

PACESETTER

Sharing ideas for healthy lifestyles

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Successful Tri-City Heart Program Celebrates Second Anniversary

In August, Tri-Cities Heart Care reached its second anniversary of providing open heart surgery to patients in our region and there is much to celebrate about the success of the program.

The results of a national cardiac surgery quality database show the new program has achieved results which are better than hospitals performing this surgery regionally and better than the national averages.

“Our results have been excellent,” said cardiovascular and thoracic surgeon Hugo Gomez-Engler, MD. “The data shows that we have been very consistent with the outcome of our patients through both years of the program. This is a big accomplishment and very positive for the program.”

The data, compiled by the Society of Thoracic Surgeons, looks at results of heart surgeries from hospitals across the country. No adjustment is made for the size of the hospital nor the length of time a program has been in existence. “This is the ‘gold standard’ by which we can compare our program and our results are outstanding,” said cardiovascular and thoracic surgeon

Roberto Amado-Cattaneo, MD.

“The community has the right to have confidence and trust in this program,” he said. “This data shows that families are benefiting from having a regional heart care center close to home. They don’t have to travel far away anymore to receive good heart care.”

The number of patients who have undergone heart surgery has also met the goals established during the development of the program. “We are also pleased with the number of patients we have treated,”

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All Our Best!

KADLEC
Medical Center

Health Care Scholarships

The Kadlec Foundation awarded scholarships to 13 area students for the 2003-2004 school year.

Selection is based on academic performance, financial need and other pertinent health career-related ambitions. The Kadlec Foundation and Kadlec Auxiliary fund these scholarships.

In addition, two nursing scholarships—the June Corrado, RN, Memorial Scholarship and the Rita Murphy Nursing Scholarship—are made possible by gifts from family and friends in memorial of these two nurses. ■

In the past five years *over 75 scholarships, totaling \$117,500*, have been awarded.

For more information or to contribute to this program, call 942-2661.

PACESETTER

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Tri-Cities Heart Care Celebrates Two Years

(From Page 1)

said Suzanne Richins, RN, PhD, Kadlec's Chief Operating Officer. "We have met initial expectations and now are working hard to keep the program growing."

The majority of cases were coronary artery bypass. Other procedures included a variety of valve surgeries and emergency repair of ruptured aortas.

It is noteworthy that of the 360 patients treated, 52 were done urgently, 11 emergently (within 30 minutes of arrival) and 2 were at the most critical state. "If this program was not here, these patients may not have survived to reach another destination. This alone shows the importance of the program to this region. Not only are the results excellent, but we can and are saving lives by having this program available to this community and the surrounding communities," said Mary Scarlett, RN, Clinical Coordinator, Cardiac Services.

Patients undergoing open heart procedures as a part of Tri-Cities Heart Care



have ranged from age 16 — a patient with a congenital disorder — to a 92 year old under going coronary artery bypass. The program has not only served patients within the Tri-Cities and its surrounding communities such as Benton City, but from northeastern Oregon (Hermiston, Pendleton, Boardman, Irrigon

and Umatilla), the Yakima Valley (Prosser and Grandview), Walla Walla and Waitsburg. One patient even traveled from Mexico City to have Gomez-Engler perform surgery.

Emergency helicopter transport is now available to bring patients experiencing cardiac problems from throughout the region directly to Kadlec.

Tri-Cities Heart Care was jointly developed by Kadlec Medical Center and Kennewick General Hospital. ■



Kadlec Medical Center welcome the following physicians to its Active Medical Staff:

Madar Abed, MD

Cardiology • 509-374-1959
7233 W. Deschutes, Ste. B • Kennewick

Sara Andert, MD

Family Practice • 509-943-3196
945 Goethals Dr., Ste. 300 • Richland

Holly Cooper, MD

Emergency Medicine • 509-946-4611
888 Swift Blvd. • Richland

Brian Dawson, MD

Emergency Medicine • 509-946-0189
888 Swift Blvd. • Richland

John Walker, MD

Pediatric Allergist • 509-946-0264
108 Columbia Point Dr. • Richland

Kevin Weeks, DO

Hematology/Oncology • 509-783-1044
7350 W. Deschutes, Ste. B-103 • Kennewick

Leonel Zolessi, MD

OB/GYN • 509-547-2204
515 W. Court • Pasco

Bloodless Option for Heart Surgery

When Jim Crume visited his physician this spring for a routine physical he never expected the results he got – he was in need of triple bypass surgery.

Just a few weeks later, Robert Pock drove himself to the hospital with chest pain when it was discovered he, too, would require a triple bypass.

With Tri-Cities Heart Care now well established in the Tri-Cities, open heart surgery has become a frequent procedure performed at Kadlec. But, for both Crume and Pock, their surgeries had an additional twist — because of religious convictions both wanted their open heart procedures performed without the use of blood transfusions.

Crume would be the first patient at Kadlec to undergo a bloodless open heart surgery procedure; Pock's procedure followed within a few weeks.

An estimated 30 to 40 percent of all open heart patients require blood transfusions, and even if one is not required, physicians have it available if needed. But, in the case of a patient requiring a bloodless procedure, using blood or blood products is not an option even in an emergency.

“Essentially, we do the same things in a bloodless procedure that we do in every surgery,” said cardiovascular and thoracic surgeon Roberto Amado-Cattaneo, MD. “We try to preserve and conserve. We use the same techniques, but with a bloodless procedure we have to take extraordinary measures.”

If time allows, medications and iron supplements can be given prior to surgery, stimulating the production of red blood cells. During surgery, blood can be conserved by using meticulous techniques and state-of-the-art surgical instruments to stop or prevent excessive

bleeding. In many cases, blood lost can be salvaged and recycled. It has also been found that patients are able to tolerate and safely recover from much lower blood counts than previously thought.

Bloodless heart surgery requires a team effort. The anesthesiologist can minimize bleeding during surgery. The perfusionist, who operates the heart-lung machine to bypass the patient's heart and lungs, can minimize bleeding as well.

Having the option of bloodless open heart surgery available in the Tri-Cities was significant for both Crume and Pock.

“It was important that we were able to stay in town,” said Crume. “We have a large family and they were able to be here. The hospital was so good to us, too; they let us have a conference room during surgery.”

Pock, who had already undergone an angioplasty nine years earlier in Spokane, concurred. “It was a lot easier to have it here. We were not hesitant at all,” said Pock, “I knew Dr. Amado-Cattaneo could do it, and he could do it well. And, he did it very well.”

According to Amado-Cattaneo, having surgery available in this region is important for all open heart patients, not just the ones in the bloodless program. “Being able to stay near family and friends throughout the procedure and recovery makes a big difference,” he said.

Not all medical centers with open heart surgery programs offer a bloodless option. Kadlec is one of only five in the Northwest. “Because of this option, our heart program will draw patients regionally who desire a bloodless procedure,” said Johnean Hansen, Bloodless Medicine and Surgery Coordinator at Kadlec.

For both patients, recovery has been swift and successful. “I haven't felt this good in years,” said Pock. “It is beyond my expectations. My energy level is excellent.”

And, Crume, too, said he is “doing great and feeling great. We really appreciated that everyone involved respected our wishes.” ■

For more information about the Bloodless Medicine and Surgery Program, call (509) 942-2817. For information regarding Tri-Cities Heart Care, call (509) 371-TCHC.



Shirley and Jim Crume, Robert and Linda Pock

Kadlec E.R., Patient Care & Food Service Honored

For the third year in a row, Kadlec Medical Center has earned the **Top Performer Award** for its patient food delivery service from Professional Research Consultants (PRC), an independent customer service research firm.

In addition, Kadlec earned **4-Star Customer Service** awards for its overall quality of both inpatient and outpatient care and the Emergency Department received a special **Gold Level Patient Satisfaction Achievement Award** for its efforts in reducing patient time in the Emergency Department.

To earn the Top Performer Award, Kadlec's satisfaction rating for patient food delivery service surpassed approximately 200 other participating hospitals who assessed patients' rating of this service throughout the 2002 calendar year.

Kadlec's innovative program has won numerous national awards and has become the benchmark by which other hospitals measure their food service.

Kadlec's service allows patients to order meals at any time of day or night from a menu available at their bedside.

The 4-Star Customer Service Hospital recognition for both inpatient and outpatient care is awarded to those hospitals that achieved a score in the top 25 percent of the nation. The award recognizes outstanding service based on patient surveys. It is the second year in a row that Kadlec has received the award for inpatient care.

PRC, based in Omaha, Neb., conducts its research throughout the year. It contacts a random sample of Kadlec patients via telephone for a confidential interview to assess their satisfaction shortly after their hospital experience. Kadlec uses the results to help identify areas of strength and where improvements can be made.

Emergency Department Earns Special Award

Kadlec's Emergency Department was named as a Gold Level recipient of a Patient Satisfaction Achievement Award. To be considered for this award, the Emergency Department submitted an entry detailing efforts taken to positively impact total time spent in this department.

"We have instituted a number of changes to reduce the time a patient spends in our Emergency Department," said Kadlec's Roger Casey, RN, Clinical Educator. "We now have bedside registration where the person collecting this information comes to the patient. We have increased the number of doctors working by adding and overlapping shifts. We have added 'Fast Track' for those non-emergency patients who may not need urgent care treatment. And, we have instituted nurse-initiated

orders for certain conditions, such as chest pain, which allow the nurse to begin tests and medications before the physician sees the patient. These are things like routine lab tests or x-rays. This allows us to get a jump start on treating some patients."

These combined efforts have reduced patient time within the Emergency Department by 20 to 30 minutes.

"Much of this reduction in time was even before we moved into the new facility," said Casey. "I am anxious to see the numbers once we have a full year's figures from the new Emergency Department."

When judging this award, PRC looked at how the efforts affected patients' experience, how they affected patient satisfaction survey scores, potential for other organizations to adopt these efforts, the effect they had on the employees and the creativity/originality of the efforts. ■



Kadlec Emergency Department has added 'Fast Track' for non-emergency patients.

When Every Second Counts

Rapid identification of the patient having a heart attack is a key factor in improving the outcome.

Thanks to a \$20,000 grant from the Kadlec Foundation, Kadlec Medical Center and the paramedics in the field have a new tool in their arsenal to help heart attack victims: the use of the Lifenet Receiving Station.

With this device, Kadlec's Emergency Department (ED) is able to receive important information from emergency medical technicians (EMTs) via cellular transmissions. By reviewing the diagnostic quality twelve-lead electrocardiograms (EKGs) sent by the EMTs, physicians at Kadlec's ED can identify a heart attack victim prior to arrival which facilitates instant triage, increased quality of care and decreasing door-to-treatment times.

"By knowing a heart attack victim is

coming, we can mobilize a team of cardiac specialists. This allows a more rapid delivery of thrombolytic (clot busting) drugs, heart catheterization or heart surgery," said Roger Casey, RN, Clinical Educator. "This data can save between 15-20 minutes in the time a patient begins receiving treatment, which significantly speeds recovery and improves the chance of returning to a fully productive life."

Richland and Kennewick Fire Department ambulances have cardiac monitor devices capable of collecting, analyzing and transmitting EKG's.



Kadlec is the first hospital outside of Seattle to provide this service. It is estimated that the hospital's station will receive 400 EKGs annually from EMTs in the field. ■

Gifts to the Kadlec Foundation make a difference. To support the work of the Foundation, call (509) 942-2661.

Tumor Board: Taking On Cancer

The old adage states that when it comes to solving problems "two heads are better than one." So, when putting together a roomful of physicians to examine a complex cancer case, patients will clearly benefit from this interdisciplinary approach.

And, that's what happens at Kadlec Medical Center once a month when the Tumor Board meets. Surgical oncology, pathology, thoracic surgery, radiation oncology, neurosurgery, medical oncology and radiology physicians gather to discuss two or three of the most unique or problematic cases. The physicians look at diagnostic and clinical information, then the group explores options and determines a specific course of treatment.

"It is really important to have that multi-specialty approach," said surgical oncologist Fredrick Bowers, MD. "Many patients need to have several different treatments — radiology, oncology and surgery — either simultaneously or in a specific sequence. Together we can set up that care and sequence."

Although the patient advantage is the most compelling, the tumor board has other benefits as well. "It is a chance to learn about advances in cancer treatment that we ourselves don't practice," said medical oncologist Thomas Rado, MD. "We can learn something new the surgeons are doing, or a new technique the radiation oncologists are using."

That exchange of information is an

advantage for all cancer patients, not just the cases being examined.

Advances in diagnostic tools such as the new CT/PET Scanner at Kadlec have been valuable. "It's remarkable how the combination of those two modalities can localize your attention in a way that neither could individually," said Rado. The images provided by the CT/PET give these physicians significantly more information essential in creating precise treatment options.

By combining the expertise of medical specialties, years of practical experience fighting cancer and sophisticated technology at these Tumor Board Conferences, all cancer patients in our region are receiving the best care possible. ■

Kadlec Medical Center's Commitment to a Healthier Community

Providing health care for our region is about more than healing the sick. It is also about instilling a sense of a better and healthier life for the people we serve — even if they are never admitted as patients. Caring for our community is not only about saving lives, it is about impacting lives for good health. It's not only about ensuring that we have the finest physicians, cutting-edge technology and expanding medical services, it's also about creating a healthier community.

That's why at Kadlec Medical Center, we not only bring all our best to providing health care, we also bring all our best when serving our community. Through our sponsorship of important programs, our financial support of community projects, our commitment to providing care for people financially unable to pay and our development of new services, we work with many others to ensure a healthier future for everyone.

"We recognize the responsibility we have to our patients, and that goes beyond serving them when they're sick," said Bill Moffitt, chair, Kadlec Board of Directors. "Throughout our organization, we are working to meet the health needs of the communities we serve."

We invite you to take a look at just some of the ways Kadlec offers health and hope to this region.

Education: Enhancing Our Knowledge

Learning about good health and how to stay healthy are important components of a healthy community. Kadlec is active in sponsoring and supporting health-related education activities throughout the year. Some of these are:



■ Safe Kids Saturday

Safe Kids Saturday is sponsored by Kadlec in cooperation with 30 other community organizations, and annually draws over 3,500 children and their families for hands-on experiences on a variety of safety topics.

■ Educational Classes

Classes offered include: babysitting, CPR, childbirth preparation and sibling preparation for that new baby. In addition, we sponsor special programs throughout the year including the Tri-Cities Heart Symposium. (509) 542-2600

■ Health Care Information

We help keep our community informed on health issues with a locally produced weekly television program, three newsletters, a new e-newsletter, important health care links through the website and participation in health fairs and other community events.

■ Community Outreach

We offer hospital tours, special programs at schools and an intern program

for students interested in pursuing health care careers.

■ Scholarships

We offer scholarships for students pursuing health care careers. (509) 942-2661

Programs: Promoting Our Good Health

Kadlec's special programs offer health, hope and support to people of all ages. Some of these are:

■ Diabetes Learning Center

The Diabetes Learning Center (DLC) offers comprehensive diabetes education for individuals who would like to learn the self-management skills necessary for good health. The DLC also participates in a national research program. This year, the DLC is proud to be the presenting sponsor of America's Walk for Diabetes on September 27. (509) 942-2620

■ Healthy Ages After Fifty

Healthy Ages After Fifty serves nearly 10,500 members ages 50 and over in our region. The free program offers monthly education programs, help with organizing medical bills and filing



Award-winning Mall Walkers

Healthier Community, Healthier Region

claims, and assistance with accessing services within the community. The Mall Walkers program, with over 1,800 participants, is also a part of Healthy Ages. (509) 942-2700

■ Neurological Center

The Neurological Center sponsors a variety of support groups including: Alzheimer's, ADHD, Autism, Chronic Fatigue Syndrome/Fibromyalgia, Fetal Alcohol Syndrome, Head Injury, Epilepsy, Learning Disabilities, Lupus, Multiple Sclerosis, Myasthenia Gravis, Narcolepsy, Parkinson's Disease, Post Polio, Stroke and Tourette. A lending library is available. (509) 943-8455

■ Wound Management

Wound Management includes a team of trained physicians, nurses and technicians who are dedicated to the management of chronic non-healing wounds including those from surgery or trauma. (509) 942-2835

■ Bloodless Medicine & Surgery

The Bloodless Medicine and Surgery program provides a special service for people who do not wish to receive blood transfusions under any circumstances. 1-800-780-6067 (ext. 2817) or (509) 942-2817

■ CardioPulmonary Rehab

CardioPulmonary Rehabilitation offers comprehensive rehabilitation services for individuals with cardiac or pulmonary disease. (509) 942-2737

■ Additional Support Groups

Other groups include: Diabetes, Ostomy and Post-Partum Depression Support. (509) 942-2600

*CardioPulmonary
Rehabilitation Department*



NICU 20th Reunion

Meeting Needs: Inside and Out

Sometimes the things that improve the health and well-being of our region take place inside the walls of Kadlec. Sometimes they take place outside of those walls. Inside or out, touching lives and improving health is making a difference.

■ The **Kadlec Foundation** has made a commitment to assist families who find themselves in an emergency situation when a family member is hospitalized. The Foundation provides these families with phone cards, gas vouchers, meal coupons, lodging, clothing and blankets. The Foundation also sponsors *Our Little Lambs*, a special program for parents who have lost a pre-term baby.

■ **We partner** with other community groups in strengthening the health of the community by participating in Safe Kids Coalition, the Tri-Cities Community Health Alliance and others.

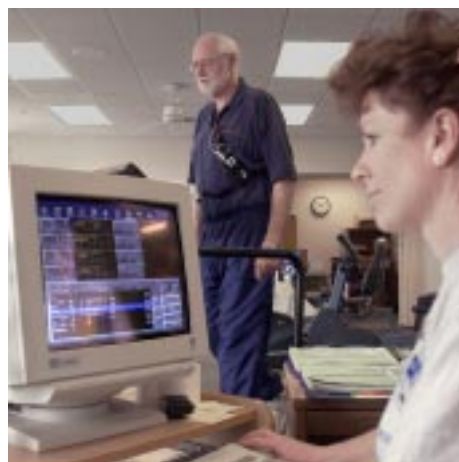
■ Kadlec is a **major sponsor** of "America's Walk for Diabetes," the Heart Walk, Family-a-Fair, Relay for Life, March of Dimes, Children's Developmental Center, Coats for Kids, and many more.

■ We celebrate the success and good health of children with the **Kadlec Kids Carnival** and **Neonatal Intensive Care Reunions**.

■ We **donate medical supplies and equipment** to assist those in need in countries around the world.

■ People who are knowledgeable about the community and concerned about the health needs of its citizens serve on our **Board of Directors and as Foundation members**. These volunteer boards are committed to balancing community needs with available resources to meet those needs. In addition, the **Kadlec Auxiliary** has 200 volunteers, who contributed nearly 45,000 hours last year.

■ The community is also served by the **hundreds of Kadlec employees** who volunteer and participate in activities including serving on boards, being active in their churches, helping with school programs, participating in youth sports programs, raise funds for non-profits organizations and so much more. We are proud of the commitment our employees show to their community, too.



Interventional Radiology: (Non) Cutting-Edge Treatment

Radiology. It makes you think of X-rays, CT scans and MRIs. But what about radiology as something that can replace surgery?

As technology dramatically changes, the practice of radiology has changed, too. With major advances in imaging equipment, the field of radiology can now offer not only diagnosis, but also interventional methods to treat problems.

According to Saravanan Kasthuri, MD, who specializes in Interventional Radiology and joined the Kadlec staff earlier this year, the interventional radiologists' ability to see inside the tiny arteries and vessels of the body allows them to create solutions without the need to cut open the affected part of the body. They use their expertise in reading X-rays, ultrasound and other medical images to guide small instruments such as catheters through the blood vessels or other pathways. The insertion of a catheter or other device typically requires only a small (approximately 1/8th of an inch) incision in the skin.

"These procedures provide patients with numerous benefits by being able to avoid surgery. They are often done on an outpatient basis, there is rarely any need for general anesthesia, they are

much less invasive so patients recover more quickly and much less costly than traditional surgery," he said.

Interventional radiological procedures now performed at Kadlec include treatment of uterine fibroids, spinal fractures, liver disease, cancer, gastrostomy, infertility, needle biopsy, peripheral vascular/arterial disease, deep vein thrombosis, vascular disease, venous access catheters and venous disease.

Prior to the arrival of Kasthuri, patients would have to travel to out of town medical centers for many of these procedures.

Answers for Common Problems

"The field of interventional radiology has evolved very rapidly in the last five years," said Kasthuri. "Two new important procedures are the treatment of heavy menstrual bleeding due to fibroid tumors and vertebroplasty, the treatment for the relief of pain from spinal fractures."

Traditionally, women with fibroid tumors have to undergo surgery and removal of the uterus. But now, women who have fibroids have a non-operative alternative to surgery. With

interventional radiology, Kasthuri simply makes a small nick in the skin, uses a catheter to reach the fibroids and cuts off their blood supply. Once the blood supply is gone, the fibroids wither away. "Women need to know they have an option to be treated without surgery. They can really benefit from this procedure," he said.

For many people with osteoporosis, a spinal fracture means severely limited activity, constant pain and a serious reduction in the quality of their lives. Because surgery on the spine is extremely difficult and risky, it has typically not been used to treat these vertebral fractures. Until recently, reduced activity and pain medications, or invasive back surgery were virtually the only treatments available. Now, an interventional radiological treatment called vertebroplasty has been effective in reducing or eliminating the pain caused by spinal fractures.

"I recently treated a 93-year-old man from Walla Walla. He was in severe pain and for the three months before his surgery he was bedridden. Since his vertebroplasty, he is now able to get up and around and has been able to take care of himself," said Kasthuri. ■



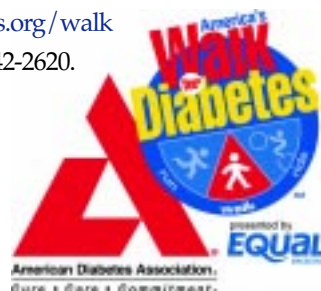
One in 17 Americans has diabetes — and a third of them don't even know it. Stay fit, raise money in the fight against diabetes, and reduce your risk to develop type 2 by joining in America's Walk for Diabetes. This year's Tri-City area walk will be September 27 at 8 a.m. beginning at Howard Amon Park.

The Diabetes Learning Center at Kadlec Medical Center presents:

"America's Walk for Diabetes"

"We are thrilled to have Kadlec's Diabetes Learning Center as the event's presenting sponsor. We know it serves many people who either suffer from or are at risk of developing diabetes," said Anne Sampson, Mid-Columbia District Manager of the American Diabetes Association.

Register online at www.diabetes.org/walk or call (509) 942-2620.



Auxiliary and Volunteers Contribution: Priceless

“Volunteers are unpaid, not because they are worthless, but because they are priceless.”

—Anonymous

In 1991, Dottie Leach decided it was a good time for her to repay in her own way the kindness and care she and her family had received, so she began volunteering as a member of the Kadlec Auxiliary. But, she will tell you, things didn't turn out the way she expected.

“I had wanted to say ‘thank you’ for the things that had been done to help us, but what I found out was that is not possible. I found you can't do that. The more you give, the more you get,” she said.

Leach is one of 200 Auxiliary members who make a significant contribution to the Medical Center. They assist in over 30 different areas ranging from clerical

work to mail delivery, from the Critical Care Unit to the Birth Center, from staffing the Information Desk to operating the Gift Shop, and from escorting patients and families to two sewing groups. Members range in age from the mid-thirties to the oldest active member at 94. There are both men and women Auxilians.

In 2002, the Auxiliary donated nearly 45,000 hours – or equal to over 22 full time employees.

The Auxiliary has also made significant financial contributions to the Kadlec Foundation. In just the ***past five years, the Auxiliary has donated \$265,500*** in support of the Foundation.

“I am continually amazed at the work of our volunteers, especially members of our Auxiliary. Their donation of time and effort saves the hospital thousands of dollars each year. More importantly,



Kadlec Auxilians Willie Brown and Dottie Leach

their passion for Kadlec contributes greatly to our goal of providing a healing environment for our patients and their families,” said Rand Wortman, Kadlec's President and Chief Executive Officer.

The Kadlec Auxiliary continues to seek new members. For information, call Dottie Leach, (509) 375-1097. ■

Innovative CardioPulmonary Program Recognized

Seeing a need to help her CardioPulmonary Rehabilitation patients understand the importance of Metabolic Equivalents (METs) in the rehabilitation process, Kadlec nurse Kay Langevin, RN, developed the “MET Board.” It has not only been of benefit to patients in their rehabilitation, but has received one of the 2002 California Pacific Awards for Excellence in Patient Education.

Patients enrolling in CardioPulmonary Rehab have an individual program mapped out to improve their overall physical and mental health. The program includes exercise as well as nutritional, educational and psychological components of recovery. MET levels play an important part as a measurement of their exercise

intensity during each session. But Langevin could see the patients were having difficulty understanding and applying the MET concept as an easy and efficient way to monitor their fitness.

And that is where her idea for the MET Board came in.

“The MET Board is a wonderful way for patients to see where they started, see where they are at now and see where we think they should get to at the end of the program,” said Betty Johnson, RN, CardioPulmonary Rehab Supervisor.

“We have evaluated the effectiveness of the MET Board,” said Johnson. “We calculated an average of two percent improvement per exercise session once the MET Board was in place.”

The value of the MET Board goes well beyond what is taking place within the program itself. By understanding the concept of METs, patients may then apply their MET calculations to equivalent energy requirements in the occupation, recreation and physical conditioning in their daily lives.

“Participants and family members continue to comment that it gives meaning to exercising in CardioPulmonary Rehab and gives them confidence and direction toward acclimating back into their daily lives,” Johnson said.

The innovative program was one of 17 (out of 153 submissions from throughout the country) to be recognized. ■

For more information call (509) 942-2737.

Chapel Offers Sanctuary

A quiet place for reflection and prayer. An escape from the sometimes hectic pace of the medical setting. A space set aside for meditation and contemplation, and even celebration or mourning.

Kadlec's new Chapel offers such a place for patients, family and friends, Kadlec employees, and even the community.

"In times of crisis, people draw upon their personal or religious convictions as one way to help them cope," said Tim Ledbetter, Kadlec's Chaplain. "This new Chapel creates a sacred space that is alongside, yet set apart, from the main activities of the Medical Center. It provides a vital and valuable resource in helping sick and injured people – and those who care for them – recover from, adapt to, and try to find meaning in what is happening."

The Chapel is located just off of the new Main Lobby.

"The Chapel provides a whole other dynamic from the clinical, technical and scientific work going on around us," he said. "It offers a new experience within the hospital. My sense is that when

people come in, their heads are full of concerns. They are not necessarily looking for more information, but rather a safe place for quiet reflection."

Chapels, by tradition, differ from primary religious facilities, in that the Chapel does not provide religious or spiritual input. It is open to "persons of all faith traditions and no faith tradition," said Ledbetter. "It is accessible to anyone – religious or not. You won't go to this Chapel to hear a sermon."

Ledbetter sees the community embracing the Chapel as well. "The word is getting out that there is a wonderful quiet place available even if you are not sick or hospitalized at Kadlec. It will become a community resource," he said.



The Chapel, which can seat about 40 people, will also be available for memorial services, weddings and baptisms.

"When people know they are being cared for emotionally and spiritually, as well as medically, it helps in the healing process," said Ledbetter. ■

For information on how you can make a gift to support the Chapel, contact the Kadlec Foundation at (509) 942-2661.

Kadlec's New Neuro-Navigating Equipment: from

Technology that was used during the first Gulf War is now being utilized to direct neurosurgeons at Kadlec Medical Center during delicate brain and spine surgery.

Since the beginning of the year, Kadlec has been equipped with a Z-Kat Voyager image guided surgery system. It provides three-dimensional (3-D) computer images of a patient's brain or spine to help surgeons navigate their way through hard to reach parts of the body, according to

neurosurgeon Thomas Wilkinson, MD.

"The equipment assists a surgeon's visualization during surgery by taking image data from a CT scan or MRI and transforming it into 3-D," said Wilkinson. It allows surgeons to "look" inside the body and see infected tissue inside of cavities, narrow passageways inside of arteries and awkwardly positioned tumors deep inside of the brain. Traditionally, surgeons had to rely on two-dimensional X-rays coupled with

their knowledge of human anatomy to perform delicate procedures. This was particularly difficult with deeply embedded tumors. Thanks to the development of Global Positioning Systems, a military technology, medical scientists began to apply the same technology to find precise locations inside the body without actually having to "see" it.

"With the new image guided surgery system, when a surgeon's instrument touches the patient, the equipment

The Healing Effect of Music

The music drifted softly throughout Kadlec Medical Center's main lobby and up into the Critical Care Unit waiting room as Scott Stallings sat at the grand piano playing the music that came from his soul. The 14-year-old plays once a week, offering his musical talents to patients, guests and employees at the Medical Center.

On Tuesdays, Candi LaBrecque sits at the same piano sharing her gift of music. A pianist for more than 70 years, she plays a variety of soothing melodies.

Stallings and LaBrecque are two of the nearly 20 musical volunteers who are a part of the new music program at Kadlec. For each, it is a way to share their talents and give back to the community.

For Stallings, a New Year's Eve basketball accident left him with a severely injured finger. There was concern he may never play the piano again.

He was rushed to Kadlec, where his finger was repaired. Despite nerve damage and a stint playing with just 9 fingers, Stallings has recovered and is back to using all 10 fingers when he plays. "The injury certainly didn't get

me out of practicing the piano," said Stallings with a slight smile. Playing regularly at Kadlec is his way of "giving to the community," he said. "It's been a lot of fun and well received."

LaBrecque learned of the new music program through a friend. "I had never been a volunteer at Kadlec. This is a way I can help others with the skill that I have," she said. "I've had some amazing feedback from people. I look forward to my time each week."

LaBrecque also believes in the healing that can come through music. "I know

music is a stress reliever and that music is therapy," she said.

Kadlec's music program has been underway since May. "We now have musicians from the age of 10 to over 70," said Wendy Gehrig of Kadlec's Education Department. "Everyone who participates seems to enjoy playing in a new atmosphere. It gives them a reason to practice and perform each week. When they play, they know they are really appreciated." ■

For information about volunteering for this program, call (509) 946-4611, Ext. 4262.



aerospace to neurosurgery

determines the exact location of the instrument on the patient's head or spine," said Wilkinson.

During the surgery, a number of views of the brain or spine are displayed on a monitor. The position of the surgical instrument is shown by a pointer superimposed on these images. The system helps neurosurgeons navigate the complex anatomy. By anticipating and avoiding important structures, blood vessels and functional areas,

neurosurgeons can perform intricate procedures more effectively.

"This really helps us calculate where we are compared to the lesion. We can more precisely reach a brain tumor while reducing the risk to the patient. With spine surgery, it especially helps guide us where and how deep to go to avoid damage to the surrounding nerves and blood vessels," he said. "I can be more precise and it puts the patient at less risk for complications."

And, image guided surgery procedures are much less invasive and allow surgeons to make smaller incisions.

Kadlec has utilized an image guided system since 1998, but according to Wilkinson, this new system is a significant improvement in technology.

Kadlec is one of the few medical centers in the country to have the new system. "It is unusual for a hospital Kadlec's size to have one," said Wilkinson. ■

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Kadlec at a Glance

	2000	2001	2002
Physicians on Medical Staff (<i>representing 33 specialties</i>)	193	193	220
Total Number of Volunteers	188	192	200
Admissions	6,408	7,135	7,706
Average Daily Census	71	77	90
Average Length of Stay (days)	4.08	3.95	4.24
Outpatient Visits (including ED)	78,939	90,498	98,535
Emergency Dept. (ED) Visits	24,032	26,128	28,244
Inpatient Surgical Procedures	2,596	2,642	2,644
Births	1,201	1,255	1,303
Garden Café Meals Served	361,941	404,386	466,706

2002 Statement of Operations

REVENUE

We charge our patients for nursing care, room and board, diagnostic and therapeutic procedures	185,148,203
We were unable to collect all charges from Medicare, Medicaid and other discounted services and charity care	(73,638,606)
Revenue from Interest and other Services	1,969,609
Therefore, our revenue was actually	113,479,206

EXPENSES

To provide patient care we paid:	
Salaries and Benefits	53,679,482
Supplies and Other Expenses	48,944,936
Interest and Depreciation on building and equipment	7,651,788
Allowance for care provided and not paid	825,852
Total cost of providing patient care	111,102,058
Designated reinvestment in community and capital	2,377,148