

HEALTH NEWS *from the*

FALL 2017

valley health SYSTEM

I'm Living Proof

*that the cardiac program
at Summerlin Hospital
saves lives*

ONE-YEAR MILESTONE

Join us to celebrate Henderson
Hospital's first anniversary

DEFINING QUALITY CARE

See how we're following best
practices behind the scenes

Compliments of

The Valley  Health System®

Centennial Hills Hospital • Desert Springs Hospital • Henderson Hospital
Spring Valley Hospital • Summerlin Hospital • Valley Hospital

Bob Cannata tells how
seeking help for sudden
cardiac symptoms likely
saved his life.



Have you heard the phrase “quality healthcare” and wondered what it means? We define it as “working to achieve specific outcomes by using proven, evidence-based processes,” such as improving the patient experience, reducing readmissions after a surgery and standardizing our clinical practices for our hospitals. You can read about it in more detail on page 6.

“Quality healthcare” is on display in this issue as you meet two new “Living Proof” patients who benefited from the cardiac expertise provided by our hospitals. It’s also demonstrated when patients call 9-1-1 for possible cardiac or stroke symptoms. Over the past decade, we’ve worked closely with our local Emergency Medical Services teams to develop specific protocols for patients experiencing these medical emergencies, which has either saved or improved the quality of life for thousands of patients.

Finally, I hope you’ll be able to celebrate Henderson Hospital’s one-year anniversary on October 31; see the next page for details. It’s been an exciting first year filled with milestones and memorable moments, and we thank the community for your support.

Best wishes for a season filled with good times and good health.

Karla J. Perez
Regional Vice President

IN THIS ISSUE

3 LET’S CELEBRATE

Henderson Hospital reflects on a memorable first year

4 WE’RE LIVING PROOF

Two patients tell their stories of life-saving cardiac care

6 EYE ON EXCELLENCE

What our quality initiatives mean for you



Desert View Hospital

Desert View Hospital marks one-year affiliation with The Valley Health System

Since affiliating with The Valley Health System in August 2016, Desert View Hospital has continued to care for patients who need emergency services, specialty surgery, inpatient nursing care, and outpatient wound care and physical therapy. The hospital plays a large role in the community, recently providing emergency OB delivery kits to Nevada Highway Patrol. Other activities have included hosting a back-to-school fair for over 950 participants, offering balance screenings and sponsoring monthly birthday celebrations at the Pahrump Senior Center.

Learn more about our services at www.desertviewhospital.com or follow us on Facebook at www.facebook.com/desertviewhospital.

Henderson Hospital prepares for its *one-year anniversary*

"Our goal was to provide a healing, caring experience like no other," says Henderson Hospital CEO Sam Kaufman. "We're very proud of the progress we've made and the reception we've had in the community."

The hospital was designed to provide a safe, quiet healing environment where patients can experience the best outcomes with support from a skilled, caring staff.

"Our team has delivered over 340 babies since we opened," says Kaufman. "We also have obstetricians on staff who are available around the clock to deliver any babies, or assist a colleague with a more complex case."

From heart attacks and strokes to dehydration and broken bones, the emergency department is busy but running smoothly, with about 3,000 patient visits each month. "Visits are higher in the winter months because of respiratory illnesses and flu," says Kaufman.

"We're excited to continue building on our services, like an ambulatory surgery center and outpatient wound center in our adjacent medical office building," says Kaufman. "Ultimately, it's about caring for patients and letting them know that they are our number one priority." ■



Quality care in action

When now-college student Jeron Bodin developed a severe case of dehydration during a high school basketball game earlier this year, he found prompt care in the emergency department at Henderson Hospital. After treating his immediate condition, the ER doctor sensed that something else serious was happening. Testing revealed an uncommon type of appendicitis that flares up and goes away, and can be life-threatening if the appendix bursts.

Jeron had his appendix removed the next day and was back on the basketball court the following week. His parents thank God and the proactive ER care for helping their son avoid a potentially devastating emergency. "We feel like it was the doctor's expertise and strength that really saved his life," says his dad, Jon Bodin.

Celebrate Henderson Hospital's first anniversary with the First Annual Health Fair and Trunk or Treat Tuesday, October 31 • 4 to 6 p.m.

Health screenings, health information, giveaways and more. The first 500 kids receive a free trick or treat bag! Come early for our community blood drive from 8 a.m. to 6 p.m. with the American Red Cross and Fox 5.



We're Living Proof ...

... that complete recoveries are achievable with support from the cardiac and rehab team at Summerlin Hospital.

~ Bob Cannata



Bob Cannata keeps himself in good physical shape and never thought he would have a heart problem. At age 54, however, he noticed something might be wrong. It started with “really bad heartburn” after a hike, and the next day he began sweating profusely for no reason. He went to the doctor and found out he had a major blockage in his artery – “the one they call the widow maker,” he says. That’s not a technical term, explains Khalid Chaudhry, MD. “Generally, it’s a blockage where closure of the artery will cause certain death.”

The day after learning of his condition, Cannata underwent triple bypass surgery at Summerlin Hospital (see description below). He spent just under a week in the hospital, and then focused his positive attitude on getting stronger with support from the cardiac rehab program. Being physically fit before the surgery helped. “I feel good,” he says today. “I’m doing everything I want to do.”

For Cannata, listening to his body and being proactive likely saved his life. “Even though he was very healthy otherwise, he did not dismiss his symptoms,” Dr. Chaudhry notes. Cannata gets emotional when he talks about the nurses, doctors, cardio rehab staff and everyone at Summerlin Hospital. “I’m alive and I feel very fortunate, so thank you, Summerlin, from the bottom of my heart,” he says. ■

To see a video of Bob Cannata’s story, visit www.summerlinhospital.com/bob.

What is bypass surgery?

If there is a blockage in an artery that supplies blood to the heart, doctors may take a healthy blood vessel from another part of the body and connect it to the heart so that blood bypasses the blockage. The Heart Center at Summerlin Hospital offers a 28-bed Cardiovascular Care Unit with private rooms, where patients who need cardiovascular surgery or interventional cardiac procedures can receive advanced care.

... that advanced heart care at Spring Valley Hospital helps save patients and families.

~ Rachel Moenoa

Rachel Moenoa, 33, had her first heart valve replacement when she was just 9 years old. She had a second surgery in her teens and went on to live an active life until last year, when she began to experience shortness of breath, fatigue and other symptoms. Concerned that her condition was getting worse, she went to the emergency room at Spring Valley Hospital for help.

"Rachel was in heart failure when she came to the hospital," says Cardiovascular Surgeon, Nauman Jahangir, MD. He explains that the two heart valves she had replaced in her youth were no longer performing adequately, and a third valve was also severely malfunctioning. "Basically, we had to reconstruct her heart altogether," he says. Moenoa spent about a month at the hospital recovering, and then continued her recovery at home with physical therapy.

Not long after her heart was repaired, Moenoa and her husband, Uriah, found out they were expecting a little girl, Princess Raeah, who was born in May 2017. The couple's three boys are already looking out for their little sister, and Moenoa is feeling great now that her heart is working properly again. "I'm thankful for Spring Valley Hospital, the staff, the nurses and the doctors that were all there to help me through surgery and recovery," she says. ■

To see a video of Rachel Moenoa's story, visit www.springvalleyhospital.com/rachel.



Rachel Moenoa and her family enjoy a moment with their newest addition, Princess Raeah.



Spring Valley Hospital has specially trained physicians and nursing staff to treat a broad range of emergency and non-emergency heart conditions. It is the first hospital in The Valley Health System to open a hybrid cardiac operating suite, an advanced room that allows doctors to do operating and imaging all in one space.

To learn more about cardiac services at The Valley Health System, visit www.valleyhealthsystemlv.com/shared-services and go to "Cardiac Services – Open Heart Surgery."

DEFINING QUALITY HEALTHCARE

How do you define quality healthcare? For a patient undergoing a hip replacement, it may mean a successful surgery, assistance with pain medication and personal needs, and time spent with a physical therapist to begin walking and learning useful tips for getting out of bed or using the bathroom. >



Karla Perez (second from left), Regional Vice President of The Valley Health System, gathers with members of Summerlin Hospital's acute rehabilitation team. The acute rehabilitation unit recently earned The Joint Commission's Gold Seal of Approval® for Stroke Rehabilitation.

However, behind the scenes, the healthcare team is actively following evidence-based “best practices” before, during and after surgery. This may include administering an antibiotic at a specific time before surgery and placing compression stockings on the legs; assessing a patient for blood clots or signs of infection; and reviewing medications to reduce the risk of falling. Collectively, these actions can result in decreased hospital readmissions related to major joint surgery.

“We are constantly looking for ways to improve the care we provide,” says Cindy Dickerson, System Director of Quality for The Valley Health System. “We define quality as working to achieve specific outcomes by using proven, evidence-based processes.”

Quality initiatives in The Valley Health System

For The Valley Health System, quality initiatives fall into specific categories: patient safety; patient experience; core measures for patients with specific health conditions; infection control; high-reliability unit and lean projects; and recognition awards, certifications and accreditations.

“Our hospitals have made tremendous strides in patient care over the past decade,” says Karla Perez, Regional Vice President. “Ten years ago, Valley Hospital was the first in The Valley Health System to become a primary stroke center. Today, most of our hospitals* are certified as advanced primary stroke centers by The Joint Commission and have earned multiple awards from the American Stroke Association for the care we provide. Our stroke coordinators have made significant efforts to educate our community about the signs and symptoms of possible stroke so people call 9-1-1 and go to the emergency department immediately. The time factor plays a key role in whether patients can receive a clot-busting drug that can help reduce lingering effects or disability.”

To further enhance a stroke patient’s recovery, Summerlin Hospital’s acute rehabilitation unit recently earned The Joint Commission’s Gold Seal of Approval® for Stroke Rehabilitation.

“Quality initiatives are a constant presence throughout our hospitals,” says Perez. “Through the hard work of our employees and medical staff, we’ve positively impacted thousands of lives, and we’ll continue to do so every day.” ■

Read more about The Valley Health System’s awards and accreditations at www.valleyhealthsystemlv.com/awards.

*Since Henderson Hospital opened in October 2016, there has not been enough data collected to apply for stroke certification.



PHARMACISTS WORK BEHIND THE SCENES TO KEEP PATIENTS SAFE

One of the most important members of a hospital healthcare team is someone patients may not even see: a clinical pharmacist. “Our responsibilities are diverse,” says Evelyn Chu, PharmD, Pharmacy Director for Henderson Hospital. “We evaluate physicians’ medication orders for accuracy and appropriateness. We might suggest alternative medications that could reduce a patient’s risk of falling or being confused.”

Antibiotic usage is constantly monitored, according to Cindy Derouin, PharmD, Pharmacy Director for Valley Hospital. “More people are becoming resistant to antibiotics,” says Derouin. “As a prevention measure, we have a designated pharmacist who will review antibiotic prescriptions for appropriate use and make suggestions to reduce utilization.”

The pharmacy team also maintains the medication database to minimize the risk of choosing a wrong medication or wrong dose. They track drug recalls and Food and Drug Administration (FDA) warnings, and remove those drugs from the pharmacy inventory. Tracking drug shortages is another key function since they must prioritize the available supply and work with physicians to determine alternative therapies.

“Even though patients don’t see us,” says Derouin, “we understand the impact we have on their hospital experience, and we take that role very seriously.”

Tackling diabetes together at Desert Springs Hospital

The autumn season can be a great time to regroup and refocus on your health and wellness goals. If you're among the many people managing a diabetes or pre-diabetes diagnosis, there's lots of support available to help keep you feeling your best!

Did you know ...

Desert Springs Hospital was the first inpatient diabetes program in the United States to earn a Certificate of Distinction for Advanced Inpatient Diabetes Care from The Joint Commission. Along with dedicated hospital care, the Diabetes Treatment Center also offers outpatient services, including classes and individual appointments to help you stay on track with your medication, diet and exercise goals.

A key educational offering is a comprehensive class covering the basics of diabetes care. "We can discuss specific issues like carb counting or insulin instruction," says Director Joyce Malaskovitz, RN, CDE. "Patients are empowered by learning how to manage their condition, and we are here to provide support when they need us." ■

To learn more about services and classes at the Diabetes Treatment Center, visit www.desertspringshospital.com/diabetes.

Coming soon: A CDC program on diabetes prevention

As another important resource in the battle against diabetes, a new National Diabetes Prevention Program from the Centers for Disease Control and Prevention (CDC) will be starting later this year. An overview of the program will be held October 12 and 26 at 2:30 p.m.

To register for this informational overview, call 702-369-7560. The CDC program will be a 12-month series and will begin November 2, 2017.

**Join us for the
26th Annual Community Health & Diabetes Fest
Saturday, October 7, noon to 3 p.m.**

Boulevard Mall, 3528 South Maryland Parkway, Las Vegas

Take advantage of screenings* for blood pressure, body mass index (BMI), diabetes risk, stroke risk, foot care and pulmonary function, and receive a coupon for a free peripheral artery disease (PAD) screening.

*Health screenings are subject to change

SURVIVING A POSSIBLE STROKE



Photo courtesy of AMR Las Vegas.

LIFE-SAVING REMINDERS YOU NEED TO KNOW

If you believe you or someone else may be having a possible stroke, don't wait. Dial 9-1-1 immediately. "There's a short window of time to treat a stroke," says Tony Greenway, CCT-P, MBA, Emergency Medical Services (EMS) Manager for The Valley Health System. "Every minute a stroke goes untreated, up to 2.5 million brain cells die," he says. "Because of this, getting treatment fast is critical." Here are important points to remember.

Don't worry, you're not a bother. "A lot of folks are afraid they're not sick enough to call 9-1-1, or they don't want to be a bother, especially if they have symptoms late at night," says Greenway. "It's never a bother to come out. This is what we're here for," he says. "Paramedics are very well-trained and can identify these things very quickly."

To find out more about stroke care at The Valley Health System hospitals, visit www.valleyhealthsystemlv.com/strokecare and scroll to "Stroke Care – Primary Stroke Center."

Take your symptoms seriously.

Sometimes people think their symptoms may be related to something else, such as a muscle pull, and they put off seeking help, says Greenway. This can put them at risk of serious disabilities later or even death. "Any time there is a question, people should call 9-1-1 and let the paramedics come out," he emphasizes. (See F.A.S.T. sidebar for symptoms to watch out for.)

Don't drive yourself to the hospital – call 9-1-1. "When you dial 9-1-1, our local paramedics can begin immediate assessment and treatment right in your home. They will then pre-alert our hospital using EMS radios. With that alert, our hospital team immediately goes into action and prepares for anticipated treatment, even before the patient has arrived," says Greenway. "Always dial 9-1-1 and experience the fastest and best care possible." ■

Recognize these signs of stroke and act **FAST**

The most common symptoms of a possible stroke can be remembered by this acronym:



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.

If these symptoms appear, DON'T WAIT! Call 9-1-1 or seek medical attention right away.

What to do when a wound WON'T HEAL



Chronic wounds can have a big impact on people's health and quality of life. "Over 5 million people are

affected, and out of those patients, people over 65 account for 85% of the cases," says **Lubna Javed, MD**, Medical Director of the Advanced Wound Care and Hyperbaric Center at Spring Valley Hospital. She notes that it's important to talk with your doctor and get timely treatment if you have a wound that isn't healing and is causing you pain or other problems.

Q. What are chronic wounds?

Generally, if a wound does not improve after four weeks or heal within eight weeks, it is considered a non-healing or chronic wound. Getting treatment is important to avoid possible problems like infection and, in extreme cases, amputation and loss of life.

Q. Who is most at risk?

Many factors play a role in wound healing like age, diseases, infection, oxygen status of the tissue, medications, smoking, nutrition, obesity and circulation. People especially with diabetes and vascular issues are at very high risk for limb loss.

Q. How are chronic wounds treated?

Treatments may include oral medications, debridement (the removal of unhealthy tissue), topical treatments, compression stockings to improve blood flow and other therapies. It's also important to maintain good nutrition, keep your heart healthy and quit smoking.

Q. What is hyperbaric oxygen therapy (HBOT)?

With HBOT, a patient lies in a clear, pressurized chamber and breathes in 100 percent oxygen. This can help to promote the delivery of oxygen to damaged tissues and hard-to-reach areas of the body, and help speed healing for select patients. ■



FOR QUESTIONS OR HELP WITH CHRONIC WOUNDS, CONTACT THE HOSPITALS BELOW FOR DEDICATED WOUND CARE SERVICES AND SUPPORT.

Centennial Hills Hospital
702-835-9777
Northwest Las Vegas



Desert Springs Hospital
702-369-7571
Southeast Las Vegas

Desert View Hospital
775-751-7500
Pahrump

Spring Valley Hospital
702-853-3853
Southwest Las Vegas

Summerlin Hospital
702-233-7979
Western Las Vegas

Valley Hospital
702-671-8660
Las Vegas Medical District

SENIOR  Advantage



Reservations are required for all events. Please call our Direct Doctors Plus® referral line at 702-388-4888 or go to www.valleyhealthsystemlv.com/saevents to register.

SEMINARS BEGIN AT 11:30 A.M. UNLESS OTHERWISE NOTED

Centennial Hills Hospital

Is Your Liver Healthy?
Friday, October 6

AARP Smart Driver™ Courses*
Tuesday, October 10
Tuesday, December 5
9 a.m. to 1 p.m.

Desert Springs Hospital

AARP Smart Driver™ Courses*
Tuesday, October 10
Tuesday, December 12
1 to 5 p.m.

Desert View Hospital

Flu Shots
Monday, October 23
1 to 3 p.m.

AARP Smart Driver™ Courses*
Monday, October 9
Monday, November 13
Monday, December 11
Noon to 4 p.m.

*Cost: \$15 for AARP members;
\$20 for non-members
Lunch not included

**Health screenings are subject to change

Henderson Hospital

Free Health Fair & Trunk-n-Treat
Tuesday, October 31, 4 to 6 p.m.
• Trunk-n-Treat for the kids, first 500 get a special trick-or-treat bag
• Free health and wellness information
• Free health screenings: blood pressure, vision, spine, depression, and many more**
• Meet the Henderson Hospital staff
• Refreshments and giveaways

Blood Drive with American Red Cross
October 31, 8 a.m. to 6 p.m.

AARP Smart Driver™ Course*
Thursday, November 9
9 a.m. to 1 p.m.

Spring Valley Hospital

Diverticulitis Explained
Friday, October 20

AARP Smart Driver™ Course*
Monday, December 11
9 a.m. to 1 p.m.

Summerlin Hospital

Don't Get "Behind": Learn about Colon Cancer Screenings
Monday, October 23

Get the 411 on 911
Monday, November 27

AARP Smart Driver™ Courses*
Friday, October 20
Friday, November 17
Friday, December 15
1 to 5 p.m.

Valley Hospital

Bites and Stings from Creepy Things
Tuesday, October 17

AARP Smart Driver™ Course*
Wednesday, December 6
9 a.m. to 1 p.m.

Free Senior Holiday Health Fair

Wednesday, December 6
11 a.m. to 1 p.m.
Summerlin Hospital
Main Lobby

- First 100 to visit The Valley Health System booth will receive a special free gift!
- Free health and wellness information
- Free health screenings: blood pressure, vision, spine, depression and many more**
- Refreshments
- Giveaways

Remember to show your Senior Advantage card for admission to all hospital seminars. Call 702-853-3008 if you need a replacement card.

For information on other Valley Health System community events, visit www.valleyhealthsystemlv.com/events.



Our healthcare family *is growing* ...



- 1 Centennial Hills Hospital**
6900 N. Durango Dr.
at Elkhorn
- 2 Summerlin Hospital**
657 N. Town Center Dr.
at Banbury
- 3 Spring Valley Hospital**
5400 S. Rainbow Blvd.
at Hacienda
- 4 Valley Hospital**
620 Shadow Lane
at Alta
- 5 Desert Springs Hospital**
2075 E. Flamingo Rd. –
2 blocks west of Eastern
- 6 Henderson Hospital**
1050 W. Galleria Dr.
- 7 Desert View Hospital**
(an affiliate of The Valley Health System)
360 S. Lola Lane, Pahrump, NV
- 8 Spring Mountain Treatment Center**
7000 West Spring Mountain Rd.
- 9 Spring Mountain Sahara**
5460 West Sahara Ave.



Follow our hospitals on Facebook



@valleyhealthLV



HEALTH NEWS FROM THE VALLEY HEALTH SYSTEM

Karla J. Perez
Regional Vice President
The Valley Health System

Sajit Pullarkat
CEO/Managing Director
Centennial Hills Hospital
6900 N. Durango Dr. 89149

Ryan Jensen
CEO/Managing Director
Desert Springs Hospital
2075 E. Flamingo Rd. 89119

Sam Kaufman
CEO/Managing Director
Henderson Hospital
1050 W. Galleria Dr. 89011

Leonard Freehof
CEO/Managing Director
Spring Valley Hospital
5400 S. Rainbow Blvd. 89118

Robert S. Freymuller
CEO/Managing Director
Summerlin Hospital
657 N. Town Center Dr. 89144

Elaine Glaser
CEO/Managing Director
Valley Hospital
620 Shadow Lane 89106

Susan Davila
CEO
Desert View Hospital
(an affiliate of The Valley Health System)
360 S. Lola Lane, Pahrump 89048

Information in *Health News* comes from a wide range of medical experts. If you have any concerns or questions about specific content that may affect your health, please contact your healthcare provider. Models may be used in photos or illustrations. Any opinions expressed by an author whose article appears in this publication are solely the opinions of the author and do not necessarily reflect the views of either Centennial Hills Hospital Medical Center, Desert Springs Hospital Medical Center, Spring Valley Hospital Medical Center, Summerlin Hospital Medical Center, Valley Hospital Medical Center, The Valley Health System or any of its facilities or Universal Health Services, Inc. Physicians are independent practitioners who are not employees or agents of The Valley Health System. The system shall not be liable for actions or treatments provided by physicians. For language assistance, disability accommodations and the non-discrimination notice, visit our website. ©2017. All rights reserved. Printed in the U.S.A.