference room D

Thursday, April 13, 9 a.m. to noon

TCGH third floor, conference room A

PRENATAL CARE **Childbirth Class**

Wednesdays, March 1 to March 22
7 to 9 p.m.

TCGH third floor, conference room A

SUPPORT GROUPS

Diabetes

Last Thursday of every month
2 to 3 p.m.

PUD

Fibromyalgia

Second Tuesday of every month
2 to 3:30 p.m.

TCGH third floor

Grief

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

TCGH third floor conference room A
(March) and B (April)

WELLNESS SCREENING **Free Blood Pressure Clinic**

Wednesdays, 2 to 3 p.m.

TCGH cafeteria

Wellness Screening

Appointments recommended.

Call **(503) 815-2313** or

368-6544, ext. 2313 (from North Co.)

■ **Kiawanda Community Center, Pacific City**

Wednesday, March 8, 8 to 10 a.m.

■ **North County Recreation District Bldg., Nehalem**

Thursday, March 9, 8 to 10 a.m.

■ **North Coast Home Care, Tillamook**
Wednesday, April 12, 8 to 10:30 a.m.



Have questions about what you
read in *Life & Health*? E-mail us
at NWLifeandHealth@ah.org.

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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What 'minimally invasive' means

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blood loss and improved mobility for patients when compared with the traditional procedure.

Still, as with any surgery, there are risks. Smaller incisions can make it harder for surgeons to see the joint area, increasing the risk of some complications. ❖