

# ArborHEALTHANDlife



TRANSITIONAL  
CARE

## GETTING Jim BACK ON HIS FEET

Jim Williamson, 77, of Randle has two new knees and a strong respect for Arbor Health, Morton Hospital's staff—from the front office person to the nursing staff and rehab services staff. However, he didn't come by that respect from his surgery experience—Morton Hospital doesn't do orthopedic surgery. No, Jim came by it after the fact.

Jim has lived in Randle full time for the last 18 years. He first bought an unfinished cabin in 1990 with the idea that he'd live in it after he retired from his position as head of maintenance at a chemical plant from out of the area. "I retired on Aug. 1, 2000, and I'm still working on the cabin," he says with a laugh.

### Taking advantage of transitional care

A career working in maintenance requires a lot of mobility—bending, lifting, packing and wrenching—and Jim's knees paid the price for it. He had his first knee replacement surgery in August 2017 and the second in June 2018, both at St. Clair Hospital in Lake-wood. He spent two weeks at Morton Hospital following each surgery as a

Transitional Care patient. (See more about Transitional Care on page 5.)

Jim sums up his experiences as both a two-time inpatient and an outpatient physical therapy patient in one word: "Excellent."

Jim had three different physical therapists during his two hospitalizations and outpatient therapy at Morton Hospital. He names each one by name and tells about how accommodating they were to him and his needs. Referring to Chana Albracht, the physical therapist who has worked with him most recently, he says, "She is really a top-notch therapist."

But Jim's compliments don't end with the Rehabilitation Services department. They also extend to those in the admitting office who coordinated the insurance coverage and to the nurses and the nurse's aids.

### 'A true asset'

When asked whether he'd recommend the hospital, Jim says, "If I had to go back into a hospital, I definitely would come here. If it was something [Morton Hospital] provided, I'd be here. Why stay in Tacoma or somewhere else when you can be 30 minutes from home?"

**"I don't think people in this area really know how valuable you people are here," he says. "You're a true asset. I consider myself privileged to be amongst you."**

# What is occupational therapy?

We all find meaning in activities that we participate in throughout the day, such as hunting, fishing, baking, knitting, gardening, working or boating. Having pain, an injury or a medical condition that limits participation in day-to-day activities can be incredibly challenging

for the individual and their family. Occupational therapy is a field of health care that can be beneficial in facilitating successful participation and independence in everyday tasks.

Occupational therapists work with individuals of all ages and help them

learn or relearn how to participate in essential activities, including bathing, dressing, hygiene, cooking, cleaning, shopping and hobbies. Our goal is to help people functionally return to everyday activities that they find important.

## Right care for many conditions

Occupational therapy frequently works with patients with the following conditions:

- Pain.
- Limited mobility.
- Weakness and poor endurance.
- Arthritis.
- Joint replacements and other orthopedic surgeries.
- Cognitive deficits.
- Tendon and ligament problems.
- Developmental disabilities.
- Neurological issues.

Occupational therapy is offered on both an inpatient and outpatient basis at Arbor Health, Morton Hospital. If you think that you or a family member can benefit from occupational therapy, talk to your provider and ask for a referral to our Rehabilitation Services department. To schedule a visit with our occupational therapist, call **360-496-3593**.



## Corks 'n Caps—save the date for July 20

### CORKS 'N CAPS MOVES TO THE PACKWOOD COMMUNITY CENTER

Mark your calendars now for Saturday, July 20—for the third annual Corks 'n Caps event for the Arbor Health Foundation!

For the first time, Corks 'n Caps is slated to be held in Packwood, a beautiful little mountain town—quaint, picturesque, friendly and welcoming.

“Even though we’ve outgrown the old location in Mossyrock, we want to make sure that everyone in East Lewis County realizes that we understand how important they are to the Arbor Health community and Foundation,” explains Foundation President Carolyn Schoenborn. “But, we’re particularly impressed with the enthusiasm and potential that we’re seeing in the Packwood area these days. It’s becoming a perfect

# A closer look

## What doctors check for when reading a mammogram

Women who get timely mammograms are enlisting a powerful tool to help guard against breast cancer. These tests can help spot breast cancer early—long before it causes symptoms—when treatment often works best. The American Cancer Society (ACS) advises women at average risk of breast cancer to have mammograms starting at age 45.

After your mammogram, a radiologist will examine your images for any abnormal areas.

These images can reveal tissue changes, including:

**Calcifications.** These mineral deposits appear as white spots on a mammogram. Larger spots are usually harmless changes, often related to aging.

However, groups of tiny, white specks are sometimes signs of cancer.

**Masses.** Various lumps and masses may also be found, including fluid-filled cysts or other noncancerous growths.

The size, shape and edges of a mass can be important. For example, noncancerous masses often have well-defined edges, rather than irregular ones.

### Think positive

If something suspicious is found, more testing—such as another mammogram, an ultrasound or a biopsy—may be needed.

Fortunately, Arbor Health, Morton Hospital offers 3-dimensional digital mammography—the very best in breast imaging technology, which reduces the rate of repeat testing. In fact, Morton Hospital is the only facility in Lewis County to offer this level of diagnostic testing.

The bottom line: Screening for breast cancer can provide peace of mind and help protect your health.

**Morton Hospital has the only 3-D mammography in Lewis County. Schedule your next mammogram with us. Call 360-496-3523.**

spot for this kind of event. Not only is it a forward-thinking kind of town, it's a beautiful place to spend the weekend."

It's a bonus that the community offers a variety of lodging opportunities, from motels to vacation-home rentals for those who wish to spend the night or weekend.

"This kind of event" that Schoenborn refers to is a "wine or beer pairing with delectable bites" and live

auction. Each course of the meal—catered by Ramblin' Jacks Rib Eye Restaurant of Napavine—will be paired with wine from Bateaux Cellars Winery of Toledo or beer from Dick's Brewing Company of Centralia. Attendees choose beer, wine or non-alcoholic beverages when registering.

Tickets are \$50 per person. Although the event isn't until July 20, the cutoff for registration is

Wednesday, July 10, to allow time to order the food and beverages. No tickets will be sold at the door.

Purchase your tickets online at **myarborhealth.org**, at the Morton Hospital Gift Shop (open Monday through Friday, 10 a.m. to 4 p.m.) or by telephone at **360-496-3610**.

The event proceeds will help to provide educational scholarships for Arbor Health employees and purchase medical equipment.



## Our Services

**24-hour, on-site  
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### Specialty Clinic

- General surgery.
- Women’s health.
- Sleep medicine.

### Surgery Clinic

### Wound Care Clinic

### Clinical Laboratory

### Consulting Specialists

### Diagnostic Imaging

- CT scan.
- 3-D digital mammography.
- Digital x-ray.
- MRI.
- Nuclear medicine.
- Ultrasound.

### Free Health Education Classes

### Nutrition Services

### Outpatient Drug Therapy

### Physical Rehabilitation

- Aqua therapy.
- Occupational therapy.
- Physical therapy.
- Respiratory services.
- Speech therapy.

### Sleep Lab

### Social Services

Visit us online  
[myarborhealth.org](http://myarborhealth.org).

## Coordinated care means better care



Physician Assistant Nancy Campbell is Arbor Health’s newest primary care provider. She is available for appointments at **360-983-8990**.



Leianne  
Everett, CEO

When you need medical care, our Arbor Health staff wants you to get the right care in the right place at the right time. We also want to be sure you avoid unnecessary or duplicate medical tests and stay safe

from medical errors.

“That’s why we work so hard to provide carefully coordinated care,” says Chief Executive Officer Leianne Everett. “Quite simply, it’s smart medicine that can help you—and your family—stay healthy. And when medical care is coordinated, it’s more efficient and helps lower costs.”

### It takes a team

Everett explains that a team approach is the cornerstone of coordinated care. “Whether it be at our Morton Hospital, Mossyrock Clinic or Randle Clinic, you’ll be cared for by a group of medical professionals who work closely together,” she says. “Your Arbor Health team includes your primary care provider, such as doctors, physician assistants and nurse practitioners, as

well as nurses, radiology technologists, respiratory therapists—the list goes on and on. Everyone at Arbor Health is invested in your well-being and care.”

Every member of your team communicates with one another so that everybody knows about:

- Any changes in your health.
- What medicines you take.
- Any tests, procedures or services you receive.

And if you need to see a specialist, your medical team will coordinate this care too—keeping everybody on the same page. All this teamwork helps ensure that no part of your care slips through the cracks.

### You’re on the team too

One thing to always keep in mind: You’re at the team’s center. All of your providers will do their very best to give you the information and support you need to protect your health. But they also count on you to make your desires and needs known. Together, you can create a personalized plan for meeting your health goals.

# The right care, right when you need it

Arbor Health staff and administration work hard to provide the health care our community needs when it needs it the most. However, we know there will always be specialized surgeries or catastrophic illness or injury recoveries that will take some patients to hospitals in larger cities.

Orthopedic surgery and stroke recovery are good examples. Our primary care providers at the Randle and Mossyrock clinics are here to diagnose your hip or knee problems. Then if a higher level of care is needed, they refer you to an orthopedic specialist. Likewise, our Emergency Department physicians are here for emergency lifesaving stroke treatment, but once the crisis has been met, you will likely be transferred to a larger hospital with neurology specialists.

In both of these scenarios, you will

reach a point where you no longer need acute specialized care, but you won't be well enough to go home either. That's when Arbor Health, Morton Hospital comes back into the picture to provide you with a Mayo Clinic model of enhanced transitional care, right here at home.

"Transitional Care is a high-quality, evidence-based program for patients who are well enough to leave a traditional hospital setting but still have nursing or therapy needs," Morton Hospital Case Manager LeeAnn Evans says. Some examples of these needs



**For more information about the Transitional Care program, call Case Manager LeeAnn Evans at 360-496-3533.**

include IV therapy, skilled nursing care, physical therapy and speech therapy—all available at Morton Hospital.

## The Morton Hospital difference

Morton Hospital partnered with Allevant Solutions in a joint venture with Mayo Clinic and Select Medical to develop our Transitional Care Program. It is modeled on the Mayo Clinic's successful efforts in Wisconsin and Minnesota and is supported by a team led by Mayo Clinic pulmonologist Mark Lindsay, MD. The program is designed to provide access to high-quality post-acute services in rural hospitals like Morton Hospital.

As a rural hospital, Morton Hospital offers many supportive services that other post-acute settings cannot, such as an on-site physician, respiratory therapy, a clinical laboratory and more available nursing hours per patient than most skilled nursing facilities.

"These factors make us the best option for patients who have complex needs, multiple conditions or other factors that make their recovery more challenging," Evans says.

## Who can use the Transitional Care program?

"Most patients receiving this care at Arbor Health will be covered by the Medicare Swing Bed reimbursement program, although other insurers may participate as well," Evans says. "In general, patients need to have a three-day hospital stay before being admitted for Transitional Care and have a need for skilled nursing or therapy services.

Arbor Health, Morton Hospital offers high-quality post-acute care, right here at home," Evans adds. "We're ready to care for our community members if they have post-acute needs."

Patient Richard Boggess gets the royal Transitional Care treatment from (left to right) Laura Glass, RN; Case Manager LeeAnn Evans, RN; and Occupational Therapist Stephanie Fouts.



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American Heart Association

THE BIG SNORE



# Could it be sleep apnea?

People complain that your snoring drives them crazy. But it isn't doing you any good either.

Loud snoring is one of the hallmark symptoms of a potentially serious condition called obstructive sleep apnea (OSA).

Jakdej Nikomborirak, MD, (affectionally known as "Dr. Jak" by his patients) explains that when you have OSA, the soft tissue in the back of your throat collapses and blocks your breathing. "Usually the only way to start breathing again is to wake up—which is typically accompanied by some gasping-type sounds," Dr. Jak says.

These interruptions in breathing

can occur multiple times during the night, depriving you of sound sleep.

## Why OSA matters

Nurse Practitioner Jennifer Montoure, who works in the Sleep Medicine Clinic with Dr. Jak, says that OSA is nothing to ignore since it can definitely lead to daytime fatigue. "It's also been linked to a higher risk for car crashes and work-related accidents," she says, "as well as health problems like high blood pressure, heart attack and stroke."

OSA is diagnosed during a sleep study, which can be conducted in Arbor Health, Morton Hospital's sleep lab. If you are referred for this test, a technologist will monitor your vital

## Sleep tight

Continuous positive airway pressure (CPAP) machines were first introduced for treating sleep apnea in 1981. Here's an interesting fact: Early models were made from vacuum cleaners.

American Academy of Sleep Medicine

signs, breathing, blood oxygen level and body movements while you sleep.

If you think you might have OSA, talk to your primary care provider about a referral to Dr. Jak or Montoure in the Specialty Clinic. They are available for appointments at **360-496-3641**.



Jakdej Nikomborirak, MD



Jennifer Montoure, ARNP, FNP-C

## Treatment options for obstructive sleep apnea

- 1 Lifestyle changes.** Lose weight if you're overweight and avoid alcohol and other sedatives.
- 2 A dental device.** Wear an oral appliance that can reposition your jaw and relieve the obstruction that blocks your breathing.
- 3 CPAP.** Use a continuous positive airway pressure machine that keeps your airways open during sleep.