



# HEALTH ALLIANCE UPDATE

A COMMUNITY NEWS BULLETIN ON ACCESSING ENHANCED CLINICAL QUALITY

■ Volume 3 ■ May 2008



Specialized Therapy Services Come to Caldwell

P2



Alliance Fosters Nurse Education Opportunities

P3



Main Street Mile A Mile For Men's Health

P4

## When Seconds Matter: Hospitals Team Up to Provide Comprehensive Acute Stroke Care

Stroke is the No. 3 cause of death in the United States and the leading cause of long term disability. West Valley Medical Center is collaborating with Saint Alphonus, Idaho's only Joint Commission Certified Primary Stroke Center, to provide the most comprehensive acute stroke care for patients of the western Treasure Valley. It is our goal and mission to responsibly promote stroke treatment and patient access to appropriate care measures, including formal patient transfer agreements when necessary, using consistent evidence-based practice guidelines.

In the Alliance's pursuit to bridge advanced healing in a cohesive continuum of care, West Valley and Saint Alphonus have combined a team of clinical experts and staff to aide this collaborative effort in stroke care, including:

- Additional resources to enhance RN skills
- Physician review of medical diagnosis and patient treatment and transfer options of specific stroke diagnoses
- Defined a three-tier program for different phases of a stroke, helping to optimize patient outcomes

Coupled with recent technological advances of West Valley's remote presence robot and digital tele-radiology systems that enable patient images and information to be reviewed instantaneously by additional specialists at Saint Alphonus, West Valley's ability to care for acute stroke patients exceeds current capabilities of many community hospitals.

In addition, West Valley is part of the Idaho Cardiovascular Disease & Stroke Prevention Advisory

Committee, working to improve the state of cardiovascular and stroke care in Idaho. The Northwest Regional Stroke Network recently completed a statewide needs assessment to evaluate stroke care across the state, including West Valley.

STROKE AWARENESS

### MAY IS NATIONAL STROKE AWARENESS MONTH

Know the key warning signs of stroke and seek out help immediately if you experience any of the following symptoms:

- numbness or weakness on one side of the body or face
- confusion
- trouble speaking
- blurred or double vision
- trouble walking
- dizziness or severe headache



 **WEST VALLEY  
THERAPY SERVICES**

**S T A R S** 

**STARS CLINIC  
LOCATIONS:**

- >> **Nampa**  
2707 Garrity Boulevard, #3  
**(208) 442-2329**
- >> **Caldwell**  
222 Elm Street  
(West Valley Therapy  
Connection)  
**(208) 459-2436**
- >> **COMING SOON**  
3720 S. Indiana Ave  
(Caldwell YMCA)  
**(208) 459-6041**

# STARS Program Enhances Patient Healing: Specialized Therapy Services Come to Caldwell

For years, physical, occupational and speech therapy patients in the Caldwell community have begun their healing process at West Valley Therapy Connection. Now, patients will have access to further enhanced therapy services in the local community through the clinic’s new partnership with Saint Alphonse Rehabilitation Services (STARS).

“We’re very excited that West Valley Therapy Connection services has partnered with Saint Alphonse Rehabilitation Services, commonly known as STARS, one of the premier therapy providers in this area,” said David McFadyen, associate administrator with West Valley Medical Center.

STARS programs are currently offered to patients at the West Valley Therapy Connection clinic located at 222 Elm Street, just across the street from the Caldwell hospital’s campus. In addition, these services will soon be available at West Valley’s therapy clinic site located inside the Caldwell YMCA, 3720 S. Indiana Ave., providing access to 84,000-square-foot of state-of-the-art fitness equipment and an unmatched aquatics center.

“For the past 15 years, STARS has been known for its expertise in comprehensive outpatient rehabilitation services throughout the growing Treasure Valley,” said Craig Jussel, MPT, director the STARS program.

STARS providers reassure their therapy patients with technical expertise, positive emotional support, and a commitment to improving patients’ health throughout their lives. Each patient is guided with individualized care, including a customized home exercise program and patient education to promote recovery, prevent further injury or problems, and promote a healthy lifestyle.

Visit the local STARS team at West Valley Therapy Connection in Caldwell for specialized care in:

- Orthopedic Rehabilitation
- Spine Care, with McKenzie Certified Clinicians
- Occupational Injury Rehabilitation
- Pediatric Speech and Occupational Therapies
- Adult Speech and Occupational Therapies
- Balance and Vestibular Rehabilitation
- Hand Therapy



# Alliance Fosters Nurse Education Opportunities:

## Cardiac Cath Lab, Labor and Delivery Emergencies Enhance Clinical Experience, Networking Resources

### CARDIAC CATH LAB

Saint Alphonsus and West Valley Regional Medical Center (WVMC) recently began a nurse training program in the Cardiac Catheterization (Cath) Lab at Saint Alphonsus, with four nurses from West Valley's Cardiac program training and getting "hands on, in-the-field" experience with Saint Alphonsus award-winning cardiac team.

According to West Valley Regional Medical Center nurse, Jill Grandi, RN, "In the Cath Lab they allowed me to help set up procedure tables and scrub in with physicians so I was part of the team. Their busy Cath Lab provided an opportunity to scrub several procedures in a day, thus accelerating my orientation at WVMC. "

Grandi also said, "The educational opportunity and networking between our staffs has provided a great opportunity to tap into an experienced resource when need-

ed. We're able to share techniques for success and improve in areas we are less familiar in, which improves care for our patients."

### CRITICAL DELIVERIES, NEWBORN EMERGENCIES

Physicians and nurses at West Valley Medical Center teamed up with Saint Alphonsus team members last November to sharpen their skills in managing shoulder dystocia emergencies during labor and delivery. This rare emergency occurs when a baby's shoulders fail to deliver shortly after the fetal head and can be a life-threatening complication.

Ron Olsen, RN, and Deb Ketchum, RN of Saint Alphonsus, used an Idaho State University simulator to show West Valley's OB-Gyn physicians, nurses and family practice residents how to work together during such realistic instances to assure proper safety methods and manipulations to both a laboring



mother and her fetal baby.

More recently in March, Olsen held a two-day course at West Valley for nurses and respiratory therapists to enhance staff training and knowledge in the stabilization of post-resuscitation and pre-transport of neonatal babies based on STABLE measures, standing for: sugar, temperature, airway, blood pressure, lab work and emotional support.



Saint Alphonsus Cardiac Catheterization Lab

**100**  
**THOMSON**  
**TOP HOSPITALS**  
*Cardiovascular*  
2007

"Idaho's Only Recipient  
of the 100 Top Hospitals  
Cardiovascular Award"

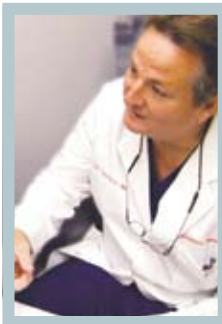


- MAIN STREET MILE SCREENING LOCATIONS:**
- » June 24 - KeyBank of Fruitland, 1515 N. Whitley Dr. 9am-7pm
  - » June 25 - Albertsons of Caldwell, 415 Cleveland Blvd. 9am-7pm
  - » June 26 - Les Schwab of Boise, 6017 Fairview Ave. 9am-7pm
  - » June 27 - Boise City Hall, Capitol Blvd. 9am-5pm

## MAIN STREET MILE HIGHLIGHTS IMPORTANCE OF PROSTATE SCREENINGS



Don Stritzke, MD



Dirk Sypherd, MD

Saint Alphonsus and West Valley physicians are known throughout the valley for the service that they give

back to their communities. Another example of these efforts will take place in June in conjunction with the Main Street Mile.

The Main Street Mile, held in Downtown Boise, is a family oriented running and walking event dedicated to the awareness of men's health issues. There are 6 different running distances to accommodate all levels and abilities of athletes, including the popular Children's Half-Miler, where children chase after an ice cream truck. The Saint Alphonsus-West Valley Health Alliance is a sponsor of the

event, which provides free prostate screenings for men who are 40 years and older. Screenings include the PSA (blood draw) and DRE (physical exam) and are on a first come, first serve basis.

The Main Street Mile screening van will be in Fruitland Tuesday 6/24 and in Caldwell (at the Albertsons across from the College of Idaho) Wednesday 6/25. Prostate screenings both days are from 9:00 am - 7:00 pm. Doctors Don Stritzke and Dirk Sypherd, along with medical interns, will conduct the screenings.

» **LOOK FOR US ONLINE** [www.saintalphonsus.org](http://www.saintalphonsus.org)  
[www.westvalleymedctr.com](http://www.westvalleymedctr.com)



## Alliance Launches Monthly Neurosurgical Clinic



Bruce Andersen, MD, Ph.D., FACS

On April 25, 2008, the Saint Alphonsus-West Valley Health Alliance launched another convenient, specialty program at West Valley Medical Center: a new Neurosurgical clinic for patients who need treatment for general, complex, and pediatric neurological condi-

tions of the brain, spine, and peripheral nerve pathology. Bruce Andersen, MD, Ph.D., FACS, and a member of Boise-based Neuroscience Associates, will see patients at the monthly clinic by physician referral. Dr. Andersen's areas of expertise include neurovascular surgery, tumors, normal pressure hydrocephalus, spine disease, facial pain, and trauma.

Dr. Andersen received his medical degree from Northwestern University in Chicago, IL, and completed his neurosurgery residence at the Oregon

Health Science University. He is a Diplomat of the American Board of Neurological Surgeons, and a Fellow of the American College of Surgeons.

### WEST VALLEY NEUROSURGICAL CLINIC DATES

- May 23, 2008
- June 13, 2008
- July 25, 2008
- August, 15, 2008