

PulseBeat

A PUBLICATION OF MCKENZIE-WILLAMETTE MEDICAL CENTER

Rebound from surgery

Quicker recovery with da Vinci hysterectomy

Knee replacements—easier than ever!

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Caring for our neighbors



Maurine Cate
Chief Executive Officer

At McKenzie-Willamette Medical Center, we believe our attention to patient-centered care is one of the things that distinguishes us in the community. We take pride in offering up-to-date technology in a familiar setting that is easily accessed and delivering professional medical treatment, along with truly personalized care.

DEDICATED STAFF

One of our greatest assets is our professional and friendly staff, who are dedicated to providing care above and beyond patient expectations. In our recently returned Inpatient Satisfaction Survey (fourth quarter 2008), our nurses ranked in the 94th percentile of the 1,600 hospitals surveyed.

HOURLY ROUNDING

The satisfaction of our patients can be linked in part to the commitment our staff has made to hourly rounding. Hourly rounding is a method of keeping our patients comfortable by providing regular visits by our clinical staff to assess the patient's needs.

Looking to the future, McKenzie-Willamette is committed to furthering our legacy of "caring for people in extraordinary ways" hourly, daily, weekly and every day of the year.

Best,

MAURINE CATE
Chief Executive Officer
McKenzie-Willamette Medical Center

Advanced options for new knees



Since August 2008, Chris Walton, M.D., orthopedic surgeon at McKenzie-Willamette Medical Center, has performed partial knee replacements using a mobile (sliding) bearing implant, rather than a traditional rigid one. A mobile bearing implant for partial knee replacement is effective in treating arthritic knees. Whether due to arthritis or other reasons, some patients aren't candidates for full knee replacement or a partial rigid bearing implant. According to patient treatment surveys, the mobile implant has proven to be a reliable, less-invasive procedure that typically results in improved mobility, joint pain relief and an earlier return to daily activities.

Patient Mark Hoy suffered from pain and stiffness in his knee for several years. After discussions with Dr. Walton, Hoy made the decision to have partial knee replacement surgery using the mobile implant. "I'm very pleased with the outcome," says Hoy. "I was on crutches for only three days after surgery and now have full function of my knee—with no pain."

OTISKNEE REPLACEMENT

Another groundbreaking procedure being done at McKenzie-Willamette is the OtisKnee replacement, which for the first time allows surgeons to precisely match the size and placement to the patient's unique and normal (nonarthritic) knee.

In December 2008, Robb Larsen, M.D., orthopedic surgeon, performed a total knee replacement using the OtisKnee. "The new technique shortens the length of surgery, results in less blood loss and can make for a shorter hospital stay," says Dr. Larsen.

"Being fairly young for knee replacement surgery, I wanted to explore the latest techniques available," says patient Harvey Chapman. "Dr. Larsen suggested the OtisKnee. After the surgery, I had very little pain or bleeding, which kept my hospital stay to less than three days. At home, there was some swelling, but it subsided fairly quickly. My discomfort is minimal, and I've regained my mobility faster than I expected. I couldn't be happier with my results and would recommend the OtisKnee surgery and Dr. Larsen to anyone needing knee surgery."

! Don't kneel down to pain!

To find out more about these knee procedures, call
242-4812 or 743-2566.

The da Vinci difference

A new kind of hysterectomy



By Geoff Gill, M.D.
Obstetrician/Gynecologist

A wide variety of benign conditions can affect a woman's reproductive system, which consists of the uterus, vagina, ovaries and fallopian tubes. Common types of gynecologic conditions like fibroids, endometriosis or vaginal/uterine prolapse can cause chronic pain, heavy bleeding and other disabling symptoms. Women who experience these symptoms are often treated with a hysterectomy, surgical removal of the uterus. This surgery is the second most common operation for women in the United States, and an estimated one-third of all women will have a hysterectomy by age 60. Most gynecologic procedures have traditionally been done through large abdominal incisions. These procedures often involve a long, painful recovery (often up to six weeks), moderate risk of infection, increased narcotic use and significant blood loss. Now, McKenzie-Willamette has joined just a handful of facilities across the country that offer an effective, less-invasive hysterectomy.

PATIENT BENEFITS

Performed using the da Vinci Surgical System™, da Vinci hysterectomy is fast becoming a treatment of choice. The system is essentially an extension of the surgeon's hands. After placing the instruments into the abdomen, the surgeon is seated at a console immediately next to the patient. The console is a computer-enhanced system that replicates the surgeon's movements in real time on a high-definition 3-D screen. Operations performed with the da Vinci Surgical System follow the same basic steps as traditional surgeries, with one exception: We use advanced, minimally invasive technology.

This technology allows surgeons to perform major

operations, such as hysterectomies, through multiple small incisions (ranging in size from 1.0 to 1.5 centimeters—about the size of a dime) on the patient's abdomen. The da Vinci Surgical System offers multiple benefits to both surgeons and patients. For the surgeon, procedures with the system allow greater surgical precision, increased range of motion, improved dexterity, enhanced visualization and improved access. More importantly, patients may experience shorter hospital stays, less pain, less risk of infection, less blood loss, fewer transfusions, less scarring, faster recovery and a quicker return to normal daily activities.



! Discover the benefits today!

If you would like more information about options for women's surgery and the da Vinci Surgical System, call 686-7007 or visit www.mckweb.com.



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Community Events and Programs 2009

McKENZIE-WILLAMETTE MEDICAL CENTER

HEALTHY WOMAN A McKENZIE-WILLAMETTE MEDICAL CENTER RESOURCE



Healthy Woman offers free monthly events on health, communications, relationship and life-balance issues designed to enhance your life and the lives of those you love.

As a member, you'll receive detailed reminders about monthly Healthy Woman events and a free monthly e-mail newsletter. Call **726-4789** or visit www.mckweb.com and click on "Healthy Woman" to register and for times and locations of upcoming monthly events.

"We love the Healthy Woman events. I take my mother, and we have the best time. Every event has been informative, enjoyable and well-organized. We think this a wonderful offering for our community."

—Healthy Woman member for nearly a year

"Last evening, I attended my first Healthy Woman presentation. It was an excellent program. Not only was it an enjoyable evening, but I found it interesting and filled with useful, practical ideas to make my life healthier and easier as well. I appreciated the fact that everything was well-organized and executed. Thank you for your efforts."

—Current Healthy Woman member



TINY TOES ARRIVES AT McKENZIE-WILLAMETTE

If you're expecting or expect to be, make sure you get started on the right

foot by enrolling in Tiny Toes, our free OB club to cover pregnancy through baby's first birthday. Valuable resources for mom and family include health information timed to your pregnancy, perks for after delivery and a password-protected baby web nursery. Find out more at www.mckweb.com/services.



Prenatal classes

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

ents. Free facility tours are offered several times a month. Our childbirth educators are certified through the International Childbirth Education Association.

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

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 "Classes & Events."

