

Health Connect



ANTELOPE VALLEY
HOSPITAL
A facility of Antelope Valley Healthcare District

A community newsletter from Antelope Valley Hospital

July/August 2017

The Trauma Center

*Providing Lifesaving
Care for Critically
Injured Patients*

**Mental Health Services
Expansion on Horizon**

**Rapid Response
Team Ready to
Provide Early
Intervention 24/7**



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Growing Excellence Right in Your Own Backyard

The previous issue of *HealthConnect* featured an article describing the upcoming reopening of our outpatient surgery center through a partnership between AV Hospital and a local surgery center. In this issue we're announcing the expansion of our mental health services. Combined, these two initiatives signify a renewal as well as a change for both our hospital and the overall healthcare in our community.

The renewal, of course, is our continued commitment to ensuring that local families don't need to travel outside the Antelope Valley to receive exceptional care. That has never been truer than it is today. AV Hospital is a state-of-the-art medical center offering services, technologies and staffing far beyond what would normally be found in a traditional local community hospital. This includes our incredible trauma center, which is also featured in this issue. What's more is that our 450-member medical staff includes primary care physicians, internists and specialists who have been trained at some of the best medical schools and programs in the world. You can take pride in having a hospital and trauma center like this right in your own backyard and in the indispensable role we play in the community.

At the same time part of the changing healthcare landscape demands hospitals such as ours look for new, creative ways to finance and deliver care. If there are opportunities for us to create partnerships with others who share our mission and who are equally dedicated to the healthcare needs of our community, then let's explore those and do what is best for everyone. The outpatient surgery center is the first example of the commitment that our board and leadership team have made toward this approach and toward the range of wonderful possibilities this kind of thinking might bring.

For more than 60 years, AV Hospital has grown with the community and has adapted to its changing needs. We will continue to do this in new and exciting ways as we remain dedicated to providing exceptional care exceptionally close to home.

Michael L. Wall
Chief Executive Officer

Mental Health Services Expansion on Horizon

As part of Antelope Valley Hospital's commitment to assuring that local residents don't need to travel out of the area to receive exceptional healthcare services, the hospital will be dramatically expanding its mental health programs.

The first phase will see a doubling in the number of mental health beds currently available – the hospital is licensed for 30 beds, but only 14 are in use. The hospital has already begun to design the buildout of the department to make the majority of these beds – currently held in “suspense” – operational. It is anticipated that the construction will take 8 to 12 months to complete.

Key to the expansion will be the creation of the hospital's first “open unit” for patients whose needs are less acute. Currently the hospital's mental health unit is exclusively a closed/locked unit.

“An open unit is conducive to more robust psychiatric programs, including cognitive therapy groups, mind/body sessions, and dialectical therapy that incorporates meditation and mindfulness and makes people feel empowered to affect the way they feel and behave,” said Roger Girion, Ph.D., director of AVH's psychiatric emergency services. Dr. Girion is leading the mental health expansion at the hospital.

Also as part of the expansion, a crisis stabilization program will be housed within the enlarged mental health unit at AVH. “We believe that the combination of all of these initiatives will make a significant dent in the challenges in this community and allow people to receive the care they need close to home,” said Dr. Girion.

The expansion will also impact the overcrowding of the hospital's emergency department, which currently

sees many mental health patients who would be more appropriately seen in a mental health unit. “A different environment with amenities and surroundings built with them in mind can have a significant impact on these patients,” said Dr. Girion. “At the same time it will free up emergency department beds and help with the over-capacity we now experience.”

Other plans for AVH's expanded mental health services include the creation of a psychiatric residency program with local universities, the training of community volunteers to assist in the unit, a community lecture series, increased work with law enforcement and existing local programs, and the possible creation of an adolescent and children's unit at the hospital.



Roger Girion, Ph.D., director of AVH's psychiatric emergency services

Rapid Response Team Ready to Provide Early Intervention 24/7



AVH's team is always ready to improve patient care, safety and outcomes.

Rapid response team members (from left): Amy Villaroya, MSN, RN, CCRN; Amy Coon, RN; Scotty Cannon, RN; Angel Flores, RN; Pat Pendleton, RN; and Diana Perry, RN

Most patients who have a cardiac arrest in the hospital will show signs of a declining condition as early as eight hours before the arrest.

Recognizing that intervention during those eight hours can mean the difference between life and death, hospitals across the country – including AVH – are utilizing rapid response teams to quickly evaluate and respond to deteriorating changes in a patient's condition.

Rapid response teams are different from a Code Blue team, which is called for patients who are in immediate life-threatening distress (cardiac arrest or respiratory arrest). Rapid response teams aim to prevent these life-threatening conditions from occurring in the first place.

“Patients often show signs of decline for several hours prior to a cardiac arrest, such as changes in breathing, heart rate or mental status,” says Amy Villaroya, MSN, RN, CCRN, director of critical care services at AVH. “The rapid response team seeks to keep a potentially dangerous situation from deteriorating into a serious adverse event.”

If a patient's nurse observes something that doesn't seem right, he or she can summon the rapid response team. The team, which includes nurses with advanced critical care training and respiratory therapists, is always on call at the hospital, 24 hours a day seven days a week. In minutes they can be in the hospital room evaluating a patient's condition and consulting with the patient's physician to determine whether additional care is needed.

Developing a rapid response team is one of the six recommended interventions of the Institute for Healthcare Improvement's 100,000 Lives Campaign and is a Joint Commission National Patient Safety Goal. According to statistics compiled by The Joint Commission, rapid response teams have been found to reduce non-ICU cardiac arrests by 50 percent and post-operative deaths by 37 percent.

“We have a system in place that can save lives and an exceptional team of healthcare providers who are ready to respond when called upon,” notes Amy.

Among the reasons AVH nurses can activate the rapid response team:

- Worried about their patient
- Worried about airway stability
- Sudden change in respiratory status
- Sudden change in oxygenation
- Sudden change in level of consciousness or mental status
- Sudden change in heart rate
- Sudden change in blood pressure
- Hemorrhage or active bleeding
- Seizure
- Change in urine output
- Significant changes in glucose, sodium, potassium and lactic acid levels

A large, blue hyperbaric oxygen chamber is shown in a clinical setting. The chamber is cylindrical with a large circular door on the right side that is open, revealing a patient lying on a gurney inside. The chamber has various control panels and gauges on the front. The room has large windows and a monitor on a stand in the background.

Hyperbaric Oxygen Therapy Aids in Wound Healing

This summer Antelope Valley Hospital will add hyperbaric oxygen (HBO) therapy to its treatment options in the facility's Comprehensive Wound Healing and Hyperbaric Medicine Center.

“Hyperbaric oxygen therapy promotes wound healing and can stimulate the entire body’s natural-healing responses,” explains Jones Hormozi, M.D., medical director of the center. “Patients who have tried other therapies with no results have shown great improvement with hyperbaric oxygen, which is why we are so thrilled to add this capability to the full complement of wound care options available to our patients.”

HBO is a treatment in which the patient breathes 100 percent pure oxygen while inside a pressurized chamber. The air pressure inside a hyperbaric oxygen chamber is about two-and-a-half times greater than the normal pressure in the atmosphere. This high pressure dose of oxygen helps a person’s blood carry more

oxygen to his or her organs and tissues, and that promotes wound healing. It also activates the white blood cells to fight infection.

Hyperbaric oxygen therapy may be used as part of the treatment for certain conditions, including the following:

- Non-healing wounds, such as diabetic foot ulcers
- Chronic bone infection (chronic refractory osteomyelitis)
- Injury to skin or bone as a side effect from radiation therapy
- Non-healing skin grafts and flaps
- Crush injuries
- Carbon monoxide poisoning

- Sudden sensorineural hearing loss
- Central retinal artery occlusion

One treatment takes about two hours and is quite comfortable for most patients. While inside the oxygen chamber, the patient can watch TV, listen to music, or simply take a nap. Most patients will require treatments for several weeks to gain maximum benefits. Physician referral is required, and Medicare and most insurance companies cover the treatments.

The Comprehensive Wound Healing and Hyperbaric Medicine Center at AV Hospital features a multidisciplinary team that is specially trained to treat non-healing wounds. The team takes an evidence-based approach to determine why wounds are delayed in healing, including evaluating each patient for possible health conditions of lifestyle circumstances. Individual treatment plans are developed to address the unique needs of each patient.

For more information, visit www.avhospital.org or call 661-949-5522.



Credit: Lisa Brook King/Brook Photography

The Trauma Center at Antelope Valley Hospital

Providing Lifesaving Care for Critically Injured Patients

“Local residents can take great pride in knowing they have one of the best trauma centers in L.A. right in their own community,” said Pavel Petrik, M.D., chair of the department of surgery and trauma medical director at AVH. “We are so proud of our staff and our ability to provide care for people when they need it most.”

On a dark, cloudy day in May, a motor vehicle accident in Victorville left a young man clinging to life. An emergency medical helicopter was called to the scene and despite the inclement weather was able to transport the patient by air to the trauma center at Antelope Valley Hospital. Here a highly skilled team of physicians and nurses were on site and ready to begin the lifesaving care the young man desperately needed.

This scenario isn't an unusual one. The trauma center at AVH is one of busiest in Los Angeles County, treating more than 1,200 patients each year. That's nearly three trauma cases every single day. Trauma centers differ from emergency rooms in many ways. While they are generally located within a hospital's emergency department, trauma centers are equipped and staffed to handle extreme cases where there is an issue of immediate survival. This includes patients suffering from major traumatic injuries such as motor vehicle collisions, falls, gunshot wounds or other accidents.

AVH has the distinction of housing the only Level II trauma center in Northeast Los Angeles County and the only trauma center within a 50-mile radius. And because weather or other conditions can dictate where a patient is taken, the

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Pavel Petrik, M.D., chair of the department of surgery and trauma medical director



Trauma Center continued

center has received patients from as far away as Bishop, nearly 200 miles north, and Apple Valley, more than 70 miles to the east. AVH has the largest catchment area among all L.A. County trauma centers.

But that is not the only thing that makes AVH stand out. Of the county's 14 trauma centers, AVH has one of the lowest mortality rates despite seeing some of the sickest and most gravely injured patients.

In order to qualify as a Level II trauma center, a hospital must be staffed 24 hours a day 365 days a year by general surgeons and offer coverage by the specialties of orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care.

The young man who was airlifted from Victorville would not have survived without the care he received at AVH. Upon arrival he was rushed to an operating room where the trauma team worked to stop his bleeding and save his life. Throughout his hospital stay, as with all trauma cases, a trauma surgeon monitored the patient daily, overseeing his care, and consulting with other healthcare providers to help ensure the best possible recovery.

When every second means the difference between life and death, our community can count on Antelope Valley Hospital's trauma center to provide high-quality, expert care.

FAST Facts



- Trauma centers are equipped and staffed around the clock to handle extreme cases where there is an issue of immediate survival.
- Antelope Valley Hospital's trauma center:
 - Is the only Level II trauma center in Northeast Los Angeles County.
 - Is the only trauma center within a 50-mile radius.
 - Has the largest catchment area among all L.A. County trauma centers.
 - Has one of the lowest mortality rates despite seeing some of the sickest and most gravely injured patients.
 - Treats 1,200 trauma cases each year, approximately three per day.

Amazing Person

From Tragedy Comes Sense of Community for AVH Employee and Family



Pharmacy technician Vincent Holloway has worked at Antelope Valley Hospital for 23 years. He chose this career because he likes science and math. But more importantly he chose healthcare because it's a field that makes a difference in people's lives.

He's learned firsthand what a difference it really does make.

When Vince married his wife Carla, he became the proud stepfather of six children – three girls and three boys between the ages of 5 and 16: Ashlei, Derrick, Darian, Kiara, Ashton and Taylor.

Their happiness, though, was overshadowed by an unfolding tragedy. A year before they married, 13-year-old Darian (“Dae-Dae”) began to complain of leg pain. They initially thought it could be “growing pains”; but as Darian's condition worsened, they rushed him to Antelope Valley Hospital where he was diagnosed with Stage IV cancer.

Due to the highly specialized treatment he needed, Darian was transferred to Children's Hospital Los Angeles. He initially responded well to the treatment, and his cancer went into remission. But the cancer came back; and after a long and hard-fought battle, he passed away in 2006 at the age of 16.

As any family would be, they found themselves dealing with overwhelming grief. Vince's co-workers at AVH rallied around him and his family, donating money and time to help them during their darkest days.

Carla channeled her pain into writing a book, *A Dae in My Life*, an amazing and inspiring story about a mother's love and loss. The family also found comfort in giving back. Vince and Carla began collecting food and gifts to deliver to Children's Hospital, something they continue to do whenever they can. Their son Ashton's football team raised money and gifts for the hospital. And most recently their daughter Taylor, who is a model, participated in a fashion show with Lifedriven Foundation, an organization that helps support children fighting cancer and their families.

“This October will mark the 11th anniversary of Darian's passing,” said Vince. “Along our journey a host of people, charities and organizations helped us during the most difficult time in our lives. We will never stop looking for ways to pay it forward for all of the generosity we've received.”

Vince's warm heart and generous spirit following his family's tragic loss not only honors Darian's memory but serves as an inspiration to others as well.

HOSPITAL HIGHLIGHTS

Leading Experts Shed Light on Healthcare Reform



At a recent public forum sponsored by AVH, two of the healthcare industry's most respected thought leaders shared their insight into the future of healthcare reform. **Duane Dauner**, president and CEO of the California Hospital Association, outlined the various forces impacting reform, including the political environment in Washington, D.C., and the many competing budget priorities. **Donald Crane**, CEO of CAPG, discussed what he considers two key factors affecting American healthcare: the escalating costs and the efforts of government to transfer more of the risk to health plans and healthcare providers. Both presenters discussed many of the inefficiencies in today's healthcare system and agreed that everyone needs to have a stake in reducing healthcare costs and practicing healthy lifestyle habits.

Thank you, Alpha Charter Guild

The Alpha Charter Guild, a nonprofit organization that has been raising funds for AVH since 1964, presented a \$50,000 check to the hospital at a recent board of directors meeting. The money is being used to pay for neonatal intensive care unit incubators. Pictured here from left: Guild President (2015) **Gina Rossall**; Antelope Valley Healthcare District Board of Directors President **Don Parazo, M.D.**; and Guild President (2016) **Wanda Bellville**.



Save the Date: Annual Gala Set for September 23

The Antelope Valley Hospital Foundation will host "Glamour and The Gold Rush" on Saturday, September 23, at the Autry Museum of the American West. This fun-filled event will raise funds to support the hospital's emergency department and will feature live and silent auctions, dinner, dancing, and entertainment. Last year's event raised more than \$170,000 for the hospital. For more information, contact the AVH Foundation at **661-949-5810**.

Stay in touch with the latest happenings at Antelope Valley Hospital

Follow us on Facebook at [Facebook.com/AntelopeValleyHospital](https://www.facebook.com/AntelopeValleyHospital)

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661-949-5000

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Emergency Department
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Outpatient Surgery
661-952-1100

Blood Donor Center
661-949-5622

Mental Health Services
661-949-5250

OB Clinics
Lancaster
661-726-6180
Palmdale
661-726-6325

Information in this publication is intended to educate readers about subjects pertinent to their health. Information should not be considered medical advice or treatment nor should it be used as a substitute for a physician consultation.

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Auxiliary Awards Scholarships to High School Grads

For the 23rd consecutive year, the AVH Auxiliary has awarded \$1,000 scholarships to 10 local high school students interested in pursuing a career in medicine. Each of the recipients has a minimum 3.5 grade-point average, attended a local high school, and has been accepted to study a health career curriculum at an accredited college, university or technical school.

Local Residents Learn Sidewalk CPR

AVH teamed up with American Medical Response June 1 to host Sidewalk CPR training at no cost to the community. This hands-only method of CPR, also known as compression-only CPR, relies on frequent chest compressions to move oxygenated blood through the body, keeping the brain and other vital organs alive until the heart can be restarted. The hospital was one of nearly 100 sites throughout Los Angeles County participating in Sidewalk CPR Day.





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Antelope Valley Hospital Blood Donor Center Annual Summer Blood Drive

June 20 thru September 21

All blood donated here stays in the Antelope Valley and supports the hospital's lifesaving role in this community.

When you donate during the summer blood drive, you'll become a member of the Lucky Ducky crowd, a select group of blood donors that we count on to donate when our need is great. Each time you donate this summer you will receive a free rubber duck, and your name will be entered into our monthly prize drawing. **Bring in this newsletter for an extra raffle ticket.**

The Blood Donor Center offers hours to meet busy schedules. Drop by **44105 15th Street West, Suite 305**, or call **661-949-5622** to set up an appointment.



Blood Donor Center Hours

Tuesday and Thursday: 9 a.m. – 6 p.m.

Wednesday: 7 a.m. – 4 p.m.

Saturday: 8 a.m. – 1 p.m.

(1st and 3rd of each month)

16-year-old donors are welcome with a signed parent consent form. Download the form at www.avhospital.org.

