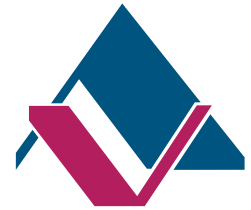


Health Connect



ANTELOPE VALLEY
HOSPITAL

A facility of Antelope Valley Healthcare District

A community newsletter from Antelope Valley Hospital

Winter 2017/2018



**Kaiser Permanente
Contract Extension**

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**Trauma Team Saves
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Looking Forward to 2018 and Beyond



As 2017 draws to a close, it's a good time to reflect on our accomplishments this year.

The overwhelming passage of Measure H in November was a great victory for the hospital and community as it launches a bright, new chapter for Antelope Valley Hospital. Measure H will bring leadership stability and allow the hospital board, medical staff

and management team to focus on improving quality, increasing access, modernizing our facility and better serving the community. Our article on the next page provides more insight into the benefits of Measure H.

While the ballot measure sets the stage for many good things to come, I want to take a moment to reflect on some of the great things that have happened in 2017, including:

- Reaccreditation by The Joint Commission.
- Recertification as an Advanced Primary Stroke Center.
- Re-verification as a Level II trauma center.

These are the same certifications you'd find in many large, metropolitan hospitals. For local residents, this means top quality care close to home.

When healthcare organizations work together, the collaboration ensures that every penny spent to provide healthcare is invested wisely. With that in mind, we embarked this year on a joint venture with a group of physicians to re-open the outpatient surgery center on our campus and, most recently, signed an extended, 10-year agreement with Kaiser Permanente (see page 4).

I am incredibly confident that 2018 and beyond will bring more success, improved health, and even better access to quality healthcare for our community.

Michael L. Wall
Chief Executive Officer

Pictured on front cover, from left: Pavel Petrik, M.D.; Sameh Gadallah, M.D.; and Daniel Khodabakhsh, M.D.



The Future is Bright for Antelope Valley Hospital

Measure H brings strength, stability and confidence to our role as a local healthcare leader.

Six decades ago AV Hospital was established by a passionate, forward-thinking community that saw the need for a local hospital. This year similarly minded voters passed Measure H, a ballot measure that aims to stabilize and strengthen the hospital.

“Changes in leadership over the past few years have been a distraction, but those days are over,” said **Pramod Kadambi, M.D.**, chief of the medical staff. “With leadership stability, the hospital is in a better position to attract new doctors and focus on meeting our community’s growing healthcare needs.”

Measure H establishes a new 501(c)3 nonprofit organization called “Antelope Valley Hospital, Inc.” It will be governed by the Antelope Valley Healthcare District Board of Directors - **Don Parazo, M.D.**; **Mukund Shah, M.D.**; **Abdallah Farrukh, M.D.**; **Mateo Olivarez, RN**; and **Kristina Hong, RN** - plus three

community representatives appointed by the five directors, and the hospital's CEO.

“We sincerely thank the community for their overwhelming approval of Measure H,” said Kristina, 1st vice chair of the board. “Over the coming months, we will work collectively to appoint talented, credible community members to the board who are as committed as we are to maintaining stability and improving our hospital to best serve the community.”

The Antelope Valley Healthcare District, which will continue to be overseen by the five elected board members, will lease the hospital to the new nonprofit entity: Antelope Valley Hospital, Inc.

“As a locally governed, nonprofit organization we are accountable first and foremost to our community,” said CEO **Mike Wall**. “This is a responsibility we all take to heart.”

AV Hospital and Kaiser Permanente



Contract extension could serve as a model for transforming local healthcare.

A 10-year extension of our existing agreement with Kaiser Permanente was signed in late 2017 as part of a joint effort to provide world-class care to the community and expand access to quality healthcare throughout the growing Antelope Valley.

As part of the agreement, Kaiser Permanente doctors will continue to provide care for patients at AV Hospital, and both organizations will work together to help ensure that every penny spent on healthcare is invested wisely for the benefit of patients and the community.

“We are pleased that Kaiser Permanente agreed that Antelope Valley Hospital can meet the hospital services needs of their members and the community by building on the relationship we've forged together rather than building a new hospital. Patients and their families throughout the region benefit from our relationship with Kaiser Permanente,” said hospital CEO **Mike Wall**.

The collaboration will allow AV Hospital and Kaiser Permanente to maximize their collective resources and technologies to best serve patients and families in the Antelope Valley. Both organizations are enthusiastic about the opportunity to jointly tackle the area’s most pressing health issues - including hypertension, cancer and mental health - and to address the social, economic and environmental factors that contribute to wellness.

“We are thrilled to have access to the best practices, quality data and resources of a premier health system like Kaiser Permanente,” said Mike. “We look forward to using these tools to benefit patients throughout the valley.”

HIGHLIGHTS

AV Hospital and Kaiser Permanente sign 10-year contract extension.

The joint effort ensures that healthcare resources are invested wisely and avoids duplication of services.

Best practices, quality data and technologies will be maximized to best serve patients.

Collaboration is key to improving access to care as well as addressing our community’s health issues.

Fighting the Winter Blues



If you're feeling down, you're not alone. During the winter months, the colder weather, shorter days and less sunlight can have a dramatic impact on your mood and sense of well-being. And for some people, this time of year can bring about mild to severe clinical depression. Sometimes called "the winter blues," the medical term for this condition is seasonal affective disorder (SAD).

SAD can affect people of all ages and is more common in women. Symptoms can include feeling depressed, hopeless or worthless, tiredness and low energy, increased irritability and anxiety, social withdrawal, physical discomfort, excessive sleeping and weight gain.

To lift your spirits, try some of these tips:

- Go outside.
- Sit near windows to soak up the sunlight.
- Get active - indoors or out.
- Eat a healthy, balanced diet.
- Learn something new or pick up an old hobby.
- Visit with friends and family.
- Seek help. If you are experiencing extreme sadness, contact your physician. SAD is treatable.

JOIN US FOR THESE FREE MENTAL HEALTH LECTURES:

[Understanding and Coping with Bipolar Disorder](#)

Tuesday, January 16, 2018

[Dealing with Depression](#)

Tuesday, February 20, 2018

The lectures are one hour and begin at 7 p.m. at the Antelope Valley Hospital Community Resource Center, 44151 15th Street West in Lancaster.



Trauma Team Key to Teen's Survival

In many ways, Nicole Lemons is a typical teenager. She likes hanging out with friends, watching movies and going to amusement parks. What's not so typical about her is that she almost didn't make it to her 16th birthday. A tragic accident last December nearly took her life.

While chatting with her friends outside Tehachapi High School, the then 15-year-old was struck and run over by a vehicle whose driver had accidentally pressed the gas pedal instead of the brake. Critically injured, Nicole was transported by helicopter to the AV Hospital trauma center where doctors and nurses immediately began working to save her life.

The hospital team, overseen by emergency room physician Daniel Khodabakhsh, M.D., quickly determined Nicole was in extremely critical condition

and would require immediate intervention. With her blood pressure rapidly decreasing, cardiologist Sameh Gadallah, M.D., promptly performed an emergency procedure to drain fluid that was building up around her heart.

From there, Nicole was taken in for open heart surgery, which was performed by Pavel Petrik, M.D., trauma medical director and chair of the department of surgery, who was on duty that day.

In total, the young patient's heart was torn, her lungs collapsed, and she had a laceration on her liver.

"The fact that we have a dedicated trauma team on-site 24/7 made all the difference in Nicole's recovery," said Dr. Petrik.

"The doctors were fantastic," said Kim Lemons, Nicole's mom.

Kim also appreciates the compassionate support she received during those dark hours, when her daughter's future was unknown. "As soon as I got to the hospital, they took me to her bedside. A nurse put her arm around me and held me until my family arrived. A chaplain stayed and prayed with us while she was in surgery."

The teen spent five days in the intensive care unit (ICU) where she received care from a very compassionate staff, including **Jessica Biehl, RN**, whose impact on Nicole was especially noteworthy. Not only were the two of them able to communicate using American Sign Language (since Nicole had a breathing tube, she couldn't speak), but Jessica also spent hours combing Nicole's hair so it wasn't such a mess from the accident.

Nicole remembers feeling reassured because of the attentive care she received.

"I was really scared because I didn't know if I was going to be okay, but they were taking really good care of me," said Nicole, a straight-A student who wants to become a psychologist.

By all accounts, Nicole's recovery has been remarkable. In March she was told that her heart is just as healthy ever, and in October she celebrated her "sweet 16" birthday.

Added Dr. Petrik, "It is gratifying to save a young patient who has a long life to live, and knowing that's possible because the right resources are in place here."



Daniel Khodabakhsh, M.D.



Pavel Petrik, M.D.

Trauma Center Receives Re-Verification

The American College of Surgeons has re-verified AV Hospital as a **Level II trauma center**. "Whether patients are brought in by ambulance or helicopter, our dedicated emergency department and trauma center team is immediately available to provide life-saving care when minutes matter," said Dr. Petrik. "This verification is a tribute to our ongoing commitment to providing the highest standard of care close to home."

AV Hospital houses the only trauma center within 50 miles and cares for more than 1,200 trauma patients each year. Despite seeing some of the sickest and most gravely injured patients, our trauma center has one of the lowest mortality rates among Los Angeles County's 14 trauma centers.

➤ For more information, visit avhospital.org/Services/TraumaCenter.

Pictured on page 6, from left: Kim Lemons; Nicole Lemons; Jessica Biehl, RN; and Sameh Gadallah, M.D.



Dr. Tom Lee (center) talks with a villager in Bangladesh.

Compassion Knows No Borders

Local doctors and nurses share their medical expertise around the world.

When disaster strikes, healthcare workers often feel a calling - a need to be there and do what they can to help others.

Our physicians and nurses are no exception. From Mexico to Bangladesh and beyond, the clinicians at AV Hospital travel around the world sharing their expertise and compassion in the face of natural disasters and humanitarian crises. Here are just a few of their recent outreach efforts.

Bangladesh

Emergency room physician **Tom Lee, M.D.**, recently returned from Bangladesh, a small country in South Asia that shares a border with Myanmar. Internal conflict in Myanmar has led to 600,000 refugees

fleeing their homes with only the clothes on their backs and seeking refuge in Bangladesh. Dr. Lee, co-founder of Community Partners International, travels to South Asia 2-3 times a year, working with local organizations to train healthcare workers to provide needed care. "There is deep concern about the threat of cholera and other deadly diseases," he said.

Mexico

Emergency room physician **Dipesh Patel, M.D.**, is a member of the Los Angeles County Fire Department's Urban Search and Rescue team. When a powerful 7.1 magnitude earthquake struck central Mexico this past September, Dr. Patel was part of a team that

deployed to the region within hours. As the team's physician, his priority was to keep the group healthy. With collapsed structures all around, he also helped triage victims and start treatments on people trapped in confined spaces. "Our team was incredibly well-received by the local residents," he said. "They knew they weren't alone. People from all over the world were coming to help."

Around the world

Larry Stock, M.D., emergency department vice chair, has been doing humanitarian work around the world for more than 25 years. He's provided aid in 15 countries and in January will travel to Burma to help train medics on the basics of emergency medicine. "We are going to be in a classroom setting where we will teach them - with the help of interpreters - concepts and hands-on skills," he said. "These are resilient people doing whatever it takes to survive."



A health worker ensures Dr. Larry Stock is properly protected before entering the "hot zone" of an Ebola treatment unit in Liberia.



Dr. Dipesh Patel (above right) coordinates with emergency workers in Mexico.



Following Hurricane Maria, Dr. Atilla Uner (above left) deployed to Puerto Rico with a team from FEMA.

Puerto Rico

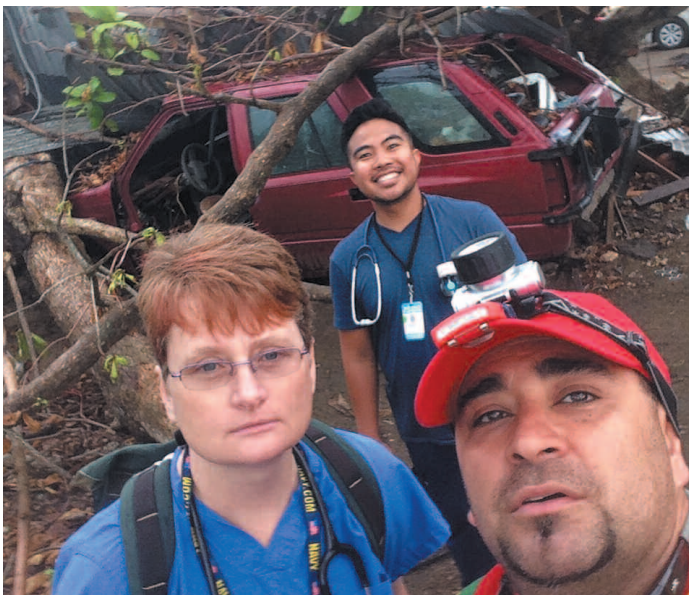
On September 20, 2017, a devastating hurricane made direct landfall on the island of Puerto Rico. Soon thereafter, rescue and humanitarian aid workers were en route to the island, including a doctor and two registered nurses from AV Hospital.

Emergency physician Atilla Uner, M.D., traveled to the island as part of a Federal Emergency Management Agency (FEMA) team. He served as the crew's

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GLOBAL OUTREACH

physician, treating injuries and making sure they all stayed healthy. Every day for a week the team traveled from town to town, reaching even the most inaccessible communities to check on people, find out what they needed and report back to FEMA. "The needs were always the same - clean water, fuel for their generators, and food," he said. Dr. Uner also traveled to Nepal after a devastating earthquake in 2015, among other deployments.



Nurses Marco Quinhoes (right) and Gene Quizana (center) pose for a photo with another healthcare worker amid the destruction in Puerto Rico.

Marco Quinhoes, RN, was at home watching the news coverage of the devastation in Puerto Rico when he felt an overwhelming desire to help. He signed up to volunteer through the Registered Nurse Response Network (RNRN) and was called upon almost immediately to spend two weeks in Puerto Rico, going house to house assessing people and using his Spanish to serve as an interpreter. "I was happy to be there making a difference," he said. "You can't put a price on the personal satisfaction of knowing you helped people and touched their hearts."

Scrolling through his Facebook news feed, **Gene Quizana, RN**, saw a call for RNs to help out in Puerto

Rico. He signed up through RNRN and was deployed for two weeks along with Marco. "As soon as we got to Puerto Rico, people started thanking us for coming," he said. "Some were so appreciative they were crying." Gene traveled with a team that went into remote communities to see what kind of help people needed. "Most people we found didn't need medical care, they mostly needed medications. We helped them get what they needed."

Vietnam

Radiologic Technologist **Laura Scott** traveled earlier this year to Vietnam with the TranTien Foundation, an organization that provides free medical and surgical care to underserved villagers in the city of Hue. She was part of a medical team that treated patients with birth defects such as cleft lip, cleft palate and other congenital conditions. "I had heard great things about medical missions, so when the opportunity came up, I applied without hesitation," says Laura. "Watching people come in and see if they would be chosen to receive surgery... It was eye-opening, life-changing and humbling."



On a medical mission to Vietnam, Radiologic Technologist Laura Scott brought books for local children.



(L to R): Rick Chisham, Lancaster Chamber of Commerce ambassador; Miss Eastside Sara Williams; Vanessa Wilk, district director for Assemblyman Tom Lackey; Mark Hemstreet, Lancaster Chamber of Commerce CEO; Donna Hill, field representative for Senator Scott Wilk; Chief Nursing Officer Aya Smith, RN, MSN; Lisa Rodriguez, wound care center director; Dr. Jones Hormozi, wound care center medical director; Lisa Moulton, district director for Congressman Steve Knight; and four community queens.

Local Officials Celebrate Wound Care Center Grand Opening

The Comprehensive Wound Healing & Hyperbaric Medicine Center recently celebrated its move to a new location at a ribbon-cutting ceremony hosted by the Palmdale and Lancaster chambers of commerce. The modern facility, located at 44151 15th Street W, Suite 211, in Lancaster, includes hyperbaric oxygen (HBO) therapy, a treatment in which the patient breathes 100 percent pure oxygen while inside a pressurized chamber. "HBO promotes wound healing

and can stimulate the entire body's natural healing responses," said Jones Hormozi, D.P.M., medical director of the center.

➤ To learn more about treatment options for non-healing wounds, visit avhospital.org/Services/WoundHealingCenter or call 661-949-5522.

\$10,000
Sign-on Bonus*

* Sign-on bonus only available for full-time positions and requires 3,600 hours worked.

AV Hospital is looking for experienced RNs for:

- ✦ Labor & Delivery
- ✦ Intensive Care Unit (ICU)
- ✦ Post Anesthesia Care Unit (PACU)

Requirements:

- ✓ Two years L&D, ICU or PACU RN experience.
- ✓ Current California RN license.

Apply online today at avhospital.org/careers or call 877-AVH CAREERS.

“New to You” Thrift Shop

Find unique gifts, save money and support the hospital.

Make your list, check it twice, and then visit Antelope Valley Hospital Auxiliary’s “New to You” thrift shop to do some holiday shopping. The high-quality thrift shop, staffed entirely by volunteers, features vintage and designer merchandise as well as seasonal items, all at budget-friendly prices. The store’s inventory varies based on donations, but you’ll often find:

- **Dinnerware.** Perfect if you need additional place settings for a big family dinner.
- **Gifts.** Choose from unique gifts that you won’t find anywhere else.
- **Clothing.** Find a new outfit for a holiday party or a cozy winter coat.
- **Decorations.** Deck the halls with affordable décor.



Volunteer Yankarla Mayen

➤ **New to You**, located at 329 West Avenue I in Lancaster, is open 9 a.m. to 4 p.m. Monday through Friday and is closed Saturday and Sunday. All proceeds go to the Auxiliary and directly benefit the hospital and its patients.



Volunteer Pearl Bogard

DONATIONS

New to You relies on donations to keep the shelves stocked. The shop accepts clothing, linen and fabric items of resale quality (no stains, holes or missing items). Furniture and electronics must be in good working condition with no broken or missing parts. Please drop off donations Monday through Friday during store hours. For large item pick-up, call 661-942-4119.

Glamour and the GOLD RUSH

Hospital friends and supporters recently attended the Antelope Valley Hospital Foundation's annual gala. The event, held at the Autry Museum of the American West, raised \$161,840 (including in-kind gifts) for the emergency department. The evening featured entertainment, dinner and dancing, as well as silent and live auctions. "We are grateful for the community's support in making this event a success each year," said **Johnny Zamrzla**, foundation board chair. "These funds help the hospital provide valuable services for patients and their families." As part of the evening's festivities, **Senator Scott Wilk** and **Assemblyman Tom Lackey** honored the emergency department with a proclamation.



(L to R) Senator Scott Wilk; Board Chair Don Parazo, M.D.; and Assemblyman Tom Lackey.



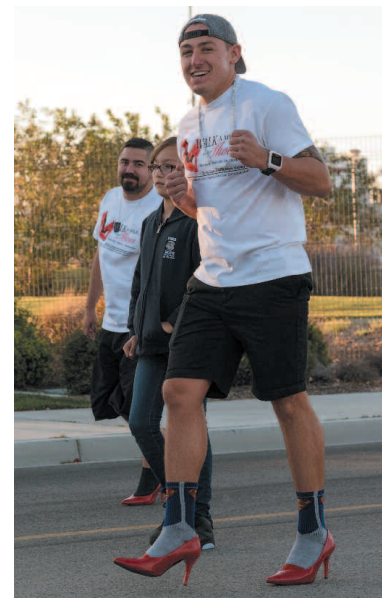
Members of the AVH Foundation present gala proceeds check to members of the hospital emergency department team (L to R): Doug Cain; Scott Evans; Pamela Gaspar; Todd Porter; Lori Fischer; Bridget Berlin; Carl Volpe, Ph.D.; Johnny Zamrzla; Mike Wall; Colette Menzel, Ph.D.; Larry Stock, M.D.; Judy Hutton, RN; and Becky Smith.



Taking Strides for Healthier Lives

More than 130 hospital employees, friends and family members laced up their walking shoes for the 2017 Heart and Stroke Walk at Marie Kerr Park in Palmdale. Team AVH has participated in this event for four years to have fun, get inspired and support a meaningful cause. The annual walk raises awareness and funds for heart disease and stroke research and prevention.

Men in **Red** Heels Raise Awareness of Domestic Violence



Some of the biggest feet (and hearts) in our community slipped on red high heels to “Walk a Mile in Her Shoes.” This fun, light-hearted, annual event raises awareness about the important issue of domestic violence in our community. It is sponsored by Antelope Valley College, Zonta Club of the Antelope Valley Area, and the hospital’s forensic services unit (FSU). The FSU coordinates the medical/legal needs of victims, including collection of evidence, and provides compassionate care to those who have experienced horrific crimes.



Front row (L to R): Lourdes Iguaran, RN; CEO Mike Wall; OneLegacy Ambassador Jackie Woodward. Back: Chief Medical Officer Satya Dandamudi, M.D.; Michelle Walls, RN; Rose Pallon, RN; Chief Nursing Officer Aya Smith, RN, MSN; Angelica Hernandez; Chief Financial Officer Colette Menzel, Ph.D.; and Miranda Jennings, RN.

Donate Life Rose Parade Float to Carry Message from Hospital

Surrounded by nurses and other hospital personnel, CEO Mike Wall penned a message of appreciation for organ and tissue donors during a rose dedication ceremony in November. The ceremony began with OneLegacy Ambassador Jackie Woodward sharing the story of her teenage daughter whose donated organs and tissue helped 56 people. The special rose containing Mike's message will be placed on the 15th annual Donate Life Rose Parade Float.



Don't Fear Colon Cancer Screenings, They Could Save Your Life

Local residents learned how to reduce their risk of colon cancer at an educational workshop, hosted by Antelope Valley Hospital, City of Hope, Antelope Valley Partners for Health, American Cancer Society and Antelope Valley Community Clinic. The program, which was free and open to the community, included a special presentation by Dr. Vivaik Tyagi, an AV Hospital gastroenterologist, who said, "We want people to better understand their digestive system and take away some fear they may have of screening for colon cancer. It could save their lives."

HealthConnect is published by the Antelope Valley Hospital marketing department as a service to the community. For inquiries email marketing@avhospital.org.

Antelope Valley Hospital Contact Numbers

Main Number
661-949-5000

Admitting|Registration
661-949-5411

Emergency Department
661-949-5115

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

Antelope Valley Hospital Board of Directors

Don Parazo, M.D., Chair
Kristina Hong, RN
Mukund G. Shah, M.D.
Abdallah S. Farrukh, M.D.
Mateo Olivarez, RN

Chief Executive Officer
Michael L. Wall

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.





**ANTELOPE VALLEY
HOSPITAL**
A facility of Antelope Valley Healthcare District

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661-949-5000 | avhospital.org

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A Season of Giving

Be a Holiday Hero

Antelope Valley Hospital Winter Blood Drive

Join our team and give blood this winter season. You'll be giving new hope and life to those in need.

Call **661-949-5622**

The Blood Donor Center is located at 44105 15th Street West, Suite 305, Lancaster.