



Capital Medical Center's

Medical Staff News

1st Quarter - 2011

Meeting Calendar 1st Quarter 2011

JAN

1st- New Year's Day
 5th- Board of Trustees
 6th- Perinatal Committee
 10th- Tumor Board
 12th- Cancer Committee
 17th- Tumor Board
 18th- Capital Circle of Care
 19th- Quality Improvement Council
 20th- Department of Medicine
 24th- Tumor Board
 26th- Credentials Committee
 27th- Medical Executive Committee
 31st- Tumor Board

FEB

2nd- Board of Trustees
 7th- Tumor Board
 9th- Cancer Committee
 10th- Department of Surgery
 14th- Tumor Board
 15th- Capital Circle of Care
 16th- Quality Improvement Council
 23rd- Credentials Committee
 24th- Medical Executive Committee
 28th- Tumor Board

MAR

TBD- General Medical Staff Meeting
 2nd- Board of Trustees
 7th- Tumor Board
 8th- Department of Medicine
 9th- Cancer Committee
 14th- Tumor Board
 15th- Capital Circle of Care
 16th- Quality Improvement Council
 21st- Tumor Board
 23rd- Credentials Committee
 24th- Medical Executive Committee
 28th- Tumor Board
 30th- Doctor's Day

People

2011 Medical Staff Officers

Debra Johnson, MD - Chief of Staff
 Robert Mason, DO - Vice Chief of Staff
 Carl Ott, MD - Immediate Past Chief of Staff
 Austin Lampert, MD - Chair, Department of Medicine
 Todd Woltman, MD - Chair, Department of Surgery

2011 Committee Chairs

Robert Hipp, MD - Chair QIC (Quality Improvement Council)
 David Deitz, MD - Chair Credentials
 Curtis Reinke - Chair P&T (Pharmacy & Therapeutics)
 Laurel Dickason, MD - Chair Perinatal
 Steven Standaert, MD - Chair ICC (Infection Control Committee)

Meet the new Chief of Staff

Dr. Debra Johnson has been named Chief of Staff at Capital Medical Center effective January 1, 2011. Dr. Johnson joined South Sound Women's Center as an Obstetrician and Gynecologist in 1999. A native of Richland, Washington, she graduated from Pacific Lutheran University in Tacoma, Washington and the Medical College of Virginia in Richmond. Dr. Johnson completed her internship at the National Naval Medical Center in Bethesda, Maryland and then served the following four years in the Navy stationed in 29 Palms, California and Bremerton, Washington. She is married and has an eleven year old son.



People

Spotlight on Primary Care

Doctor Daniel Katz is a Family Medicine physician located in Black Hills Medical Park. He has been in private practice since 2005. He was previously employed with a group of Family Physicians in the Tacoma area from 2001-2005. He is a graduate of Des Moines University Osteopathic School of Medicine in Des Moines, Iowa. He attended Humboldt State University in Northern California where he majored in Philosophy. In addition to general Family Medicine, Doctor Katz also sees patients with spinal issues and performs Osteopathic Spinal Manipulation. He has an interest in wellness and prevention. He is known for taking time with patients and for being a compassionate clinician. His personal interests include fitness, cycling, cooking, literature and music, especially classical and jazz. He is married to Kalee, an artist and a 6th grade science teacher. His son Josh is in 8th grade at Reeves Middle School.

Doctor Katz is accepting new patients and his office takes most insurances. The office may be reached at (360) 705-1015.



*Doctor Daniel Katz
Family Medicine*

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!**

 Growth

**CMC welcomes
Laura Raykowski**



Laura Raykowski, ARNP, joined Elma Clinic in October 2010. She is a graduate of Pacific Lutheran University and has been a nurse practitioner for six years. Laura provides full-service primary care with a special interest in pediatric care and chronic illness. Elma Clinic is accepting new patients and most insurances. The clinic can be reached at (360) 482-5298.

**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.



**ZEVALIN THERAPY
Available at Capital Radiation Therapy**



Dr. Randy Sorum administers the Zevalin Therapy injection at CMC.

What is Zevalin? And how does it work?

Zevalin Therapy is a specific type of radiation treatment that is administered through a simple injection and proven to be highly successful treatment for patients with a low-grade incurable lymphoma. It works hand in hand with Rituxan, a monoclonal antibody, in addition to chemotherapy. When a patient receives Rituxan the patient is given a body scan to ensure the antibody adheres to the cancerous area(s). The Zevalin is then administered a week later. The patient has minimal follow up to include a visit with their oncologist and a periodic CT scan to check for evidence of tumor relapse. Current data shows that Zevalin will give identical results to chemotherapy causing prolonged remission of this type of tumor; however, there are far fewer side effects on both a short-term and long-term basis.

This past August, Capital Radiation Therapy successfully treated their first patient with Zevalin Therapy. Deborah Barker, a patient of Doctors Robert Witham and Randy Sorum, was diagnosed with Follicular Lymphoma in late 2006. Initially she was treated with aggressive chemotherapy; but her body handled the chemotherapy poorly and living in Port Angeles made traveling for 6 to 12 cycles of chemotherapy extremely difficult. Because Zevalin has been proven successful in treating her type of lymphoma, it was determined that Deborah was an excellent candidate for this type of radiation therapy. Deborah is doing wonderfully! Her six week (post Zevalin) follow up showed that she is currently not exhibiting treatment related symptoms, nor is there evidence of disease. Capital Radiation Therapy may be reached by phoning (360) 596-4872 and Capital Oncology may be reached at (360) 753-4700.



Welcome!

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.

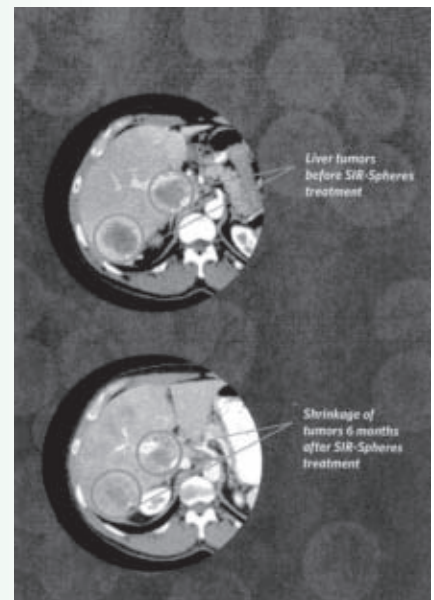
Selective Internal Radiation Therapy

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.



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

Surgical Care and Outcomes Assessment Program

The Surgical Care and Outcomes Assessment Program (SCOAP), with support from Capital Medical Center and Sanofi-Aventis, held a very successful and educational Regional Dinner Meeting at Anthony's Home Port on November 15th. The event was well-attended by hospital administrators, department managers, physicians, and surgical staff from our facility, as well as Providence St. Peter Hospital, Grays Harbor Community Hospital, Mason General, Madigan, Group Health, and the University of Washington.

SCOAP, which is a program of the Foundation for Health Care Quality, is the future of surgical quality improvement. The goal of the program is to improve processes, outcome measures, and costs by preventing re-operations, postoperative complications and death in surgical patients. Guest speakers for the dinner meeting included Dr. Dave Flum (SCOAP Medical Director), Dr. Ellen Farrokhi (Vascular SCOAP Leader) and Matt Kreskin, Pharm.D (Sanofi). In addition to overviews and progress of the program, one topic of interest was the glycemic management of patients during surgery. CMC is very proud of our participation in the SCOAP Program!

