



Capital Medical Center's

News to You

Feb/Mar 2011

Happy Birthday!

To all employees who are celebrating their birthday in February and March, Happy Birthday!

Don't forget to attend the monthly birthday luncheon hosted by our "O" team (Operations Team).

February's celebration will be Thursday, Feb. 10th from 11:30 to 12:30p.m.

March's celebration will be held on Thursday, Mar. 10th from 11:30 to 12:30p.m.

Come enjoy a great lunch prepared especially for this special day by our dietary department. Spend time getting to know fellow employees you may not have an opportunity to talk with.

If you can't make it in your month, come to the next one! Please let HR know if you are attending so we can ensure there is plenty of food!



People

Shining Stars

Please join us in congratulating our November & December 2010 and January 2011 Shining Star winners!

NOVEMBER 2010

- KRISTA GUYLL, Surgery
- JUAN OLVERA, Dietary

DECEMBER 2010

- CAREY FLANNERY, Respiratory
- NATASHA MANGUS, Pharmacy

JANUARY 2011

- DEASHUNDA WILLIAMS, Ambulatory

Each of these wonderful employees will receive \$100 in their next paycheck. They are eligible to win the Brightest Star Award (Employee of the Year) at our annual Christmas Party. The award is in the amount of \$2,000. If you know someone who is deserving of the Shining Star honor, please don't forget to nominate them.



Pictured L to R: Lisa Moylan, CNO, Shining Star Deashunda Williams, RN, and Gay Durward, RN

Congratulations Everyone!

Pharmacy News



An Le, Pharm.D, recently attained the level of Board Certified Pharmacist in Pharmacotherapy!

There is an extensive testing and preparation process for this prestigious honor and perhaps even more grueling, An had to wait over six weeks for the results! This distinction comes from the Board of Pharmacy Specialties, an organization based in Washington, DC, who certify pharmacists in five specialty areas: Nuclear pharmacy; nutrition support pharmacy; oncology pharmacy; psychiatric pharmacy; and pharmacotherapy. As of 2010, there are a total of 10,446 international Board Certified Pharmacists, of which over 7700 are specialized in Pharmacotherapy.

An's credentials now are correctly tated as An Le, Pharm.D, BCPS. Let's all give her a hearty congratulations for this great achievement and for her professionalism and dedication here at CMC.

People

February & March Birthdays

The following employees celebrate a birthday in the months of February and March.

LORIE B. BROWN	PAULA P. CHAMBERS
KARLYN S. BUTTELO	KAROL R. GUM
JENNIFER L. FAHRNKOPF	RAGINA MARTIN
JUDY K. HOWARD	SHARON J. OLSON
LAURA L. GIGER	ANNA M. KUMMER
LAURA BOND	STEPHANIE F. RIEGER
JUDY A. MONROE	PAMELA A. ROWLAND
KRISTI S. DIERKS	GILBERT ASOMANING
THOMAS A. WILLIAMS	VERELLEN, DENNIS
CYNTHIA L. LUELLEN	JEANNETTE B. REMUND
ADELA S. J. CHUA	DANA M. HADDOCK
DARCEL S. MENZIES	PEGGY MADDEN-O'BRIEN
REBECCA S. CADDELL	MONICA BISWELL
JAMIE M. HINTON	MELINDA HARRIS-MOULTON
JANET SANDERS	KERI A. SEYMORE
MICHELE D. MATSUDA	CHAD D. STOM
KEHINDE RUFAI	LAURA K. RAYKOWSKI
COLETTE RUSH	TERESA J. KOVACS
MARY L. MARTENS	THOMAS P. ATKINSON
LAURINDA R. ELGIN	MATTHEW J. MURILLO
SANDRA A. BAKER	DEBRA L. THOMPSON
CATHERINE R. ENGLUND	MARY J. BERBISCO
VICTOR A. SCHINZEL	AMY L. BURBIDGE
SYLVIA SWANSON	MALINDA LAABS
ALICIA M. VAUGHN	MICHELLE A. HICKS
TONYA L. BOSSARD	DENNIS KNIGHT
LEONA A. COOK	RENAE L. WOLFE
MARIE S. LYONS	DEBORAH L. DANFORD
MARGARET L. SCHULTZ	ERIN L. RENSCHLER
ASHISH SHARMA	KATHERINE D. MACMILLAN
ANGELA R. SWINHART	LAURIE J. ROCKWELL
SUSAN MCDONALD	SCOTT J. WARNKEN
JANET E. SCHADE	LORI GENSON
NICHOLAS C. SCHEIB	CHANDRA JANSEN
SCOTT E. SEYMORE	RACHEL N. JORDAN
ELIZABETH FORMAN	CHRISTOPHER A. CANNON
JAMES C. BERLING	RAINA E. FREDERICKSON
KENNETH G. BIANCHI	JUDY J. MILLER
SARAH M. HOY	FREDRICK M. AMES
JENNIE M. WARREN	COLLEEN CLEMENT
MELISSA SAIZ-MATHENY	CAREY N. STANTON
CONNIE C. HICKMAN	MARIA J. VALDEZ
MARJORIE E. MILLER	

Capital Medical Center Welcomes New Chief Operating Officer

Capital Medical Center is pleased to announce that Dana Rice has joined the Capella family of hospitals on 2/14/2011 as Chief Operating Officer (COO) of Capital Medical Center. This is a new position for Capital, created because of the growth the hospital is experiencing and the planned launch of new service lines. Dana will be overseeing the buildout of the new diagnostic imaging center, assisting with the start up of the neurosurgery program, and assuming several operational responsibilities.



Dana Rice, COO

Dana moves to Olympia, WA, from Lake Havasu, AZ, where she has been Chief Nursing Officer for Havasu Regional Medical Center since October of 2008, serving for part of that time also as interim COO. Prior to this, she served for more than four years as CNO for Valley View Medical Center, also in Arizona. Before moving to Arizona, she worked in a variety of leadership and staff positions throughout North Carolina and Kentucky. She has a wealth of experience, including having served as a Chief Compliance Officer, opening a newly constructed hospital, developing new service lines, negotiating contracts, and leading customer service and physician outreach initiatives.

Dana earned her Master's Degree in Healthcare Administration from AT Still University in Kirksville, MO, where she was a "Top GPA Award" recipient. She earned her Bachelor's of Science degree from Western Carolina University in Cullowhee, NC, where she graduated Summa Cum Laude. She has been a Registered Nurse since 1990 and a Certified Case Manager since 1998.

We are delighted that Dana has chosen to join us, and look forward to her significant contributions. I know you'll join me in giving her a warm welcome to Capital and to the Capella family.



STAFF EDUCATION

February 14th

Basic EKG:
1000-1600 Pavilion
(sign up by mox to Chandra Jansen)

February 17th

Workplace Violence:
0730-0845 Pavilion

February 17th

Work Place Violence:
1200-1315 Pavilion

February 22nd and 23rd

New Hire Nursing Orientation:
0800-1630 Pavilion

February 24th

OR/PACU/CS & ICU Neuro Surgery
Equipment Fair
0630-1700 Classroom

February 25th

0700-1400
Stroke Education presented by Kasey Hanson of Genentech. Classes start every hour. Please sign up on the sign-up list in your department. Required for ED, ICU, CP, CM, House Supervisors, Radiology, and IR/CCL.

February 28th

Moderate Sedation:
1400-1700 Pavilion
Sign up in your department.

Neuro Education due by
February 28th for ICU, OR/PACU, and CCL/IR.

March 3rd

1400-1700 Classroom
HDR (high dose radiation) presented by Susie Bissionette from Tacoma Radiation. Classes start every hour and last about 45 minutes. Required attendees: Ambulatory, OR, CS, PACU, CCL and IR, Rad Therapy.

March 7th & 8th

0900-1500 New Classroom
Post operative care of the Neuro surgery patient.
ICU, and PACU staff must attend two part class on the 7th and 8th or the 12th and 13th.

March 12th & 13th

0900-1500 Classroom
Post operative care of the Neuro Surgery patient.
ICU and PACU staff must attend two part class on the 7th and 8th or the 12th and 13th.

March 29th and 30th

New Hire Nursing Orientation:
0800-1630 Pavilion

April 14th

Workplace Violence Training:
0730-0845 Classroom

April 14th

Workplace Violence Training:
1200-1315 Classroom

April 26th and 27th

New Hire Nursing Orientation:
0800-1630 Pavilion

CMC Upcoming Hospital and Community Events

West Region EMS Conference

A team of CMC employees will have a booth showcasing our cardiac and emergency services. The conference is on Friday and Saturday, February 25th and 26th in Ocean Shores. Go Team CMC!

Levi Days are Feb. and Mar. 25th!

CMC's Levi Days will be the 25th of both February and March 2011. Levi badges can be purchased in administration beginning the Wednesday before each Levi Day.

April 6th, 2011 is the Puget Sound Blood Center - Blood Drive hosted by Capital Medical Center

The bloodmobile will be at CMC from 12:30-3:00pm accepting blood donations. We had 14 donors at our blood drive on Feb. 2nd. Great job everyone!

Leprechauns & Luck of the Irish

The EAC is planning fun around St. Patrick's Day in March. Stay tuned! If you are interested in joining the EAC and coordinating fun events for our staff, please contact HR at ext. 4712.

Community Contributions

December 2010 and January 2011

- Economic Development Council
- Adopt a Family Project
- United Way
- Big Brothers, Big Sisters of SWWA
- Olympia Downtown Association
- Relay for Life - American Cancer Society
- Community Youth Services
- West Region EMS

Service

Wireless Internet Services Now Available at Capital Medical Center

Capital Medical Center is now WI-FI capable! Wireless internet has been installed in all areas on the hospital to include the cafeteria, waiting areas, and patient rooms. This service is of great benefit to our patients and their families.

In other Information Technology Department news, Capital Medical Center's connection speed will be three times (3X) faster with an increase in our band width effective March 2011. For questions, please contact the IT Help Desk at (360) 704-4733.



Patient Room Service

CMC is excited to announce that we will soon be offering patient room service! When the transition is complete, patients will be able to select their meals from a restaurant-style menu that is unique to their individual diet order. Dietary staff members will take the patients' order over the phone, cook the food to order, and deliver the meal directly to the patients' room within 45 minutes. This program will offer our patients greater control over the timing of their meals, better quality food, greater menu variety and individualized meal plans. In addition, patients are expected to have better food intake with less food waste. The room service program is projected to be up and running by September 2011. **Stay tuned for more details!**

SEEN & HEARD:

February is Heart Health Month! In recognition of Heart Health Month, CMC staff were encouraged to wear red in support of heart disease in women on National Go Red for Women Day, Friday, February 4th. Heart Disease is the NO. 1 cause of death among women ages 20 and over, killing about one woman every minute. Our hallways were filled with red in support of this noteworthy cause.



In other heart related news, the Employee Activity Committee has been revived. The February fund-raising event, just in time for Valentine's Day, provides staff with the option of treating their co-workers to a candy or cookie gram. Each treat gram is a mere \$1 and will be delivered on Valentine's Day. If you missed this event, no worries! Additional opportunities to participate in fun activities are still in the works. With St. Patrick's Day, Easter, and Hospital Week in the near future, there should be plenty of food, fun, and festivities for all. If you are

interested in more information on how you can be involved with the Employee Activity Committee, please contact Human Resources at ext. 4712 or send an email to janet.sanders@capellahealth.com.



Dr. Wolfe joins Olympia Multi-Specialty Clinic

Dr. Christopher Wolfe, Board Certified in General, Interventional, and Nuclear Cardiology, has joined Olympia Multi-specialty Clinic on Olympia's Westside effective January 1, 2011. Dr. Wolfe has practiced medicine in Olympia since 1997. He joins physicians Philip Berger, James Julin, Harton Smith, Jimmy Swan, and John Waggoner. His new office is located at 406-A Black Hills Lane SW, Olympia, WA 98502. Appointments may be made by phoning his office at (360) 754-1737.

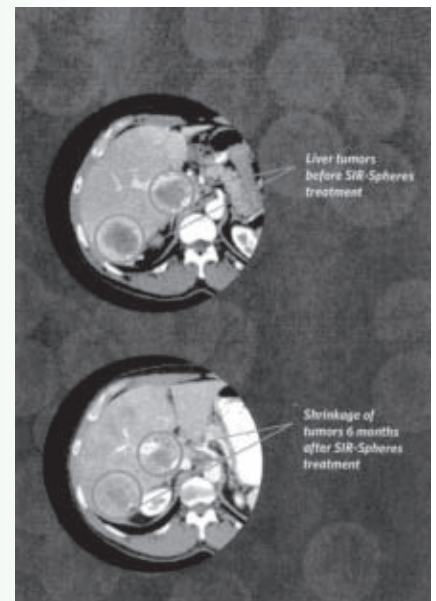
Selective Internal Radiation Therapy

A New Treatment Option for Hepatic Metastases from Colorectal Carcinomas

Capital Medical Center is now offering Selective Internal Radiation Therapy (SIRT) for treatment of metastatic colorectal cancer.

Colorectal cancer is one of the most common malignancies with 140,000 new cases being diagnosed annually in the United States. In the US, the vast majority of patients (up to 70%) with colorectal cancer eventually have metastases to the liver. SIRT, a promising treatment option for patients with inoperable hepatic metastases involves the introduction of yttrium-90 (Y-90) labeled microspheres into the liver via a catheter. Treatment is administered on an outpatient basis by a team of interventional radiologists and radiation oncologists, and side effects are generally fewer than with alternative treatments.

Because liver tumors tend to be hypervascular, the radioactive microspheres are injected into the hepatic artery and carried by blood flow to the tumor. Once trapped within the capillaries supplying the tumor, the microspheres irradiate the cancer cells while the normal liver tissue remains relatively unaffected. Yttrium-90 has a half-life of approximately 2.5 days which means most of the radiation is delivered (over 97%) in the first two weeks following treatment. Since the microspheres are delivered directly to the tumors, a larger dose of radiation is delivered locally which would not be possible with conventional external beam radiation.



Capital Medical Center's SIRT Team has successfully treated patients with Selective Internal Radiation Therapy. CMC is the only medical facility providing this treatment option between Seattle and Portland. Additionally, the procedure is covered by most insurance companies including Medicare. For questions or additional information on this treatment advantage, please contact Capital Radiation Therapy at (360) 596-4872.



CMC welcomes Dr. David Marsh & opens Capital Urology

Doctor David Marsh has joined Capital Urology; a new urology clinic on Olympia's Westside.

Marsh recently relocated from Barstow, California where he was in private practice. He is a graduate of Massachusetts Institute of Technology in Cambridge, Massachusetts and John Hopkins School of Medicine in Baltimore, Maryland. He completed his Internship and Residency in Urology at New York University Medical Center in New York, New York. Capital Urology began seeing patients on Monday, January 17th, 2011. The clinic is located at 412-C Black Hills Lane Southwest, Olympia, and is currently available for scheduling consultations by phoning (360) 956-2565. Capital Urology is a part of the Capital Medical Center family of clinics.



Dr. Yamamoto joins Olympia Orthopedic Associates & partners with CMC to develop a Neurosurgery Program

Board-certified neurosurgeon, Dr. Yoshihiro Yamamoto has recently joined Olympia Orthopedic Associates effective February 28, 2011. As CMC initiates its neurosurgery service line, Dr. Yamamoto will play a key role in the development of this program along with another neurosurgeon, Dr. Ryan Halpin, who will join the practice in Summer of 2011. Dr. Yamamoto provides a full spectrum of general neurosurgery, including brain and spine procedures. His expertise will be a great asset to Capital Medical Center. He is accepting new patients. His office phone number is (360) 491-4211.



Lunch and Learn Series

As Capital Medical Center continues to exhibit growth and launch new services lines, educational opportunities become available. We are fortunate to have Doctors Yoshihiro Yamamoto, Neurosurgeon and Kevin Connolly, Neurologist, offering a series of lunch and learns in coming months. These lunch and learns are available by sign-up. Sign-up sheets were made available to select departments by the education department. If you are unsure of whether you can attend the series, please contact Kim Metz, Education Director at ext. 1872. The following lunch and learns will be presented:

Wednesday, March 16th **Noon-1:30pm**

4th Floor Pavilion Classroom

Presented by: Dr. Yoshihiro Yamamoto

Brain Drains

Caring for the Post-Operative Neuro-Surgery Patient

Wednesday, April 13th **Noon-1:30pm**

Main Classroom

Presented by: Dr. Kevin Connolly

Stroke

Wednesday, May 11th **Noon-1:30pm**

Main Classroom

Presented by: Dr. Kevin Connolly

Seizures



Please join us in welcoming the following new employees to Capital Medical Center:

DECEMBER

ELNA L. BENOIT
BRIAN NICHOLSON
NATHAN R. QUINLAN
KENNETH C. MURRAY
TYSON S. ROWLAND
JOVELYN B. CHRISTENSEN
RACHEL N. JORDAN

JANUARY

KEHINDE RUFAI
THERESA M. WU
BRENDA R. BERTSCH
TERRI R. TAGOAI
DUSTIN HINKLE-ANDERSON
TAMMY J. NALE
EDWARD B. PEREZ

Finance

What a great year from a growth and financial perspective for Capital Medical Center

We did it! We grew the business not only to exceed prior year performance, but we also exceeded the budgeted expectations.

Here are a few of the notable accomplishments:

- * We had 9 % more admissions this year than last year.
- * We grew our Emergency room visits by 5%.
- * We delivered 7 more babies than last year.
- * We performed 56 more Inpatient surgeries, and 323 more Out patient surgeries.
- * We treated a sicker population of patients as our intensity was up 4% as measured by case mix. An increase of 173 more ICU patients was additional evidence of a sicker population.
- * We performed 171 more cath lab procedures.

And the list goes on and on. What a great year!

While we are very excited about the 2010 accomplishments, we are even more optimistic about the our future. Here is just a snippet of what we look forward to accomplishing by the close of 2011:

- * We will have grown the admits 4% more.
- * We will have 2% more Emergency room visits.
- * Our Operating room will be about 5 % busier .
- * We will spend over \$1 Million in routine capital purchases.
- * We will open the new Outpatient Diagnostic Imaging Service. This service is going to be a great addition to our medical campus.
- * We will add a neurosurgery program and have two neurosurgeons join our medical staff.

As all of these initiatives come together, we will be able to deliver excellent care to the patients who rely on us. We will continue to be a strong economic force in our community, and provide new jobs and stable employment for our staff.

Quality

Please join us in congratulating AIDET card winners for December & January.

Movie ticket winner for December

* Marie Duran

Movie ticket winner for January

* Dan Dana

*Thanks for your
commitment to
Service Excellence!*

All who received an AIDET card and a treat for December

- * Anna Lamboy-Mann
- * Janice Toal
- * Krista Guyll
- * Alison Zassenhaus
- * Justin Yeager
- * Ray Norton
- * Chuck Gabel
- * Cindy Dixon
- * Sherry LeDuc
- * Angi Swinhart

All who received an AIDET card and a treat for January

- * Victor Schinzel
- * Renee Halverson
- * Susan Fenton
- * Julie Gill
- * Michelle Blanchard
- * Janis Walter



Cardiac and Stroke Certification

"Time is brain, time is heart muscle"

With these words as impetus, the Washington State Department of Health has embarked on a process to certify ALL hospital Emergency rooms that care for patients with symptoms of Strokes and Heart Attacks.

A study that was conducted throughout the state beginning in 2006 found that there was a tremendous variety in the quality of stroke and cardiac care in different area of the state. This is due to the differences in skill and resources that exist in large, small, urban or rural hospitals. A workgroup was formed and standards were written for the treatments and protocols necessary to save "brain and heart tissue" wherever in the state these life threatening events occur. With the recognition that all hospitals would not have the expertise to treat all severities, criteria was established for different levels of care that could be provided.

A call went out to the hospitals in Washington to submit applications by January 31, 2011 for the level of certification they could safely provide optimal treatment. CMC has applied for Level 1 Cardiac and Level 2 Stroke certification. The certification list will be announced in April and effective in June of 2011 after which time EMS will direct ambulances only to certified hospital emergency departments.

We are convinced that CMC is a vital part of the statewide team that can save lives and reduce disability by getting patients to the right place, in the right time, for the right treatment.



Straight from the comment box to you on CMC's orthopedic services...

I would recommend this hospital and tell everyone how the service was excellent. Peggy was with me when anything came up. Her great care of me will always be remembered.

Pamela, total knee replacement patient

I would recommend this hospital for joint replacement especially because of the RNs. I cannot say enough about how great they treated me and made me feel. I have never had better nurses! They were wonderful.

Elizabeth, hip replacement patient

Lisa Miller, Peggy, Daphne, Rose, Kathy, Gayle, Becky, and Cheryl were outstanding in covering all my needs during my stay at Capital Medical Center. I could not have asked for better care.

Chris, total knee replacement patient

