

Glancing Back & Looking Forward

Durable Power of Attorney

If you have already executed a Durable Power of Attorney (DPA) for Healthcare, you appointed a health care representative or proxy who would take steps to make health care decisions for you if you become incapacitated, or lose the ability to understand options and make decisions.

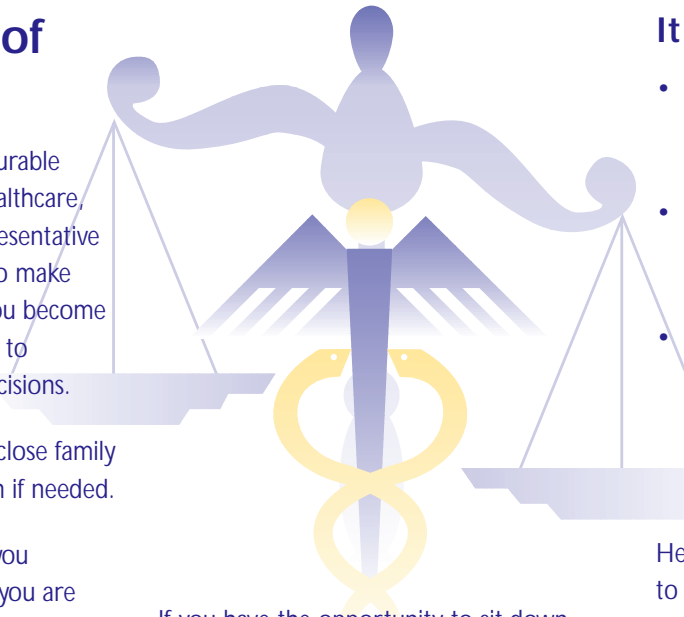
If you haven't completed a DPA, close family members may be asked to step in if needed.

As a health care representative, you exercise the rights of the person you are acting for. These include:

- The right to be well informed about the person's medical condition and care options.
- The right to participate in planning the person's care.
- The right to **accept or refuse specific forms of care.**

Your responsibilities involve exercising these rights in a caring, responsible way. This means...

- Understanding the wishes of the person you may have to act for and
- Making decisions the way the person would make them, if he/she could.



If you have the opportunity to sit down with the person and talk things over, it is a good idea to do so. This is the time to learn about the person's wishes and personal values. You may have to step in on the person's behalf. If you do, the more you know, the more confident you'll be.

You may only play a small role at first. A person's ability to act alone isn't always clearly defined. He or she may be able to understand some things, but need help on others. As time goes on, though, your role may grow. This usually means working with the **care team** - those providing care- to figure out what the person needs and how best to provide it.

It will help if you...

- Prepare for meetings and phone calls - make a note of questions you want to ask and the concerns you have.
- Listen carefully - take your time; if you don't understand a point, ask to go over it again.
- Speak up - if there is something you don't agree with, say so. It is better to deal with it now than later when making decisions can be more complicated.

Health care decisions are usually not hard to make. The doctor or provider makes a recommendation based on training and experience. But sometimes there is no clear or easy choice. That's when you, as the health care representative, must decide.

How do you decide when things aren't clear? Here are two simple guidelines...

1. Follow the **person's wishes** if you know them. Is there an Advance Directive or values statement that states what the person would or would not want? Did the person explain in conversation what decisions he/she would make?
2. If no one knows for sure the person's wishes, you should decide based on what is in the **person's best interest.** That means taking a close look at all the "pros and cons", and then using your own judgement.

Find us on the web:
kadlecmed.org
tri-citysurgerycenter.com

Stopping a Serious Bleeding Injury

(You can do this, and it could save someone's life)

1. Call 911
2. Try to lie the person down and position the head lower than the rest of the body to prevent symptoms of shock (low blood pressure)
3. If you know the arterial pressure points, apply strong, direct pressure to the artery between the wound and the heart until help arrives. If you do not know the arterial pressure points, place several sterile dressings or the first clean cloth at hand (towels, sheets, shirts, or handkerchiefs) over the wound and apply direct pressure. The pressure must be forceful and continuous. You can often apply this pressure with the palm of your hand. Act quickly because the ongoing blood loss can cause shock. Continue the pressure until help arrives.

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To our VOLUNTEERS!

Olive Harding, Gail Pittman and Eve Hughes

It's a Joy to Volunteer

I've been blessed with gifts and talents
To be used some special way.
To lend a hand or help someone
Who's struggling day by day.
All it costs is my commitment
And a little extra caring.
While making a priority
Of reaching out and sharing.
And it's a privilege working
For the causes I hold dear.
Just doing what I can to help
Each time I volunteer.

by Janey Davies

Amazing Blood Facts

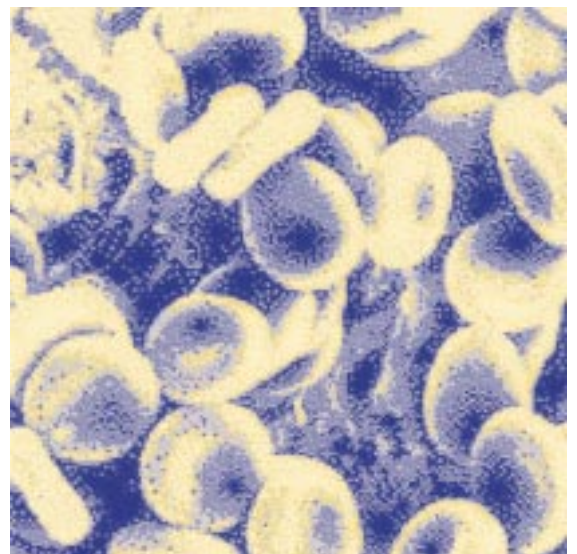
The human heart creates enough pressure when it pumps to squirt blood 30 feet.

Every square inch of human skin consists of twenty feet of blood vessels.

The liver performs more than 500 different functions, including storing vitamins and removing harmful chemicals from the blood

It takes about 20 seconds for a *red blood cell to circulate through the whole body.

Anemia is the most common blood disorder in the United States



Worldwide Web!

The Bloodless Examiner is now ONLINE! You can access it through Kadlec Medical Center's website. at <http://www.kadlecmed.org> Look under services!

Other Interesting Sites

www.noblood.com.

www.sabm.org

www.med.unipi.it/patchir/bloodl/bmr.htm

www.nataonline.com



Bloodless Information



Medicine & Surgery

Advance Directive Workshop Start out the New Year right...

THIS WORKSHOP WILL:

- Walk you through the steps of filling out the Advance Directive for healthcare & living will
- Focus on understanding blood fractions and components.
- Demonstrate alternatives to blood transfusion available to you
- Teach you what causes anemia and how it's treated



When: Saturday, January 25, 2003
Saturday, February 1, 2003

Where: **Kadlec Medical Center**
888 Swift Blvd. • Richland
White Bluffs Room
4th Floor

Time: **6:00 - 9:00 p.m.**

Call: **800-780-6067, ext. 2817
or 942-2817**

Reservations required - Class size
limited to 20 people

Refreshments provided



Kadlec Medical Center
Tri-City Regional Surgery Center

Bloodless Medicine &
Surgery Program
888 Swift Blvd.
Richland, WA 99352

Phone: 509-942-2817
Johnean Hansen, Coordinator

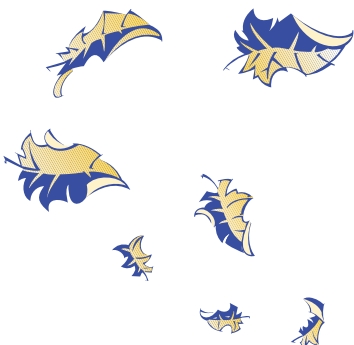
www.kadlecmed.org

ADDRESS CORRECTION REQUESTED

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Permit No. 227

New Bloodless Program Participating Physicians:

- Owen Higgs, M.D.** Orthopedic Surgery
- Mary Lynn Scovazzo, M.D.** Orthopedic Surgery
- Brett Shillingstad, M.D.** General Surgery
- Kelly Cote, D.O.** Family Practice
- Jean You, M.D.** Rehabilitation
- Qian Guo, M.D.** Anesthesia
- Serge Obukhov, M.D.** Neurosurgery
- Jeremy Blanchard, M.D.** Intensivist
- Mario Chenal, M.D.** Hematology/Oncology
- Ronald Schwartz, M.D.** ENT (Ear, nose, throat)
- Thomas Wilkinson, M.D.** Neurosurgery



NEED A PHYSICIAN?

If you need a physician referral, please call the program coordinator, Johnean Hansen at (509) 942-2817 or 1-800-780-6067 ext. 2817.

If you are looking for the Bloodless Medicine program office, it is located at the Kadlec Medical Center campus, second floor of the new North Addition in Quality Care Management.

