

WINTER 2020

North Valley Hospital

NEWSLETTER



Come learn more about NVH, our employees, and our services:

UPCOMING TOWN HALLS

MARCH 4TH 7 PM
TONASKET COMMUNITY CULTURAL CENTER

MARCH 5TH 7 PM
OROVILLE SENIORS CENTER

2019 FINANCIAL FOOTPRINT

- 234 Employees
- \$10,300,283 annual payroll
- \$1,259,304 of funds come from District tax support

You have a choice
to have your
healthcare provided
locally!
Ask for NVH!



TONASKET FAMILY MEDICAL CLINIC:

NVH has expanded services by opening the Tonasket Family Medical Clinic. NVH's family clinic is currently offering same-day or next-day appointments while it builds a panel of patients. Tonasket Family Medical Clinic (TFMC) is temporarily operating out of the hospital as the District begins a remodel of the first floor of the Verbeck building adjacent to NVH Rehab.

TFMC is an in-network clinic for most insurances and can transfer your health record from other clinics. The clinic stresses whole-family health care, including wellness check-ups and illness-related visits with next-door access to hospital services if needed.

Open Monday-Friday, 8:30 am to 4 pm, the clinic is currently staffed by Dr Gant, Mike Oberg, RN, clinic manager, Andrea Fields, MA, and Jill Crowfoot MA. Recruitment for a full-time physician is ongoing.

Call 486-3191 to Schedule an Appointment



DR. ROSIE DHILLON:

This fall, a new general surgeon to Okanogan County, Dr. Rosie Dhillon, began sharing her time and practice with Brewster's Three Rivers Hospital and NVH as part of the collaboration between the two critical care access hospitals.

Dr. Dhillon has completed a 5-year residency at the Mayo Clinic plus another year at Virginia Mason Medical Center, Seattle. An active member of both American College of Surgeons and Association of Women Surgeons, Dhillon has also received various academic awards, has published medical research and has lectured across the USA.

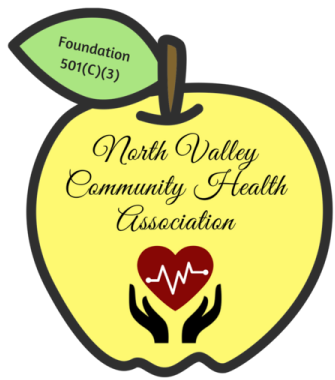
General surgeries, including laparoscopic surgeries covering gallbladder, appendices, hernia, cyst removals, biopsies, gastric band removals, and rectal procedures including colonoscopies, are all provided by Dr. Dhillon at NVH.

Dr. Gant:

On January 6th, Dr. Gant joined the clinic in an interim capacity. Dr. Gant brings extensive years of experience and has worked in Washington, Alaska, and Canada. He and his wife enjoy exploring new areas, and he is excited to be here.

Foundation:

The fund-raising support arm of NVH is the North Valley Community Health Association (NVCHA), a 501c3 non-profit. The past few years, more than \$130,000 was spent to pay for, a wheelchair accessible spa tub, furniture, and specialized beds that lower to the floor to prevent extended care patient injuries that would otherwise result from falling out of bed. NVCHA is focused on improving health care for all North Okanogan County residents.



That wonderful handicapped-accessible bus that is seen in parades, transporting up to 3 wheelchairs and nine others for day trips or specialized medical treatments out of the area is wholly funded and maintained by NVCHA. Scholarships for Oroville and Tonasket graduates entering the medical field, or those continuing their medical education are awarded yearly in the hopes of encouraging qualified health care workers to return to our area.



Recently a \$100,000 grant was awarded to NVCHA to help with the boiler system upgrade. Because of these fund-raising efforts, grants, and investments combined with dedicated, energetic people with fresh ideas made these projects happen, NVH is proud of their Foundation.

New members are always welcomed. To join, contact, in Oroville: Salley Bull 509-560-3624; or in Tonasket, Dixie Brown 509-557-9040.

In addition to making donations directly to NVCHA, the Foundation has partnered with the Community Foundation of North Central Washington (www.cfncw.org). Search for: North Valley Community Health Association.

Learn more at www.nvhospital.org/nvcha



Wellness Corner:

Are you 65 years or older, and why does keeping up with your vaccines matter?

Vaccines are especially important for older adults. As you get older, your immune system weakens, and it can be more challenging to fight off infections. You're more likely to get diseases like the flu, pneumonia, and shingles – and to have complications that can lead to long-term illness, hospitalization, and even death.



The flu causes 58% of all hospitalizations. Of the patient that die from the flu 85% are 65 or older.

Approximately 18,000 adults 65 and older die each year from pneumococcal related diseases. About half of all shingles cases are in adults age 60 or older. The risk increases as you age, and you can get shingles more than once.

The Centers for Disease Control and Prevention (CDC) current recommendations for people 65 years and older include:

Yearly high-dose flu vaccination designed for people 65 and older. One-time pneumococcal vaccination: Pevnar 13, followed by Pneumovax 23 one year later. (Provides 75-85% protection, yet only about 18% get both vaccines.)

Two doses of Shingrix 2-6 months apart for healthy adults 50 or older, even if you have already had shingles or previously received the older vaccine, Zostavax. (More than 90% effective in preventing shingles per CDC)

CDC also recommends that you have one dose of Tdap (tetanus, diphtheria, and pertussis), especially if you will be in contact with infants. After that, get a tetanus booster every ten years.

Staff at North Valley Hospital District are ready to help you with recommended vaccinations and other care for your wellness. Most recommended vaccinations and the Annual Wellness Visit are covered by Medicare.

NVH 2019 Community Needs Assessment:

To better serve our neighbors, NVH completes a Community Health Needs Assessment (CHNA) every three years in partnership with regional health providers. The CHNA stresses the changing needs of health care in our area and helps hospitals and clinics in their planning to better serve our public.

The 2019 report found five focus areas that NVH seek to address:

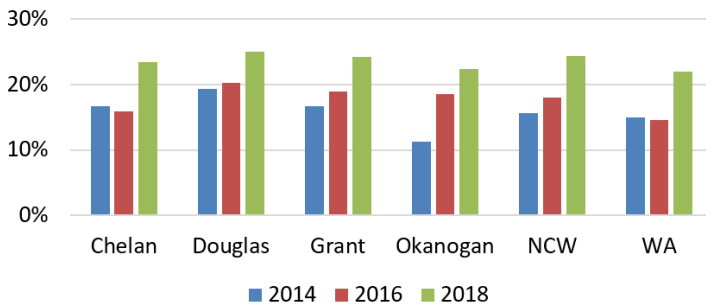
1. Access to Care
2. Affordable Housing
3. Chronic Disease Management
4. Education
5. Substance Abuse

To identify focus areas the report compared the residents of Okanogan County with the State of Washington as a whole, surveyed over 5500 residents, conducted focus groups with stakeholders, and completed an exhaustive data analysis.

The full report is available at nvhospital.org/CHNA but a few items are worth highlighting:

- Residents of Okanogan County tend to be older and poorer than the rest of the state with nearly 48% of the population 45 years or older and with 21% 65 years or older.
- County-wide 21% live below the Federal Poverty level – compared to 12%, state-wide.
- Drug use, alcohol abuse and poor eating habits, were identified by survey respondents as “most important unhealthy behaviors.”
- In the survey of our county’s 6th graders, which asked them, “Have you ever seriously thought about killing yourself?” Twice as many responded “yes” in 2018 as did in 2014.

Percent of 6th Grade Students Who Answered Yes to the Question "Have you ever seriously thought about killing yourself?"²



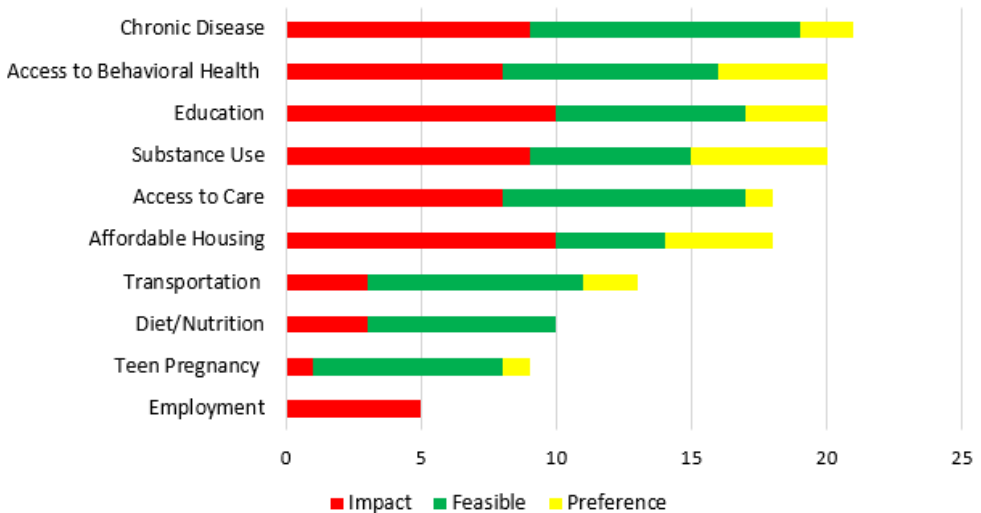
The aging of the local population and its higher level of poverty than the rest of Washington bring significant challenges that need to be addressed. An increased focus on access to behavioral health services is needed even at the adolescent level, and the difficulty of accessing primary care is a contributing factor to health issues.

The following chart briefly shows what the respondents surveyed thought were the most important health problems that impact their communities. The listed issues are Mental Health problems, Overweight/obesity problems, access to healthcare, and opioid abuse problems. It compares Okanogan County with North Central Washington, and it also shows neighboring Chelan, Douglas and Grant Counties. The North Central Washington section totals the aggregate tallies of each category, such as all opioid abuse, and it realigns the importance of these problems for the whole region.

North Central Washington	Okanogan County	Douglas County	Grant County	Chelan County
1. Mental health problems	1. Opioids	1. Mental health problems	1. Overweight/obesity	1. Overweight/obesity
2. Overweight/ obesity	2. Mental health problems	2. Overweight/ obesity	2. Mental health problems	2. Mental health problems
3. Opioids	3. Access to healthcare	3. Opioids	3. Opioids	3. Opioids

These are large and systemic problems that will require the focused efforts of organizations, citizens, and government but this work is foundational to understanding what areas require attention. In the coming years, NVH will strive to address these issues in our communities.

2019 CHNA Prioritized Health Needs



Thank you!

WE ARE PROUD TO BE HERE TO SERVE YOU.



ST. MARTIN'S HOSPITAL - TANASKET - WASH.