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A New Leg Up On Life
Ernie Bisset climbs up onto the exam tables, coaxing his new limb into a more comfortable position. The prosthetic leg is only five days old and Bisset, 80, is still getting used to wearing the new device. Today, he is meeting with Dr. Terence Quigley, chief of surgery at Northwest Hospital & Medical Center and attending physician at the hospital’s Wound Care & Hyperbaric Center. They greet one another like old friends, sharing a brief catch-up before getting down to business. Dr. Quigley is inspecting a healing wound on the big toe of Bisset’s remaining foot when he notices him absently rubbing the top of his left leg where the prosthetic device fits into his hip.
“How is it feeling today?” Dr. Quigley asks of the new limb.

“It’s a little sore and it moves around a lot inside,” Bisset answers.

“You’re doing extremely well,” Dr. Quigley says. “Give yourself six months and you’ll probably be getting around on a Par 3 course.”

Bisset is an avid golfer and walker, but a year ago a sore developed on the side of his right foot. He didn’t feel much pain, so thought little of the growing wound and treated it with daily applications of bacitracin ointment and clean bandages. In the late 1970s, when he was 50 years old and approaching the end of a 30-year career as a detective in the Seattle Police Department’s homicide unit, Bisset was diagnosed with diabetes. At the time, doctors advised him on the importance of monitoring his disease and nurses gave him materials to read. Today, he says he paid little attention to their warnings and, at times, even disregarded his own body’s response to the disease.

Diabetes is a metabolic disorder characterized by abnormally high glucose levels in the blood, a result of either the body’s inability to produce sufficient insulin or because the body’s cells do not react properly to the insulin that is produced.

As of 2007, 23.6 million people, or 7.8 percent of the U.S. population, had diabetes. The disease is commonly found in older adults, but lately, healthcare providers are also finding more young adults with Type 2 diabetes. Diabetes is a complex illness that compromises the immune system and puts individuals at greater risk of serious health problems. One of the leading complications of diabetes is diabetic neuropathy, or nerve damage, that lessens an individual’s ability to feel pain, heat and cold.

“Diabetic neuropathy prevents patients from having normal feeling in their legs and feet,” Dr. Quigley says. “People with diabetes get blisters and sores on their feet that they sometimes can’t feel or see and because they can’t feel, see or treat them appropriately, the wounds often get infected.”

In addition to neuropathy, people with diabetes routinely struggle with circulatory problems. Poor circulation limits the flow of blood to the lower extremities and sores, infections and cuts have trouble healing without the benefits of oxygenated blood. If a wound persists for more than one month, it is considered chronic. Belinda Martinez, a hyperbaric technologist and safety director for Northwest Hospital’s hyperbaric therapy program, knows the clinical definition of a wound inside and out, but her description is different. She calls it a sore on a life and not just a limb.

“Think about a wound. It hurts. It aches. It limits your mobility. You can’t even shower. Think about wearing shoes and not being able to take a long walk without pain. A wound that does not heal will change your whole life,” Martinez says.

Bisset’s wound didn’t heal, and by the end of summer 2009, his life had changed. He no longer golfed, he walked with pain, and three months after the sore appeared on this foot, he finally went to the doctor. Dr. Quigley treated it locally first, with antibiotics and wound debridement – a process in which dead skin is separated from live, healthy tissue. The combination of debridement, antibiotics and keeping the wound elevated continued on page 4...
A New Leg Up On Life

typically promotes the healing process. However, Bisset’s wound didn’t respond to these therapies.

“An amputation is rarely the first option for our patients,” Dr. Quigley says. “We try everything we can to avoid an amputation, but in Mr. Bisset’s case it was necessary.”

The majority of amputations are performed because arteries in the legs have become blocked due to hardening, a common effect of diabetes that results in insufficient blood supply to the limbs. Over time, this caused Bisset’s foot ulcers and, subsequently, advanced gangrene.

Dr. Quigley performed two operations on Bisset’s leg. The first was a below-the-knee amputation, but the amputation site did not heal. Dr. Quigley then performed a second, above-the-knee amputation. Following the final surgery, Dr. Quigley noticed the wound was still struggling to heal and he turned to the Wound Care Center’s newest technology – hyperbaric oxygen therapy. Hyperbaric oxygen chambers were first developed to help divers recover from “the bends,” or decompression sickness, caused by surfacing too quickly. In recent years, this same technology has also been found to accelerate the healing of many types of wounds and soft tissue injuries.

“Over the course of the hyperbaric treatment for my amputated leg, the toes on the remaining foot started to get better. They cleaned up and started showing signs of life again,” he says.

In the hyperbaric therapy treatment room, Martinez closely monitors two patients lying inside the chambers. Both are watching movies on the flat screen TV monitors mounted above the chambers. Like Bisset, both have Type 2 diabetes. Here, for two hours a day for two months, Bisset lay in the pressurized chamber. After 40 treatments, the wound on his leg improved and so did the others on the toes of his right leg. Bisset can’t help but attribute the improvement to the therapy.

“I was a diver during my time with the police department,” Bisset says. “I never got the bends so the idea of going into the chamber was a new experience I looked forward to. They call it diving, going down, going under pressure. They have to teach you how to clear your ears and equalize. That was always easy for me when I was diving so I didn’t have much trouble with it.”

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“The Wound Care Center added hyperbaric therapy in 2009, which Dr. Quigley says has greatly enhanced the center’s ability to heal stubborn wounds.

“It is yet another tool for us to help heal chronic wounds,” Dr. Quigley says. “It is an adjunct to wound care but it is not a cure-all in and of itself. It must be used in the
context of a comprehensive wound care program.”

Bisset’s treatment continues at the Wound Care Center. Dr. Quigley monitors his other wounds and encourages him in getting around on his new prosthetic leg. Meanwhile, Bisset has developed a new approach to managing his diabetes. He is more observant and keeps an eye on scrapes, cuts or wounds that don’t appear to heal on their own.

“It has been a long road trying to get my wound healed and it surprised me that it didn’t heal on its own the first time,” he says. “This entire process hit me pretty seriously and now I know that I have to be really watchful of my diabetes.”

Dr. Quigley agrees with Bisset’s new approach. Like most medicine, he says the best treatment option is prevention in the first place.

“People with diabetes need honest doctors and providers early in the process who will communicate with them about what will happen later on in the course of disease,” he explains. “If you manage your weight, manage your cholesterol and manage your blood sugar levels, you can expect to live a long, healthy life.”

For more information on wound care or diabetes please visit www.nwhospital.org.
HealthGrades, the nation’s leading healthcare ratings company, has again recognized Northwest Hospital & Medical Center for its superior commitment to patient safety. For the fourth year in a row, Health Grades awarded the hospital the 2010 Patient Safety Excellence Award, a distinction that puts the hospital among the top five percent of hospitals in the U.S. for patient safety.

An annual HealthGrades study of patient outcomes at more than 5,000 hospitals determines which ones will receive the award. This year’s study showed that Northwest Hospital had one of the lowest patient-safety incident rates among its patients.

“We are proud to receive this award for the fourth year running,” says hospital CEO Bill Schneider. “It reflects years of daily, behind-the-scenes efforts to ensure patient safety and quality of care, from our physicians and nurses, to the dozens of committees and small working groups dedicated to performance improvement. It is the work of these people that continues to help our hospital achieve this type of recognition.”

Get Informed, Feel Empowered, Be Prepared

Northwest Hospital & Medical Center is dedicated to patient safety. This involves every staff member, from food service and housekeeping staff to nurses and physicians. When it comes to improving safety, patients can help lead the charge too. Hospital staff works with every patient to inform, empower and prepare them for their stay. Here are a few rules every patient can follow to ensure they receive high-quality care.

Don’t Be Afraid to Ask: Speak up if you have questions about your medication, treatment or stay in the hospital. Our physicians, nurses and staff are on hand to help you. Speak up if hospital staff doesn’t check your ID bracelet, confirm the people treating you have washed their hands, and ask why you need certain tests.

Wash Your Hands: Patients and visitors can help hospital staff fight infections by washing their hands regularly. Your doctors know the importance of good hygiene too, but don’t be afraid or embarrassed to remind them.

Come Prepared: Before you arrive at the hospital, think ahead. Bring your list of current medications and their dosages, but don’t bring the medication with you unless instructed to do so by your physician. For your safety, the hospital pharmacy will provide all the medications your physician prescribes during your stay.

Prevent Falls, Make A Call: Hospitalized patients often fall because they are on medications that make them dizzy or they feel weak and unsteady due to an illness or a medical procedure. Always call for assistance if you need help getting in and out of bed, walking to the bathroom or moving about.
A thoughtful fitness calendar can have its benefits before, during and after a pregnancy. Dr. Carol Salerno, an obstetrician with Meridian Women’s Health, weighed in on what it takes to stay fit the whole nine months and beyond.

Who should exercise when they are pregnant?

Every pregnant woman can benefit from routine exercise. Being fit during pregnancy can help prepare a woman for labor and, once you give birth, make it easier to lose the pounds you do gain. It can also lower the risk of gestational diabetes, which can cause excess weight gain for the baby in the womb. Most women can continue their usual exercise routines with some minor modifications.

What are some things that should be avoided?

Steer clear of any kind of contact sport or exercise that puts you at risk of trauma or falls. This includes downhill skiing, soccer or horseback riding. Here in the Pacific Northwest, many women are hikers and alpine enthusiasts, but it’s important to remember that exercise at or above 6,000 feet can be harmful to your baby. Scuba diving should also be avoided.

What kinds of exercise should women do?

Thirty minutes of exercise, five days per week is an ideal goal during and after pregnancy. Walking, stationary biking and swimming are great. Prenatal yoga increases strength and flexibility which can help during your birthing experience. Aim to keep your heart rate at or below 140 beats per minute. You should be able to carry on a normal conversation while exercising. Exercise can also be a great opportunity to bond with your partner. Take long walks together and plan for your baby.

Are there certain circumstances where pregnant women shouldn’t exercise?

Yes, definitely. Some women who have heart disease, high blood pressure, or are at risk of pre-term labor should talk to their doctor before exerting themselves heavily during their pregnancy.

For more information on pregnancy and childbirth visit www.meridianwomenshealth.com or www.nwhospital.org.
It has been five months since Northwest Hospital & Medical Center officially joined UW Medicine to become the third hospital in UW Medicine’s health care system, which includes: Harborview Medical Center, UW Medical Center, UW Medicine Neighborhood Clinics, UW School of Medicine, UW Physicians and Airlift Northwest. Paul Ramsey, MD, CEO of UW Medicine and Dean of the UW School of Medicine, shared some of his thoughts on Northwest Hospital and its relationship with UW Medicine:

Why was UW Medicine interested in affiliating with Northwest Hospital?
Northwest Hospital is an outstanding community hospital with a commitment to serving the community. The hospital has an excellent record on patient safety and provides high quality care. UW Medicine has had a relationship with Northwest Hospital since 1997 when the UW Board of Regents approved a Cooperative Program Agreement between the UW and Northwest Hospital to establish a long-term relationship to collaborate on selected patient care, clinical research and education activities. This turned out to be a very successful relationship, and moving toward strengthening our relationship was a natural step.

How will this affiliation impact Northwest Hospital’s patients and the surrounding community?
We believe that the relationship will improve service to patients in the community by providing high quality, cost-effective care for a full range of services. With the addition of Northwest Hospital to UW Medicine, we have become the most comprehensive health system in the Pacific Northwest.

What changes might our patients see in the near future?
We are currently working on joint planning in a number of areas including cancer care, care for patients with heart disease and care for mothers and infants, along with a full range of other medical services. Our goal is to expand and offer a greater depth and breadth of care for the Northwest Hospital community. As one of the top-funded research facilities in the country, we will be able to give Northwest Hospital patients the benefit of the latest knowledge and advances in medicine, along with greater access to world-renowned specialists in a variety of medical disciplines.

What are you most excited about?
I am most excited about what we can do together as a system to improve the health of the community. We have opportunities to make our care more cost-efficient while at the same time providing our patients with better service and access. Both Bill and I are very excited about this opportunity to improve service to the Northwest Hospital community. The goal of this affiliation of two strong organizations is to create a win-win situation for UW Medicine and Northwest Hospital that will benefit the patients and communities we serve.
**CHILD BIRTH, PARENTING, AND NEW BABY CLASSES**

All childbirth, parenting and new baby classes at Northwest Hospital are offered on the Northwest Hospital Campus by the Great Starts program of Parent Trust for Washington Children. Pre-registration is required. Medicaid coupons can be used for the 7-week series and labor & birth only classes. To register online, visit, www.nwhospital.org/classes, or call 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
- Reunion after all the babies are born
- 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.

**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.

Cost: $125 per pair.

**Sibling Preparation**
This class prepares children for the birth of a new family member. It is appropriate for children, ages 2 ½ to 6 years of age, accompanied by a parent. The class is taught to the children with parents listening in. Information is presented at a young child's learning level. Topics include information about pregnancy, birth, how newborns behave, and some of the ways that family life is affected by new 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.

**Sibling Preparation**
For expectant parents and parents of young infants* who would like to learn techniques for calming and soothing a baby. Learn step-by-step how to help your baby sleep better and how to soothe even the fussiest baby in minutes… even seconds! *This class can be taken before baby's birth, or anytime in the first 2 months. Effective for babies in “4th trimester”, the first 3 months of life. It’s OK to bring your baby to class! And its OK if they cry during class – it gives us a chance to see the techniques in action.

**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.

**Happiest Baby on the Block**
For expectant parents and parents of young infants* who would like to learn techniques for calming and soothing a baby. Learn step-by-step how to help your baby sleep better and how to soothe even the fussiest baby in minutes… even seconds! *This class can be taken before baby’s birth, or anytime in the first 2 months. Effective for babies in “4th trimester”, the first 3 months of life. It’s OK to bring your baby to class! And its OK if they cry during class – it gives us a chance to see the techniques in action.

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.

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.

Young Adult Stroke Survivors
This group is for stroke survivors, their families and caregivers and meets on the third Saturday of the month in the Northwest Hospital Easy Street section of the Rehabilitation Center, from 1:00 - 3:00 pm. For more information, call (206) 361-2696.

WELLNESS CLASSES

AARP Driver Safety Program
AARP offers the popular Driver Safety Program for drivers 50 years old and older. Graduates may be eligible for multi-year discounts on their auto insurance. The class is offered on two consecutive Saturdays, July 24 & 31, from 9am - 1pm. The classes will be held on the hospital campus. A $14 fee is payable to AARP on the first day of class. Participants must attend both days of class to complete the course. To register, call (206) 368-1564 or call AARP at (888) 227-7669.

Brain Health: Simple Tools for Clear Thinking
This 90-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. Monday, June 7, 6 to 8 p.m; Thursday, June 17, 1- 2:30 p.m; Thursday, July 8, 1 - 2:30 p.m.; and Thursday, July 29, 6 - 8 p.m. Cost is $20 for 90-minute session and $25 for 120-minute session. Call (206) 368-1564 for more information on dates and to reserve your seat.

Journaling for Recovery from Mild Brain Injury
The process of journaling can help you discover the hope and gifts within to support your optimum wellness. Focus on embracing your new life by sharing your story with others who are also recovering. Facilitated by a licensed speech language pathologist and licensed medical social worker & counselor. 8 weeks, 90 min sessions, Tuesdays, 4:30-6:00pm, starts June 8, cost $100. Call (206) 368-1094 for more information.

Let the Games Begin!
A conversational support group that provides people with acquired brain injury the opportunity to participate 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, 11-12pm. Call (206) 368-1848 for more information.
Living Well with Diabetes
This program has been formally recognized for excellence by the ADA. In this monthly, four-session series, participants will gain information and skills to manage their 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.

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.

Pathways to Stress-Free Living
Demanding and busy lives will always have some stress caused by work, family and play, and that's okay. Learn how the right amount of stress can fuel a happy, healthy and fulfilling lifestyle. Workshop will be presented by brain health and memory expert Dr. Jane Tornatore who will cover techniques to utilize both body and mind to reduce stress and increase calm. Cost $20. Call (206) 368-1564 for dates and times and to reserve your seat.

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 to register.

For more classes and events, visit us online at www.nwhospital.org.
Northwest Hospital & Medical Center
has earned the 2009 HealthGrades Distinguished Hospital Award for Patient Safety.

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.

Northwest Hospital Community Shredding Day
Saturday, June 5, 2010
10am - 2pm. Reduce your risk of becoming a victim of identity theft and attend Northwest Hospital’s FREE community shredding event. Bring up to two boxes of your personal documents, and we’ll shred them for you. Join us at parking lot “M” in the southwest corner of the hospital campus. All shredded documents will be recycled as part of the hospital’s ongoing commitment to go “green” for the environment.

Parkinson’s Disease Patient Care Education Program
Tuesday, June 22, 2010
11am-3pm. Join us for a free Parkinson’s Disease educational seminar. Discussion will center on surgical treatment options, changes in speech, and the benefits of yoga. Lunch will be provided by the APDA WA Chapter. Please reserve your spot by emailing eyedavis@gmail.com or call (425) 443-8269.

Northgate Family Festival
Saturday, September 11, 2010
Northwest Hospital is title sponsor of this fun-filled community event, held at Thornton Plaza, just south of the Northgate Mall. As in past years, Northwest Hospital will host a health and screening fair during the festival. In addition, we will also stage a 50th anniversary celebration during the day to give festival-goers a chance to celebrate our birthday with us. Join us for entertainment, activities, food and fun!

50th Anniversary Re-Dedication Ceremony
Thursday, September 16, 2010
Hospital administrators, staff, patients and community members will gather for a festive re-dedication ceremony. 50 years to the day that the hospital first opened its doors. In 1960, the hospital’s dedication ceremonies marked the culmination of a 12-year dream. The original ceremony included Charles Horowitz, then president of the board, Washington State Governor Albert Rosellini and Washington State Director of Health Dr. Bernard Bucove. This year’s ceremony will indeed be a cause to celebrate, bringing the community together to look back on 50 years of service and to look ahead to the future possibilities of the hospital’s affiliation with UW Medicine.

YOUR PRIVACY: We’re concerned about your privacy. Please remember that Medinfo and Northwest Hospital & Medical Center will not contact you by e-mail to ask you for personal information, such as your bank account number. If you are scheduled for admission to the hospital, you can expect a phone call from our pre-admitting staff, who will ask for your birth date, as a means of confirming your identity. On occasion, our staff may also call to verify insurance information you have provided. Otherwise, our callers will not ask for financial information. If you have any concerns about whether a call is legitimate, please contact us at (206) 368-6538.