

CMH HEALTH COMPASS™

A JOURNAL DEVOTED TO HEALTHFUL LIVING



SUMMER 2011

HOSPITALISTS

A new breed of doctors

IF a hospital stay is in your future, don't be surprised if you're cared for by a kind of doctor you've never heard of: a hospitalist.

Unlike traditional doctors, hospitalists don't see patients away from a hospital. In fact, the hospitalist's sole responsibility is to care for hospitalized patients from admission to discharge—hence the name.

These specialists belong to the fastest-growing field in medicine.

Not long ago, there were only a few thousand hospitalists in the entire country. Now, there are more than 30,000 practicing hospitalists and it's plausible that within a decade



every hospital will have at least one hospitalist on its staff.

More about hospitalists

These doctors order diagnostic tests, monitor their patients' conditions, make treatment decisions with input from primary care doctors and coordinate patient care among all members of the hospital staff.

Hospitalists—most of whom are trained as internists, pediatricians or family physicians—become especially skilled at treating health problems common among hospitalized patients, such as infections, heart attacks and heart failure.

Hospitalists are readily available to their patients. Because they are hospital-based, hospitalists generally can respond quickly whenever a patient or family member has a question or concern. This contrasts with traditional doctors who often see their

CEO LINK

Summer is here!

WELCOME

to the summer edition of *CMH Health Compass*.

In this issue, you will learn about hospitalists and their ever-growing role in your health care; read about Columbia Memorial Hospital's collaboration with the Women's Resource Center; find out why a CMH nurse is one in a hundred; and while Marcus Welby, MD, might be gone, family practice doctors are alive and well in our community. So kick back and enjoy the sun while you read this issue of *CMH Health Compass*.



Erik Thorsen,
CEO

Erik Thorsen, CEO

hospitalized patients only during morning or evening rounds.

Because they are near their patient's bedside, hospitalists can recognize and react quickly to any changes in their patient's condition.

Welcome, Dr. Kwon

CMH is proud to announce the addition of Jun-Beom Kwon, MD, to our team of hospitalists. Dr. Kwon, who was born in South Korea in 1972, came to the U.S. in 1999. After graduating from Radford University in Virginia with a degree in biology, Dr. Kwon completed medical school at George Washington University in Washington, D.C., and a residency in internal medicine at the University of Rochester Medical Center in New York.

Dr. Kwon enjoys playing table tennis, tennis, golf and Wii with his wife and young son.

One of Astoria's '100' is one of a kind

A stellar record of accomplishment puts CMH's Nancy Magathan on a select list

COLUMBIA Memorial Hospital's Nancy Magathan has joined some select company.

Magathan was recently named one of the "100 Women Who Helped Make Astoria Unique" by the American Association of University Women in Astoria. The "100 Women" were recognized for firsts in their field or for making significant volunteer or professional contributions to the community. Magathan's accomplishments put her in all those categories.

She started working at Columbia Memorial Hospital in 1977 as a registered nurse. She enjoyed the work but saw a need to help patients learn to better cope with their illnesses.

She got her chance a year later, when Oregon Health & Science University (OHSU) started a program designed to bring oncology education to rural areas. Magathan took OHSU's first-ever oncology certification examination for nurses.

"At the time, a diagnosis of cancer was generally a death sentence," Magathan says. "I had a passion for cancer patients, so I took these classes in Portland. I had to pack my kids up and take them with me to each class, but it was well worth it."

Hospice work

Magathan's last class at OHSU was about hospice care, and when she finished in 1980 and returned to Astoria, she started a 20-year career in hospice care, during which

she founded Lower Columbia Hospice.

"Helping terminally ill patients and their families is my passion," Magathan says.

Through her hospice work, Magathan discovered that cancer patients had a great need for support services in the community.

"These were people, mostly women, who didn't need hospice, but just needed help," Magathan says. "People had to drive back and forth to Portland for their treatments and when they returned, there was no support system in place for them."

To meet the need, Magathan started applying for grants for people who needed help. The first two grants she received for cancer support— from Qwest in 2002 and 2004— provided money for people to help pay miscellaneous expenses incurred during treatments, such as transportation costs, counseling and other individual reimbursements.

Since then, Susan G. Komen for the Cure reached out to Magathan to help her write five successful grant applications to help pay for digital mammography, screening and early detection of breast cancer.

Receiving a cancer diagnosis can be overwhelming with decisions

and treatment options, providers and timing. We will provide a Nurse Navigator to help you understand all your options.

Still to come

After more than 30 years, Magathan says she still loves the work and especially enjoys fundraising for hospice because of the community involvement. She also enjoys the satisfaction of having helped her friends and neighbors.

"I got more reward out of my work than I ever gave anybody," she says.

Magathan isn't finished yet, either. She plans to focus on cancer prevention and screening for early diagnosis, when cancer is most treatable. She will continue to teach classes, "Powerful Tools for Caregiving" and "Living Well With Chronic Disease," at Columbia Memorial Hospital.

But mostly she is looking forward to spending as much time as possible with her grandchildren.



Helping hands. Sitting is a rarity for Nancy Magathan, who has tirelessly helped cancer patients for more than 30 years as a nurse, educator, hospice director and fundraiser.

"Helping terminally ill patients and their families is my passion."

—Nancy Magathan

A safe haven

CMH lends helping hand so abused women need not live in fear

THE Women's Resource Center (WRC), a nonprofit organization that serves victims of domestic and sexual abuse, reported that more than \$18,000 was raised for their charity at the eighth annual Soup Bowl Fundraiser for the Women's Resource Center held April 27 at the Seaside Convention Center.

Many thanks go to Columbia Memorial Hospital (CMH) managers, who adopted this fundraiser as their quarterly project. For many years, Randy McClelland, CMH Wellness Center Manager, has been instrumental in the support and partnership that has developed between the hospital and this important nonprofit.

A new partnership

During the past year, CMH and WRC have developed an innovative partnership that has produced two business agreements. Once details have been worked out, the agreements will help provide increased safety for victims of domestic violence, stalking and sexual assault.

The first agreement was arrived at easily and entails something that CMH has always done for abuse victims. This agreement basically states that any person who fears abuse, or who has been abused, can use the hospital as a safe haven during their medical appointment or visit to urgent or emergency care. Once victims tell the hospital staff that they are fearful, they will be escorted to a safe room. Police, family or advocates from the WRC can then be called to help with

transport and housing to keep the person safe and away from the abuser. The hospital can be used as a haven at all times. Staff members are trained and available to separate the victim from the abuser and ensure safety for the reporting party.

The second agreement

A more complicated agreement enables a nurse or doctor to call in a trained victim advocate from WRC—without the patient's immediate knowledge—if domestic or sexual abuse is suspected.

As part of the agreement, members of the WRC staff will be trained, held to the same confidentiality rules as those of the hospital and are considered part of the medical response team. It is the intent of this program to provide

the victim with information from a trained advocate about leaving an abusive relationship and accessing community resources, such as safe housing.

The second agreement was influenced by the case of Evelyn Decker, who died as a result of apparent, repeated blows to her head and body by her partner in spring 2010. Decker had been a patient in the CMH emergency room. Despite being asked by doctors and nurses if she was being physically abused by her boyfriend, she adamantly denied that he was the cause of her injuries.

CMH and WRC hope that their partnership will prevent women from believing that their only resources or options are at the hands of a partner who physically hurts them.

CMH and the Women's Resource Center joined to help victims of domestic violence, stalking and sexual assault.



▲ **Helping women find a way out.** Columbia Memorial Hospital is looking at new ways to help women facing violence and abuse find safety and confidential assistance.



Care for the whole family

YOU can contact or find more information about these and other Columbia Memorial Hospital providers by going online to www.columbiamemorial.org and clicking on “Find a Physician” at the top of the page.

Scott Ashley, MD



Dr. Ashley earned an undergraduate degree at Tulane University in New Orleans. He completed medical school at the University of Mississippi and a

residency in family practice at the University of Colorado Denver in 2003.

He taught junior high math in Mexico, completed a fellowship in Guatemala and worked in clinics in Malawi between various years of school.

Raised on the Gulf of Mexico, Dr. Ashley feels at home on the Oregon Coast. He and his wife, Christy, have two young children, Ada and George. Dr. Ashley enjoys hiking and exploring the Northwest with his family. He also enjoys drawing and painting and hopes to continue to develop his artistic talent.

Dr. Ashley's practice includes newborn, pediatric, adult and senior patients. He enjoys caring for families and the variety of medical issues they face. He enjoys patient education on preventive medicine as well as caring for his patients in the hospital during more critical times. He manages chronic conditions and more urgent issues at Wimahl Family Clinic, where he practices with Stephen Leonardo, PA.

Dr. Ashley thanks his patients for providing him a rewarding and meaningful medical practice and welcomes new patients.

Kevin J. Baxter, DO



Dr. Baxter was raised in a large family in rural southern Idaho. He was the third of nine children and quickly developed a strong work ethic. He had his first paying job at age 13, moving irrigation pipes on a neighbor's farm.

As a teenager, he enjoyed riding motorcycles on the trails and hills of southern Idaho. Motorcycle mechanics introduced him to the concept of different systems working together to create a functional machine, and in high school

biology, he realized the same was true of the human body. This led to an interest in the medical field.

Dr. Baxter chose family medicine because he enjoys building lasting relationships with his patients and the constant variety of challenges offered by family medicine.

After finishing medical school at Western University of Health Sciences in Pomona, Calif., Dr. Baxter completed his residency at Chino Valley Medical Center in Chino, Calif. He and his family decided to return to small-town life in the Pacific Northwest and chose Astoria as their new home. After a little adjustment to the rain, they have settled in and love the area.

Dr. Baxter married his high school sweetheart and they have two daughters. He enjoys spending time with his family and being outdoors. He likes camping, hunting, fishing, golf and motorcycling.

Samuel Suk, MD



Dr. Suk emigrated from Korea to St. Louis, Mo., with his family as a young child. He completed medical school at the University of Missouri and his family practice residency at Trinity Lutheran Hospital in Kansas City, Mo.

Dr. Suk moved to Astoria in 1999 and opened a family practice. In 2009, he became Medical Director at Coastal Family Health Center.

Aside from his duties at the clinic, Dr. Suk is a devoted family man, a film photography enthusiast and avid bicyclist. He and his wife have three young boys of whom they are very proud.

Dr. Suk honed his interest in family medicine because he finds the challenge of taking care of an entire family tremendously rewarding.

Dr. Suk looks forward to continuing his work at Coastal Family Health Center and as a family physician in the community for many more years.

Thomas S. Duncan, MD



Dr. Duncan graduated from the University of Oregon Medical School (now Oregon Health & Science University) in 1971. After an internship with the U.S. Public Health Service in San Francisco and three years as a

general medical officer in the Indian Health Service hospital in Tuba City, Ariz., he entered private practice in the rural logging town of Drain, Ore. He was on staff at Cottage Grove Community Hospital and Sacred Heart Hospital in Eugene.

After the collapse of the logging industry, Dr. Duncan moved to Astoria in 1987. He was initially employed by Columbia Physicians' Services, an organization started by Columbia Memorial Hospital to rebuild the medical community; he soon joined with three other partners in forming the Astoria Family Clinic.

The clinic joined with Peace Health in 1994. Two years later, Dr. Duncan and his wife, Susan Skinner—a family nurse practitioner and certified nurse midwife—resigned and opened their own practice, Lower Columbia Clinic.

Lower Columbia Clinic continues to provide comprehensive medical services and a “medical home” to its patients.

In his free time, Dr. Duncan enjoys going away for the weekends with his wife and takes his dogs, Nigel and Emma, for walks.

Carin Pluedeman, MD



After raising a family of five and having a long career with the City of Portland as a computer programmer, Dr. Pluedeman decided to pursue her lifelong dream of becoming a family physician. She completed both medical school and her residency at Oregon Health & Science University and began her career as a family physician with Adventist Health.

After a number of years in practice, Dr. Pluedeman joined Coastal Family Health Center, which allowed her to better balance work and family.

In her spare time, Dr. Pluedeman enjoys her grandchildren, gardening, traveling and developing new recipes for her as-yet-unpublished cookbook.

With her background in technology and systems, it was a natural decision for Dr. Pluedeman to go into family medicine, which allows her to look at people and families in a systematic fashion while helping them improve their health.

Dr. Pluedeman has enjoyed becoming part of the coastal community.

Katherine Merrill, MD



Dr. Merrill settled in Astoria in 1997 after completing her medical training in Wisconsin and the Seattle area. She has been in practice with Angela Stock Nairn, MD, since 2001 at Pacific Family Medicine, LLP. She wanted to live and practice in a rural area of the Oregon coast and has been happy to put down roots in the community.

Outside of her clinical work, Dr. Merrill has many interests. She and her husband, Rodney, have three pampered dogs and at various times have also had cats and goats. Dr. Merrill is interested in raising chickens for the eggs, but so far, better judgment has won out and the old goat pen remains vacant.

In addition to her pets, Dr. Merrill is very involved in distance trail running. Her first race was the Columbia Crossing 10K in 2003, but she has progressed to much longer distances and now trains for and runs ultramarathons of up to 100 miles, mostly on trails. She says this activity keeps her out of trouble, reduces her stress and allows her the flexibility to eat desserts more often.

Angela Stock Nairn, MD



Dr. Nairn moved to Astoria in 2000 after completing her residency in Chicago and working for a year as an urgent care physician in the Chicago area.

A native Oregonian who grew up in Portland, Dr. Nairn attended Oregon State University and completed medical school at Oregon Health & Science University. After living in the Midwest, she decided to move back to the Pacific Northwest to be closer to her family. Shortly after her arrival in Astoria, she went into private practice with

Katherine Merrill, MD. Her practice includes care of newborns, adolescents and adults.

Dr. Nairn married her high school sweetheart, and she and her husband have two children, ages 6 and 5. As a family, they enjoy biking, hiking, skiing, camping, and visiting cousins and family in Portland.

Her goal as a physician is to motivate people to make positive changes in their personal lives in order to live long, healthy and happy lives.



FINANCIAL FITNESS

A charitable gift annuity is a wise decision in this economy

By Janet Niemi, MNM, Executive Director

Do current economic woes have you worried about your income?


A charitable annuity could be a smart option for you. Once created, the rate and payments will not change, no matter what happens to the economy.


Annuity rates vary according to your age (the older you are, the higher the rate). For example, currently, at age 78, the rate is 6 percent. Like a savings bond or insurance policy, the rate varies based on the prevailing rate when the annuity is funded. Rates are usually much higher than those offered by CDs or other fixed-income vehicles.

The Internal Revenue Service considers part of the amount used to fund your annuity a charitable gift. You can deduct this amount in the year you purchase the annuity. If you fund a gift annuity with appreciated property (real estate, stocks, bonds, etc.) you can avoid capital-gains tax on part of the appreciation. Part of each payment you receive is also considered tax-exempt, thus effectively increasing the rate of return.

Charitable gift annuities allow you to make a gift to local health care and receive a fixed income for life. The minimum amount to establish an annuity is \$10,000. There's no greater gift than taking care of your community while taking care of yourself and your family. A gift annuity is a unique way to support community health care while guaranteeing a fixed income for life for you, your spouse or your loved ones.

This column is not intended as legal or financial advice. For legal or financial advice, please consult your attorney, accountant or financial planner. Please call the Columbia Memorial Hospital Foundation for

 further information at **503-325-3208**. You may also email the Foundation at foundation@columbiamemorial.org or me directly at jniemi@columbiamemorial.org.

 Visit the CMH Foundation at www.cmh-foundation.org for more information about planned giving.

PILOTING YOUR JOURNEY

CANCER CARE WITH CMH & OHSU AT THE HELM

Cancer is a journey, one not to be taken lightly. When you or a loved one has cancer, you need all the help you can get. That's why Columbia Memorial Hospital and OHSU are expanding their Cancer Care program. We will be there for you, every step of the way, from detection to intervention to recovery, and beyond.

We will pilot you through your journey.

CMH and OHSU want to provide the ultimate in care and comfort for our patients. Cancer treatment is never easy, so we want to provide enhancements to smooth the journey. To that end, these are the components of our expanded **Cancer Care program**:

Until there's a cure, detection is the best prevention. We want all women to get mammograms, so we will provide **mammograms for women in need**.

Receiving a cancer diagnosis can be overwhelming with decisions on treatment options, providers and timing. We will provide a **Nurse Navigator to help you understand all your options**.

During treatment, comfort and care are high priorities for patients. We will outfit and equip the **CMH Oncology Center to provide the most comfortable and enhanced treatment experience for our chemotherapy patients**.

Post-treatment care with support and education is vitally important to patients' recovery. We will establish a **Survivorship Clinic with group and individual counseling for our patients**.

We need your help.
The CMH Foundation is raising funds to support the expanded Cancer Care program.

Please help make this a reality by sending your contribution today to CMH Foundation.

503-325-3208
foundation@columbiamemorial.org
2111 Exchange, Astoria OR 97103



TAKE TIME FOR YOUR HEALTH!

Call 503-338-7564, email cheryl_ham@columbiamemorial.org or visit www.columbiamemorial.org to register or to learn more about the exciting opportunities at CMH.



CHILDBIRTH/ FAMILY PREPARATION

free Childbirth Classes

- Due: Aug. 3 to Sept. 13
Classes: June 22 to July 27
- Due: Sept. 14 to Oct. 25
Classes: Aug. 3 to Sept. 7
- Due: Oct. 26 to Dec. 13
Classes: Sept. 14 to Oct. 19
6:30 to 8:30 p.m.

CMH Community Center,
2021 Marine Drive
Free for couples delivering at
CMH

This six-week course includes information about labor, comfort measures, infant care tips, lactation education and a hospital tour. You must register online or at the CMH Women's Center or by calling 503-338-7564.

Infant Massage

Infant massage is an important part of bonding and health for parent and child. CMH offers a certified infant massage specialist who can work with families individually or in group classes. For more information, please call us at 503-338-7564.

HEALTH AND WELLNESS

Tai Chi

CMH offers beginner-level, 12-form tai chi classes. Tai chi is a safe, gentle and easy-to-learn activity for people of all ages. This ancient art uses gentle, flowing movements to reduce stress, improve health, build muscle strength and feelings of well-being, and increase flexibility and strength. Call for course dates and times.

free Living Well With Chronic Illness

This course teaches self-management, health care responsibilities and skills to live well with a chronic illness, such as arthritis, diabetes or heart disease. Participants are encouraged to bring a friend.

Pharmacist-Assisted Tobacco Cessation Class

Sept. 22 to Oct. 20,
10:30 a.m. to noon
CMH Community Center
\$400 (billable to most
insurance companies)
Register by Sept. 1.

This course will help you quit for good. You will learn behavior modification techniques and coping skills, as well as have access to social support and stress and weight-management education. This course is led by a certified tobacco cessation expert and supported by a licensed pharmacist.

Medicare Basics

Aug. 11, Oct. 18,
4 to 5:30 p.m.
CMH Community Center
This course is appropriate for those new to Medicare and those who are already enrolled in Medicare with questions about benefits. Preregistration is requested.

SUPPORT GROUPS

Bereavement Support Group

Third Tuesday of each month,
4:30 to 6 p.m.
For information, call CMH
Home Health and Hospice at
503-338-6230.

Better Breathers Club Contact Community Education for a complete list of dates, times and topics

Led by a respiratory therapist, this American Lung Association group is for people with chronic lung conditions, such as asthma, chronic obstructive pulmonary disease and emphysema.

free Depression and Bipolar Support Alliance

First Monday of each month,
7 p.m.
CMH Community Center,
Coho room
For individuals and families
dealing with depression or
bipolar disorder.

Diabetes Education Thursdays

Learn how to manage diabetes.
A physician referral is required.
Call 503-338-4012 to learn more.

free Loss and Grief (Children)

Second and fourth Tuesdays of
each month, 6 to 7 p.m.
Lutheran Community Services
Northwest, Hope House,
3107 Grand Ave.
For children and teens through
12th grade who are dealing with
the loss of a loved one. Call
503-325-6754.

Lower Columbia Stroke Support Group for Survivors and Family Contact Community Education for a complete list of dates, times and topics

This group is for stroke survivors
and their family members and
friends. It helps people learn
more about stroke, share their
personal experiences and become
inspired to move forward after
a stroke. Guest speakers will be
invited.



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Erik Thorsen Chief Executive Officer
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For information about CMH HEALTH COMPASS:
Paul Mitchell Marketing Manager

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See Reba at the regatta concert

Tickets are on sale to see the one and only Reba McEntire in concert as the Astoria Regatta Concert Associates help celebrate Astoria's 200th birthday on Aug. 14 at Camp Rilea in Warrenton.

The wide-open venue, nestled in the dunes of Clatsop County, offers a unique place to experience the Queen of Country.

The concert caps a year of activities aimed at history buffs, tourists, locals, children and adults. Don't miss out on a celebration 200 years in the making.

Concert tickets are available online at www.rebaconcert.com. Call 503-325-5889 to learn more.



CMH is a proud sponsor of the Astoria Bicentennial.

winners were invited to attend the 2011 Planetree Conference at the Gaylord Opryland Resort and Convention Center in Nashville, Tenn.

For more details about the Planetree philosophy of care or the annual conference in Nashville, visit www.planetree.org.

CMH SPIRIT OF CARING AWARDS

Honoring two for outstanding service

As a Planetree-affiliated hospital, Columbia Memorial Hospital (CMH) believes in celebrating our outstanding caregivers in a special way each year through our annual Spirit of Caring Awards.

All CMH employees, volunteers and physicians are invited to nominate fellow caregivers and write a paragraph or two describing how the nominee consistently goes above and beyond by demonstrating the Planetree philosophy to personalize, humanize and demystify

patient-centered care at CMH.

We also request that specific examples, stories and qualities are shared describing how the nominee improves our care environment



and furthers our mission

for excellence, leadership and compassion in the enhancement of health

for those we serve. Our hospital Chaplain, Pastor

Stomp, and the previous year's

Spirit of Caring Award winners meet to review the nominations and determine the new winners.

Ramchander R. Madhavarapu, MD (also known as Dr. Ram), from our Pediatric Clinic was selected for this year's Physician Champion Award.

John Gehl, CRNA, from our Surgical Services Department, was the winner of our Caregiver Award.

The awards were announced Monday, May 9, during Hospital Week. Photos and profiles of this year's winners are displayed on the Spirit of Caring wall in the hospital, along with the names and departments of all of the previous years' winners. In addition, the



Ramchander R. Madhavarapu, MD



John Gehl, CRNA