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Northwest Hospital & Medical Center

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A Life Saved



NORTHWEST HOSPITAL
& MEDICAL CENTER

A LIFE SAVED

It was a beautiful June day and 44-year-old John Villevik was taking advantage of the good weather by working in his yard. After lifting some heavy bags of soil, he began to feel short of breath. When it continued, he decided to call 911. “I’d always been one of these really healthy guys, so I was almost embarrassed to call the paramedics” John says.



“When we arrived, John was still short of breath and sweating profusely,” says Russ White, a Shoreline Medic One firefighter and paramedic. “He looked pretty ill, so we knew we needed to get him to the hospital right away.”

As they were loading John into the ambulance, his heart suddenly went into ventricular fibrillation (VF), a condition in which the heart muscle flutters, but cannot contract or pump blood to the body. Out of nearly 300,000 sudden cardiac deaths in the U.S. each year, 75 - 80% are caused by VF. The survival rate ranges from only 2% to 25%.

Russ and the other paramedics immediately used a defibrillator, a device that delivers an electric shock to the heart to help restore it to normal rhythm. Then they began CPR.

After the first shock, John woke up. “I opened my eyes and

someone was doing heart compressions on my chest,” he says. “I asked him, ‘Did I just die?’ and he said ‘yes.’ All I could think of to say was, ‘cool.’”

En route to the Northwest Hospital emergency room, medics continued CPR and administered drugs to help John regain a normal heart rhythm. They shocked him an astonishing nine more times. When they arrived, John was unresponsive and still in ventricular fibrillation.

At Northwest Hospital, emergency physician Dr. Warren Fisher had assembled a team of expert ER nurses and technicians. The medics had alerted them while they were still in the field, and had sent ahead copies of John’s electrocardiogram (EKG). Dr. Fisher had also called cardiologist Dr. David Warth.

“It was immediately clear that John was in a very unstable state and would require quick and appropri-

ate interventions if he was to survive,” Dr. Fisher says. “Given his cardiac instability I felt the most likely diagnosis was a blocked coronary artery, and had called Dr. Warth in even before the patient got there.”

The team sprang into action. Because John was in an almost constant state of cardiac arrest, he required CPR, additional cardiac medications and 11 more defibrillator shocks while in the emergency room.

“From his EKG, we knew that the blocked artery was on the front wall of John’s heart,” Dr. Warth says. “The blockage was caused by a blood clot that had formed on a piece of plaque in the artery.” According to Dr. Warth, this type of blockage is what often causes heart attacks in younger people like John.

Dr. Warth decided the only option for John’s survival was to take him to the hospital’s car-

diac catheterization lab to try to remove the blockage and open the artery to restore blood flow.

Recently, Northwest Hospital doubled the size of its catheterization lab, and invested in the newest state-of-the-art equipment and technologies for interventional cardiology and interventional radiology procedures.

In the catheterization lab, specially-trained nurses and technicians had everything ready. “Our team is excellent. They were critically important in getting things coordinated quickly so we could treat John,” Dr. Warth says. First, he did an angiogram, an X-ray that helped determine exactly where the blockage was. He also gave John “clot-busting” medication to help break up the clot, and then installed a balloon pump, a device that helps the heart pump more easily and maintain adequate blood pressure support. The procedure succeeded. Finally, John had a stable heart rhythm and good blood flow.

The next day, Dr. Warth put a stent in the artery. A stent is a slender tube that helps keep arteries open, preventing further blockages. Dr. Warth also checked John’s other arteries for problem areas.

John doesn’t remember most of what happened. “My next memory after the ambulance was looking up at a white ceiling. It’s almost like I just blinked. I learned later that that ‘blink’ was actually about two-and-a-half days.”

John spent six days in Northwest Hospital’s ICU/Special Care Unit, where the expert nursing staff cared for him. “Everyone was so professional, responsive and courteous,” he says. “They understand that a patient is also a

person. They’re phenomenal.”

After a few weeks’ rest, John started Northwest Hospital’s cardiac rehabilitation program. “Cardiac rehabilitation is extremely important, because it provides a foundation for ongoing exercise, nutrition education, and the opportunity to meet and share support with others who’ve had similar experiences,” says Dr. Warth, now John’s cardiologist.

John’s ongoing care will also include medical therapy. To lower his risk of having another heart attack, his high cholesterol and triglyceride levels will need to be controlled with diet and medication for the rest of his life. “Since John has had at least one significant heart attack, we need to be vigilant with his care,” says Dr. Warth. “He needs to be evaluated periodically, whether it’s with a stress test or angiogram.”

“I have to have a completely different lifestyle now,” John says. “Having a heart attack is kind of like having your arm cut off. You don’t really ever get past it. Instead, you have to adapt to the new way things are.”

Although heart disease is still the nation’s number one killer, heart attack deaths have declined more



Meeting Dr. Warth in the cathertization lab a couple of weeks after his heart attack.

than 30% in the past decade. Studies point to better prevention, medications, technologies and life-saving procedures, and better management in the hospital, as key reasons for the drop in deaths.

Dr. Warth says it’s critical for people to be familiar with cardiac warning signs and risk factors. Risk factors include smoking, high blood pressure, high cholesterol, family history and diabetes. Warning signs include chest pressure or pain, shortness of breath with exercise, and an inability to exercise or physically function as you used to. In women, symptoms are even more variable and complex.

“The key is to change the risk factors you can, through diet, exercise and medical management,” he says. “Be your own best friend, and if you think you’re having symptoms of a heart attack, call 911. Don’t wait. That’s what saved John’s life.”

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A Life Saved

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“A huge focus of the training we get as Medic One paramedics is getting hearts started in the field,” Russ says.

Dr. Gregory Schroedl, an emergency room physician and Northwest Hospital’s vice president of medicine, also points to the outstanding teamwork in the emergency room and catheterization lab. “This is exactly why we spend so much time on preparedness and training,” he says. “We know what needs to be done and we can do it quickly. In John’s case, everything came together the way it was supposed to.”

A week or so following his heart attack, John returned to the hospital and to the Shoreline Fire

Department to meet many of the people involved in saving his life. The meetings were emotional. Everyone who cared for John felt they were part of something special.

“To give CPR and to work on a patient as long as we did in John’s case, and then to accomplish complete neurologic and cardiac recovery, is perhaps a once-in-a-career occurrence,” Dr. Fisher says. “I was happy to have been able to play a role in such a positive situation.”

“Every morning I wake up and think, ‘I’m still here, so I better do something with what I’ve got’” John says. “People tell me, ‘you’re obviously here to do something.’ I have two great girls. Perhaps that’s what my focus should be



– being the best father and the best husband I can be. That’s a great start right there.” ●

For more information on Northwest Hospital’s emergency services and cardiac care, visit www.nwhospital.org.

Report to the Community

Northwest Hospital & Medical Center continues to work toward becoming a greener organization. The hospital reported its 2008 waste management statistics to the community in the March/April 2009 issue of *Medinfo*.

For the first six months of 2009, the hospital recycled approximately 2308 cubic yards of mixed paper, glass, cans, milk cartons, plant material, food waste, plastics, and more than 351 cubic yards of shredded paper. Overall, Northwest Hospital removed more than 2659 cubic yards of this type of material from the waste stream.

Northwest Hospital also continued to work with an outside company to recycle or dispose of fluorescent bulbs, batteries, hazardous waste and kitchen fat. Totals added up to 2133 bulbs, 1199 pounds of batteries, 15 pounds of computer monitors, electronics and televisions, 2650 pounds of kitchen fat, 852 assorted printer cartridges and 10,564 pounds of hazardous chemical waste. The hospital sent 197 tons of garbage to the landfill.

During the first six months of 2009, 98 tons of construction material were also diverted from landfills and sent to recycling centers.



The medical waste incinerator on the Northwest Hospital campus was shut down in 1999, and the medical center continued to use an outside company for the disposal of the hospital’s medical waste. In the first six months of 2009, the hospital generated 25 tons of combined medical waste. ●

Northwest Hospital & Medical Center is proud to welcome the following physicians to the medical staff. To learn more about our medical staff, visit the "Physician Search" section at www.nwhospital.org.



LEAH BACKHUS, MD
Thoracic Surgery



DONALD CHAPMAN, MD
Pediatrics



MATTHEW CROUTHAMEL, MD
General Surgery



DANIEL GONZALEZ-DILAN, MD
Emergency Medicine



AMY GUTTMANN, MD
Diagnostic Radiology



VINCE HA, MD
Nephrology



TYLER KIMBROUGH, MD
Otolaryngology



THOMAS MERRITT, MD
Internal Medicine



DANIEL ROSSI, DO
Colon & Rectal Surgery Fellow



NILESH SHAH, MD
Otolaryngology



JENNIFER SMITH-GARCIA MD
Emergency Medicine



SANTOSH AGNANI, MD
Psychiatry



AMIR BASTAWROUS, MD
Colon & Rectal Surgery

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For a free physician referral, call
(206) 633-4636 or toll-free at
(800) 633-4636.

Services

Bariatric Surgery
Cancer Care
Cardiac Care
Center for Medical Rehabilitation
Childbirth Center
Diagnostic Imaging
Emergency Department
Geropsychiatric Center
Inpatient & Outpatient
Surgical Services
Neurosciences
Northwest Clinical Lab
Northwest Gamma Knife Center
Physical Therapy
Plastic & Reconstructive Surgery
Preventative Health & Wellness
Rheumatology & Arthritis Care
Seattle Breast Center
Sleep Center
Sports Medicine
Stroke Program
Wound Care & Hyperbaric Center

For a complete list of services, visit us online at www.nwhospital.org.

A Contribution to Your Health

Annual Fund Campaign Begins

"In every community there is work to be done. In every nation, there are wounds to heal. In every heart there is the power to do it."

- Marianne Williamson

As many people do when they approach a milestone like 50 years, we at Northwest Hospital & Medical Center are taking stock of who we are today, where we came from, and what we've accomplished along the way.

Since we opened our doors in 1960, we have had the unique mission of raising the long-term health status of our community. To us, that means much more than healing illness and injury. It also means keeping people healthy through prevention, education, early detection and community outreach.

Our community has also kept us healthy throughout the years. In fact, it was the community that raised the money to build Northwest Hospital more than 50 years ago. Each year since, supporters have helped us to develop and deliver state-of-the-art treatment and

services, and to make them available to everyone in the community, regardless of their ability to pay.

Donor support is highly visible throughout our campus, from the busy Emergency Medicine Pavilion to the Easy Street Environment for medical, physical and cognitive rehabilitation; the Fountain Plaza where patients, staff and visitors can enjoy the beauty of our campus; and the new Community Health Education & Simulation Center, offering health education to clinical professionals, students and the general public, using computerized simulation mannequins.

As we kick off our annual fund campaign, we remember that we didn't get here alone. Thousands of people and millions of dollars have made us the award-winning healthcare provider we are today.

We encourage you to make a contribution to your health. Without a doubt, your gift will come back to you. When you or your family or your neighbors need us, you'll be able to recognize your donation in the excellent clinical staff, advanced technologies and facilities we're able to use in caring for you and for them. Whether you show your support financially, become a Northwest Hospital volunteer, attend a wellness workshop or schedule that long overdue check-up with one of our providers, let us help you stay well, age well and thrive.

We still have work to do and your donation can make the difference. Together, we have the power to heal our families, our neighbors and our community, but we need your support. Make a donation today! ●

To learn more about the Northwest Hospital Foundation or to make a contribution, please visit us at www.nwhospital.org/foundation or phone (206) 368-1647.



Construction Starts on New Operating Facility

In mid-August, Northwest Hospital & Medical Center started the excavation phase of an exciting new construction project that will significantly expand and enhance its operating facilities. The two-year, \$27.8 million upgrade and addition will help meet a growing community demand for surgical services expected to nearly double over the next 15 years.

During its history, Northwest Hospital has been a surgical pioneer, particularly in minimally-invasive technologies and procedures, including: radioactive seed implantation for prostate cancer, the region's first laparoscopic gall bladder surgery, the state's first incision-less procedure to cure reflux, trans-nasal neurosurgery, robotic surgery for gynecologic, oncologic, urologic and cardiac conditions, and many others.


As the number of surgical cases has increased in recent years, and as new surgeon specialists have joined the medical staff, our surgical facilities have reached capacity. Our construction plan calls for the addition of 15,220 square feet of new space, as well as the renovation of 15,000 square feet of existing space – more than enough to accommodate new medical staff, new procedures and new surgical technologies into the future.

Features of the new facility will include five additional multi-purpose operating rooms; a larger visitor waiting area that includes



private family consultation rooms; more private patient check-in and expanded and upgraded spaces for pre-operative care, post-operative recovery, instrument sterilization and surgical equipment storage.

The project is scheduled for completion by January 2011. During construction, Northwest Hospital's existing surgical

services and operating facilities will function normally. 

For ongoing updates on this and other construction projects on the Northwest Hospital campus, please visit our website at www.nwhospital.org or call (206) 368-1609.

Making Sense of Hospital Quality

In the past few years, quality and patient satisfaction information on hospitals, physicians and other healthcare providers has become more and more available to the public. As a result, virtually hundreds of Web sites and other resources have popped up, all with different ways of explaining and presenting the statistics.

Trying to figure out where to go for the most accurate, up-to-date information on hospitals and providers in your area can be overwhelming. To help, we've put together a list of the Web sites we think do it best. These sites highlight many of the measures and initiatives Northwest Hospital & Medical Center uses to improve our performance and to make patient care safer and more effective.

➤HEALTHGRADES www.healthgrades.com

HealthGrades provides ratings and profiles of hospitals, nursing homes and physicians. The hospital ratings come from data that hospitals are required to report on the outcomes of patient care in their facilities. HealthGrades also recognizes hospitals that offer outstanding patient care. Northwest Hospital won the HealthGrades Distinguished Hospital Award for Patient Safety in 2007, 2008 and 2009. We also won HealthGrades' Award for Excellence in Stroke Care every year since 2006, and recently earned the 2009 Award for Excellence in Spine Surgery.

➤WASHINGTON STATE HOSPITAL ASSOCIATION www.wsha.org

The Washington State Hospital Association is a membership organization representing community hospitals and health-related

organizations. WSHA works to improve the health of the community by becoming involved in all matters affecting the delivery, quality, accessibility, affordability and continuity of health-care. The Web site provides information on hospital quality, hospital pricing and a variety of measures hospitals follow to improve care.

➤HOSPITAL COMPARE www.hospitalcompare.hhs.gov

This site was developed by The Centers for Medicare & Medicaid Services (CMS), whose goal is to improve the health, safety and well-being of Medicare and Medicaid recipients. The Web site provides hospital and physician ratings, patient education, and information on hospital regulations and quality requirements. It also provides information on how the federal government regulates and reimburses hospitals for the care they provide to Medicaid and Medicare patients.

➤THE JOINT COMMISSION www.jointcommission.org

The Joint Commission is an independent, non-profit organization that accredits and certifies more than 16,000 healthcare organizations and programs in the United States. Joint Commission accreditation and certification is recognized as a symbol of quality that reflects an organization's commitment to meeting certain performance standards. The Web site provides extensive information on quality standards, patient safety goals, infection control, patient satisfaction and



other measures designed to help hospitals improve performance.

➤THE AGENCY FOR HEALTHCARE RESEARCH AND QUALITY www.ahrq.gov

The Agency for Healthcare Research and Quality (AHRQ) is the research organization within the U.S. Department of Health and Human Services. Its research helps create new practices and policies designed to improve healthcare quality and safety. The website provides videos, guides, research data and information on nearly every healthcare topic for healthcare providers, patients and consumers.

➤WHY NOT THE BEST? www.whynotthebest.org

WhyNotTheBest.org was created to help hospitals and healthcare providers improve their patient care performance. It provides information on a variety of guidelines that hospitals use to measure healthcare quality and performance. Although the purpose of the Web site is to allow healthcare organizations to track and compare their performance against other providers, it offers valuable information to consumers as well. ○

CHILDBIRTH, PARENTING, AND NEW BABY CLASSES

All childbirth, parenting and new baby classes at Northwest Hospital are offered in conjunction with Parent Trust for Washington Children through its Great Starts program. Pre-registration is required. Medicaid coupons can be used for the seven-week and Saturday series classes. To register, e-mail greatstarts@parenttrust.org. For questions, phone Great Starts at (206) 789-0883.

Childbirth Prep Classes

Seven-Week Series:

- Preparing for birth, including stages of labor, emotional and physical challenges during labor, how a support person can comfort the laboring mother, hospital routines, possible interventions and postpartum recovery
- Newborn care class
- Breastfeeding

Cost: \$180 per pair (mother and a support person), or Medicaid coupon.

Four-Week Series

This series of classes meets on four Saturdays and includes the same material covered in the full seven-week series.

Labor & Birth Only - Saturday Series

For parents who need a class to fit their busy schedule. The same labor and birth material that is covered in the full series, consolidated into two Saturday mornings. Does not include newborn care or breastfeeding. Cost: \$125 per pair.

Newborn Care Class

An important class for first-time parents, this class focuses on caring for the baby during the first few months of life. Topics include newborn characteristics, daily care, infant cues, health and illness, diapering, cord care, sleep and feeding habits, colic relief and changes that occur in newborn babies.

Breastfeeding Basics

This class is designed to educate parents on proper feeding techniques and positioning, how often to feed, preventing and coping with common challenges and how partners can support breastfeeding mothers.

Babysafe

Three-hour weeknight course is taught by a certified CPR instructor. Topics include infant development, SIDS risk reduction, injury prevention and care of common injuries. Infant choking rescue and infant CPR are demonstrated and practiced. This class does not include a certification card.

Conscious Fathering

For expectant or new fathers. It provides information to help fathers feel more involved and confident in birth and child-rearing. Topics include how to connect from day one, keeping the baby as comfortable as

possible and how to cope when “everything goes wrong,” how to meet baby’s basic needs, plus developing your own definition of the kind of father you want to be and how you want to interact with your child.

PRENATAL SERVICES

Baby Your Back

Back pain is a frequent problem for pregnant women with many causes. Baby Your Back is a two-hour class for expectant mothers taught by a licensed physical therapist. Second Wednesday of every month. Cost: \$10. Call (206) 368-6032 to register. Healthcare provider referral required.

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Northwest Hospital & Medical Center offers a variety of classes, support groups and other programs for members of our community. Whether you are planning a pregnancy, working to maintain good health, learning to live with a chronic disease or are newly diagnosed with cancer or another serious condition, our trained experts have the most up-to-date information to share.

For more information about our programs, or to register for a class, please see the contact information and phone number under each program, or e-mail us at nwhclasses@nwhsea.org. For more classes and events, visit us at www.nwhospital.org.

EMERGENCY SERVICES EDUCATION

CPR Training

Learn life-saving skills from Medic II personnel. Third Tuesday of each month, 7-9pm. Registration required. To register, visit www.nwhospital.org or call (206) 368-1564 for more information. Cost: Donations are greatly appreciated. Checks should be made out to Medic II CPR.

SUPPORT GROUPS

Better Breathers Club

Join the club to learn tips and techniques to better manage lung disease. Second Monday of each month at 10:30am. Rehab Patient Dining Room. Call (206) 368-1853.

Breast Cancer - A Healing Place

This support group is an opportunity for sharing and receiving support while coping with advanced breast disease. Offered second and fourth Wednesdays of each month, 9:30-11am. Call the facilitator at (206) 920-5462 for a brief interview prior to joining.

Diabetes Support Group

Learn about and discuss topics such as: meal planning, blood glucose monitoring devices, weight loss, treatment for high and low blood sugars, medication management, dietary supplements, diabetes myth busters, monitoring for complications and what's new in diabetes research and technology. Second Tuesday of each month, 1-2:30pm. To register, visit www.nwhospital.org or call (206) 368-1564.

Grief Support Group

Offered 10am to Noon Saturdays, Sept 26 and October 3, 10, 17, 24, 31. Call (206) 368-1891 for information and registration.

Mended Hearts

For cardiac patients, family members and health professionals. This group provides help in coping with the emotional aspects of recovering from heart disease and an opportunity to offer personal insights to help others in the coping process. Third Thursday of each month, 7-9pm. Call (206) 368-1564.

Stroke Support Group

This group for stroke survivors, their families and caregivers meets on the third Saturday of the month in the Easy Street section

of the Northwest Hospital Rehabilitation Center, from 12:30-2:30pm. For more information, call (206) 361-2696.

Weight Loss Surgery Support Groups

Our monthly support groups provide an opportunity to interact with other post-operative weight loss surgery patients and discuss the physical and emotional changes following bariatric surgery. Our support groups are open to patients from other practices and individuals researching bariatric surgery. Call (206) 368-1350 for more information. For dates, visit: www.nwhospital.org/bariatric. Groups are held in the TCU auditorium from 6:30-8pm.

WELLNESS CLASSES

AARP We Need to Talk Class

For older adults, limiting or ending driving represents a loss of independence, and adult children worry about their parents' safety as abilities decline. This free seminar provides guidance for families and physicians on how to approach this difficult conversation, using information from the MIT Age Lab and other sources. Saturday, November 14,

10am – noon in the Diabetes Services classroom. Call (206) 368-1564 to reserve your seat.

Brain Health: Simple Tools for Clear Thinking

This 90- and 120-minute workshop led by Dr. Jane Tornatore, a nationally known speaker on brain health and memory problems, will explain why everyone experiences "senior moments," and what to do about them. Learn easy ways to improve the memory and keep the mind active - to reduce the risk of Alzheimer's. Much of the workshop will involve participation in brain-strengthening activities. Thursdays, October 1 from 1-2:30pm; October 29 from 1-2:30pm; and November 12 from 6-8pm. Cost is \$20 for 90-minute session and \$25 for 120-minute session. Call (206) 368-1564 to reserve your seat.

Living Well with Diabetes

This program has been formally recognized for excellence by the ADA. Participants will gain information and skills to manage diabetes in this four session series offered monthly. Physician referral is required for class. For more information contact your

physician, or call (206) 368-1564 to receive a brochure.

Weight Loss Surgery Education

Join us for a free informational seminar to learn more about: weight loss surgery options and risks; patient selection criteria; nutritional requirements; and insurance coverage. Question and answer session follows each talk. Visit www.nwhospital.org/bariatric for dates. Call (206) 368-1350 to reserve space. Seminars are held in the TCU auditorium from 6:30-8pm.

Yoga For People With Parkinson's

Call (206) 368-5935 for more information and to register.

Nutrition Clinic

Food & Nutrition Services offers outpatient nutrition education to help you plan healthy, nutritious meals to suit your dietary needs. Registered dietitians help you design a meal plan to meet your individualized needs. Many insurance carriers cover nutrition consultations if ordered by a physician. Call (206) 368-1919 for more information or visit www.nwhospital.org.

Let the Games Begin!

A conversational support group that provides people with acquired brain injury the opportunity to participate in group card and board games in a supportive, encouraging environment. This group is facilitated by a licensed speech language pathologist who provides suggestions and encouragement, helping people build confidence while having fun. Thursdays, 11am - Noon. Call (206) 368-1848 for more information.



CLASSES & SUPPORT GROUPS

Cancer Lifeline at Northwest Hospital & Medical Center classes and groups are free and open to the public. Call (800) 255-5505 or (206) 297-2500 for more information or to register. You can also register online at www.cancerlifeline.org. To confirm specific support group meeting dates, call (206) 832-1297.

Brain Cancer Support Group

For people with a diagnosis of brain cancer or brain metastases and their family and friends. No registration necessary. Second Tuesdays, 6-7:30pm. Professional Building, Suite 3.

Breast Cancer Support Group

For breast cancer patients and survivors. No registration necessary. First and third Wednesdays, 4:30-6pm. Professional Building, Suite 3.

Colorectal Cancer Support Group

For people with a diagnosis of colorectal cancer and their family and friends. No registration necessary. First Wednesdays, 7-8:30pm. Professional Building, Suite 3.

Gynecologic Cancer Support Group

For patients diagnosed with ovarian, uterine, cervical or any other type of gynecologic cancer, their family and friends. Fourth Wednesdays, 6-7:30pm. Professional Building, Suite 3.

Lung Cancer Support Group

For people with a diagnosis of lung cancer, their family and friends. No registration necessary. Second and fourth Thursdays, 7-8:30pm. Professional Building, Suite 3. (*Special meeting days in December to accommodate the holidays: Dec 3 and 17.*)

Gentle Yoga

Easy stretches, postures, and guided meditation. Fine to start any time during the series. Cardiac Fitness Center, 2nd floor, McMurray Bldg. Mondays, Sept 14-Oct 26, and Nov 2-Dec 14; 6:30-7:45pm. (No class Nov 27).

Energize & Exercise with the Lebed Method

This gentle exercise program combines easy stretches, strengthening and aerobic movement with great music! Appropriate during or after cancer treatment and for anyone with, or at risk for, lymphedema. Please register. Professional Building, Suite 3. Mondays, Sept 14-Oct 26, and Nov 2-Dec 14; 5:30-6:30pm (No class Nov 23).



Need a physician?

Call our free physician referral line at (206) 633-4636 or toll free at (800) 633-4636, 24-hours a day.

Go Greener

If you would like to receive your next copy of *Medinfo* by email, please fill out the online form at www.nwhospital.org/newsletters.



in the community



2009 Northwest Hospital Music Festival The weather was warm and sunny for this year's festival. People sat outside enjoying the music while kids danced on the grass. The festival featured performances from a variety of

talented musical groups, with styles ranging from jazz to blues to classical. The event closed with a rock 'n' roll performance by Scrubs, a band made up entirely of Northwest Hospital staff.

First Aid at the Seafair Hydros The Sports Medicine Clinic at Northwest Hospital has provided medical services to the Seafair Unlimited/Unlimited Lights Hydroplane races for decades. Dr. Justin Rothmier, one of the clinic's physicians, is currently the event's medical director. The Sports Medicine Clinic provides medical services to the drivers and pit crews, including pre-race physicals and first aid and basic life support if necessary during the event. Many of the clinic's other physicians and staff also volunteered during the week-long event.



A Walking Program for Four Freedoms Each year, Northwest Hospital's Community Outreach department mentors student nurses to help them better understand community health. This spring, the department worked with nursing

students from Seattle Pacific University to create a walking program for Four Freedoms, a local senior living facility. The program was designed to foster friendships and a sense of community among residents, and to motivate them to exercise. The students created maps of easy, moderate and difficult walks through the neighborhood and a journal for tracking distance, minutes and dates walked. Twenty-three enthusiastic residents signed up to participate. In addition to walking on their own, they meet weekly with a Northwest Hospital community outreach nurse to discuss health topics, such as balance improvement, sleep tips and handling the heat. After each meeting they take a group walk.