



UPDATE

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MENDOCINO COAST
DISTRICT HOSPITAL

Competent, Caring & Committed to Your Health

Summer Safety

Tips from ER Chief Tamaki Kimbro, M.D.

"Summer afternoon - Summer afternoon... the two most beautiful words in the English language.

-- Henry James (1843 - 1916)

As summer approaches and people become more active, we expect to see an increase in injuries in the Emergency Department. We often care for patients with ocean-related injuries such as submersion injury or hypothermia. I think everyone who spends time near or in the ocean must have a healthy respect for it.

BUDDY SWIMMING

Swimming and diving must always be done with a buddy. People should be aware of "rogue waves" that are unexpected large waves with the power to sweep a person right off the shore. Hypothermia can set in rapidly due to our cold ocean water temperature. The early signs of hypothermia include shivering, confusion, poor judgment, difficulty speaking, nausea and fatigue. Victims of hypothermia should have all wet clothing removed, then should be bundled in dry clothing or blankets to prevent further heat loss. If the

person is awake and alert, encourage them to drink warm liquids.

HIKING HAZARDS

We often treat hikers who have fallen and sustained a fractured (broken) bone or joint sprain. Wearing stable shoes or hiking boots when walking on uneven ground could prevent many of these injuries. Sprains can be treated with "RICE" therapy. This involves *Rest*, applying *Ice* to help decrease swelling, applying *Compression* such as an ACE bandage, and *Elevating* the injured extremity. These maneuvers will help decrease further swelling.

SELF CARE

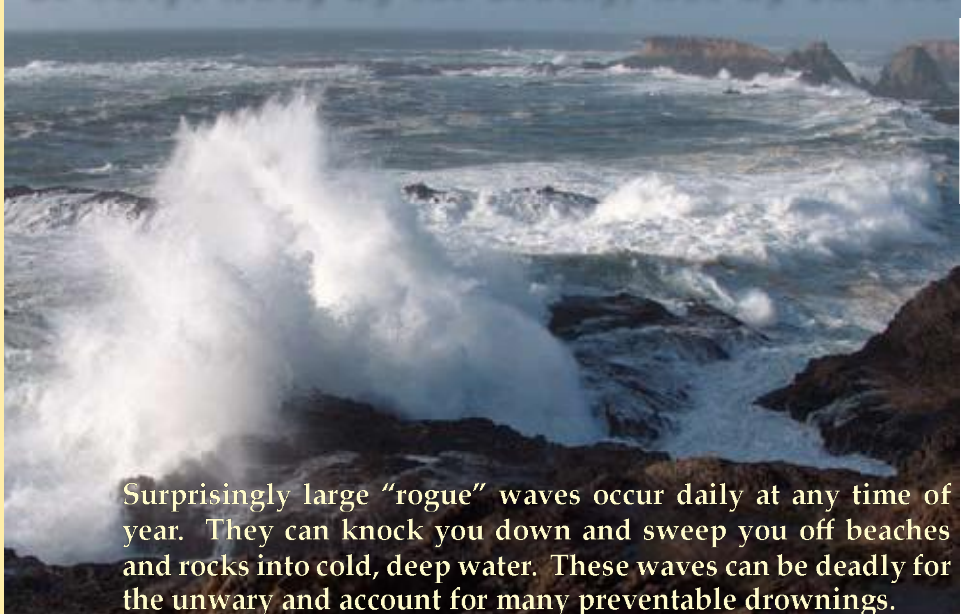
A nonsteroidal anti-inflammatory, such as Ibuprofen, will also help decrease pain and swelling. If a person is unable to bear weight on an injured knee or ankle, they may require further evaluation by a physician to ensure they did not sustain a fracture or other serious injury. A temporary splint can be placed around an injured joint or fractured bone to improve comfort while awaiting evaluation by a physician.

Ocean Safety Tips

- Never turn your back on the ocean, regardless of how calm it looks.
- Learn to swim and float.
- Keep children within easy grasp.
- Know when tides change.
- Expect rapidly changing conditions.
- Stay back on cliffs and bluffs.
- Avoid slippery rocks.
- If you see someone swept into the ocean, **do not go in yourself.** Throw a floatable object if nearby. Call 911!

These tips provided by the Mendocino County Water Safety Coalition.

Be Swept Away By the Beauty, Not By The Sea



Surprisingly large "rogue" waves occur daily at any time of year. They can knock you down and sweep you off beaches and rocks into cold, deep water. These waves can be deadly for the unwary and account for many preventable drownings.

Man on the Run

John Rochat Brings a New Stride to Cancer Care

At Kaiser Permanente in Santa Rosa, John Rochat, M.D., was on the run every day - some times seven days a week for two months at a time - trying to keep up with a medical practice that was oversubscribed and more than one doctor short.

As a trim, fit outdoor enthusiast, Dr. Rochat is still a runner, having placed first a few weeks ago in the 40 to 49-year-old division at the 23rd Annual Whale Run in Fort Bragg. But his hectic pace these days is driven by enthusiasm over establishing the new oncology/hematology service at Coast Hospital.

While Rochat is a new local resident, he is not new to cancer care in Mendocino County, having forged close working relationships over many years with radiation oncologist Jay Joseph, M.D., in Ukiah and the Cancer Resource Center in Mendocino.

Hospital-Based Oncology

"When the plans were drawn up for the new patient services building six years ago, we had a dream of a hospital-based oncology and hematology service and now we have it," said Bryan Ballard, the hospital's chief executive officer. "It's all part of our vision of growing the hospital in a way that makes sense so that local residents can get expert, quality care rather than driving to Santa Rosa or the Bay Area. We're lucky to have talent like Dr. Rochat and Lisa Wolfe, our oncology nurse practitioner.

Most recently, Dr. Rochat spent much of the last year abroad, caring for adult and pediatric patients at the Cancer Center of Guam. Prior to that, he spent more than seven years as head of the hematology / oncology department with the Permanente Medical Group in Santa Rosa.

Quality and Rural Medicine

Glad to be in a place isolated from the Bay Area population explosion, Rochat says quality of care is in the medical care providers and not in the institution or the location. It's an observation gleaned from first-hand experience working at opposite ends of the healthcare

spectrum - from a cash-rich Los Angeles medical center to a poor rural Guam clinic.

"In isolated Guam, we recognized we could do a lot with limited resources that were quite good, appropriate and a standard of care you would find anywhere," Rochat said. "This challenges the perception that not having everything at your fingertips somehow limits the quality of care. Similarly, I found that working in a big, fancy Los Angeles medical center with pretty carpet and fine artwork on the walls didn't guarantee the best quality medicine.

Rochat promises that by closely working with myriad community resources and support groups, Coast Hospital will offer state of the art therapies, not limited by Fort Bragg's rural location.

"We'll give our patients the benefit of every therapy and treatment technology," he said. "And when a patient hears about a new study or alternative in the news, I will consider that part of the discussion about their care, if I don't bring it up for discussion before they do.

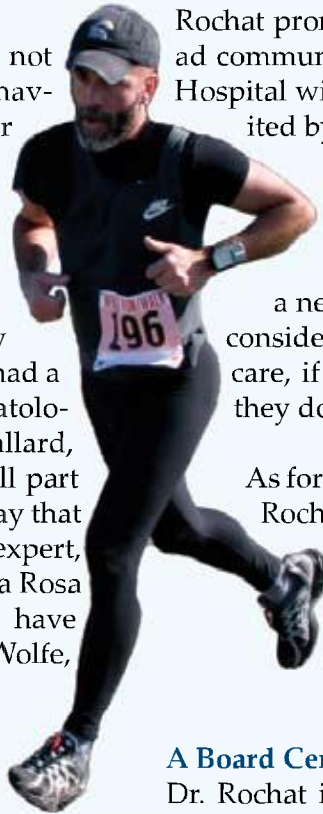
As for adapting to his new coastal environment, Rochat says, "when you grow up in rural Mississippi like I did, you're used to everything - cold, heat, wet. In any case, he doesn't expect it to slow down his pace as a runner or a doctor.

A Board Certified Internist

Dr. Rochat is Board Certified as a Diplomate of the American Board of Internal Medicine, a Fellow of the American Board of Hospital Physicians and certified by the American Board of Ethical Physicians.

He earned his medical degree from the University of Mississippi Medical Center and completed his internal medicine residency at Naval Medical Center in San Diego. He did oncology and hematology subspecialty training at the Naval Medical Center and at USC.

"I've never gotten burned out on my patients. They are a continual source of energy and enthusiasm in my life."



KUDOS for MCDH Nurses

by Heather Paulsen, Director, Business Development

The cover story of a recent issue of *Advance for Nurses*, a nationally recognized nursing careers journal, features the nursing team at Mendocino Coast District Hospital. MCDH Infusion Center Charge Nurse Susan Greenlee, BSN, RN, OCN, is pictured on the cover next to the headline: "Rural Rewards."

The article explores benefits of rural nursing and tackles some common myths (see excerpt below).

The story already has resulted in the recruitment of three new nurses to the Coast, a stunning result given California's critical nursing shortage and Fort Bragg's isolation from urban centers.

Rural Nursing Myths

Myth #1: A nursing career in a rural setting is less busy and less professionally challenging than in an urban setting.

"This could not be farther from the truth," said Susan Jones, MSN, RN, nursing manager in OB, Med/Surg and ICU. "Nurses are every bit as busy here as in a larger facility. In a rural setting, I have found that nurses are required to wear many hats. At MCDH, nurses regularly interact with and often work in different departments. In a more urban hospital, nurses are more likely to be "compartmentalized" into a specific unit or specialty.

"Nurses have to be generalists in a rural setting, and it can be daunting to learn so much about so many different diagnoses. This can actually be more challenging for nurses, as the variety of cases is substantial during any given shift," added Jones.

Myth #2: Rural hospitals lack the knowledge base to treat critically ill patients.

Jones is more than happy to dispel this misconception as well. "There is a vast knowledge base among nurses here, and a dedication to maintaining and updating

their knowledge within their chosen specialty and across specialties," she noted. "Nurses here are eager to learn and integrate new philosophies of care. Big city hospitals may offer a greater intensity of educational experience and will have many specialties not found in rural settings. Keeping up with the latest healthcare

breakthroughs can be challenging in a rural setting, as nurses often have to travel out of the area to take classes.

Staff development works closely with nurses who want to cross-train and transfer into a specialty area such as the CCU or ED. MCDH provides classes and preceptors for RNs to "job shadow until competencies are completed. "This is an excellent retention and recruiting tool in our rural setting," explained Marcia

Weeks, BSN, RN, staff development coordinator and nurse recruiter.



Photo by Mark Scheffer, MCDH Surgical Technologist

Who's New

- **Sarah Wagner**, Physical Therapist, relocated from Baltimore.
- **Denis Smith**, RN, Emergency Department, relocated from Sacramento.
- **Phyllis Nall**, RN, Medical Surgical, relocated from Texas.
- **Agnes Mina**, Clinical Lab Scientist, relocated from Illinois.
- **Betty Jepson**, RN, Employee Health, relocated from Magalia, Calif.

**11 Support Groups, 3 CPR Classes, 1 Tour
See www.mcdh.org for times and places.**

**Volunteer Chaplain Positions
Open at MCDH**

HEALTHCARE SUPPORT GROUPS INCLUDE:

Alcoholics Anonymous: 964-7726 • Cancer Support Group: 937-3833 or 800-449-6483 • Caregiver Support Group: 964-8876 • Compassionate Friends: 964-5229 • Diabetic Support Group: 964-3826 or 961-4692 • Durable Power of Attorney for Health Care: 961-4617 • Grief Support Group: 961-4692 • Hevra Kadisha: 937-5673 • Living Well with Health Challenges: 937-5240 • NAMI Family Support Group: 937-3339 • Parkinson's Support Group

CPR CLASSES OFFERED TO THE PUBLIC: CALL 961-4601

- Saturday, May 20, 2006, 9:00 am - 3:00 pm.
- Saturday, August 19, 2006, 9:00 am - 3:00 pm.
- Saturday, November 11, 2006, 9:00 am - 3:00 pm.

BIRTHING CENTER

- **Maternity Tours:** First Monday of every month at 7 pm.
Meet in Main Lobby of hospital. No reservation necessary.

How would you like to contribute to the spiritual well-being of our patients? You can by volunteering as a part-time chaplain.

"The mission of the Chaplaincy Service is to promote the healing and health of patients, families and hospital staff by providing appropriate spiritual support. This is done with respect for and sensitivity to individual beliefs and the rights to privacy," said The Reverend Tanya Wyldflower, director of the chaplaincy service. "We prefer chaplains who have experience visiting the sick.

Rev. Wyldflower provides a 12-hour training course for all new volunteer chaplains. For more information, contact her at 707-357-2888 or twyldflower@mcdh.net, or visit this Web page:

www.mcdh.org/helping-chaplain.html

In Case of Emergency ... What to Bring

At MCDH, a physician board-certified in emergency medicine, is on duty 24 hours a day, 7 days a week, and is supported by a specialized team of nurses and staff, credentialed and qualified to treat patients in emergency situations. On arrival, a triage nurse takes your vital signs and quickly determines if your condition is life-threatening (people are treated according to urgency of care for their illness or injury). To help us expedite your care, keep the following handy to bring with you to the hospital:

- List of medications you currently take (including strength, how often you take them, etc.)
- List of allergies (including medications, latex and environmental)
- Name of your doctor(s)
- Medical and surgical history
- Insurance information
- Notification information
- Living Will/Advance Directive (the hospital keeps copies on file)

FACT: In a national satisfaction survey, the MCDH emergency department was rated among the top 25 per cent in the nation.

MCDH Board

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www.MCDH.org

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