



Winter 2009

Update

Healthcare news from MENDOCINO COAST DISTRICT HOSPITAL



The best care here at home

Jacque Moore Refuses to Give Up in Cancer Battle

Hospital Rehab Team Helps Her Beat The Odds

“The doctors in Santa Rosa told me I had ovarian cancer and I was going to die,” recalls Jacque Moore of Fort Bragg. “So my husband Monte and I started planning my funeral. Then we stopped and asked why we were giving up so easily and planned a cruise instead.” Two years later, Jacque and Monte took that cruise to Panama. And today Jacque is alive and well.

However, this is not a story of successful, routine surgery, followed by a quick recovery. In fact, Jacque’s tale of recovery was so torturous that doctors were not optimistic she would even walk again after surgery left her with a perforated bowel, collapsed lung and paralyzed.

Photo by Larry R. Wagner



Jacque Moore with Brenda Ross, PTA, left, and Aleah Mainzer, MPT, two members of the rehabilitation team that helped Jacque get back on her feet.

Recovery didn’t actually begin until after spending 10 months as an inpatient in three hospitals (two in Santa Rosa and then Mendocino Coast District Hospital). No one was willing to predict she would ever walk again.

According to rehabilitation services manager Aleah Mainzer, MPT, “we worked for months just to help her develop enough strength to sit up. Then the team got her to move to a wheelchair, then take her first few steps.” “I was like a baby, just trying to get to my knees first before trying to learn to walk all over again,” Jacque recalls.

Today, Jacque is up and walking with a cane (for balance) because of her family’s support and “the hospital and rehabilitation team wouldn’t give up on me.”

Adds Mainzer: “Jacque is a miracle, the kind of story that gives us all hope. She is our poster child for what’s possible.”

To reach the Rehabilitation Services Department, call 707-961-4670.

“Jacque is a miracle, the kind of story that gives us all hope. She is our poster child for what’s possible.”

Nurse Practitioners: Filling The Physician Gap

Offering Personalized Care on the MCDH Campus

Like clinics all across America, the healthcare team at North Coast Family Health Center in Fort Bragg includes nurse practitioners as part of the front line of care provided to the community.

“Many people embrace nurse practitioners as one of their care providers, while others don’t understand the skill and training necessary to become a nurse practitioner. Some people resist seeing them or will only see a doctor,” explained Heather Paulsen, North Coast Family Health Center Practice Manager.

Essential Team Members

A nurse practitioner (NP) is a registered nurse (RN) who has completed advanced education (a minimum of a master’s degree) and training in the diagnosis and management of common medical conditions, including chronic illnesses.

The Appeal of Being an NP

“What appeals to me most about being a nurse practitioner is that we focus on how an ailment affects a person and how we can improve their overall health through education,” said nurse practitioner Lisa Wolfe, Ph.D., ANP.

Photo by Larry R. Wagner



Nurse practitioners Sasha Graham, F.N.P and Lisa Wolfe, Ph.D., A.N.P. (standing); Teresa McDonald, F.N.P. (inset above); and Sharon Hunter, F.N.P. (inset below) pride themselves on their ability to focus on the overall health of patients, in addition to providing urgent care.

“Nurse practitioners are trained and qualified to provide many of the same diagnostic and treatment services as physicians, including prescribing medications, while working under the supervision of a physician.”

*– Heather Paulsen
NCFHC Practice Manager*

Dr. Wolfe earned her Ph.D. and taught nurses at a university for several years before deciding that while she liked teaching, she “really wanted to work with patients. I’ve always loved the role of the nurse to spend more personal time with patients and promote health education,” she added. “Being a nurse practitioner not only brings you closer to patients, but requires a high level of critical thinking which I love as well.”

While each nurse practitioner works closely with a physician responsible for reviewing and signing off on their cases and decisions, Wolfe says the working environment is very collegial, noting: “while we are very autonomous, we consult with a physician if there is something we aren’t familiar with or would like a second opinion.”

Note: many of the facts above were taken directly from www.womenshealthchannel.com.

For an appointment with a nurse practitioner or physician at the North Coast Family Health Center, call 707-961-4631.

Cutting Edge Diabetes Care: From Outer Space to the North Coast

Between college and medical school, Fort Bragg endocrinologist David Newell, M.D., worked for a scientist at the NASA Ames Research Center in Silicon Valley helping create experiments for the Spacelab, a reusable laboratory flown into space on the Shuttle.

“We were looking at how weightlessness affects bone density,” recalls Dr. Newell. This interest and subsequent research projects in medical school led him to specialize in diagnosing and treating people with diabetes, osteoporosis and problems related to the thyroid, parathyroid, adrenal and pituitary glands.

With the merger of the hospital and the North Coast Family Health Center, where Dr. Newell has practiced for 15 years, the hospital’s board of directors has made a new commitment of resources and staff to improve endocrinology and diabetes care. “I’m very excited about creating a diabetes prevention program to enhance our overall care,” he said.

Dr. Newell’s multi-disciplinary approach to controlling blood sugar in hospitalized patients to prevent serious infections and other complications already is cutting edge. “We are a leader among rural and even larger hospitals and actually expect to be a resource to them in the future in implementing similar programs,” he notes. By using insulin pumps and advanced technology for continuous glucose monitoring, he has boosted the quality of care for diabetics. Dr. Newell also manages a bone density testing and monitoring program and advises “every woman over 65 and every man over 70 to get checked.”

If you are concerned you might have diabetes or are at risk for getting it, contact the North Coast Family Health Center for an appointment at 961-4631.

Photo by Larry R. Wagner



David Newell, M.D., a board-certified endocrinologist, with his diabetes care team, nurse practitioner Teresa McDonald, F.N.P., CDE & medical assistant Maria Segura.

DIABETES: What It Is and How To Be Tested for It

Diabetes is a disease in which the body does not produce or properly use insulin. Insulin is a hormone that is needed to convert sugar, starches and other food into energy needed for daily life. The cause of diabetes continues to be a mystery, although both genetics and environmental factors such as obesity and lack of exercise appear to play roles. To determine whether or not a patient has pre-diabetes or diabetes, health care providers conduct a Fasting Plasma Glucose Test (FPG) or an Oral Glucose Tolerance Test (OGTT). Either test can be used to diagnose pre-diabetes or diabetes.

Source: American Diabetes Association

PR SRT STD
ECR WSS
US POSTAGE PAID
AUTOZIP

Residential Customer

In the News – Winter 09

2008 Health Fair (Oct. 11): 240 adults and 30 children got 44 flu shots, 50 health screenings.

Aloha Wayne: CFO Wayne Allen, who helped turn around the hospital's financial deficit, has moved to Hawaii.

New Board Members: Local attorney Sean Hogan and registered nurse Patricia Jauregui-Darland join the hospital board Dec. 5.

Wellness Lectures Series (last Tuesday of month):
January – Marilyn McGoffin, R.N., "Incontinence and Bladder Health"; February – TBA; March – Bioethics.

MCDH Contact Information

WEBSITE www.mcdh.org
PHONE (707) 961-1234

MCDH Update

EDITOR - Bruce Lewis, Lewis & Summers
Public Relations

DESIGN - Eve Yeomans, Pröz Design

2009 MCDH Board of Directors

Tom Birdsell
Mike Dell' Ara
Sean Hogan
Patricia Jauregui-Darland
John Kermen, D.O.

Photo by Larry R. Wagner



New Diagnostic Imaging Department Manager Helena M. Coello with daughters Alexis (left), 15, and Monica, 13, moved from South Florida where Helena was radiology department manager for Baptist Health, the region's largest healthcare system. At Mendocino Coast District Hospital, she will manage a staff of 12 and help organize and oversee the new diagnostic imaging center scheduled to open in 2009. Helena also is an adjunct faculty member of Florida International University, teaching online courses to undergraduate students in health science professions.