

Sqord is technology that gets kids moving. See the story on page 2.



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# Sqord and Kadlec are getting kids moving

**ONLINE GAMES** and social media are usually associated with inhibiting an active life in kids. But an initiative by Providence Health & Services, and now being implemented in the Tri-Cities by Kadlec, is turning the tables on that notion.

The program, called Advanced Kadlec Academy, uses a kid-proof, wearable activity tracker called Sqord (pronounced “scored”). Participants can then interact with each other online through the Sqord community. Sqord encourages kids to take back play by being more physically active.

Kadlec is offering the program to fifth grade students in six schools across the Tri-Cities, two in each of the cities. Kadlec is underwriting the cost of a Sqord activity tracker for each child participating and providing iPad minis and special Bluetooth dongles at the school so the children can sync their trackers if they do not have computer equipment at home.

“Fifth grade is the perfect age to start with Sqord,” said Edna Felix, RRT, Kadlec Academy and Sqord facilitator.

“It’s the age that a lot of kids drop out of the exercise spectrum because they are too old for programs geared toward elementary school but not old



enough to participate in organized school sports. That snowballs into an increase in inactivity and obesity. We want to do something about that in our community.”

## How it works

Children wear the Sqord tracker, which is held in a wrist band (although it can be worn other places such as laced onto a shoe). It measures the intensity and duration of physical activity. It’s highly kid resistant — it can take a beating and can even be worn swimming. Kids then go online to see their activity progress.

“As a child moves, points are accumulated and virtual rewards such as medals and levels are earned. Sqord is designed to reinforce activity, promote fun and encourage the child to be more active,” she said.

It allows kids to challenge themselves and their friends. It shows a child his or her activity hour-by-hour, so they can see when they are moving and when they are not.

“Players also can reward, motivate and encourage each other,” said Felix. “While they are doing all of this, they are moving and having fun at the same time.”

Participation in the program is



Getting active with Sqord are, from left, Andre Cho, Isabella Fetrow and Paige Morrow.



voluntary and requires parental permission. Parents are encouraged to follow along as their child uses Sqord.

### **Providence's commitment to health**

Providence is teaming up with Sqord, using Sqord's unique platform with Providence's community relationships across five states to help make kids healthier.

"Providence is committed to helping create healthy communities," said Felix. "By making active play more fun, we know kids will play more and as a result increase their fitness, improve overall health and build lifelong habits that can help

prevent serious health problems."

Providence first became involved in Sqord during a pilot program with the Snohomish County Health Leadership Coalition. The results showed that over the course of a school year, fifth grade students who wore the Sqord increased their activity by 12 to 13 percent, while national statistics would predict a decrease in activity beginning at that age.

"We are excited to be a part of the program. Providence is very committed to it, and so are we," Felix said.

Kadlec ran a test program over the

summer, involving employees' children.

"They loved it. They were always looking at ways to increase their points," she said. "They were competitive with each other, and we had parents say they wanted one, too, so they could participate. It was a lot of fun for everyone, and families did see a big increase in the desire of the kids to be active. That's what we want for all the children who participate.

"Kids learn that everyone can be active, stay healthier and that consistent movement can be fun. Our goal is to eventually get this into every school," said Felix.

# Partners in health and wellness

**THE PAST YEAR** has been a whirlwind of activity at Kadlec. We have added specialty clinics, introduced the members of our first Family Medicine Residency program, and started construction of four new floors on the River Pavilion Tower and the long-awaited parking garage.

We have cared for an increasing

number of patients, both as inpatients and outpatients. We have added new providers and new employees.

It is our mission to provide outstanding care to everyone we serve. We believe that means our role in the region is not just within our walls. It is not just about saving lives and treating illness, but

creating a healthier community. We are constantly working to offer important programs, education and services.

As a not-for-profit health organization, we are proud to give back and be leaders in creating that healthier community. Here are just a few of the ways Kadlec is caring for our community.

## Classroom Makeover



Kadlec partners with KNDU for the Classroom Makeover program. Each month during the school year, Kadlec gives \$500 to a deserving teacher to “makeover” his or her classroom. Nominations can be made at [nbcrightnow.com](http://nbcrightnow.com).

## Safe Gun Project

Kadlec, Seattle Children’s Hospital, Safe Kids Benton-Franklin Counties, and Ranch and Home partnered to host a safe gun program. Attendees learned the importance of safe gun storage and received hands-on training in the use of a lock box and trigger lock. Kadlec’s financial contribution allowed each attendee to receive a free lock box or trigger lock.



## Safe Kids Saturday

Kadlec, in partnership with Safe Kids Benton-Franklin Counties, has hosted Safe Kids Saturday for 21 years. This free, family oriented event brings together over 30 community organizations, all committed to keeping kids and families safe. Children and families learn about how to call 911; poison prevention; water, railroad and fire safety; and the event includes a bike rodeo, fingerprinting and free bike helmets.

## Coats for Kids



Kadlec, in cooperation with KNDU-TV, Battelle and the Salvation Army, has presented Coats for Kids for a number of years. Specifically, Kadlec hosts the School Challenge, which encourages area schools to collect gently used and new winter coats to be distributed to children and families in need. In 2014, the Coats for Kids School Challenge garnered over 2,000 coats.

## Vista Hermosa and Tierra Vida



Kadlec hosted youth from Vista Hermosa and Tierra Vida for a day-long leadership summit. The goal was to expose them to health care careers. Led by Kadlec Core Leaders, it included presentations on community partnerships, corporate responsibility, finding your passion, and personal and professional accountability. The day also included a mini first-aid course, Hands Only CPR, and a community service project — painting a play house, which is now at the Vista Hermosa Child Care Center.

## Kadlec Academy



Kadlec Academy is an afterschool program for children in grades 1–5. It meets once per week for four weeks and teaches students how their bodies work and how to take better care of themselves. There is no cost to attend and each class includes fun exercises, hands-on learning activities, and a healthy snack. The program has grown to 20 schools throughout the community.

## 2015 Kadlec Stay Safe Water Project



The warm summer temperatures of 2015 prompted Kadlec to plan a Stay Safe Water project. Kadlec collected over 6,500 bottles of water, which were distributed along with sunscreen and lip balm

to the homeless and underserved in our community. The water was distributed to the Union Gospel Mission, Ansil Center, Grace Clinic, area police and fire departments, bus transfer stations and homeless camps.

## Education Support

Kadlec supported health care education with the creation of an endowment to support five new designated chairs at WSU Tri-Cities for a doctorate in nursing program. Kadlec also supported Columbia Basin College's efforts to build a second health science center. In addition, through the years, Kadlec Foundation has awarded over \$500,000 in scholarships to students pursuing careers in health care.

## Benton Franklin Fair & Rodeo

Kadlec was the official first aid provider for the 2015 Benton Franklin Fair & Rodeo. From bee stings and blisters to headaches and sunburns, Kadlec took care of hundreds of fairgoers and kept them hydrated with water stations.

# Welcome new providers

## KADLEC REGIONAL MEDICAL CENTER

888 Swift Blvd., Richland  
(509) 946-4611

Chia Chun "Kevin" Hsu, MD, *Adult Hospitalist*

Inah Kim, MD, *Adult Hospitalist*

Margaret Salinas, ARNP, *Anticoagulation  
Kadlec Healthplex*

## KADLEC CLINIC

### Kennewick Primary Care

3900 S. Zintel Way, Kennewick  
(509) 942-3125

Christine Pabilona, MD, *Internal Medicine*

### Senior Clinic

560 Gage Blvd., Suite 102, Richland  
(509) 942-3135

Kimberly Miller, DO, *Geriatric Medicine*

Delia Takagi, MD, *Geriatric Medicine*

### Vascular Surgery

1100 Goethals Drive, Suite E, 3rd Floor  
Richland  
(509) 942-3095

Mun Poi, MD, *Vascular Surgery*

### West Richland Primary Care

3950 Keene Road, West Richland  
(509) 942-3130

Reuben Grothaus, DO, *Family Medicine*

## COMMUNITY-BASED PROVIDERS

### Northwest Orthopaedic and Sports Medicine

A division of Proliance Surgeons

875 Swift Blvd., Richland  
(509) 946-1654

John-David Black, MD, *Trauma Surgery*

# Extending kindness, caring and compassion

*HEALTH CARE, by its very nature, is about compassion. It is about seeing the person beyond the diagnosis or medical crisis. It's about helping patients navigate through the challenges. Two new programs at Kadlec are doing just that — helping patients at a time when they need special support.*



Omar Khan, MD,  
medical director of  
Advanced Illness  
Management  
Service



Find a specialist or family health care  
provider at [kadlec.org/clinic](http://kadlec.org/clinic).

# Advanced Illness Management Service

Dealing with serious and chronic illness can be overwhelming. Yet, with the right support, patients can live the kind of life they want and better manage their health.

Kadlec's Advanced Illness Management Service (AIMS) is designed to come along beside patients to improve their quality of life.

The program was implemented at Kadlec by Omar Khan, MD, who did fellowship work in Palliative Medicine at Mayo Clinic in Arizona.

"I started doing inpatient consultations for patients at Kadlec who had very serious illness," said Dr. Khan, who was a Kadlec hospitalist at the time. "I would help with symptom management, end-of-life conversations and possibly help with a referral to a hospice program."

From there, AIMS was created. "AIMS is palliative care, which is different than hospice," he said. "At some point, patients may move into hospice, but palliative care comes earlier."

Palliative care provides treatment for the stress and symptoms of serious illness such as pain, breathing difficulties and nausea. The goal is to prevent and ease suffering and improve quality of life.

Patients who can benefit from palliative care include those living with congestive heart failure, chronic obstructive pulmonary disease, advanced cancer, multiple sclerosis, kidney failure, neurological disorders and other serious illnesses.

Patients can receive palliative care while getting concurrent treatment

for the illness. It can begin earlier in the disease process, while hospice care is meant specifically for those approaching the last stages of life.

"There is still a big educational gap about palliative care and how it can be wonderful for patients," said Dr. Khan, who is now medical director for AIMS.

The AIMS team also helps patients and families determine their goals and create individualized plans. "We always emphasize choices," he said.

In June, AIMS added a fulltime case manager and recently expanded to provide service for patients at Kadlec Clinic Hematology and Oncology. "The plan is to continue to expand into other disciplines," he said.

Getting AIMS started "has been thrilling," said Dr. Khan. "I believe it has made an impact already."

## No One Dies Alone

When someone is nearing death, we imagine that the person will be surrounded by family and friends. That, however, is not always the case. Sometimes family lives too far away or can't get there quickly. Other times there is estrangement. For others, they may have outlived family and friends. The situations can be as varied as the patients, but the need is still universal.

A new program at Kadlec, called No One Dies Alone, provides volunteers to be at the patient's side to provide companionship and support for dying individuals.

The actual program got its start in Eugene, Ore., in 2001 when a dying man asked a nurse to sit with him. She agreed but first needed to make her rounds. When she returned, the man

had died. The nurse resolved to enlist volunteers to stay with patients who were alone and close to death. It has grown into a national program.

"I heard about it at a conference, and I knew it was something we needed to do at Kadlec because we care so deeply for each patient," said Meg Fallows, MBA, Kadlec volunteer coordinator.

Twenty-one volunteers have gone through the training and stand ready to help whenever they are needed.

One thing that makes this program



different from others across that country is that all the volunteers are Kadlec employees.

"These employees are not just nurses," she said. "They are people from throughout Kadlec and want to offer compassion and caring beyond what they do every day."

Volunteers sit with a patient in two-hour shifts. They do not provide nursing care, only support. During the vigil, the volunteer companions can talk to the patient, hold a patient's hand, or just be a caring presence in the room.

"We have only been called on a few times," said Fallows, "but those times have been important."



**"I would love it if we never got a call to use this program, but there are just times when family is not there. Our goal at Kadlec is to always have someone available in these situations." —Meg Fallows**



## Kadlec Regional Medical Center 2015 Community Board

- Susan Kreid, Chair
- Jerry Roach, Vice Chair
- Ted Samsell, MD, Secretary
- Tom Cowan, Trustee
- Michele Dickinson, Trustee
- Mark Gehlen, Trustee
- John Heaton, Trustee
- Todd Hofheins, Trustee
- Larry Jecha, MD, Trustee
- Steve King, Trustee
- David Lippes, Trustee
- Wayne Martin, PhD, Trustee
- Sam Volpentest, Trustee

**Kadlec Regional Medical Center serves a population of more than 350,000 residents in southeastern Washington and northeastern Oregon.**

## Kadlec continues to grow

Kadlec has added 1,972 employees since 2000. Today, Kadlec is one of the largest employers within the Tri-Cities region.



|                         | 2011         | 2015*        |
|-------------------------|--------------|--------------|
| <b>Total Employees</b>  | <b>2,171</b> | <b>3,262</b> |
| Medical Center          | 1,890        | 2,429        |
| Kadlec Clinic           | 281          | 833          |
| Kadlec Clinic Providers | 78           | 190          |
| Active Medical Staff    | 278          | 302          |
| Registered Nurses       | 603          | 850          |
| Medical Assistants      | 57           | 229          |

\*through September 2015



Eric Mosqueda, MD,  
and Tracey Welch, RN

## What's in a name?



Trends in baby names change all the time. Not too many Bettys or Bobs are filling nurseries these days.

Here are the recent picks for babies born at Kadlec thus far in 2015.

### GIRLS

Sofia/Sophia  
Isabella  
Emily  
Abigail  
Charlotte  
Madison  
Mia  
Paisley  
Amelia  
Ava  
Harper  
Natalie

### BOYS

Wyatt  
Benjamin  
Julian  
Liam  
Sebastian  
Angel  
David  
Ethan  
Mateo  
Aiden  
Dylan  
Noah  
Owen  
William

# Better breathing for babies

## PREMATURE AND CRITICALLY ILL

newborns often have respiratory problems. Kadlec Regional Medical Center has recently added new technology in its Neonatal Intensive Care Unit (NICU) to help these tiny patients. Called NAVA (Neurally Adjusted Ventilatory Assist), it is the most advanced respiratory system available and is essentially an extension of the baby's own respiratory system.

NAVA ensures babies only receive the breathing assistance required. Unlike traditional respiratory machines that provide constant breathing rates decided by the machine, NAVA adjusts to the baby's breathing patterns of deeper breaths or shorter breaths.

"This mode of ventilation delivers babies what they need, when they need it," said Lisa Price, manager, Kadlec's Cardiopulmonary Rehabilitation and Respiratory Therapy.

A breath actually starts in the brain. The brain asks for it and the body responds. The NAVA mode monitors the brain's signal that is transmitted to the diaphragm (the largest respiratory muscle) and that signal is then sent to the ventilator, which assists the patient in breath and in synchrony.

"NAVA is the closest thing so far to natural breathing," said Price. "It is personalized

breath-by-breath. That's what makes it amazing."

While the technology is new to Kadlec, it is not new to Eric Mosqueda, MD, Kadlec's NICU medical director. Before coming to Kadlec last year, he was at the Akron Children's Hospital Mahoning Valley NICU, which used the NAVA system.

"The outcomes for babies in Kadlec's NICU have been excellent," said Dr. Mosqueda. "We want to continue that tradition, and NAVA brings a new technology that is helpful for these babies."

According to Dr. Mosqueda, one of the initial uses of the NAVA system at Kadlec has been to keep babies from needing intubation.

"Babies are quite resilient and if you can support them, which is what NAVA does, they can do it on their own," he said. "It is amazing technology, and I am glad that we have it here for our babies."

Kadlec has, said Price, "a great advantage in implementing this new technology. Dr. Mosqueda has used it with great success and brought it here. He is a great resource, and his knowledge and experience is really special."

Kadlec will eventually expand the use of NAVA to include use in babies who are ventilated.

"Our NICU is really growing and this is a wonderful addition to the care for our tiny babies," said Price.

# WSU Tri-Cities honors four Kadlec officials



The students of WSU Tri-Cities School of Nursing presented Rand Wortman a “distinguished chair”—a rocking chair—honoring his support for the program while also acknowledging his upcoming retirement. Joining Wortman are, from left, students Mark Yehl and Jill Mix, and WSU Tri-Cities Chancellor Keith Moo-Young.

**WASHINGTON STATE UNIVERSITY TRI-CITIES** dedicated its five new Kadlec Distinguished Chairs of Nursing to individuals who have displayed exceptional service to the local health care community. Four of the five honored have been associated with Kadlec.

The positions were made possible by a donation from Kadlec Regional Medical Center to hire nursing faculty at WSU Tri-Cities.

The faculty chairs are named in honor of:

- Rand Wortman, regional chief executive for Providence Health & Services.
- Susan Kreid, who dedicated 21 years of service to Kadlec and is chair of the Community Board.
- Thomas Cowan, a WSU graduate ('64) and vice chair of the Community Board.
- Bill Moffitt, who served on the Kadlec Regional Medical Center Board and is currently on the Kadlec Foundation Board.
- Hilda Boerhave Roberts (1917-2011), the first director of the Intercollegiate Center for Nursing Education in Spokane.



**The Kadlec Genetic Counseling Department can be reached by calling (509) 942-3297. Appointments are by provider referral.**

## Genetic Counseling has new location

**KADLEC'S GENETIC COUNSELING** has moved to 945 Goethals Dr., Suite 220, in Richland.

The consultative service helps patients sort through complex information about the chances for genetic disorders, multifactorial disorders and birth defects as well as available testing and treatment options. It includes preconception, prenatal, pediatric and adult genetic counseling.



## Looking ahead in 2016

**EVENTS TO KEEP** you healthy. Events that provide education and support. Events that raise money for important projects. Events that are just plain fun. Kadlec offers a number of events annually and here are a few of them. It's not too early to mark your calendars.

- Safe Kids Saturday — May 7
- Kidz Dig Rigz — May
- Kadlec Neurological Resource Center Annual Prescription for Caregivers Conference — June 9
- Foundation Golf Classic — August 8
- Kadlec Neurological Resource Center's Annual Southeastern Washington Autism Conference — August 9–10
- Kadlec 4 Kids-a-thon (Radiothon)— October 20–21
- Celebration of Philanthropy — November 4

### Throughout the year:

- Alzheimer's Series presented by Kadlec Neurological Resource Center in collaboration with Alzheimer's Association
- Healthy Ages End of Life seminars — January, April, July, October
- Healthy Ages Medicare classes, monthly, the 2nd and 3rd Monday
- Healthy Ages Wellness programs — January, February, March, April, May
- Positive Approach to Care, featuring Teepa Snow, presented by Kadlec Neurological Resource Center

For more information on all of these events, visit the events section of Kadlec's webpage at [kadlec.org/events](http://kadlec.org/events).

# Bed huddles

**MULTIPLE TIMES EACH** day at Kadlec Regional Medical Center, teams gather in huddles. These huddles have nothing to do with sports, but rather Kadlec caregivers gather to determine how busy the hospital is at that moment.

Most of the time, the answer is very busy.

During the huddles, the teams, comprised of representatives of every department, look at everything from available beds throughout the hospital to arranging for transfers from other hospitals.

Sandi Galat, RN, serves as a Patient Placement specialist at Kadlec. It's her job to not only know the patient numbers at Kadlec, but also at the smaller hospitals in the region which may be transferring patients to Kadlec.

"We have a limited number of beds at Kadlec, and the demand for those beds is high," she said. "We need to utilize each bed as efficiently as possible."

During a huddle, each department reports on the number of beds it has available as well as the discharges it anticipates, so Kadlec can plan ahead as patients arrive.

Those patients come to Kadlec for scheduled procedures, through unexpected hospitalizations and by transfers. Patients also move within the hospital as their health care needs change.

According to Christina Mackey, RN, Kadlec Resource Team manager, "Our goal is to make sure our patients are cared for in the right place at the right time."

Another set of huddles reviews hospital operations from food service to the supplies needed within the multiple nursing units.

"There are so many departments involved in the running of a hospital. There is so much going on minute by minute," said Kirk Harper, RN, Kadlec vice president of Nursing. "It is important that everyone be on the same page in a busy hospital and communicate as much as possible with each other. It is rewarding to see how the teams are working together to make it all happen, to provide our patients with safe, high quality, efficient patient care."

The huddles take place throughout the day — and night. There is no closing time at a hospital.

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John and  
Christine Finley

# K-LIFE: A unique way to give

## **HERMISTON, ORE., RESIDENT**

Christine Finley had been a patient at Kadlec Regional Medical Center, and she felt that she had received such good care she wanted to be involved with the hospital.

When a letter came from Kadlec Foundation explaining its new pooled income fund called K-LIFE (Kadlec Life Income Fund), Christine wanted to learn more.

After a visit from a member of the Foundation staff, Christine and her husband John became a part of the program.

"Once we understood how K-LIFE works, we knew it was good for the hospital and good for us, too," she said.

Kadlec is one of a few health care institutions across the country to secure an IRS Private Letter Ruling to offer this program. K-LIFE benefits

both the participants and Kadlec Regional Medical Center.

## **How it works**

K-LIFE takes advantage of tax laws developed to encourage and reward philanthropy. Donors may give cash, securities and marketable real estate to K-LIFE. Kadlec Foundation sells all appreciated assets contributed to K-LIFE, adds the proceeds to other cash contributions, and invests the funds in a medical building leased to Kadlec. Rental income is distributed to donors at an annual amount of 6 percent or more of the initial gift, over one or two lives. Kadlec's share goes to fund important capital projects.

## **How K-LIFE benefits participants**

- Receive lifetime income at an increasing rate, starting at 6 percent
- Avoid capital gains on the sale of appreciated securities and property and possibly reduce estate tax
- Receive a substantial income tax deduction
- Leave a legacy to better the lives of others

Kadlec Foundation is available to provide more information on the K-LIFE program.



**Call (509) 942-3238. You may also find information about K-LIFE on the Kadlec Foundation website at [kadlec.org/foundation](http://kadlec.org/foundation).**