

insight

April 2, 2007

Meridian Park offers advanced cardiac care

A study to compare the outcomes of therapeutic angioplasty and stent procedures in elective patients treated in community-based hospitals versus facilities with on-site cardiac surgery is now under way at Legacy Meridian Park Hospital.

This nationwide study, Cardiovascular Patient Outcomes Research Team, or C-PORT, of more than 16,000 patients was launched by cardiologists at the Johns Hopkins Heart Institute in 2006. Balloon angioplasty clears blockages and stents prop open blood vessels.

Leading this important work at Legacy Meridian Park is principal investigator Eli Rosenthal, M.D., interventional cardiologist.

“The C-PORT study is designed to demonstrate scientifically whether outcomes of percutaneous coronary intervention, or PCI, in elective patients at hospitals with or without cardiac surgery are the same,” Rosenthal says. “I’m optimistic that the study will give us answers about what is the best for our patients.”

Saving hearts and lives

Even though angioplasty and stent placement are becoming standards of care in the treatment of



Pictured, left to right, in back row are Rose Owen, R.T.(R) (registered radiologic technologist), Tom Johnson, cardiovascular technologist, Robyn Ronzio, R.T.(R), Paul Groah, R.T.(R), Stephanie Charron, R.N., Mary Ann Dawson, R.N. In front row, left to right, are Rita Murphy, R.T.(R), Karen Vancil, R.T.(R), Cathy Zamudio, R.N., and Lisa Kumagai, R.N., all from Legacy Meridian Park Hospital's Imaging Department Cath/Angio Labs. Not shown are Meghan Jones, R.N., and Kimberly Hughes, R.N. This group is participating in Johns Hopkins University's Elective Cardiac Intervention C-PORT Study.

coronary artery diseases, many patients in outlying and rural communities don't have ready access to this care.

Some state healthcare regulations limit community hospitals' usage of angioplasty only to heart attacks and other emergencies. Oregon has no such limits.

Moreover, national guidelines from the American Heart Association and American College of Cardiology maintain a requirement for on-site cardiac surgery to back up non-emergency angioplasty. This procedure, in rare instances, has led to complications requiring emergency heart surgery; however, the risk to angioplasty patients is less than 1 to 2 per 1,000 cases.

“We made a commitment to this community to be a state-of-the-art medical facility where most, if not all, healthcare needs can be met close to home.”

— Allyson Anderson, administrator, Legacy Meridian Park Hospital

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Meridian Park offers advanced cardiac care

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On the other hand, offering angioplasty at community hospitals could save many lives, says Thomas Aversano, M.D., the study's senior investigator at the Johns Hopkins University School of Medicine's Division of Cardiology.

"Many patients with coronary artery disease admitted to hospitals that do not have angioplasty available would benefit from transfer to a hospital where they can have angioplasty performed," Aversano says. "The ability to perform angioplasty at hospitals without on-site cardiac surgery will significantly improve access and outcomes for the more than one-half of patients who would benefit from such a transfer, but in fact are not transferred and consequently have a higher mortality."

Meeting tough standards

Driven to provide excellence in patient care, Legacy Meridian Park applied to participate in the Johns Hopkins study.

Stringent requirements were part of the application process. Legacy Meridian Park had to have an



"I'm optimistic that the study will give us answers about what is best for our patients."

— Eli Rosenthal, M.D.
interventional cardiologist,
principal investigator
of the C-PORT study,
Legacy Meridian Park Hospital

existing program for emergent angioplasty procedures in the setting of a heart attack. Furthermore, the hospital's staff and physicians had to have training and experience that met national standards set by the American College of Cardiology and the state of Oregon.

Legacy Meridian Park is the only hospital in Oregon—and is among only 50 nationwide—selected to participate in the C-PORT study. ✕

Gov. Kitzhaber and students tour Emanuel Hospital

Ten students from La Salle Catholic College Preparatory in Milwaukie, Ore., recently went on a field trip to Legacy Emanuel Hospital for an upfront and personal tour of the Emergency Department and Trauma Center.

The high school students, ages 14 to 18, were interested in careers in medicine and politics, or both. How they came to be on the tour was another matter.

At the recent Oregon Mentors' annual dinner/auction, former Oregon governor John Kitzhaber, M.D., sponsored an auction package: a tour of a hospital emergency department, followed by a discussion about healthcare reform at a catered luncheon. A local business donated the auction package to the La Salle students.



Left to right are William Long, M.D., medical director of Legacy Trauma Services, and former Oregon governor John Kitzhaber, M.D.



La Salle Catholic College Preparatory students and personnel and (far right, front row) Robert Vissers, M.D., medical director of the Emergency Medicine Department at Legacy Emanuel Hospital

Robert Vissers, M.D., medical director of the Emergency Medicine Department at Legacy Emanuel, and William Long, M.D., medical director of Legacy Trauma Services, were pleased to participate in Kitzhaber's mentoring effort. They opted to lead the tour themselves.

Two-term Gov. John Kitzhaber, M.D., was an emergency physician before taking office, and is a long-time advocate of mentoring young people to become successful citizens. ✕

Legacy wins honor as company that cares

In March, The Center for Companies That Care named Legacy to its 2007 Honor Roll. Companies on the Honor Roll were selected for their commitment to elevating the quality of life for their employees and for people in the broader community, among other criteria.

Legacy remains committed to addressing the areas of concern that have arisen as a result of the "Our Voice" employee survey. In the meantime, this and other awards indicate continued recognition for what the organization has accomplished together in improving the quality of life of people in our community.

In the application, the programs that Legacy highlighted included:

- Preferred Employee Profile and Preferred Employer Profile, collaborating and providing leadership leading to a healthy community
- Employee Recognition Awards, such as the annual Gustafson, John King, service recognition, and the ongoing STAR Award
- Charitable contributions, including Legacy's Community Health Fund, a \$10 million endowment created by Legacy's Board of Directors, which grants at least \$500,000 for major health initiatives to improve the health of children in the Portland/Vancouver area.
- Community Service Leave Program, through which Legacy employees can take up to two weeks paid leave to volunteer with community non-profits
- Projects that support employee volunteerism, such as Dollars for Doers—for every employee



who volunteers 70 or more hours in a one-year period at a non-profit health, human service or education organization, Legacy donates \$100 to the organization in the employee's honor

Legacy was named to the 2007 list along with 34 other

companies in diverse industries. They include KPMG, Nationwide Insurance, Office Depot, and PricewaterhouseCoopers.

The Honor Roll is selected by an independent panel of professionals. Each organization named to the Honor Roll sustains a work environment founded on dignity and respect for all employees, developing great leaders and communicating standards of ethics and integrity.

The Honor Roll is announced annually in March, in conjunction with the annual launch of *Caredays*, a month-long, national initiative to engage individuals and employers in activities addressing a significant societal issue in our communities. This year, *Caredays '07: It's Your Life* focuses on ways to improve the quality and length of life and providing financial support to community health clinics serving low-income and medically-underserved communities.

The Center for Companies That Care is a national, not-for-profit organization dedicated to enhancing the well being of employees and communities. To find out more, visit its website www.companies-that-care.org. ✕

Everybunny loves the Healthy Kids' Fair

Nearly 3,000 people are expected to attend one of the Portland area's biggest Easter weekend events—the Healthy Kids' Fair at Legacy Emanuel Children's Hospital.

The 23rd annual fair takes place Saturday, April 7, from 10 a.m. to 2 p.m., in Legacy Emanuel's atrium.

The Healthy Kids' Fair is a fun, free way to introduce children to the hospital and its caregivers by providing hands-on ways to learn health and safety tips. Among the planned activities are:

- Easter Egg Hunts for kids up to age 8
- Photos with the Easter Bunny
- Healthy Kid Checks to find out your child's height, weight and more
- Car Safety Seat Clinic with experts who can check for proper installation
- Teddy Bear Clinic where favorite stuffed animals can be mended
- Mercury Thermometer Exchange where families can swap for a safer product
- Bike Helmet Sale where bike and snowboard helmets can be purchased at reduced rates (cash or check only)
- Kids also will be able to have a thumb cast; see a police car, ambulance and fire engine; view equipment that doctors and nurses use to keep us healthy; and get health and safety information from many community organizations. ✕

Helping people—a lifelong passion for Debbie Dresler

Debbie Dresler has known what she wanted to be ever since junior high school. That's when she started volunteering to help speech and physical therapists with special needs kids in grade school.

Fast forward several decades later. Dresler, now a neurological physical therapist in Outpatient Rehabilitation Services at Legacy Emanuel Hospital, works with adults of every age suffering neurological deficits from trauma, illness and aging to strokes. She started working at the hospital in 1980 upon graduation from Pacific University in Forest Grove, Ore.

"I'm always excited about helping neurological patients," Dresler says, "because the brain and central nervous system have so much ability to recover. Working with someone else's nervous system is a dynamic experience. You have to see and feel what's happening to them as it happens to them in order to help them solve movement problems. It takes creativity and experience and intuition to guide them into recovery."

Many of Dresler's patients are older. She says they're keenly motivated to do whatever is needed to live safely and independently. Others are younger. Some have had severe head injuries or cerebral vascular events, others are dealing with vestibular and balance problems. She helps them regain function and confidence with mobility, from wheelchair dependence to walking, when possible.

Occasionally, Dresler feels frustrated.

"There are times when patients choose not to



Debbie Dresler, neurological physical therapist in Outpatient Rehabilitation Services at Legacy Emanuel Hospital, helps a patient re-learn walking skills.

practice learning new skills," she says. "I tell them that this is a partnership; they pick the goals, practice relearning skills, and I do the coaching."

All things considered, Dresler loves her job.

"Physical therapy has been the joy my entire professional career," she says. "I never get up in the morning and dread going to work. I'm always excited about working with people." ✕

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Conflict resolution presentation

The free presentation—*Conflict Resolution, Family Meetings & Elder Mediation*—is Thursday, April 5, 3–4:30 p.m., at Good Samaritan Building 2, first-floor conference room North & South. The speaker is Pat Medford, owner of Elder Mediation Services. For more info, call 503-413-7348. No pre-registration required.

Event helps lung cancer patients

Together, Facing Lung Cancer, a free Legacy-sponsored event, is Thursday, April 19, 6:30–8:30 p.m., Oregon Convention Center, ballroom. Learn about building support networks, get the latest treatment information and more. Register by calling 503-335-3500.

National Patient Access Week

Please take a moment this week to express your appreciation of the folks in Admitting and for the work they do, during National Patient Access Week, April 1–7. Daily, they handle a total of 1,762 admissions at Legacy Good Samaritan, Legacy Emanuel, Legacy Meridian Park and Legacy Salmon Creek hospitals, and Legacy Mount Hood Medical Center. Other than admitting patients to the hospital, they also collect payments for services, place/return valuables in the safe and help patients with various hospital-related issues. Being admitted to a hospital can be stressful to patients, but is made easier by the compassionate and calming presence of the professionals in Admitting. ✕

Joy of birding from a hospital window or garden walk

A collection of whimsical Audubon Society-approved birdhouses atop 6- and 8-foot copper poles, recently installed at the Oregon Burn Center Garden, are attracting chickadees, violet-green swallows and nuthatches to nest or to stop to feed on seeds and other morsels.

Watching birds gives patients, their families and staff members a window on the world of nature. And enjoying the beauty of the winged creatures while walking in the garden brings healthful pleasure.

A gift of local artists David Britton and Mary Elizabeth McAndrew, the imaginative birdhouses are a far cry from the usual boxy abodes found in back yards. Made of cedar backs and sides, vintage wood fronts and bearing such bygone decorations as old keys, faucet handles and post office boxes, each birdhouse is one of a kind, and would cost about \$65, if purchased. ✕



Pictured, left to right, are Patricia Flynn, horticultural therapy student, Kristine Krause, development specialist, Emanuel Foundations, Mary Elizabeth McAndrew, birdhouse artist, David Britton, birdhouse artist, Teresia Hazen, registered horticultural therapist, and coordinator, Therapeutic Gardens and Horticultural Therapy, and Jim Penfold, president of the Auxiliary of Legacy Emanuel and Legacy Emanuel Children's hospitals.



"We're already noticing birds shopping the new homes."

—Teresia Hazen, coordinator, Therapeutic Gardens and Horticultural Therapy

Birds love the well-made Audubon Society-approved cedar houses.

Integrated Leave Program—your leave, our help

FMLA stands for the Family and Medical Leave Act. This U.S. labor law allows employees to take unpaid leave because of illnesses or the need to care for sick family members.

Generally, FMLA ensures that workers, who meet certain criteria because of illness, can take up to 12 total workweeks of unpaid leave without losing their jobs.

When does FMLA affect me?

If you are sick, you get medical care and you are away from work for more than three calendar days, you may qualify for Family Medical Leave.

An example scenario: You were absent from work on Friday and Monday, and returned to work on Tuesday. During this time, you had bronchitis and you saw a doctor for treatment.



**Integrated Leave Program:
Your Leave, Our Help.**

ONE SOURCE FOR ALL YOUR LEAVE PROGRAMS

Because you were ill on Friday, Saturday, Sunday, and Monday, you actually were out four calendar days even though you missed only two days of work. Generally, in this scenario, you would qualify for FMLA.

Why is this important to me?

Legacy has an attendance policy, and FMLA helps you meet that policy. Time off protected under FMLA isn't counted as an absence, as outlined in Legacy's attendance policy.

If you are ill and seek medical care, but are unsure if you would qualify for FMLA, call the Legacy Leave Line at 503-415-5717 or 1-888-638-6307 to speak with an Integrated Leave Program specialist.

For more about qualifying for Family Medical Leave, refer to *The Employee Benefits Guide*. ✕

INSIGHT CLASSIFIEDS

Announcements

Insight's ad policy. Ads are accepted for the convenience of Legacy employees selling their own personal property. Ads are not accepted for moneymaking ventures, including home-based hobby businesses. Questionable ads will be declined. Thanks for your cooperation.

Vehicles & Boats

'93 Chevy Cavalier RS wagon, white, 111k, well maintained & runs well, needs new turn signal switch, body/interior in good condition, \$1,100, OBO. Sharon 503-249-6834.

'96 Dodge Dakota 4x4 Sport Club Cab, fiberglass canopy, automatic, power steering/brakes/windows, AC, tow package, 90k, \$5,800, OBO. Terri 360-666-1821.

'69 Chevy truck, S-box, N-box, runs, project truck, comes with a '69 455 Olds engine with 400 transmission that need rebuilt, serious buyer only, \$2,500, OBO. Jerry 503-287-5322.

'00 Mazda 626 ES v6, 2.5 liter, 98k, silver with gray interior, automatic, sunroof, keyless entry, Bose stereo with CD/cassette, excellent condition, new tires, alloy wheels, \$6,995. Hal/Melissa 503-657-9167.

Homes for Sale

Beautiful remodeled home, 2,666 sq. ft., on .23 acres, five minutes from Washington Sq., new roof/gutters/large windows, custom paint, slab granite and new cabinets in kitchen, tiled bathrooms, new deck, slate fireplace, hardwood floors, must see, \$429,000. Judy 503-887-4060.

NW Portland, completely remodeled home with large deck, gorgeous coast range view, 4 bedrooms/3 bathrooms plus den, granite kitchen countertops, hardwood floors on main, vaulted ceilings in living/dining/kitchen, 2400 sq. ft. home on large lot, near schools & minutes from GSH, must see, \$469,000. Tom 503-799-8306, mls #7018458.

Newly upgraded country home in Troutdale/Corbett area, 4 bedrooms/2.5 bathrooms, loft, family room, two wood stoves, hardwood, granite, tile, stainless steel appliances, two decks, hot tub, 2-car garage-barn combo with 2 horse stalls on 5.25 peaceful quiet acres, fenced for livestock, Corbett school district, easy 25 minute commute to downtown Portland, offers considered in range \$699,000 to \$749,000. Lisa 503-260-3981.

Westmoreland, 1928 Bungalow, 2,054 sq. ft., 4 bedrooms/3 bathrooms, gourmet custom kitchen with stainless steel appliances & granite countertops, new cedar deck, fully fenced yard, walk to park, too many updates to list, must see, \$434,000. 503-860-8602.

NE Portland charmer, 4 bedrooms/2 full bathrooms, 1,916 sq. ft., plus basement and bonus room, large master with walk-in closet, eat-in-kitchen with new counters and more, large deck and backyard, new vinyl windows throughout, hardwood floors on main, fireplace, built-ins, lots of storage, new interior paint in neutral colors, central AC/gas furnace, sprinkler system, tool shed, single car garage with driveway parking for 3, quiet neighborhood at base of Rocky Butte off Fremont, \$279,900. Vanessa 503-262-6758.

Homes for Rent

NW Apartment, 10 minute drive to Good Sam, bright, clean, one bedroom, extra large closet, gas fireplace in living room, washer/dryer, lots of windows and light, extra large deck, \$950/mo, includes cable. 503-296-0017

Vacation Getaways

Newly remodeled Bend condo loft unit at Seventh Mt Resort, 2 bedrooms /2 bathrooms, sleeps 6, close to pool/hot tubs/workout room, close to skiing and hiking. www.relaxattheinn.com, Sandi 503-691-0738, or Dea 503-642-7906.

Manzanita beach house, quaint, 3 bedrooms/1 bathroom, one and a half blocks to beach, half block to shops and restaurants, TV/DVD, \$85/night, you clean, two night minimum, Kathy 503-684-5946.

Sunriver Ranch cabin, sleeps 6; two bathrooms, four bikes, pool in summer, most of August and early July still available. No smoking or pets. \$125/night. Call 503-620-3779

Disney World area vacation home in Kissimmee, Fla., privately owned, luxurious 5 bedrooms/3.5 bathroom with private pool is located within the Windsor Palms Resort, just 2.5 miles from Disney World, available for weekly, biweekly and monthly rentals. Currently space is available April 16-May 20, Sept 1-Dec 13 and Dec 22- Jan 1, 2008. Email zmbek@comcast.net or call 360-883-2130 for more information.

To advertise in Insight you must:

- Be a Legacy employee
 - Identify your work area
 - Identify your work number
 - Include a home number for the ad
- Employees may submit ads as follows:

- Internal e-mail: Insight News Letter;
 - Internet e-mail: insight@lhs.org (include "Insight" in subject line)
 - FAX to Insight @ 503-415-5954: or
 - Interoffice mail: Insight/System Office
- All ads MUST be in by NOON Monday for the following Monday's edition.

Mt. Hood river house, cozy 2 bedrooms/2 bathrooms house, on Salmon River. Sleeps 6-8; two queen beds and 2 bunks, newly refurbished, fully equipped, deck on river, across from golf, W/D, woodstove, BBQ, cable, No smoking/pets. From \$95/nt. Call for details 503-244-9019. Web: www.rauch-mtcabin.com, email cdrthethird@att.net

Items for Sale

Cross country exercise machine, Fit One brand, excellent condition, \$35; nice wooden table, 42" x 35.5", comes with leaves to extend, \$35; round Formica table with 12" leaf to extend 47" x 36", \$25; Playschool play table for sand & water with drain, great for preschool or backyard, \$30; kidney-shaped desk, needs some TLC, \$20; prayer chair, excellent condition, gold upholstery from early 1900s, \$100. 503-287-4460.

Artist's moving sale., April 6-7, 8 a.m.-2 p.m. Outdoor furniture, pine wardrobe, wood TV cabinet with concealed doors, pine nightstands, girl's dresser, oak bookcases, picture frames, kitchen faucet, copper molds, 5' Christmas tree, floral & garden supplies, yard art. 14077 SW 97th Ave, Tigard, off McDonald Street.

Two tickets to Blazers game, Blazers vs. Seattle Sonics, Saturday, April 14, 7 pm, center section, 14th row, facing home team, face value \$131 per ticket, sell \$90 per ticket. 503-295-7711

Dahlia tuber sale, Saturday April 7 9 a.m.-12 p.m., 3117 N Willamette Blvd, on the bluff, south of Ainsworth & Willamette, all tubers \$1 each. Tom/Val 503-281-4790.

Pets & Supplies

Dalmatian, 7-year-old female spotted wonder named Abby, needs a good home with an understanding owner. Abby is deaf and has allergies to beef and corn, needs to be walked twice a day. Owner leaving town, need to find a new owner for her. Patrick 971-285-3694.

Insight is published on Mondays for Legacy Health System employees. By policy, Insight does not advertise any business or publish phone numbers of businesses, such as real estate, etc. Vacation rentals are listed the first issue of each month.

Send submissions to "Insight News Editor." All addresses are found at the top right corner of the classifieds.

We welcome your contributions. For reasons of space and style, submissions may be edited or held for future issues. Articles must be received by noon on Thursday before a publication date (11 days before publication date). Insight ads must be received no later than noon, Monday, before a publication date. Legacy reserves the right not to print submitted articles

or ads. Ads are NOT taken by phone.

Legacy Health System includes Emanuel Hospital & Health Center, Emanuel Children's Hospital, Good Samaritan Hospital & Medical Center, Meridian Park Hospital, Mount Hood Medical Center, Salmon Creek Hospital, Legacy Clinics and CareMark/Managed HealthCare Northwest PPO. Legacy Health System is an Equal Opportunity/Affirmative Action Employer. © 2007

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