

For Your HEALTH

Committed to the Health & Well-Being of El Dorado County

SPRING 2018



LEAVE A LEGACY

For Future Generations



MARSHALL
MEDICAL CENTER

It's about you

- ▶ National Quality, Local Care
- ▶ Robot Technology at Marshall
- ▶ Battling the Opioid Abuse Epidemic

SPECIAL AD SECTION

National Quality, Local Care

Marshall Receives 5-Star Rating from Medicare Agency

Congratulations are in order. Marshall Medical Center was recently given a 5-star rating – the highest possible -- by the Centers for Medicare and Medicaid Services (CMS) for Overall Hospital Quality. Marshall was the only hospital in the region (from the North State to the Central Valley and to the Sierras) to receive five stars. Marshall ranks among the top 7% of hospitals in California for Overall Hospital Quality.

“The honors belong to all providers and staff for providing quality care, which translates



into excellent patient outcomes,” said Marshall Chief Executive Officer, James Whipple. These outcomes, which are tracked and measured by external agencies, allow for Marshall to be compared with all hospitals in the nation. “This rating means Marshall stands among the best hospitals in the nation when it comes to quality,” adds Whipple.

CMS’ Hospital Compare website reports on quality measures for more than 4,000 hospitals from around the country. Visit www.medicare.gov/hospitalcompare to see how area hospitals compare with Marshall.

When Every Second Counts

Strokes can come with little warning and can often leave a lifelong impact. Two factors can affect those suffering from a stroke: knowing how to recognize the symptoms and getting to the hospital as soon as possible.

And if that hospital is a designated stroke center such as Marshall Medical Center, the chances of recovery are even better.

Saving a patient from death or long-term disability requires

timely, coordinated efforts from healthcare providers. “There’s a sense of urgency that separates strokes from other conditions,” said Ketan Ajudia, MD, an Internal Medicine physician with Marshall Medical Center.

The good news is that Marshall Hospital stands as a high achiever in stroke management, where there is a low margin for error. When a patient presents with symptoms of a stroke, the Rapid Response Stroke

Team immediately reacts: an Internal Medicine physician diagnoses the condition; an ICU nurse manages the patient’s symptoms; a clinical imaging assistant secures a CT scanner; and a pharmacist mixes the thrombolytic (aka “clot-busting”) medication.

“Strokes require different medical specialties to work together; this teamwork can create a lasting, beneficial outcome for a patient,” said Dr. Ajudia.

ABOUT MARSHALL MEDICAL CENTER

Marshall Medical Center is an independent, nonprofit community healthcare provider located in the heart of the Sierra Foothills between Sacramento and South Lake Tahoe. Marshall Medical Center includes Marshall Hospital, a fully accredited acute care facility with 125 beds located in Placerville; several outpatient facilities in Cameron Park, El Dorado Hills, Placerville and Georgetown; and many community health and education programs. Marshall has nearly 300 physicians and a team of over 1,500 employees providing quality healthcare services to over 175,000 residents of El Dorado County.

For Your HEALTH

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It is intended to provide information about health in general as well as healthcare services and resources available in El Dorado County. Information 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.

To reach the editor of For Your Health, contact Lourdes Edralin at 530-626-2675 or email ledralin@marshallmedical.org.



The American Heart/American Stroke Association recognized Marshall with a Gold Plus Quality Achievement Award & Stroke Elite Honor Roll (2015-2017)



Hospital ratings organization Healthgrades® recognized Marshall among the 5-star Hospitals nationwide for the Treatment of Stroke (2015-2018)



Primary Stroke Center – Certificate of Distinction from the Joint Commission, the nation’s hospital accreditation agency (2013-2017)

Germ-Zapping Robot Aims to Stop Infections



The strains of bacteria that cause infections like C-Diff and MRSA are as resistant as they are unforgiving. No matter how carefully housekeeping staff work to eliminate the bacteria that cause these and other Hospital Acquired Infections (HAIs), nationwide 750,000 patients are infected and 75,000 die at acute care hospitals each year.

To reduce the incidents of HAIs, Marshall Hospital recently acquired the Xenex Lightstrike robot, which employees named “Flash” for the bright pulses of UV-C light it emits to kill the superbugs.

“On top of the meticulous cleaning our housekeepers do every day, we

now have this germ-zapping robot as an added layer of protection for the health and well-being of our patients,” Housekeeping Director Kelli Williams said.

“It gives us peace of mind to know we are doing everything possible to care for our patients.”

The robot has a 99.9 percent success rate eliminating the superbugs that encounter its germ-zapping rays. “The robot levels the playing field. Our number one goal is to stop the pain and suffering caused by these infections,” added Nina Deatherage, Marshall’s Lead Infection Preventionist.

Less Is More with Robotic-Assisted Surgery

For most women, the thought of surgery for a hysterectomy is overwhelming. How long would recovery take? What activities do I need to avoid? Do I have time for this? And scars? What about scars?

Fear not. With Marshall’s da Vinci Surgical System -- a robot-assisted method of surgery—it’s possible for more than 95% of hysterectomy patients to be discharged within hours of surgery and avoid hospitalization completely.

This method of surgery requires just a small incision in the belly button and two small incisions in the mid-abdomen. With instruments precisely controlled by the surgeon, da Vinci surgical patients experience minimal scarring, reduced blood loss, recovery time and pain.

Marshall OB/GYNs Robert Carter, MD and Michelle Cherry, DO, perform da Vinci surgeries for a number of conditions including hysterectomy, fibroid tumors, adhesions and endometriosis.



Robert Carter, MD and Michelle Cherry, DO

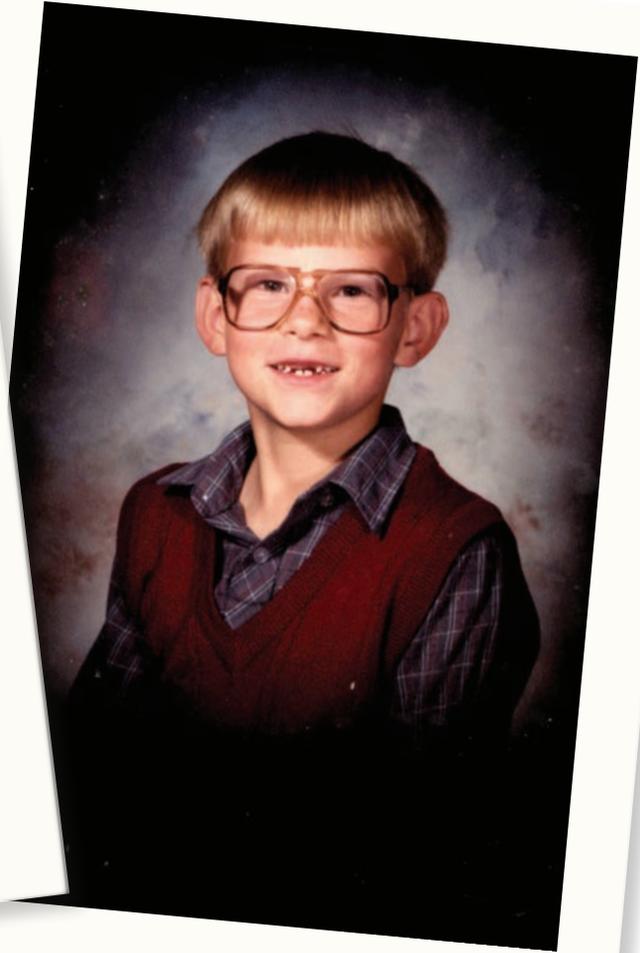
For more information on da Vinci robotic surgery for women’s health, call Marshall OB/GYN at **530-344-5470** or visit marshallmedical.org/davincisurgery.



For more information about Marshall, visit www.marshallmedical.org or follow us on [Facebook.com/marshallmedicalcenter](https://www.facebook.com/marshallmedicalcenter), twitter.com/MarshallMedical or Google+ Marshall Medical Center.



At 21-months old, Kurtis Pulley was adopted from the El Dorado County Foster Care program, severely abused and suffering from disabilities



At six years old, Kurtis attended Gold Oak Elementary School

Touched by Compassion

Remembering her most vulnerable times, author Mason K. Brown shares her story of love, understanding and what moved her to leave a legacy.

We have a tradition. On Christmas Eve, my now adult children receive autographed copies of the books I have published during the year. I then read the stories, often about them, aloud.

Last Christmas eve I read a very moving story about Kurtis. The story took place at Marshall Hospital about 39 years ago. The events changed my life...FOREVER!

When I finished reading Kurtis said, “I’ve been wondering, why would you adopt someone like me, with all my problems and disabilities? I’ve been so much work for you.”

Why, indeed, would someone adopt the most severely abused child to survive in the United States at the time of his placement? Kurtis had been abandoned by his birth parents; adopted by a biological aunt and uncle, where he was hit over the head with a chair, placed naked on hot stove burners and dipped in scalding water. Kurtis was 23 months



Forever family - Mason K. Brown and Kurtis Pulley today

old when he moved into my heart on January 16, 1978. He was 15 months old when the abuse took place.

There are so many answers to Kurtis’ question — all might be legitimate on any given day: naiveté, arrogance, desperation, fear, compassion, love, but Kurtis wanted facts. I explained the process of county adoptions in the 70’s. It wasn’t catalogue shopping, as it tends to be today; how we went through the process, then trusted God to give us the child He had planned.

In spite of my nursing background, Kurtis’ physical disabilities overwhelmed me at first. The requirements for home teachers,

“They could not possibly know the trust and faith we had in Marshall. Marshall knew Kurtis, his story and loved him.”

physical, speech and occupational therapy, plus almost daily doctor’s appointments, and the foreboding proposed surgeries threatened to pull my usually organized-self down in an undertow of activity.

But the day I walked into Dr. Greg Dixon’s office to make a first-time appointment, unaware it was the lunch hour, carrying my brand spanking new toddler wearing his heavy leg brace, both of us so tired I began to weep just asking for time on the schedule, I knew I would find the help right here in Placerville.

You see, Dr. Dixon saw me and Kurtis right then — a weeping mother and her physically and developmentally disabled child. Did I fill out paperwork? No! Did I pay a bill? No! Did anyone ever ask? No!

This kind of compassion carried over to the care we received at Marshall Hospital during Kurtis’ many stays there. We were consistently treated with empathy and understanding. While we did ask to have our employer provided insurance billed first, Kurtis also had MediCal. No one ever treated us like we were lesser, questioning our use of services. There was never any hassle over charges, copays, deductibles or fees. Sacramento friends suggested I take Kurtis to a big name hospital in the valley for his surgery. They could not possibly know the trust and faith we had in Marshall. Marshall knew Kurtis, his story and loved him. It showed.

My circumstances have changed. I am now in a position to give back. Kurtis

and I have discussed what should be done with my estate after it provides for me and continues to provide for him until the end of his life. We hope this one million dollar gift to the Marshall Foundation will allow Marshall Hospital to continue their tradition of compassion and hope.

Your Support Matters

No matter the size, your gift makes a meaningful difference at Marshall Foundation for Community Health. To learn more about leaving your own legacy, contact us at **530-642-9984** or **mfnd@marshallmedical.org**.



Mason K. Brown is a storyteller and author of inspirational non-fiction and humor

who splits her time between homes in Forest Grove and Seaside, Oregon. She grew up in San Diego County, but raised her children in Placerville and still considers this home. She spent many years in nursing then other health related careers. Since 2015, she has busied herself with her writing, a new storytelling outreach, mission trips to Guatemala and Ecuador. She continues to be actively involved in supporting her son Kurtis Pulley’s independent living. To read more stories and musings, visit **www.masonkbrown.com**.

The Art of Giving, Doing for Others

Philanthropy is defined as “the love of humankind.” In 1986, President Ronald Reagan first proclaimed a National Philanthropy Day® and communities across the globe have celebrated by hosting events to recognize those engaged in giving to others. Recently, National Philanthropy Day® was celebrated for the first time in El Dorado County in order to celebrate individuals who make our community stronger.

El Dorado County recognized and paid tribute to outstanding achievements by individuals, corporations, and youth whose generosity created significant impact on the quality of life in El Dorado County.



Taylor Smith

The Youth in Philanthropy award was presented to **Taylor Smith**, a sophomore at Oak Ridge High School. Taylor has been an active volunteer with Hands4Hope, where she has worked to provide clothing, toiletries and food for the homeless; hand made blankets for foster children, and toys for needy children.

The Outstanding Corporation in

Philanthropy went to the **Shingle Springs Band of Miwok Indians**. The Tribe makes a meaningful difference in the lives of its members, employees and the citizens of El Dorado County through financial contributions, volunteerism and community involvement.



Jim and Maureen Carter received the Outstanding Philanthropist of the Year award. Maureen has served for many years on numerous boards, including the EDC Jr. Livestock Auction, El Dorado Community Foundation and Women’s Fund El Dorado. Jim has served as president of the Boys & Girls Club, Marshall Foundation and the El Dorado County Builders Exchange,



Jim and Maureen Carter

and as a board member to many other community services organizations.

The celebration luncheon spearheaded by Marshall Foundation was presented by the Association of Fundraising Professionals and The Non-Profit Partnership - a collaboration of 10 nonprofit organizations in El Dorado County. The 2018 event is slated for November 13. For more information contact Marshall Foundation, www.marshallfound.org.

Join Marshall Foundation for Community Health for a Great Day of Golf
FRIDAY, JUNE 22, 2018
 Bob West Drive for Marshall 35th Anniversary
 Cold Springs Golf & Country Club
 Placerville
 Sponsorships Available

ENTRY FEE: \$200.00
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Benefiting the new Cancer Center Healing Garden in Cameron Park



Battling Opioid Abuse in El Dorado County

Community Organizations Get an Assist



Picture this: In 2018, the number of Americans who will die of drug overdose is projected to surpass the casualties from the Vietnam, Iraq and Afghanistan wars combined. A majority of those deaths will be opioid-abuse related.

Now declared as a national public health emergency, in El Dorado County about a dozen people die of opioid overdose each year, while many others continue to seek emergency care and require hospitalization.

Sadly, the epidemic of addiction makes a vivid anguishing impact on families and communities. Dealing with a

public health emergency also requires resources and money. It will call for laser-like business execution to be effective. That's the passion that drives the leaders of Marshall Foundation to make an impact by taking the necessary actions to save lives.

The good news is recent Community Health Grants from the Foundation provided substance abuse education totaling over \$32,000 to local organizations seeking to make a difference.

Help went to grass roots organizations like **Bipolar Insights** for classes addressing self-medication, illegal drugs and problems with drug addiction. The dual diagnosis of mental health and substance abuse is a challenging one. This grant will provide needed resources for one year

of counseling for those at high risk.

Another grant went to **El Dorado High School** to continue facilitating the Brief Intervention Program that addresses the gap between treatment need and treatment availability. The program supports the students to stay in school, and on average reduces drug use by 64% while increasing academic performance by 75%. With this grant, all El Dorado High School students are served through assemblies and other high school activities about drug and alcohol treatment prevention.

The **El Dorado Community Health Centers and Progress House** received funding to strengthen and enhance their programs reaching women recovering from substance abuse disorder.

Marshall Medical Center received substantial funding for the Opioid Treatment Program that educates physicians treating opioid dependency.

In El Dorado County, numerous agencies and individuals are working, together and independently, to raise awareness and resources to handle this tsunami of addiction. Whatever the crisis, Marshall Foundation is at the forefront to raise awareness and resources – we are strong, dependable, and resourceful in funding programs that care for people, no matter the wave of challenges. For more information on how you can help, contact the Foundation at **530-642-9984** or the website at www.marshallfound.org.



National Quality, Local Care

Recognized with 5-Star Ratings
by Healthgrades® for Superior Outcomes in:



Named Top 10% Hospital in the Nation 2016:

