ONE MORNING IN April, Vivianne Swanson, 64, did not feel right when she awoke, but assumed it was indigestion from the food she had the night before. Once she got to work, she told her co-workers and boss that she just was not feeling well, and she soon began sweating and having shortness of breath. At 9:40 a.m., her boss called 911 and Kennewick Fire personnel were dispatched. Within minutes the emergency medical personnel transmitted an electrocardiogram (EKG) to Kadlec’s Emergency Department. Kadlec’s cardiac team was called at 10:10 a.m. to be ready when the patient arrived, which was just two minutes later.

At 10:14 a.m., while she was talking to cardiologist Iyad Jamali, M.D., Swanson went into cardiac arrest. Dr. Jamali performed chest compressions to revive her, and she was rushed into the catheterization lab at 10:17 a.m. Dr. Jamali performed a balloon angioplasty and her blocked vessel was open by 10:30 a.m.

From the time 911 was called, it was just 50 minutes before her blockage was opened.

Heart attack and stroke are life-and-death emergencies — every second counts. Yet, many don’t know the signs of heart attack or stroke, wait too long to call 911 for emergency help, or drive themselves to the hospital assuming it saves time.

“It is vitally important for people to know the signs and symptoms of heart attack and stroke, and just as important to call 911 immediately after you begin to experience any of those signs. As soon as you make that call, care starts,” said Kadlec’s Cass Bilodeau, RN, BSN.

This message is so important, Kadlec Regional Medical Center has launched a community-wide campaign to bring awareness to the warning signs of heart attack and stroke and the necessity to call 911 when a person experiences any of those signs.

Kadlec is coordinating the effort with other emergency medical service agencies from throughout the region.

Emergency care begins with the call.

“For a heart attack, time is muscle. For a stroke, time is brain tissue,” said Craig Patterson of the Pasco Fire Department. “The longer a person delays in getting the appropriate help, the more potential damage there can be.”

After 911 is called, the emergency personnel will arrive within minutes.

“When we arrive, we can immediately begin giving oxygen... —Continued on Page 2
ST SEGMENT ELEVATION Myocardial Infarction (STEMI) is a severe heart attack caused by a prolonged period of blocked blood supply to the heart.

Almost 400,000 people suffer from a STEMI heart attack each year, which carries a substantial risk of death and disability. It is considered the most deadly type of heart attack, and immediate identification and treatment are critical, ideally in less than 90 minutes.

The gold standard for treating a STEMI is to open up the artery via balloon angioplasty and insert a stent. The procedure, called PCI (percutaneous coronary intervention or angioplasty), is performed in the Catheterization Laboratory—commonly called the Cath Lab—and is highly effective if done in time.

Kadlec Regional Medical Center is the only hospital in the area that can provide this potentially lifesaving PCI. Recently, Kadlec added Cass Bilodeau, RN, BSN, as its STEMI coordinator to help even more people who may suffer from this deadly heart risk.

Bilodeau is responsible for standardizing the processes and decreasing the time it takes to get a person into the Cath Lab for treatment.

“The most efficient way we can get the appropriate treatment, the better the outcome for the patient,” she said.

She works with the region’s EMS and the hospital’s Emergency Department, Transfer Center, Cath Lab, nursing units and Cardiac Rehab to create a continuum of care that is seamless and moves swiftly. Bilodeau also works with outlying hospitals.

Education is an important part of her job, as well.

“I meet with most STEMI patients,” she said. “I provide education about heart disease, dietary changes, diabetic control, medication information and the need to stop smoking. I encourage them to participate in cardiac rehabilitation programs. Often these patients need support in several areas of their lives. I’m here to help. I want to improve their quality of life and give them every possible opportunity and tool to succeed.”

Her efforts don’t stop at the doors of the hospital either.

“I am also out into the community talking about the signs of a heart attack and the importance of getting help immediately,” she said. “We need to continually tell people how important it is to call 911 without delay.”

Kadlec’s around-the-clock neurology coverage means there is always a neurologist available to contribute to the comprehensive care of the stroke patient, including the administration of tPA.

“Calling for help rather than driving to a hospital will also decrease the chances of putting yourself or others at risk during that drive,” Bilodeau said.

The awareness campaign includes a speakers’ bureau, magnets for refrigerators and advertisements. For more information about scheduling a speaker, call (509) 946-4611, ext. 4191.
Therapy benefits people dealing with Parkinson’s disease

KADLEC’S BOARD-CERTIFIED MUSIC therapist Bill Dluhosh begins to slowly create a beat on the drum in front of him. Soon, all the people sitting in the circle around him begin keeping perfect rhythm, beating their drums with mallets or their hands. Before long, Dluhosh begins to sing “You Are My Sunshine” and everyone quickly, and joyfully, joins in. The singing is strong.

After a few verses, the song changes to “The Battle Hymn of the Republic,” followed by “When the Saints Go Marching In.”

Intermixed with the singing and drumming is a great deal of laughter and teasing. Smiles abound.

Once a week since last July, Dluhosh has led a 45-minute group designed specifically for people with Parkinson’s disease and their caregivers. While the social interaction and fun is important, and very evident, what is actually going on is drum therapy.

“Studies have shown music helps people with Parkinson’s,” said Dluhosh. “It improves motor control and gait, including walking, balance and movement; the rhythm helps the brain organize and stimulate muscle activation.”

Drum therapy actually dates back to ancient times. Research supports what the ancients knew all along: drumming accelerates healing, boosts the immune system, produces a wonderful feeling of well-being, and releases emotional trauma. It supports calming and focus.

Dick Mulford, who has Parkinson’s, attends regularly with his wife, Agnes.

“I went reluctantly at first, but now it is something I look forward to,” he said.

Agnes agreed. “The people in the group are fantastic and while we have a good time, Dick’s walking has gotten better. Walking is a rhythm, just like beating the drum to the music. It’s also something fun we do together.”

Another participant, Jane Biersner, said the therapy has helped her coordination and also lightened her spirit. “It’s hard to take yourself too seriously when you are sitting in a circle singing camp songs,” she said.

For Beverly Beattie, there are tangible changes for her husband, Gene. “His speech is compromised by a rare neurological disorder, and I often can’t understand him. But at one of the sessions, he started to sing. It brought tears to my eyes. It’s amazing. And, now I get to sit here each week and listen to him sing. He even sings with the radio. It has made a tremendous difference.”

His singing touched more than Beverly, according to Agnes. “When Gene sang for the first time, it brought tears to everyone’s eyes,” she said.

Dluhosh often asks for song suggestions. Old-time favorites are offered including “Don’t Sit Under the Apple Tree” or “This Land Is Your Land.” If participants don’t know the words, they keep the rhythm going.

And, no drumming experience is required.

“If you can keep in beat, we call it traditional music. If you are off beat, it’s jazz,” Dluhosh teased with a smile.

The Parkinson’s Drum Therapy Group meets Thursdays from 11:30 a.m. to 12:15 p.m. at Kadlec’s CardioPulmonary Rehab Center, 550 Gage Blvd. in Richland. There is no charge to attend.

For more information, call (509) 942-2660.
As you walk through the hallways of Kadlec Regional Medical Center, you see evidence of the work of Kadlec Foundation in nearly every corner. In truth, all our work can be directly linked to our relationships with our friends, our neighbors and our partners.

At the Foundation, we use the phrase “Touching lives one gift at a time.” It is indeed true. Our success is achievable thanks to each of our donors. Last year 51 percent of our donors were repeat donors, far exceeding the national benchmark. We are honored by the trust and confidence they have placed upon the Foundation.

This is a summary of the work that Kadlec Foundation has been able to achieve with the help of our donors. It is also an opportunity to thank our many 2010 supporters.

So, thank you all for helping to make a difference for our region. Thank you, friends, neighbors and partners.

The complete Kadlec Foundation 2010 Annual Report is available online at www.kadlec.org.

Thanks to everyone who supports Kadlec Foundation. If you would like to be a part of the Foundation's ongoing work, you can donate online at www.kadlec.org and follow the link to Kadlec Foundation, or clip this coupon:

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FOR DOTTIE LEACH, volunteering at Kadlec Regional Medical Center began as a way to repay the kindness she and her husband received when they had been hospitalized through the years. But in her 20 years of volunteer work at Kadlec, she has discovered, instead, something quite different.

“I had been very touched by people’s kindness. In a small way, I wanted to say thank you for the things that helped us in so many ways. Yet, I have found you can’t repay that kindness; the more you give, the more you get,” she said.

Dottie, now also a member of the Foundation Board, has been a consistent donor to the Foundation. She is a member of the recently formalized Kadlec Legacy Society, which honors people who have included a gift to the Foundation in their will, trust or estate planning.

“I believe in Kadlec, and I have seen firsthand the impact of the Foundation on the hospital. By adding the Foundation in my will I am giving back in a different, and also important, way. It is not a huge amount. I believe each gift makes a difference,” she said.

As a true friend of Kadlec, and the Foundation, Dottie Leach is an example of giving and making a difference in so many ways.

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DONOR DOLLARS AT WORK

Thanks to our generous donors, Kadlec Foundation was able to help thousands of our neighbors get, and stay, healthy.

A partial list of the 2010 Kadlec Foundation fundings include:

- Funding for the purchase of new furniture for the Intensive Care Unit waiting room.
- Funding to provide a Medical Resource
NEIGHBORS HELPING NEIGHBORS.

In the past three years, that is exactly what has happened as people of all ages have responded to help the work of Kadlec Foundation thanks to the 36-hour radio-a-thon sponsored by New Northwest Broadcasters.


“We initially had a goal to raise $10,000 for Kadlec’s new pediatric unit,” said Heath “AJ” Brewster, program director for KUJ-FM, a New Northwest Broadcasters radio station. “But as that first event went on, we could see this was something special. When people heard they could help build a pediatric center for our community, they stepped up. We raised over $100,000 in 36 hours.”

It was such a success, it grew into an annual event and over $300,000 has been raised to support pediatric care at Kadlec.

“Each year, we hear hundreds of stories about how Kadlec has touched people who now want to give back to help others, particularly the region’s children. People in this area are very generous,” he said.

For AJ, the idea of helping kids now hits closer to home with the birth of his first child at Kadlec. “The first year, I just did it thinking that we could do something good. Now it’s personal. I know even more what it means to help kids,” he said.

LAST FALL, CLASSIC cars and chicken wings combined to raise support for pediatric oncology patient families at Kadlec.

Pastor Tom Trimble and his congregation at City Church in Kennewick began planning a classic car show as a fundraising event to benefit the community. Shortly thereafter, his son Malachi was diagnosed with leukemia and treatment began at Seattle Children’s Hospital.

“We learned that after Malachi’s first year of treatment in Seattle, he could receive the next two years of care at Kadlec’s new pediatric oncology program,” said Trimble. “We also benefited from the uncompensated care fund at Children’s and wanted to help other families at Kadlec struggling under the financial strain of having a child with cancer.”

Before long, Famous Dave’s BBQ had arranged a chicken wings contest as a part of the event. When it was over, 170 cars participated and over 1,000 pounds of wings were eaten in one hour.

Best of all, Malachi presented a check to Kadlec Foundation for $6,500.

As with all partnerships, there is more to come. Plans are under way for the 2011 event. Meanwhile, Kadlec Foundation stands ready to help pediatric oncology families in need.

Librarian to assist patients and families locate information on health problems, treatments, diagnostic tests, medicine and more.

- Funding for specialized medical tests for indigent pediatric patients.
- 650 EZ Detect colorectal cancer screening kits distributed by Kadlec’s Healthy Ages program.
- 200 breast cancer treatment books.
- 116 free mammograms for uninsured/underinsured women in our community.
- 25 scholarships for students pursuing health care careers.
- 8 hospital-grade comfortable recliners for use by patients and family members in the Intensive Care Unit.
- 2 Glidescope instruments to assist with difficult intubations for Intensive Care Unit and Operating Room patients.
- 1 Mammotome equipment upgrade to be able to offer MRI breast biopsy services.
- Hundreds of gallons of gasoline, meal vouchers, motel rooms and long-distance phone cards for patients and families during the time of their greatest need.

www.kadlec.org
What’s happening at Kadlec

Congratulations to these Heroes of the Month

Each month, Kadlec’s Hero of the Month program honors children between the ages of 3 and 18 who have faced, and overcome, difficult circumstances often enduring a great deal of pain and stress. Their courage and spirit serve as an inspiration.

Kadlec is one of numerous hospitals and child care facilities throughout the country that participates in the program, which is sponsored by the Kids Wish Network.
- January’s Hero of the Month is Brooks Zaro.
- February’s Hero of the Month is Chelsey Chappell.
- March’s Hero of the Month is Cade Timmons.
- April’s Hero of the Month is Maya Edmond.

Welcome, new physicians

Kadlec Regional Medical Center
888 Swift Blvd.
Richland
(509) 946-4611
Christopher Gipson, MD
Anesthesiology

Kadlec Clinic West Richland Primary Care
3950 Keene Road
West Richland
(509) 942-DOCS (3627)
Albert Fiedler, MD
Family Practice

Thomas Holcomb, MD
Anesthesiology

Richard Nguyen, MD
Radiology

Seattle Children’s Hospital Tri-Cities Clinic
969 Stevens Drive, Suite 1B
Richland
(509) 946-0976

Kadlec Clinic West Richland Primary Care
3950 Keene Road
West Richland
(509) 942-DOCS (3627)

Kenneth Gow, MD
Pediatric General Surgery

Maggie Likes, MD
Pediatric Cardiology

Richard Grady, MD
Pediatric Urology

Raymond Tse, MD
Pediatric Plastic Surgery

Richard Hopper, MD
Pediatric Plastic Surgery

John Waldhaausen, MD
Pediatric General Surgery

Patrick Javid, MD
Pediatric General Surgery

Thank you, Pasco students

Twenty of Kadlec’s tiniest patients will have handmade blankets, thanks to the efforts of 16 elementary students from Pasco.

The students made the blankets as a part of Torch clubs, which teaches fourth- and fifth-grade students about leadership and community service. The club is an offshoot of the Boys & Girls Club, and the students were from Maya Angelou and Ruth Livingston elementary schools.

The students not only made the blankets, they had fundraising events to raise the money for the fleece blanket material.

The students delivered the blankets to Kadlec’s Neonatal Intensive Care Unit in March.

Pacesetter online!

Don’t miss our online version of Pacesetter. You will find all of these articles plus new and expanded information.

- More about stroke including signs and symptoms of stroke and ways to prevent it.
- Our Pediatric Heroes for January through April.
- Medical terms associated with heart attacks as well as symptoms of heart attack.
- Kadlec’s recent “Un-Birthday Party” for pediatric families.
- A link to the complete Foundation Annual Report.
- And much more!

Just go to www.kadlec.org and click on the “Newsletter” link. Look for this symbol throughout Pacesetter. It means there is more information online about this subject.

Financial Services

Planetree is apparent throughout Kadlec, but one place you may not think to look for Planetree is in Patient Financial Services. But it’s clearly evident.

Financial stress can complicate recovery and sometimes even treatment. To help alleviate this, Kadlec’s Patient Financial Services works closely with patients and families.

Recently, a former patient was so impacted by the assistance she received, she attended a meeting of the department to express how important this help was to her.

Following two surgical procedures, the patient became concerned about the balance remaining after her insurance payment. A Kadlec financial representative took the time to work with her to create a manageable payment plan. By helping her, she said, she had one less thing to worry about, allowing her to focus on healing. At Kadlec, a higher level of care doesn’t end when the patient is discharged.

To reach Patient Financial Services, call (509) 942-2626.
Improving neuroscience care
Kadlec now has a group of neurosurgeons at Kadlec Neuroscience Center who are, said Dr. Blanchard, "top-edge in their field. This means, as a hospital, we are taking care of much sicker patients. Some of our patients are so fragile, that even rolling them from side to side endangers them. The portable CT allows us to do a study on a patient who would otherwise be too sick to undergo transport, or reduce the risk for those patients who would be transported," he said.

Critical time issues
Transporting these patients to and from a stationary CT machine also requires multiple steps and staff, according to Doak Rokey, Kadlec Radiology supervisor. "Coordinating and implementing these resources is a complicated and time-consuming process," he said. "Efficiency matters and the portable head CT accomplishes this by speeding service and eliminating labor."

With the new portable CT, room and patient preparations are minimal, imaging is instantaneous and results are displayed on a bedside monitor for the attending physician. "Patient care depends upon the transfer of information," said Dr. Gormley. "This makes that transfer faster. A time-dependent critical issue sometimes can't wait. This lets us provide lifesaving imaging in as close to real-time as possible. It's a big step forward."

The scanner is about the size of an upright piano and can be moved to rooms as needed. It is also available for use in the operating rooms and Post-Anesthesia Care Unit. "It's another tool we use to keep people from getting sicker or even dying," said Dr. Blanchard. "It's wonderful to again see Kadlec support a higher level of care for our very sick patients. Potentially, this is the difference maker in someone's life."
FOR TWO YEARS, Lori Tenney felt trapped inside her home. “My daughter, Megan, has autism and could not handle going into a store. There was too much stimulation, and she would scream,” said Tenney. “Once we were even asked by security at a mall to leave. Overstimulation feels like physical pain to her, causing her to scream. So I just stayed home.”

Then, in 2004, she attended the first Southeastern Washington Autism Conference, and it changed her world. “They offered child care so I was able to attend,” she said. “I pulled one of the speakers aside for a very brief conversation, maybe five minutes, and I was given suggestions on how to help Megan handle a trip to the store.”

From that brief conversation, Tenney was able to create a plan, and nine months later she and Megan were able to make their first trip to the store. “That short encounter at the conference made all the difference,” she said. “People don’t even recognize her as the same kid.”

“I love going to the conference every year. The speakers are great and offer wonderful insight,” Tenney said.

This year’s conference is set for August 10 and 11.

Cost is $120 for family members, with scholarship available; $195 for professionals. Clock hours will be available from IACET for an additional $20.