

Kootenai Health

ISSUE 2 | 2016

A DAY OF FIRSTS

Meet Danica, the first baby born
in the new Kootenai Health
Family Birth Center

A heart on fire

How Gary Johnson is
overcoming cardiac issues

Enhanced recovery

Get better faster



KootenaiHealth



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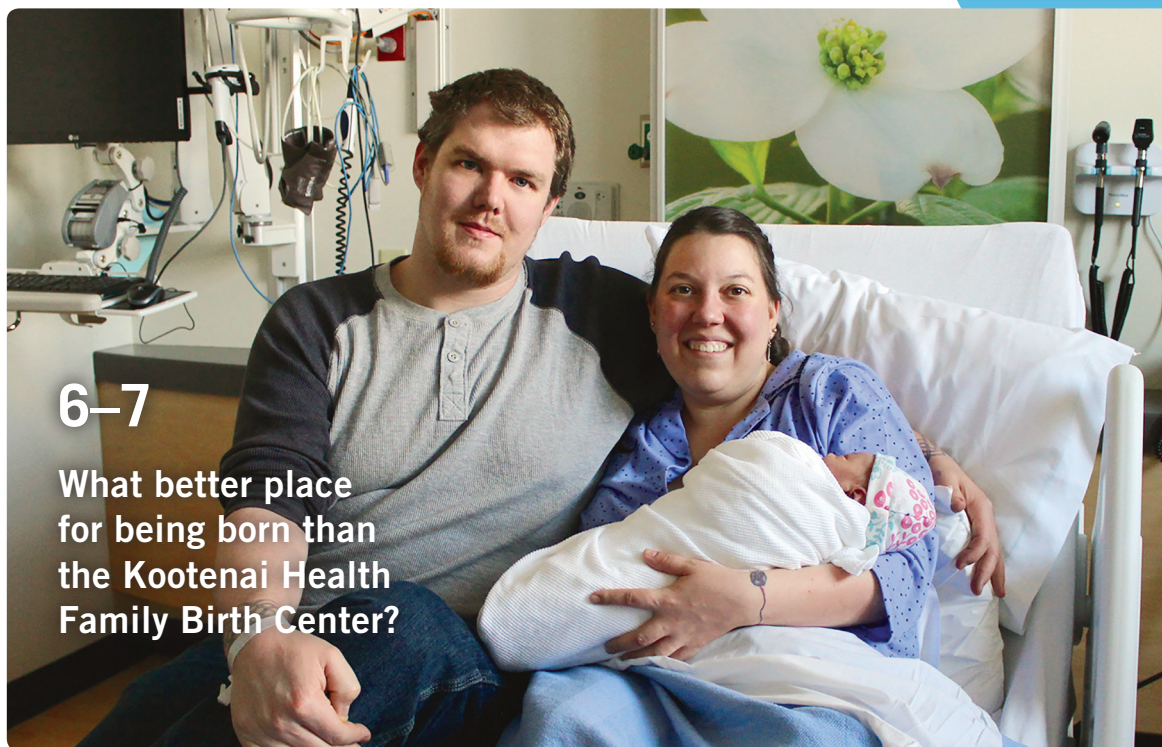
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KootenaiHealth

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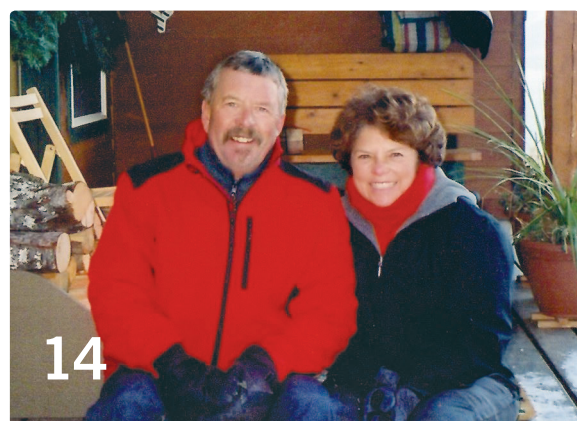
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Opening Thoughts

FOR MAY 2016



Jon Ness, CEO

Many of the conversations about health care today focus on quality, price, access and the challenges they present. While these are important issues, there's another story that's equally important: the story of the tremendous good work happening in health care today.

With innovative new treatments, lives are being extended and quality of life is being improved. What really makes this interesting to me is the fact that these new treatments aren't just being done by a handful of physicians practicing in major metro-

politan areas. Through collaboration with the Mayo Clinic Care Network and the dedication of local physicians, they are happening right here.

Northern Idaho is fortunate to have an outstanding medical community. Our physicians are collegial, innovative and willing to roll up their sleeves to implement the changes needed to improve patient care.

An exceptional example of this is on page 12 in this issue of *Kootenai Health* magazine. General surgeon Marcus Torgenson, M.D., recently led a multidisciplinary team in the adoption of a new surgical protocol called the Enhanced Recovery Program. The program takes a different approach to preparing patients for surgery and caring for them afterward, and it is seeing impressive results. Patients require less medication, heal more quickly and experience better outcomes.

The adoption of this program by physicians at Kootenai Health is among the best in the nation. As others around the country are working to accept the idea of change, physicians and patients here are already seeing results.

Although the dialogue about price and access to health care must continue, let's remember the rest of the story. Many, many people are working to improve the care patients receive every day. And many of them are right here in northern Idaho.

Wishing you good health,
 Jon Ness



POST FALLS EXPANSION

Making Progress

By Andrea Nagel

Employees and visitors of Kootenai Clinic Post Falls will see a shift in focus this spring as exterior construction moves into its final phases.

Construction crews plan to begin interior work in May, pulling back construction fences to make room for more parking. The exterior of the new clinic building will look familiar to Kootenai patients. The building has a similar design and the same siding as the hospital expansion to make the facility easily identifiable.

MAJOR MILESTONE

“Since Post Falls is the fastest-growing ZIP code in northern Idaho, the most important feature of the building is our ability to improve access to needed medical services in Post Falls and the surrounding communities,” said Jeremy Evans, Vice President of Operations at Kootenai Health. “As we continue to recruit physicians to serve our area, it is important to locate them in a convenient, accessible, modern facility.”

Another major milestone includes the completion of the fourth Big Blue Coffee Company location in early June. Always a big hit with employees and patients, the coffee stand will serve locally roasted Doma coffee, pastries and snacks in an open, light and modern atmosphere. Services, including primary care and specialty

clinics, urgent care, radiology and imaging services, laboratory services, and a retail pharmacy will all be available once the expansion is completed.

AREAS OF IMPROVEMENT

Recent changes to the floor plan will positively affect three areas within the space. Kootenai Clinic Family Medicine (currently on the first floor) is now planned to move to the second floor and will nearly double in size. This will allow space for an additional conference room and for the Internal Medicine clinic to expand as well.

“It’s important for us to expand our clinics to accommodate the way we practice medicine now,” said Derek Miller, director of Facility Planning and Property Management at Kootenai Health. “Having more space will allow for a better workflow for our staff and provide a better experience for our patients.”

Kootenai Clinic OB-GYN will gain two additional exam rooms and one treatment room, and Kootenai Heart Clinics Northwest will nearly double in size and expand its services to include stress tests at the Post Falls location.

“Our goal is always to keep patients close to home whenever possible,” Derek said. “With the Post Falls expansion, we will be able to provide even better multi-specialty, coordinated care for our patients, closer to their homes.”



FOLLOW the Post Falls expansion progress on our Facebook page—and learn more about the project at [KH.org/pfexpansion](https://www.kh.org/pfexpansion).

A Day of Firsts

THE NEW KOOTENAI HEALTH FAMILY BIRTH CENTER WELCOMED ITS FIRST BABY



By Andrea Nagel

The new Kootenai Health Family Birth Center opened its doors to the public on March 15. Amidst the last minute shuffling of paperwork, pumps and patients to the new space, Tessa DeMoy of Hayden checked in to have her first baby.

“I didn’t think I’d get to deliver in the new center because my due date was March 9,” she said. “We got to the hospital around 9:30 in the morning and were admitted to the old unit for about an hour-and-a-half and then walked to our new room around 11. I really enjoyed the jetted tub in my labor room.”

Not too long after moving to their new room, another family checked in and the race to be the first to deliver in the new Family Birth Center ensued.

“The nurses were really cute,” Tessa said. “We kept checking in on each other to see who would deliver first.”

Finally, at 9:56 p.m. Tessa and her husband, Marshall Allers, got to meet their little girl, Danica. Weighing in at 7 pounds, 11 ounces and 21.5 inches long, Tessa immediately saw the resemblance to her 6-foot-5-inches tall husband.

“She has his long legs,” she said. “I didn’t expect her to be so long.”

Nurse midwife Ronda Williamson was on call that day. She delivered both the last baby in the old unit as well as Danica, the first baby in the new unit.

“This particular birth was so great, it was all natural and she worked really hard. I thought it was a nice initiation for the unit to have a natural birth and happy family to start out,” she said. “The delivering experience is different in the new unit. The rooms are bigger with more space for patients to walk around and labor just as they want to. My favorite thing about the new unit is the beautiful natural light in the rooms. It feels very calm and inviting.”



Tessa DeMoy and her husband, Marshall Allers, with their baby girl, Danica, in the new Family Birth Center at Kootenai Health.

Not knowing what to expect for her first birthing experience, Tessa said she was thankful that so much of what she wanted was already standard practice at Kootenai. She was able to have her birthing team in the room with her, and bonding time was a priority.

“Immediately after her delivery my nurse midwife, Ronda, and the nurses put her straight on my chest for bonding time before she was taken to be examined,” Tessa said. “Marshall got to do skin time with her too, which was really important to us. So much of what we wanted is how this facility is set up and run. The room had seven people in it, and we still had plenty of space.”

Following the delivery, Tessa and Marshall moved to postpartum where they could rest, recover and spend time together. While there, Kootenai Health lactation consultants helped Tessa and Danica work on feeding and plan for their discharge home.

“Each of the rooms has this cool network with educational videos, TV and medical information,” Tessa

said. “My nurses and I could leave notes for each other there, I could look at what medications they were giving me and why, and I could see who was taking care of us that day. It was really helpful.”

Despite giving birth in the middle of a big move for the department, Tessa said she felt comfortable and well cared for.

“Everyone was amazing,” she said. “Even though they were adjusting to their new space, they were very accommodating and attentive. We couldn’t be happier with how everything turned out.”



TO LEARN MORE about the Kootenai Health expansion, visit [KH.org/expansion](https://www.kh.org/expansion). If you are an expectant mother and would like to learn more about Kootenai’s Family Birth Center, visit [KH.org/birthing](https://www.kh.org/birthing) or call (208) 625-6050 to learn about our prenatal classes.

Kootenai Health Annual Report

As we work toward our vision as a regional medical center, we look to our community and patients to see where we should focus our growth. In 2015, Kootenai Health made great strides in expanding the main hospital to accommodate our growing number of patients and their families as well as service lines. The hospital expansion, totaling 100,000 square feet, not only provides more space to care for patients but also frees up space in the existing facility for future expansions and renovations to the emergency department and operating rooms. Now, patients coming to Kootenai from around the region have a new, state-of-the-art facility to receive care, and we have a beautiful front door at which to greet them.

FINANCIAL STEWARDSHIP

▶ **Standard & Poor's A Rating.** Standard & Poor's Ratings Services gave Kootenai Health an "A" rating based on an evaluation of Kootenai's business plan, credit, cash on hand and decision not to use its ability to levy taxes for funding. The rating is a strong affirmation that Kootenai's business model is stable and seeing growth in patient trends.

GROWTH/SERVICE LINE DEVELOPMENT

▶ **Northern Idaho Crisis Center.** Kootenai Health, Panhandle Health District and Heritage Health partnered to create the Northern Idaho Crisis Center. The center serves men and women from Idaho's 10 northern counties who

need help with mental health or substance abuse issues. Patients may receive care at the center for up to 24 hours. The crisis center's purpose is to assess patients and connect them to resources that best fit their needs. If additional care is needed following their stay at the center, patients will receive an appropriate referral before they leave. The center is free, safe, private and voluntary.

COMPREHENSIVE CARE INTEGRATION

▶ **Improved Care Coordination (transition of care).** Kootenai continually works with other area organizations to ease the transition of patient care between medical facilities or to a patient's home. Collaborating with organizations such as Hospice of North Idaho and growing networks such as the Idaho Health Partners (with Heritage Health and the Panhandle Health District) helps providers connect patients with the best health resources in our region.

▶ **Kootenai Health's Patient Transfer Center.** The transfer center helps manage transfers between hospitals and other care facilities. In 2015, the Transfer Center assisted with 322 patient transfers and 577 consultations.

LIVING THE KOOTENAI HEALTH WAY

▶ **Kootenai Health Way Training.** In 2015, all Kootenai Health employees completed the Kootenai Health Way training, which emphasized the role that safety,



EXPANSION

Kootenai Health made great progress on the hospital expansion.

CONSTRUCTION WAS FINISHED IN FEBRUARY 2016 AND OPENED TO THE PUBLIC ON MARCH 15, 2016.

In 2015, KOOTENAI BROKE GROUND ON A \$10.5 million, TWO-STORY, 22,000-square-foot expansion PROJECT IN POST FALLS.

The expansion will add to the existing campus at 1300 E. Mullan Ave. and provide new space for additional clinic locations and ancillary services to better care for our patients. New services will include orthopedics, a pharmacy, internal medicine and the fourth Big Blue Coffee Company location.

compassion and engagement play in great patient care. All new Kootenai employees go through this training to familiarize them with the Kootenai culture. The Kootenai Health Way training demonstrates how the many projects and initiatives at Kootenai help shape the way we provide patient care. It is just one of the many ways Kootenai invests in staff development to better the patient experience.



Meet Our New Physicians

What makes our experts tick? Why did they choose their specialties? What do they do in their free time? And what brought them here? *Kootenai Health* magazine went in search of candid answers.

CHAD HAGEN, M.D.

**Kootenai Clinic
Sleep Medicine**

TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

My wife, Alexandra, and I will be married 15 years this July. We take great joy in raising our two daughters, ages 9 and 11. Alexandra teaches middle school Spanish and volunteers for the Polycystic Kidney Disease Foundation and several educational causes. We're humbled by the talents of our children, who enjoy cello, kung fu, volleyball, skiing and all things water-related.

WHY DID YOU CHOOSE YOUR SPECIALTY?

In 2005, through a unique training opportunity

focused on sleep apnea and narcolepsy, I quickly recognized the quality-of-life improvements that come from providing better sleep for my patients. I believe strongly that sleep medicine is my best method to provide the greatest amount of good for the greatest number of people. This is the reason I've dedicated 100 percent of my research, teaching, administrative effort and clinical work to sleep medicine.

WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

Patients can expect to meet a happy, lighthearted doctor who is easy to talk to and serious about their health and well-being. I

encourage all patients to complete the sleep clinic questionnaires and bring any CPAP or dental equipment they have—and copies of test results from other sleep labs. We will work together and review their physical health, breathing mechanics, sleep test results, and unique medical and sleep history to determine the best treatment for their specific situation.

WHAT ARE SOME OF YOUR HOBBIES?

I enjoy spending time with family, skiing, snowboarding, wakeboarding, golfing, playing guitar, and fishing. Two years ago, when I turned 40, I started an annual "fitness test" for myself. Every year from the ages of 40 to 80, I plan to complete the sprint distance of the

Coeur d'Alene Scenic Challenge Triathlon—and then play a round of golf at the Coeur d'Alene Resort. So far I've got two down, 38 more years to go!

WHAT DREW YOU TO KOOTENAI HEALTH?

I have come to visit Coeur d'Alene every chance I get since age 6. In my youth I enjoyed many summers on the lake. During medical school, as a Vandal-Cougar-Husky hybrid, I expected to settle down in Coeur d'Alene or Sandpoint but instead married a lovely woman from Oregon and have lived in Portland for almost 15 years. I have tremendous gratitude to Kootenai Health for giving me this opportunity to return to the area I love.

—Continued on page 10

MEET
OUR NEW
PHYSICIANS

—Continued from page 9



CONNOR QUINN, M.D.

Kootenai Clinic Orthopedics and Sports Medicine

TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

Both my wife and I grew up in Coeur d’Alene and have strong connections to the community. I went to high school at Lake City before attending Gonzaga University for undergrad, and then the University of Washington for medical school. I was also lucky to spend time during my training in both Hawaii and the Bay Area. We now have three children and are happy to be back in Coeur d’Alene around friends and relatives to raise our family.

WHY DID YOU PICK YOUR SPECIALTY?

I felt a draw to orthopedics specifically because I played sports my entire life and really liked that with orthopedics I had the ability to help people become active again.

WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

People can expect a warm reception from my staff. We try to respect everyone’s time and stay on schedule as much as possible. I hope everyone can leave their visit with a clear direction as to what our plan is to make them feel better.

WHAT ARE SOME OF YOUR HOBBIES?

My hobbies have changed over time and now mostly revolve around living vicariously through my children. However, I enjoy remaining active through running, skiing and soccer, and I have recently transitioned from being a player to now a coach for my children.

WHAT DREW YOU TO KOOTENAI HEALTH?

I was drawn to Kootenai from my private practice because I felt like it shares my desire to serve and give back to the community where I grew up—allowing me to continue to see and treat all people as a member of Kootenai’s comprehensive health care team.



JENNIFER WEGLER, P.A.

Kootenai Clinic Orthopedics and Sports Medicine



TELL US A LITTLE BIT ABOUT YOU AND YOUR FAMILY.

I was born and raised in Chicago. I taught high school and was an athletic trainer for 10 years before going to physician assistant (PA) school. Three years after graduating from PA school, I moved to California to teach at USC. I met my husband, Anthony, there. He was an LA city firefighter. We and our dog, Max, moved to Idaho to enjoy the outdoors six months ago. We love life here!

WHY DID YOU PICK YOUR SPECIALTY?

I was an athletic trainer before going to PA school, and I have always loved orthopedics.

WHAT CAN PATIENTS EXPECT WHEN THEY SHOW UP FOR THEIR FIRST APPOINTMENT WITH YOU?

Patients should expect someone who will not only listen to their medical concerns and come up with a good plan but will also try to connect with them on a personal level.

WHAT ARE SOME OF YOUR HOBBIES?

I love to walk my dog through the trails at English Point. I also enjoy road trips with my husband, working out, watching sports and reading.

WHAT DREW YOU TO KOOTENAI HEALTH?

I heard so many great things about it from people in the community, and I really wanted to be an active part of the local health care team.



ENHANCED RECOVERY PROGRAM

The Recovery Revolution Has Arrived

By Jeanna Hofmeister

Imagine having your morning cup of coffee just two hours before major surgery. Envision waking up in recovery and then enjoying a full meal only a few hours later. Picture your postoperative pain being well-managed with over-the-counter remedies. Better yet, see yourself going home healthier in one-third of the time you expected. If that scenario sounds radically different than what you anticipated or have previously experienced, it is. This is the new Enhanced Recovery Program at Kootenai Health.

GETTING STARTED

“The Enhanced Recovery Program is a revolutionary paradigm shift in the care of surgical patients,” said Kootenai Health surgeon Marcus Torgenson, M.D. “Moving to this kind of protocol means patients get better care, shorter hospital stays and overall, recover better with less pain.”

The movement toward this new kind of pre- and post-surgical protocol began in Europe but is rapidly gaining traction across the United States. Dr. Torgenson was

charged with leading the effort to implement enhanced recovery at Kootenai Health.

Last September, he and his team met with peers at Mayo Clinic to learn more about the program’s protocols and benefits.

“It’s a brand-new concept for health care,” he said. And it’s just one of many benefits made possible through Kootenai Health’s affiliation with Mayo Clinic. “Our level of care has increased significantly through our partnership. It is such a great resource to be a part of the Mayo Clinic Care Network. Without them, we wouldn’t have been able to do this as efficiently.”

THE BEST IN THEIR CLASS

A few weeks later, Dr. Torgenson dove deeper into the enhanced recovery concept with peers from Duke, Cleveland Clinic and the MD Anderson Cancer Center at the American College of Surgeons Clinical Congress.

In early October, after research and fact-finding, he presented the Enhanced Recovery Program model to the various groups of health care

providers within Kootenai Health. He says support for the change was overwhelming. By mid-October, his department began to implement the new protocol with patients.

“When you’re introducing, basically a new pathway, there are usually providers who are skeptical or hesitant to change their practice, but that simply was not an issue for us.” While Dr. Torgenson led the charge to put the plan into action, he said it’s been a real team effort. “The enthusiasm for a change like this, from the entire Kootenai Health staff, makes me really proud of where I work.”

HOW THE ENHANCED RECOVERY PROGRAM WORKS

Some have likened the change in protocol to training for a marathon. Instead of starvation and dehydration prior to their procedure, patients are encouraged to quit smoking, exercise more, hydrate well and load up on nutritious carbs. Post-op, with the help of hospital staff, they are up and moving on day one. They’re also

MAYO CLINIC

Kootenai Health staff visit Mayo Clinic to learn about the Enhanced Recovery Program. From left: Fran deTar, R.N.; Tina Rieken, R.N.; Marcus Torgenson, M.D.; Zach Lorenz, R.N.; and Mark Harrel, C.R.N.A.

eating and drinking plenty of fluids, essential to the healing process, as well as limiting narcotic pain medications. Faster recovery means fewer meds and a shorter stay in the hospital.

The difference in post-operative results is nothing short of spectacular. “Patients who would have previously spent five to seven days in the hospital following surgery now go home in two or three.” According to Dr. Torgenson, “It’s a win-win, across the board.”

AND THE FINANCIAL SIDE OF IT?

While enhanced recovery patients benefit from a health perspective, the new program makes a difference to their bottom line as well.

“Cost is never the motive for introducing a program like this, so I hope you’ll mention it last,” Dr. Torgenson laughed. “But it’s true. Patients do incur lower expenses because of their shorter hospital stay. I’m just really happy to be doing something to dramatically improve patient care, and it’s really satisfying to know that we’re improving care across the organization.”

THE FUTURE OF ENHANCED RECOVERY

At Kootenai Health, the new protocol is limited to colorectal surgery and urology procedures for now, but the program is geared to spread rapidly throughout all the hospital’s surgical disciplines in the next year. While it may be too early to speculate on the long-term effects of enhanced recovery, the program’s future looks promising.

To date, despite having a decreased length of stay, staff

are happy to see there has been no increase in 30-day readmission rates due to complications for enhanced recovery patients, Dr. Torgenson said. “I think the best results may be yet to come.”



SURGERY ON YOUR SCHEDULE?

Find out what your best options are at Kootenai Health. Call (208) 625-4000.





Once a Fighter, Always a Fighter

SANDPOINT RESIDENT LIVES LIFE TO THE FULLEST,
DESPITE MAJOR CARDIAC EVENTS

By Stacie Jones

Gary Johnson was in the midst of an exciting career fighting fires for the U.S. Forest Service. During that career, he had spent 15 years as a smoke jumper, hurling himself out of planes into the burning wilderness to fight flames in Alaska and along the West Coast.

But in 1998, at the age of 51, Gary found himself in a different kind of fight: a fight for his life.

"I was running a lot at the time to stay fit for my job," Gary said. "But I began experiencing chest discomfort and shortness of breath when I ran, and then one day I couldn't even walk around the block."

Gary, suspecting problems with his lungs from years of inhaling wildfire smoke, visited his doctor. Gary's lungs were fine, but his heart was failing.

THE HEART OF THE MATTER

"I didn't understand how this could happen. I was young, I never drank or smoked excessively, and I was always in great physical shape," he said.

As it turns out, Gary's heart problems were genetic. His grandfather, his father and his brother had all been diagnosed with heart disease.

In 1998, Gary underwent quadruple bypass open-heart surgery. On that day, he promised himself he wouldn't let this setback slow him down.

FAR LEFT: TRIAL BY FIRE. Gary Johnson served as an Alaska smoke jumper from 1973 to 1987.

CENTER: A BREATH OF FRESH AIR. Gary and his daughter Dawn at the top of Jobs Peak, Lake Tahoe, in 2005.

RIGHT: LOVING LIFE. Gary and his wife, Diane, at their home in Sagle, Idaho.



“I love life here on earth, and I love my family,” he said. “I knew that with their support, and with my strong faith in God, I would get through it.”

After six weeks of recovery, and with encouragement from his wife, Diane, and daughters, Emily and Dawn, the self-professed thrill seeker was once again rafting rivers and climbing mountains. Gary returned to his job in the U.S. Forest Service, trading in his firefighting gear for an administration position as a fire management officer.

SECOND TIME'S THE CHARM

Gary retired in 2004 after 40 years with the Bureau of Land Management. He and Diane moved from Nevada to Sandpoint, Idaho. The region's renowned skiing, hiking and biking opportunities fulfilled Gary's thirst for adventure. In 2010, during a walk alone through the woods behind his Sandpoint-area home, Gary was struck again.

“The pain was incredible,” he said. “But I knew I had to get home. I wouldn't let myself quit. I knew if I passed out, I wouldn't wake back up again.”

He crawled on hands and knees, across a creek, back to his home. Diane rushed him to the emergency room in Sandpoint, where it was confirmed that Gary had had a severe heart attack. An air ambulance flew him to Kootenai Health in Coeur d'Alene. His doctors removed the blood clot and implanted a heart stent.

“The treatment I got at Kootenai was incredible,” he said. “I think that stent saved my life.”

MANY YEARS AHEAD

Now, in 2016—despite two major cardiac events—Gary continues to lead an active lifestyle. He hits the slopes

at Schweitzer during the ski season, he hikes the Selkirk Mountains, he bikes the region's trails and he works part-time as a Bonner County marine deputy on Lake Pend Oreille.

“I don't want my heart health to define my life,” Gary said. “Life is a gamble for everyone. It has its ups and downs. I just try to get out there and enjoy it.”

Russell Blakely, M.D., Gary's physician at Kootenai Heart Clinics Northwest in Sandpoint, said there is some risk that comes with exercise, especially rigorous exercise, after a cardiac event, but the long-term benefits of regular physical activity far outweigh the risks.

“Patients need to be mindful of their bodies and not push themselves too hard,” he said. “Their bodies will give them clues if there's a problem. Symptoms to watch for include the obvious chest pains, unexpected shortness of breath, and new swelling, for example.”

Blakely said Gary's commitment to a healthy and active lifestyle—combined with his positive outlook on life—are key factors in his successful recoveries.

“A big part of recovery is the patient's willingness to do the hard work to take care of himself through cardiac rehabilitation, physical activity, a healthy diet and taking his medications,” Dr. Blakely said. “But Gary is also a great example of the sort of unscientific gift that comes with a good attitude.”



IN ADDITION to their Coeur d'Alene, Spokane, Post Falls, and Sandpoint locations, Kootenai Heart Clinics Northwest has 16 satellite locations throughout the Northwest. To view a complete list visit KH.org/hcnw or call (208) 625-5250 for more information.

Hospital Expansion Has Reached Phase 2

By Andrea Nagel



Now that work on the \$57 million, three-story hospital expansion is complete, plans are underway to begin work on the second phase of the expansion. Projects will include the operating rooms, emergency department and related support departments.

As Kootenai Health has expanded services to care for the patients and families of northern Idaho, the hospital continues to see higher patient volumes. Additional space is needed to accommodate these patients.

KOOTENAI'S 2020 VISION

“The community sees the end result of all of this but we started our long-range strategic planning effort in 2011,” said Jon Ness, Kootenai Health CEO. “There’s a strategic plan that goes out to 2020, a long-range master facility plan and a long-range financial plan. What we’ve attempted to do is to marry all three of those plans together in sequence so that it works financially and operationally.”

Phase 2 costs are estimated at \$45.2 million. A portion of these expansion costs will be paid using cash and reserves, and a portion will come from Foundation

donors. Kootenai Health has not assessed taxes since 1995, and there are no plans to assess taxes now or in the future.

CONCRETE PLANS

Construction is scheduled to begin on the operating rooms and emergency department in May 2016 and is estimated to be complete by the summer of 2018. Phase 2 is expected to be more complicated than Phase 1, requiring multiple phases of construction for both surgical services and the emergency department, so the hospital can continue to provide the same level of care to patients throughout the construction.

“We didn’t have to interfere with patient care areas during the east expansion construction,” said Jeremy Evans, Vice President of Operations at Kootenai Health. “But we plan to maintain our current level of care in both areas during construction. By breaking the construction into several phases over a couple of years, we won’t diminish our capacity in our ORs and our emergency department.”

CONSTRUCTION AT A GLANCE

Surgical department

- ▶ All the current operating rooms will be expanded, updated and redesigned to improve workflow.
- ▶ Three additional operating rooms will be added to the surgical department for a total of 11 operating suites.
- ▶ One operating room will be a hybrid operating room, which will be equipped for both surgical and vascular procedures.
- ▶ The post-anesthesia care unit (PACU) and pre-op/post-recovery unit will expand.
- ▶ There will be a larger, more comfortable surgical reception and waiting area.
- ▶ There will be additional storage and processing areas.
- ▶ The total department will grow from 17,350 square feet to 33,450 square feet.

Emergency department

- ▶ The emergency department, originally built to accommodate 32,000 annual visits, will expand to accommodate 55,000 to 57,000 visits per year.
- ▶ Construction is scheduled to begin in June of 2016 and estimated to be completed by the fall of 2018.

- ▶ The project will be done in multiple phases so the ED can continuously have 25 rooms available for patient care throughout construction with no diminished capacity.
- ▶ Eleven new treatment rooms will be added, bringing the total to 36 rooms.
- ▶ 7,000 square feet of new space will be added on the south side of the current emergency department.
- ▶ There will be a separate area for assessing patients before they receive care.
- ▶ The new design will expedite care for all levels of acuity. This will improve patient flow and provide a better experience for all patients.
- ▶ Several rooms will be specially designed to keep behavioral health patients safe.
- ▶ A new “results waiting area” will provide a comfortable space for patients who are waiting for test results.
- ▶ A newly designed ambulance bay will make it easier for first responders to bring patients in for care.



LEARN MORE ABOUT Kootenai Health’s Phase 2 project at KH.org and follow the progress on our Facebook page.



SAVE THE DATE!

Kootenai Clinic Cancer Services is hosting a community lung cancer screening. Visit KH.org or follow Kootenai Health on Facebook for registration information.

Slip, Slop, Slap and Wrap

FOR SUMMER SUN AND FUN

By Jeanna Hofmeister

ABCDEs

Is it melanoma? Use this alphabetical guideline to determine what's going on.



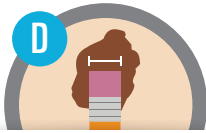
“A” stands for asymmetrical. Does the mole or spot have an irregular shape with two parts that look very different?



“B” stands for border. Is the border irregular or jagged?



“C” is for color. Is the color uneven?



“D” is for diameter. Is the mole or spot larger than a pencil eraser?



“E” is for evolving. Has the mole or spot changed during the past few weeks or months?

Summer in northern Idaho is on its way with the promise of lazy lake days and lots of sun in store. It sounds great, and it can be, if you take proper precautions and protect yourself from overexposure to the sun's harmful rays. Idaho ranks 34 percent ahead of the rest of the U.S. in new cases of melanoma, according to the Centers for Disease Control and Prevention. Our sunny climate, outdoor jobs and active lifestyles simply expose us to more ultraviolet (UV) light.

“People need to be both more cautious and more proactive,” said Jeff Allen, M.D., an oncologist for Kootenai Clinic Cancer Services. “Skin cancer is tricky, because everyone's got moles, and melanoma can be the great masquerader.”

He encourages people to pay close attention to their skin; notice new or changing moles; know the signs of skin cancer; and get periodic skin cancer screenings, especially if they're at higher risk.

UV rays from the sun or from artificial sources, like tanning beds, along with factors from fair skin to family history and many sunburns early in life, all increase your risk of developing skin cancer. The bottom line for everyone, whether you're at high risk or not, is to minimize the dangers of UV exposure.

If you plan to be out in the sun, remember UV rays are the strongest between 10 a.m. and 4 p.m. Follow these simple tips from the American Cancer Society for a fun and safe summer and throughout the rest of the year:

- ▶ **Slip** on a shirt and other covering clothing that's especially effective for very sun-sensitive skin.
- ▶ **Slop** on some sunscreen with a minimum SPF 30 or higher, and reapply it every two hours or immediately after swimming or sweating.
- ▶ **Slap** on a wide-brimmed hat to shade your head, face and shoulders.
- ▶ **Wrap** on some sunglasses to protect your eyes and the sensitive skin around them.



The Best Life Jacket Is the One You're Wearing

SAFE KIDS SUPPORTS LIFE JACKET LOANER PROGRAM

By Stacie Jones

The warmer weather brings boaters from across the region to our beautiful lake here in Coeur d'Alene. Unfortunately, the joys of boating also bring an increased risk of drownings, especially among children.

Safe Kids Kootenai County is aiming to reduce accidental drownings by supplying and maintaining two life jacket loaner stations at Third Street Boat Launch and Blackwell Island Boat Launch, two of the lake's most active and busy launches.

'ALL ABOUT SAFETY'

"It's all about safety," said Donna Kalanick of Kootenai Health, the lead agency of Safe Kids Kootenai County. Safe Kids exists to prevent unintentional childhood injury, a leading killer of children 14 and under. "Promoting safe boating practices is another way we can better serve our water-rich community."

The Safe Kids life jacket loaner program is part of a broader effort created in 2010 by the Idaho State Department of Recreation, which has installed more than 85 loaner stations statewide. The stations are stocked with U.S. Coast Guard-approved life jackets, ranging in size from infant to adult extra large. The public can use



and return the life jackets free of charge. The stations also include instructions on how to properly fit a life jacket.

"The goal is to reduce the number of accidental drownings by having those life jackets available to boaters who might otherwise go out on the water without them," said Bob Bjelland, a marine deputy with the Kootenai County Sheriff's Office, a partner in the Safe Kids Coalition. "Seventy-five percent of

boating fatalities could have been prevented if the victim had been wearing a life jacket."

New or used life jackets can be donated to the program at the Kootenai County Sheriff's Office.



FOR MORE INFO

about Safe Kids Kootenai County, or to learn about volunteer opportunities, visit safekidskootenaicounty.org or call Donna at (208) 625-5722.



On the Trail to Safety

Now that the weather is nice, you might be tempted to take a hike. But before you set off to explore the great outdoors, keep these five safety tips in mind:



1. Have a plan. And don't keep it to yourself. Let someone know where you're going and when you expect to return. If you're hiking with a group, decide where you're going to meet if you get separated. This could be back at the trailhead, at the car or at a big rock.



2. Dress for success. Wear clothing and footwear appropriate for the terrain and season. If ticks are running rampant, wear a long-sleeved shirt, long pants and shoes—not sandals. Use insect repellent that includes the ingredient DEET. Bringing the kids along? Be sure to dress them in bright colors so they can be easily seen.



3. Educate yourself. If poison oak, sumac or ivy grow where you'll be hiking, learn how to recognize them so you can avoid them—and the nasty, itchy rashes they can give you.



4. Pack appropriately. Bring water, food, a cellphone, a map or compass, a whistle, a headlamp, and a flashlight.



5. Choose wisely. Hike on an established trail, and stay out of areas declared off-limits to hikers.

Sources: American College of Emergency Physicians; National Park Service; Recreation.gov

Inside Kootenai

WORKING WELL!

Kootenai Health recently received the Gold Well Workplace Award from WELCOA (Wellness Council of America). WELCOA is one of the nation's most respected resources for building high-performing, healthy workplaces. A "Well Workplace" is an organization fully embracing its responsibility for maximizing the health and well-being of its employees. Kootenai's MyHealth program is at the forefront of workplace wellness, encouraging employees to make health decisions and providing free or inexpensive ways to improve their overall health.



HOW HAS MYHEALTH HELPED YOU?

JILL MCCANN, ADMINISTRATION

"My health story didn't start out as health-related in a physical sense but in trying to conquer a fear of heights. I chose to face my fear by hiking the Grand Canyon, setting out every weekend for eight months to hike 3.5 to 15 miles and walking 2 miles each morning. I completed that hike and signed up to do it again the following year, with the goal to lose weight before my next attempt. The second time I hiked the canyon, my knees thanked me for losing the weight."

DEBBIE PRESLEY, KOOTENAI CLINIC FAMILY MEDICINE COEUR D'ALENE RESIDENCY

"We went to see the Financial Wealth and Wellness Center to get our finances mapped out with long- and short-term goals. I am happy to say our financial future is much more positive than we thought. I really appreciate all the support from friends, co-workers and the benefits I receive from Kootenai, including MyHealth Online. It gave us the tools we need to get on track to a better future."



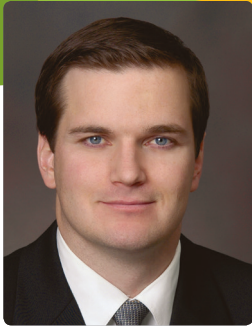
JORDAN UDY, KOOTENAI CLINIC INTERNAL MEDICINE

"With the help of Kootenai and MyHealth, I have made great strides in having to focus on my individual health. I have had to adjust from my college life that consisted of pulling all-nighters and running on caffeine, little sleep and unhealthy eating choices. Working in health care makes me want to set a better example for the people we see on a daily basis. It's important for us to practice what we preach and follow through with what we are telling others. I cut back on unhealthy snacking and instead snack on fruits, vegetables and yogurt. My co-workers and I take walks almost every day during lunch, even if it's only 10 minutes. In the long run I know it will benefit not only me but my family too."

LORRY HAGLER, BUSINESS SERVICES

"I suffered from frequent headaches, shoulder pain and severe gastrointestinal problems from stress and not exercising. I started working with one of our health coaches a couple times a week and walking frequently. As a result, my headaches and gastrointestinal troubles are completely gone, my shoulder pain is minimal, my blood pressure is lower, and I have decreased my body fat and increased my muscle mass. The best part is my stress levels are at an all-time low, and I feel like I can manage stress much better."





Sleepy?

Chad Hagen, M.D., Kootenai Clinic Sleep Medicine

Q Why can't I seem to get rested?

Sleepiness despite practicing consistent sleep habits suggests impaired sleep quality. Sleep disorders cause abnormal timing, duration or quality of sleep and can compromise your well-being and performance during the day.

Inadequate duration of sleep is the leading cause of excessive daytime sleepiness and is usually due to social obligations, behavior or body clock problems. Most adults require seven to nine hours of sleep to feel fully alert and perform their best, thus people who sleep less than seven hours nightly may short themselves by seven to 14 hours of sleep per week. Wearable activity monitors (e.g., Fitbit, Basis, Jawbone, Apple Watch or cellphone apps) provide an objective way to track the timing and duration of sleep. Despite advertised claims, however, current wearable devices and smartphone apps do not accurately report sleep quality, though more reliable devices are anticipated shortly.

WHEN YOU DON'T SLEEP AS WELL AS YOU THINK YOU DO

These devices do correctly detect movement, which may be associated with more shallow or fragmented sleep. This information can help you learn how to adjust habits to support consistent sleep patterns seven nights a week. Inconsistent sleep timing may suggest a circadian rhythm (body clock) disorder. Test yourself by getting eight to nine hours of sleep every night for a month and then reassess how you feel. Many people will find they feel better and more rested after doing so.

Common disorders that cause fragmented sleep include snoring and breathing disorders (e.g., obstructive sleep apnea), and movement disorders (e.g., leg movements, dream enactment or sleepwalking).

Q How serious is a sleep disorder?

Rare brain disorders, like narcolepsy, can also cause excessive sleepiness. Symptoms of snoring, pauses in breathing, jerking movements, sleepwalking, acting out dreams, impairment at work due to sleepiness, or drowsy driving should all prompt further evaluation or testing in an American Academy of Sleep Medicine-accredited program like the Kootenai Health Sleep Disorders Center.



IF YOU HAVE daytime sleepiness or think you may have a sleep disorder, talk to your primary care physician about being tested at Kootenai Health's Sleep Disorders Center. Contact the Kootenai Health Appointment Center at **(208) 625-6767** to connect to a primary care physician.



PRENATAL CLASSES

Classes meet in Kootenai's Health Resource Center unless otherwise noted. Space is limited. To register or for more information, call **(208) 625-6050**.

Prepared Childbirth Classes | \$40

Thursdays, June 2 to 23, 6 to 8:30 p.m.

Tuesdays, June 7 to 28, 6 to 8:30 p.m.

Thursdays, July 7 to 28, 6 to 8:30 p.m.

Tuesdays, Aug. 2 to 23, 6 to 8:30 p.m.

Thursdays, Aug. 4 to 25, 6 to 8:30 p.m.

Bringing Baby Home | \$15

Monday, June 6, 6 to 9 p.m.

Saturday, July 9, 9 a.m. to noon

Monday, Aug. 8, 6 to 9 p.m.

Breastfeeding Basics | \$15

Wednesday, June 1, 6 to 8:30 p.m.

Wednesday, July 13, 6 to 8:30 p.m.

Wednesday, Aug. 3, 6 to 8:30 p.m.

Safe Kids Car Seat Inspections | Free

Thursdays, 1 to 4 p.m.

Kootenai Health Emergency Entrance

Call **(208) 625-4642** for an appointment.

FITNESS AND WELLNESS

Activity for Life | Varies

Supervised open gym activity for those with cardiac or pulmonary conditions. Call **(208) 625-4690** for more information.

Aquatics Classes | Varies

Weekdays

McGrane Center pool

Formats, times and prices vary.

Call **(208) 625-5311**, or go to

KH.org/rehab.

Balance and Fitness | Free

Mondays, 1 to 2 p.m.

Second, third and fourth Wednesdays, 1 to 2 p.m.

Heart Center Classroom

Events & Classes



This is a free exercise program for adults who want to improve their strength, balance, flexibility and mobility while decreasing their risk of falling. Contact Donna Kalanick at **(208) 625-5722** for more information.

Community Cardiac Education | Free

Thursdays, 9 a.m. and 1 p.m.

Heart Center Classroom

Weekly Topics:

First Thursday, Stress Reduction

Second Thursday, Nutrition

Third Thursday, Medication

Fourth Thursday, Nutrition

(208) 625-4690

SUPPORT GROUPS

Support groups meet at Kootenai Health unless otherwise noted.

Women's Cancer Wellness Support

Mondays, noon to 1 p.m.

Kootenai Clinic's Cancer Services

Post Falls, 1440 E. Mullan Ave.

Call **(208) 625-4938**.

Cancer Support

Wednesdays, 1 to 2:30 p.m.

For those whose lives have been affected by cancer.

Call **(208) 625-4711**.

Prostate Cancer Support Group

First Thursday of each month,

7 to 9 p.m.

This group is for patients diagnosed with prostate cancer.

Call **(208) 625-4711**.

American Cancer Society

Look Good...Feel Better

Second Monday of the month

This free program helps women facing cancer with the appearance-related side effects of their cancer treatment. A cosmetologist will teach beauty techniques and help with head coverings.

Call **(208) 691-4169**.

Mended Hearts

Third Thursday of the month,

3:30 to 4:30 p.m.

Former cardiac patients help support others with cardiac or pulmonary diseases.

Call **(208) 625-4690**.

Ostomy Support Group

Thursday, May 19, 6:30 to

9:30 p.m.

Join us for a special presentation for those seeing support for ostomy and wound care. Call Shari Gabourie at **(208) 625-6627**.

Pulmonary Support Group

Second Tuesday of each month,

noon to 1:30 p.m.

Education and support to help improve your quality of life. Call **(208) 625-4691**.

Parkinson's Tele Health

Second Monday of each month,

2 to 3 p.m.

View presentations and ask questions of regional experts through live streaming. Call **(208) 635-5243**.

Follow Us



DISCOVER MORE

Call **(208) 625-6050** for more information or to register.



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*Sunrise Over the Great Smoky
Mountains—Russell Blakeley, M.D.*

Kootenai Clinic Appointment Center

**Need to find a physician
and schedule an appointment?**

Start here: 208.625.6767



Call our Appointment Center to find a physician and schedule an appointment at one of our Kootenai Clinic locations.

Appointment Center representatives can help you:

- ▶ Determine the type of physician you need
- ▶ Find an appointment that fits your schedule
- ▶ Answer questions on what to expect at your appointment

Call the Appointment Center at **(208) 625-6767**
or request an appointment online at appointmentcenter.kh.org



Kootenai Clinic