

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

Save the dates!

Attend upcoming health events

A daily dose of safety

Take care with your prescriptions

We deliver at McKenzie-Willamette

Are you exercise savvy?

Find out inside!



McKenzie-Willamette

MEDICAL CENTER

extraordinary care

www.mckweb.com



Maurine Cate
Chief Executive Officer

Our commitment to the community

I want you to know that McKenzie-Willamette Medical Center continues to be deeply committed to providing extraordinary care for our patients. Teams of professionals are working together throughout the hospital to accomplish this standard. Our nurses are at their patients' bedsides, doing hourly rounding and giving professional, compassionate care.

EMERGENCY CARE

Our Emergency Department has recently been renovated to add space and beds, and a new Rapid Medical Evaluation program has been implemented so patients can be seen faster than ever. These streamlined processes have dramatically decreased patient wait times to as little as 23 minutes to see a physician—well below the national average of nearly one hour.

DA VINCI ROBOTIC SURGICAL SYSTEM

Use of the da Vinci robotic surgical system continues to increase. The da Vinci system allows surgeons to make incisions the size of a dime. Advantages to patients may include less blood loss and scarring, less pain, a shorter hospital stay and a quicker return to normal activities. This minimally invasive method is used for surgeries such as hysterectomy, pelvic prolapse and prostate removal.

HEART CENTER: ADVANCED TECHNOLOGY, EXTRA CARE

Home means care, comfort, support and love. Our patients say coming to McKenzie-Willamette Heart Center is just like coming home. Patients feel so strongly about the extraordinary care they receive here that they came forward to offer testimonials in support of the Heart Center program. (*See "Patients praise McKenzie-Willamette Heart Center."*)

In our unique healing center, the stress of heart surgery is minimized by allowing patients to recover in our new cardiovascular intensive care unit, directly adjacent to the cardiovascular operating room. Staff members come to the patient, rather than moving the patient from floor to floor.

Last fall, our Heart Center was among the first in the nation and the first in Lane County to implant a new, advanced device—a cardiac resynchronization

defibrillator—that enables physicians to individually tailor patient heart rhythm therapy. This advanced device is used to treat heart failure, a condition in which the heart can't pump enough oxygen-carrying blood to meet the body's needs. Additionally, last August, Samuel Lau, M.D., cardiologist with Oregon Cardiology, performed the first percutaneous closure of a patent foramen ovale to be done at McKenzie-Willamette. This procedure to close a congenital opening in the heart is a much less-invasive way to treat this heart defect that may cause upwards of 100,000 strokes a year.

WOMEN'S HEALTH AND BIRTH CENTER

Our Women's Health and Birth Center offers a nurturing healthcare experience, providing spacious birthing suites. The hotel-like amenities include whirlpool tubs, mini kitchens, entertainment centers and daybeds for friends and family to stay the night. Large room windows feature restful views of the surrounding hills. New to the center is the arrival of Tiny Toes, a program that offers a wide range of educational classes, along with an online, password-secured digital baby photo viewing site.

We appreciate the physician, patient and community support we have received these last 50 years. We intend to remain a responsive community partner, doing the right thing for our patients, our medical staff and the greater good of Lane County.

Best,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center

Patients praise McKenzie-Willamette Heart Center

"The staff was great. They make you feel like a person—not a number."

"It was all about you, the patient; they gave me a second chance at life."

"If it wasn't for the people at McKenzie-Willamette Heart Center, I wouldn't be here. Their support and caring brought me around. I'd recommend them to anybody."

To view more Heart Center patient comments, go to www.mckweb.com/services.

Special beginnings at McKenzie-Willamette

By Kelley Johnson, Marketing Intern

The goal of the McKenzie-Willamette Medical Center Women's Health and Birth Center (WHBC) is to make each patient's experience special. "We believe that having a baby is the most profound spiritual, physical and emotional event that happens in a family's life, and we try to honor that in the care we give," says Vivian Hoppe, WHBC nurse manager.

EVERYTHING YOU NEED

"The unique thing about the WHBC is that labor, delivery and postpartum are all done in the same room, and of course, the staff is amazing," says nurse Angie Kimani. The center has 15 spacious, private suites, each designed around the needs of patients and their loved ones. A daybed or sleep chair provides a comfortable spot for a family member to spend the night. Each suite has a microwave, a refrigerator and an entertainment center equipped to play DVDs, CDs or cassettes. The private bathroom is complete with a deep Jacuzzi for relaxation before and after labor. In each room, large windows provide restful views of the surrounding hills.

The staff prides itself on tailoring care to each patient's special needs. "We bring our nursing care to the patient. We don't take the patient to the services,"



says Kimani. Cesarean births are performed in the surgical suite, just down the hall from the birthing suites. The mother is in the same room before and after surgery.

When an expectant mother decides to have her baby at McKenzie-Willamette, she's teamed with a maternity care coordinator throughout the hospital experience. The coordinator assists parents in developing a birthing plan, coordinating community assistance and explaining hospital processes.

"The caregivers are readily available for one-on-one consultations. And I loved that I got to work with the same nursing staff throughout my stay. I had great trust in my nurses, and it was a wonderful relief to have them care for my baby, while I got much-needed rest."

—new mother Heidi Eisel

! We deliver for you!

Aligned with the hospital's mission of caring for people in extraordinary ways, the WHBC offers education and personalized care to make the profound experience of bringing a child into the world special for you, your baby and your loved ones. Call **741-4649** or **744-6156** to find out more about having your baby at McKenzie-Willamette.

HEALTHWISE QUIZ

How much do you know about **exercise**?

Take this quiz to find out.

1 To lose one pound, you need to burn how many calories?

- a. 500
- b. 1,500
- c. 2,500
- d. 3,500

2 A good way to measure the intensity of an exercise is to keep track of your:

- a. heart rate
- b. blood pressure
- c. sweat levels
- d. thirst intensity

3 Exercise can:

- a. reduce depression
- b. help manage type 2 diabetes
- c. boost good HDL cholesterol
- d. all of the above

4 The *minimum* amount of time you should be active every day is:

- a. 15 minutes
- b. 20 minutes
- c. 30 minutes
- d. there is no minimum

5 Which of the following exercises will *not* help you build stronger bones?

- a. running
- b. swimming
- c. lifting weights
- d. dancing

ANSWERS: 1. (d) 2. (a) 3. (d) 4. (c) 5. (b)

THE BEAT GOES ON

McKenzie-Willamette implants advanced heart-failure device

Mckenzie-Willamette Medical Center is excited to be among the first in the nation to implant a COGNIS cardiac resynchronization defibrillator (CRT-D). This advanced device is used to treat heart failure, a condition in which the heart can't pump enough oxygen-carrying blood to meet the body's needs.



Matthew Trojan, M.D.
Cardiology

INDIVIDUALIZED CARE

Matthew Trojan, M.D., cardiologist with Oregon Cardiology, performed the procedure on August 18. The new device enables physicians to tailor individualized pacing therapy for patients.

"This new device is one of the thinnest on the market and may be the preferred choice for some patients due to body size considerations," says Dr. Trojan. "It's always exciting to use the newest technology at McKenzie-Willamette Medical Center." The CRT-D represents a new way to treat heart failure and is the result of a multi-year research and development effort by Boston Scientific Corporation to provide physicians enhanced clinical options for their patients.

McKenzie-Willamette is pleased to offer this new technology to the Lane County community.

! Keep your heart healthy!

Your heart matters to us. To learn more about McKenzie-Willamette's cardiac services, visit

www.mckweb.com.



Community Events and Programs 2009

McKENZIE-WILLAMETTE MEDICAL CENTER

An Affair of the Heart

(This year in a new location at the Lane County Fairgrounds Exhibit Center.)



Looking for a sensational ladies' night out? McKenzie-Willamette Medical Center, KOOL 99.1, 1120 KPNW News Radio and 104.7 KDUK present "An Affair of the Heart," an evening of food, wine, spa samples, giveaways, prizes, entertainment and healthy lifestyle information.

Our venue change will offer more parking and a spacious area for more than 80 exhibitors. Enjoy a variety of health and fitness demonstrations, shopping, wine tasting, gourmet snacks, beverages, food samples and a no-host bar. You'll find many of the same wonderful exhibitors you've enjoyed in the past, along with some great new ones.

Keynote speakers

4 p.m. Leigh Anne Jasheway, local comedian and author

5 p.m. Jan Staffl, M.D., obstetrician/gynecologist, "Healthy Options"

6 p.m. Jay Chappell, M.D., cardiologist, "Women and Heart Health"

7 p.m. National speaker Pat Love, author and professor, will talk about balancing life in a world of distractions.

8 p.m. Zena Monji, M.D., obstetrician/gynecologist, and David DiMarco, M.D., urologist, "A Different Kind of Surgery for Women and Men"

When: 4–9 p.m., Wed., Feb. 11

Where: Lane County Fairgrounds Exhibit Center



Healthy Woman

At "An Affair of the Heart," McKenzie-Willamette will kick off the second year of our free membership program, Healthy Woman. Women—and men—of all ages are welcome to join or attend the Affair. Attend a presentation with a national speaker, and new

members receive a complimentary Healthy Woman gift and free membership.

Visit www.mckweb.com and click on "Healthy Woman" to learn more.



Prenatal classes

McKenzie-Willamette's Women's Health and Birth Center offers a variety of educational programs for new and

more experienced parents. Free facility tours are offered several times a month. All childbirth educators are certified through the International Childbirth Education Association.

Call: 741-4649 or visit www.mckweb.com and click on "Events Calendar."

Support groups

For information about Better Breathers, Breast Cancer Support, Caregivers Support, the Ostomy Association and Grief Support, visit www.mckweb.com and click on "Events Calendar."

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