

HEALTH NEWS *from the*

SPRING 2019

valley health SYSTEM

Pictured left are Yari Villasenor and Devin Skougard with their baby girl, Indiana ("Indie"), born at Centennial Hills Hospital.

Also inside:

ADVANCED WOUND HEALING

A patient shares
his success story

SURVIVING SEPSIS

What you need
to know

Getting ready *for baby?*

*Learn about our advanced
maternity services*

Compliments of

The Valley  Health System®

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



Spring is a time of new beginnings, including the arrival of precious babies. One of our favorite jobs is assisting with the birth of about 12,000 newborns each year. But with that job comes serious responsibility. That's why the teams from the Birthplace at each of our four hospitals work tirelessly to improve the experience, from our extensive array of classes to our maternity teams' use of evidence-based practices to our adherence to the "golden hour" and creating a welcoming

family environment in our mother-baby and neonatal intensive care areas.

As the Official Health System of the Vegas Golden Knights, all of the babies born in one of The Valley Health System hospitals receive a Vegas Born onesie.

We constantly look for ways to improve your access to the quality care we provide. This takes many forms, including behind-the-scenes actions to improve patient outcomes, the development of graduate medical education residencies and fellowships for physicians, and a continued commitment to expertise in hospital care and specialty designations. I am very proud of Henderson Hospital's Top General Hospital designation by the Leapfrog Group and Spring Valley Hospital's Sepsis Certification from The Joint Commission as examples of continually improving our hospitals' quality of care. Also, Desert Springs Hospital was recognized with top honors by Healthgrades® as the only southern Nevada hospital named as one of America's 100 Best Hospitals for Coronary Intervention.

I hope you enjoy the spring edition of our magazine, and I encourage you to follow us on social media to stay abreast of our latest news (see page 12 for details).

Karla J. Perez
Regional Vice President



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Henderson Hospital earns a TOP honor for patient care

Highlighting its nationally recognized achievements in patient safety and quality, Henderson Hospital was named a Top General Hospital by The Leapfrog Group – an award widely acknowledged as one of the most competitive honors American hospitals can receive. Only 35 general hospitals in the country received this distinction, which considered performance across many areas, including infection rates, maternity care and the capacity to prevent medication errors based on 2018 data. The award follows Henderson Hospital's "A" Hospital Safety Grade, also from The Leapfrog Group, last fall.

To learn more about Henderson Hospital's comprehensive services, visit hendersonhospital.com.

Wound care specialists to the rescue

"They've done such a fabulous job helping me."

~ Thomas Rivello



Coping with circulation problems in his legs was something Thomas Rivello had dealt with for years, but when he developed a troubling wound near his left ankle, he became worried. "When I first got it, I felt like I might lose my foot. That's how it felt, that's how it looked," he says.

He went to see a vascular doctor who explained the valves in his veins weren't working properly, causing the blood to build up in his legs and his left calf to swell. "I had a lot of pain," he recalls. "It actually kept me up at night."

A procedure was needed to treat his veins, but before that could be done, the wound near his ankle would have to be healed. He learned about the Wound Care and Hyperbaric Medicine program at Summerlin Hospital and was immediately impressed by the caring and professional treatment he received. "They were very knowledgeable. They knew exactly what to do."

His doctor, Maria Habbi, MD, explains that a team approach is used to address the underlying cause of the problem and optimize the whole health of each patient. "An important part of Thomas' comprehensive care involved compression to control the swelling and support healing."

As his wound went away, so did the pain, and he was able to look forward to being active again. "It's to the point where I could jump up in the air and click my heels," he says.

"I've been so comfortable with them," he adds, remarking on how he was reassured by everyone on the team – from the receptionist to the nurses to the doctor.

He hadn't heard of specialized wound care before, but now he stresses it's something people should know about. "They've done such a fabulous job helping me. It's fantastic." ■

Specialty wound care

Centennial Hills Hospital
702-835-9777
Northwest Las Vegas

Desert Springs Hospital
702-369-7571
Southeast Las Vegas

Desert View Hospital
775-751-7505
Pahrump

Henderson Hospital
702-963-7350
W. Galleria/Gibson

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

Oh, baby!

What to expect at our



Because we are the Official Health System of the Vegas Golden Knights, all babies born in one of our hospitals receive a Vegas Born onesie. Pictured above with his family is **Brooks Fisher**, born at Spring Valley Hospital. (Photo courtesy of Blush Baby)

39+ Weeks Quality Improvement Program

The Birthplaces at Centennial Hills, Henderson, Spring Valley and Summerlin hospitals have each received the March of Dimes award for their work to eliminate elective deliveries before infants' 39 weeks gestational age. "Sometimes there is a medical reason to induce labor before 39 weeks," explained Dr. McBride. "Otherwise, babies born before then might have health problems or need to remain in the hospital for a longer time."

The arrival of a new baby is an exciting time, and one that may be filled with many questions. What should I expect during childbirth? What should I know about breastfeeding? Which hospital can best address the needs of my baby and me? Will my doctor be there for my delivery? ►



Adelyn Juniper (Henderson Hospital)



Indiana Skougard (Centennial Hills Hospital)

family of advanced maternity centers

"Our Birthplaces focus on the safe birthing experience for mothers and babies with initial skin-to-skin contact for bonding, education and care of the newborn, breastfeeding support, safe sleeping techniques and understanding shaken baby syndrome," said Dan McBride, Chief Medical Officer for The Valley Health System (VHS).

Many parents will never see the behind-the-scenes work each Birthplace team undertakes to ensure a safe delivery. Centennial Hills, Henderson, Spring Valley and Summerlin hospitals all follow safety initiatives and operate a system-wide high reliability unit, which has multiple systems in place to achieve a safe mother-baby experience. This includes performing drills for various neonatal and maternal emergencies, such as what to do if a baby's head or shoulder is stuck, a mother is bleeding or the baby experiences breathing difficulties.



Aria Ginhawa B. Sereno (Summerlin Hospital)

Each Birthplace also has round-the-clock laborist coverage. A laborist provides obstetric coverage within the hospital, and delivers babies when the patient's obstetrician isn't available, responds to emergencies and assists with high-risk deliveries.

After delivery, each Birthplace encourages parents to participate in the "golden hour" to promote the baby's growth and development. During the first hour immediately after birth, parents bond with their infant through skin-to-skin-contact. This golden hour of contact helps babies have greater success with breastfeeding and also helps regulate their blood sugar and body temperature.

Experience with high-risk births

Women experiencing pregnancy complications, such as premature labor or pregnancy-induced high-blood pressure along with another complication, may spend time in the antepartum unit, where specially trained nurses monitor both baby and mother. For high-risk deliveries, there may be multiple teams in the delivery room – one for the mother and another for the baby. Centennial Hills, Spring Valley and Summerlin hospitals have Level III neonatal intensive care units (NICUs), and Henderson Hospital opened a Level II NICU in 2018. ■

Preparing for a little one? Our Birthplaces offer classes, courses and tours, including those focused on childbirth education, babies, breastfeeding, fitness and even online videos to watch at your convenience.

Visit valleyhealthsystemlv.com/classes to review classes, dates and times by hospital.

Upcoming NICU reunions

Summerlin Hospital
Friday, June 28
2 to 4 p.m.

Henderson Hospital
Friday, July 19
2 to 4 p.m.

Spring Valley Hospital
Friday, October 25
2 to 4 p.m.

Promoting **SEPSIS** awareness:

*Do you know the
warning signs?*

Sepsis is a life-threatening medical emergency that strikes at least 1.7 million adults in America each year.* It occurs when the body has an extreme response to an infection, causing changes in the circulatory system that can rapidly lead to tissue damage, organ failure and death. Sepsis may be associated with any kind of infection – from pneumonia or a urinary tract infection to a nicked cuticle or a diabetes-related wound.

One of the biggest challenges is identifying sepsis early and getting treatment right away. To help patients get the critical care they need, Spring Valley Hospital is working hard to educate the community, and recently earned The Joint Commission's Gold Seal of Approval® for Sepsis Certification, demonstrating its commitment to providing safe and effective care.

"It is our goal and our expectation to identify patients and begin treatment with antibiotics within an hour," says Sepsis Coordinator Gina Abato, MSN, RN. She refers to that critical time period as the "magic hour." Certain tests, such as measuring levels of lactic acid, can be indicators for sepsis, but any time a patient comes in with certain warning signs, such as breathing fast or with a fever, the emergency team immediately jumps into action. ►

"We have a code for sepsis that is paged through the hospital," Abato says. "Doctors go straight to that room and begin taking care of the patient immediately. We have proven that we can improve outcomes for our community."

Anyone can get sepsis, but those at greater risk include older people, children younger than one, and people with weakened immune systems or chronic medical conditions such as diabetes, lung disease, cancer and kidney disease. ■

To recognize the warning signs, learn the **TIME** acronym*:

- T** **Temperature** — Higher or lower than normal
- I** **Infection** — May have signs and symptoms of an infection
- M** **Mental decline** — Confused, sleepy, difficult to rouse
- E** **Extremely ill** — "I feel like I might die," severe pain or discomfort

*Sepsis Alliance

Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse. Time matters.

Sepsis survivor: "I was shaking uncontrollably."

For Shirley Chipman, the first sign of sepsis started at 2 a.m. while she was visiting Las Vegas with her husband and daughter. She remembers waking up shaking, feeling like she was freezing but also burning up with a fever. At first, she thought it might be related to her diabetes, but she quickly realized she needed emergency care.

She was taken to Spring Valley Hospital where she was promptly diagnosed with sepsis and given emergency treatment with intravenous antibiotics. "The thing that impressed me the most was just the caring, careful attention," she says. Thanks to swift medical attention, she was able return home after a few days of inpatient care. "If I hadn't gone to the hospital, it could have been very serious," she says.



Shirley Chipman (right) received a surprise hospital visit from Debby Campbell, daughter of the late country music legend Glen Campbell, whom she knows through a family connection.



Fighting opioid abuse with a secure way to dispose of unused drugs

The team at The Valley Health System is committed to keeping you comfortable when you need specialty treatment, but also recognizes the potential dangers of prescription opioids. While pain-reducing medications may be prescribed as needed, extra care is being taken to ensure that unused prescriptions don't fall into the wrong hands and put others at risk.

To support this effort, The Valley Health System has collaborated with the Rx Abuse Leadership Initiative (RALI) of Nevada to provide home disposal kits that you can use when you're done taking a medication as prescribed by your doctor. The kits provide a safe and easy way to dispose of unused pain medications and other prescription drugs, and prevent others from accessing them. This is one of a number of ways The Valley Health System is working to help protect you and your family.

For more information and to have a free home disposal kit sent to your home, call 702-894-5512.

*Centers for Disease Control and Prevention

AWARD-WINNING CARE

Desert Springs Hospital received America's 100 Best Hospitals for Coronary Intervention Award from Healthgrades. The award recognizes hospitals for superior outcomes in coronary intervention procedures. Desert Springs Hospital is the only hospital in southern Nevada to earn this distinction. Desert Springs Hospital also earned recognition status with the Nurses Improving Care for Healthsystem Elders, a nursing education and consultation program focused on the care of older adults.



Henderson and Spring Valley hospitals have earned the Go Clear Award™ for their achievement in eliminating hazardous smoke from surgical procedures. Presented by the Association of periOperative Registered Nurses, the hospitals earned the award by undergoing comprehensive surgical smoke education and testing and for providing the medical devices and resources necessary to evacuate surgical smoke during all smoke-generating procedures. **Centennial Hills Hospital** earned this designation in 2017.



Spring Valley Hospital earned The Joint Commission's Gold Seal of Approval® for Sepsis Certification after undergoing a rigorous on-site review in August 2018. The Gold Seal of Approval is a symbol of quality that reflects an organization's commitment to providing safe and effective patient care (see story on page 6 to learn more about sepsis).



Summerlin Hospital has again earned The Joint Commission's Gold Seal of Approval® for Stroke Rehabilitation.



Sending a warm welcome

Janet Wright has been named chief nursing officer (CNO) at **Centennial Hills Hospital**. She was previously the assistant CNO at **Summerlin Hospital**.



Jeanne Reeves is the new chief nursing officer at **Summerlin Hospital**. She joins us from Panama City, Florida.



For the latest news on The Valley Health System, visit valleyhealthsystemlv.com/news.

Expanding to meet your needs

Centennial Hills Hospital is in the process of adding a five-story patient tower that will add 56 beds to the facility. Phase one will add capacity in the areas of labor & delivery, neonatal intensive care, medical/surgical, intermediate medical, and intensive care units at an estimated cost of \$95 million.

ER at Green Valley Ranch (an extension of *Henderson Hospital*), located on the corner of St. Rose Parkway and Coronado Center, is open 24/7 for medical emergencies. To request a time to be seen in the emergency department at any of our hospitals, visit **ERjustgoteasier.com**.

ER at Blue Diamond (an extension of *Spring Valley Hospital*), located on the northwest corner of Blue Diamond and Cimarron, will open this summer. It will also be open 24/7 for medical emergencies.

Training the DOCTORS OF TOMORROW



**Andrew M. Eisen
MD, FAAP**
Chief Academic
Officer

Expanded residency training programs are now available through the newly accredited Valley Health System Graduate Medical Education Consortium. The training programs will help attract high-quality, highly competent medical residents to the region. According to the Consortium's Chief Academic Officer Andrew M. Eisen, MD, FAAP, there is a tremendous need for healthcare professionals thanks to the growing

population in southern Nevada. "We're making big investments in the future of healthcare in southern Nevada," he says. "The strongest predictor of where someone will start their practice is where they finish their training."

The first new residencies to be added include a five-year General Surgery program and a three-year Family Medicine program. Both will begin in July and will provide an opportunity for medical school graduates to continue their education while practicing under the supervision of attending physicians.

Dr. Eisen notes that residents in the new programs will experience different Valley Health System hospitals and work with a diverse patient population. They will also have opportunities to participate in scholarly research, develop leadership skills, and broaden their professional experience at other facilities in the region, depending on their area of focus. "We have the opportunity to design the programs around what the residents need and the experiences that are of value to them," Dr. Eisen says.

For patients, having residents contributing to their care can mean an even better overall experience with more collaboration. Residents don't replace what the attending staff does, they add to it. Being a teaching hospital, Dr. Eisen says, inspires an environment where there is always a push to stay on top of what's new and provide the best possible care. ■

**Learn more and find out how to apply at
valleyhealthsystemlv.com/vhsgme.**

WHAT MAKES OUR PROGRAMS SPECIAL?

Our diverse faculty members, modern facilities and integrated health system provide a unique opportunity for residents to support patient care across a broad scope of specialties. Also, working with community partners and having access to advanced technology provide compelling pathways to develop critical clinical competencies. These include using advanced simulation equipment to practice real-world decision-making and manual skills in a consequence-free environment. Additionally, a video-based training program will give surgical residents an opportunity to record their teaching cases and have them reviewed by local faculty and international experts, taking their experience beyond southern Nevada to a global community.

How can a hospitalist ease your hospital stay?



Being admitted to the hospital can be scary, and you want to know you will be well cared for,

whether you have a medical need, a question or just need reassurance. The hospitalist is a licensed practitioner whose primary professional focus is caring for patients while they are in the hospital. Here, internal medicine physician **Jennifer Raroque, MD**, explains more about their important role.



Q. How are hospitalists trained and assigned?

Most commonly, hospitalists are physicians trained in internal medicine or family medicine. They can also be advance practice registered nurses or physician assistants under the direct supervision of physicians. The Valley Health System has chosen a group of hospitalists to care for patients based on a track record of efficiency, quality and patient satisfaction. Alternatively, your health plan or primary care provider may choose a hospitalist for you.

Q. What is their role in providing care?

Your hospitalist will see you every day to direct your treatment while you are in the hospital, answer questions you or your family may have, and attend to any emergencies that may arise. He or she may consult other doctors to participate in your care and will arrange for any prescriptions you may need when you are discharged.

Q. Will your hospitalist communicate with your primary care provider?

Yes. Your primary care provider and hospitalist communicate with each other during your hospitalization to coordinate your care. There will be a written or verbal sign-out regarding your hospital course and recommendations for follow-up care on discharge. You will not have an appointment to see the hospitalist after discharge; however, you may contact him or her if you have any questions about your hospital stay.

Q. What are the advantages of having a hospitalist?

Hospitalists spend all of their workday in the hospital; therefore, they can provide for more focused care and be readily available if a need arises. Many studies have shown this improves quality of care and efficiency.* Implementation of a hospitalist program decreases cost of care and length of hospital stay for the patient, while improving quality and patient satisfaction. ■

For help finding a doctor, visit valleyhealthsystemlv.com/help.

*Venkataraman Palabindala & Sohail Abdul Salim (2018) Era of hospitalists, Journal of Community Hospital Internal Medicine Perspectives; hospitalmedicine.org

REGISTRATION REQUIRED:
Call 702-388-4888 or visit
valleyhealthsystemlv.com/saevents.

Calendar of events

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

Centennial Hills Hospital

Annual Community Health Fair

Saturday, May 18
11 a.m. to 1 p.m.

- Health and wellness information
- Free screenings
- Meet staff and physicians
- Fun for the kids
- Refreshments

Balance & Dizziness

Friday, April 19

AARP Smart Driver™ Courses*

Tuesdays: April 9, June 11
9 a.m. to 1 p.m.

Desert Springs Hospital

Oh, My Aching Joints

Tuesday, April 9

Foot Checkups

Thursday, April 18, 5 to 7 p.m.
(Light refreshments served)

Diabetes and the Eyes

Tuesday, May 7

Stroke Awareness & Acting Fast

Thursday, May 16, 5 to 7 p.m.
(Light refreshments served)

Travel Tips & Skin Cancer Awareness

Thursday, June 20, 5 to 7 p.m.
(Light refreshments served)

AARP Smart Driver™ Courses*

(South Magna Conference Room)
Tuesdays: April 16, May 14, June 18
1 to 5 p.m.

*Cost: \$15 for AARP members;
\$20 for non-members.
Light refreshments served.

**Lunch not included.

Desert View Hospital

Free Balance Screenings**

1st Tuesday of the Month, 8 to 9 a.m.
Call 775-413-6905 to reserve your spot.

AARP Smart Driver™ Courses*

Mondays: April 8, May 13, June 10
Noon to 4 p.m.

Henderson Hospital

Fall Prevention

Monday, April 15

Stroke Awareness & Recovery

Monday, May 13

AARP Smart Driver™ Course*

Friday, May 31
9 a.m. to 1 p.m.

Spring Valley Hospital

Chronic Wounds

Thursday, April 4

Post-Stroke Rehab Benefits

Thursday, May 9

AARP Smart Driver™ Courses*

Thursdays: April 11, June 6
9 a.m. to 1 p.m.

Summerlin Hospital

Fecal Microbiota Transplant

Tuesday, April 23

Orthopedic Disorders

Tuesday, May 21

AARP Smart Driver™ Courses*

(Medical Office Building,
Family Conference Room)
Fridays: April 19, May 17, June 21
1 to 5 p.m.

Valley Hospital

Free Balance Screenings

Tuesday, April 9, 11:30 a.m. to 1 p.m.
4th Floor Rehab
(Lunch included)

Surviving a Stroke

Wednesday, May 15

AARP Smart Driver™ Course*

Monday, June 10
9 a.m. to 1 p.m.

**NEW
TIME!**

BINGO & Ice Cream Social

Summerlin Hospital

Thursday, June 6
2 to 3:30 p.m.

Join us for the first event
in our annual Summer
Enrichment Series, open
to ALL Senior Advantage
members. Cool down and
enjoy an afternoon of fun!
(Lunch not included)

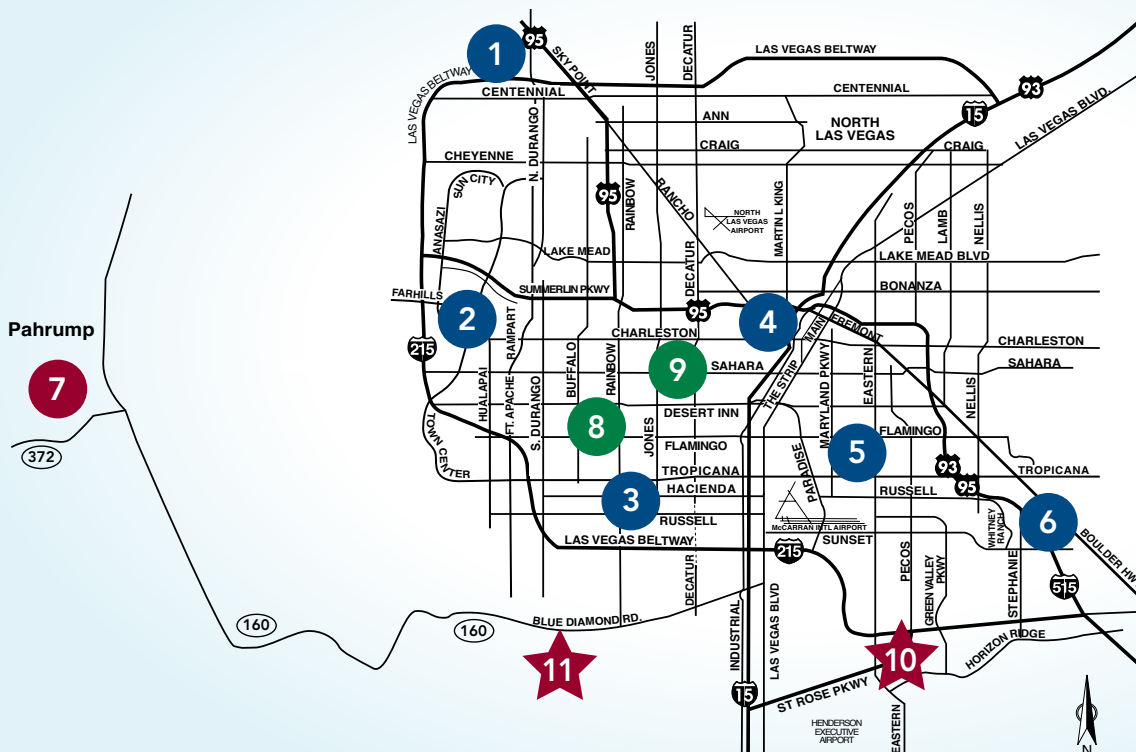


Call 702-853-3008 if you
need a replacement card.

For information on other
Valley Health System
community events, visit
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 Hualapai
- 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
- 8 Spring Mountain
Treatment Center**
7000 West Spring Mountain Rd.
- 9 Spring Mountain Sahara**
5460 West Sahara Ave.
- 10 ER at Green Valley Ranch**
(an extension of Henderson Hospital)
2581 St. Rose Parkway,
Henderson
- 11 Coming Summer 2019!
ER at Blue Diamond**
(an extension of Spring
Valley Hospital)



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on Facebook



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