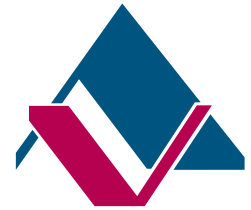


Health Connect



ANTELOPE VALLEY
HOSPITAL

A facility of Antelope Valley Healthcare District

A community newsletter from Antelope Valley Hospital

Fall 2018



**Deputy Sherman
Rides Again**

PAGE 3

**Building a Culture of
Excellence in the ER**

PAGES 4-7

**Giving Babies
a Cool Start**

PAGE 8



CEO Message

Fall is a wonderful time for families. School is back in session and the holidays are just around the corner. Here at Antelope Valley Hospital, our commitment to families has never been stronger.

The hospital has embarked on an exciting journey to modernize our facility. I firmly believe this community deserves a state-of-the-art medical center built with the growing healthcare needs of local residents in mind. While these plans are taking shape, we are implementing changes to improve patient and visitor experiences today, especially within the emergency department.

Nearly 130,000 patients use our emergency room each year, making it the third busiest ER in California. Our exceptional team makes the most out of a space that was designed for a fraction of that volume, which means we need to get creative. The new department director, **Betty Hull**, is a driving force in expanding our capabilities in the emergency room. Learn more about her and innovative changes in the works on pages 4-7.

Another way we serve families is by caring for the most fragile newborn babies. As the only neonatal intensive care unit (NICU) within a 60-mile radius, having the right physicians, nurses and equipment is essential to give our tiniest patients the best possibility of a bright future. Recently, the NICU acquired a cooling machine for newborns that suffer from asphyxiation injuries. Our articles on pages 8-10 provide more detail and introduce you to one of the AV's newest residents who spent her first weeks of life in our NICU.

By offering medical specialties that allow residents to receive quality care locally, we enable families to stay close to home. In addition to the NICU, other key services that are exclusive to Antelope Valley Hospital include our trauma center; an emergency department approved for pediatrics; pediatric unit; and labor and delivery.

We consider anyone who comes through our doors to be family and we thank you for entrusting us with your care.

From our family to yours, we wish you a healthy fall season.

Michael L. Wall
Chief Executive Officer

HealthConnect CONTENTS

CEO Message 2

Deputy Sherman 3

Excellence in the ER 4

Diabetic-Friendly Meal 7

NICU 8

Patient Stories 10

Lights, Music, Boots and Bling 13

Hospital Highlights 14

Pictured on front cover: Los Angeles County Sheriff's Deputy Sheldon Sherman is back on the bike after a 2017 accident.



Deputy Sherman Rides Again

Sheriff's Deputy Sheldon Sherman was responding to a call in Quartz Hill when the unthinkable happened. As he approached 55th Street West and Avenue L – his lights on and siren blaring – a car turned in front of the deputy's motorcycle.

Broadsiding the car at 50 miles an hour, the impact launched him 15 feet into the air and sent him skidding across 100 feet of pavement. He was rushed to Antelope Valley Hospital's trauma center where the medical team discovered he had a broken femur, dislocated shoulder, smashed finger and severe road rash.

Justin Sherfey, D.O., a board-certified orthopedic surgeon, called the injury to Sheldon's femur "very complex." Dr. Sherfey performed emergency surgery on the broken bone and damaged knee joint nearby. "Dr. Sherfey did a great job fixing my knee," said Sheldon.

After spending five days in the hospital, the wheelchair-bound deputy was discharged to recover at home with his wife who was nine months pregnant at the time. Deputies from Lancaster Sheriff Station installed a wheelchair ramp at Sheldon's house.

"It took three people to get me out of bed and into the wheelchair," he said. "It got even harder after the birth of our child, but I just took it one day at a time, and I had a lot of visitors from the station coming by."

Thanks to the quick response of the entire medical team and ten months of intense rehabilitation and physical therapy, Deputy Sherman is back on his motorcycle patrolling the streets of Lancaster, Quartz Hill, and Lake Los Angeles. He is particularly focused on educating people about safe driving practices and reducing motor vehicle fatalities.

Building a Culture of Excellence in the ER

Emergency Department Director Leads With Compassion

The emergency department is a place most people don't want to be. The opposite is true for **Betty Hull, RN, BSN, MHA, ENC(C)**. As Antelope Valley Hospital's new emergency department director, there's no place she'd rather be.



Compassion & Kindness

From a very young age, Betty knew she wanted to spend her life helping others. Four decades later, what is equally noteworthy is her boundless energy and unwavering positive attitude.

While her official role is managing and directing the emergency department, this seasoned nurse can often be found at a patient's bedside providing hands-on care.

"Betty is there on the floor day and night, pitching in and helping with patient care," said **Mark Brown, M.D.**, chair of the emergency department. "She's shoulder to shoulder with frontline nurses and physicians. They really respect that. It means a lot to them."

During a recent walk through the emergency department, she reassured a patient in distress before consoling a man with abdominal pain. Moments later she responded to a patient's request to speak with his nurse then rounded the corner where a woman asked Betty to inform a family member she was in the hospital. All of this occurred within just a few minutes.

"Each patient offers a reminder about our vision, which is heart felt compassionate care and looking after our community," she reflected.

For Betty, her commitment to patients doesn't end when they are discharged or admitted to another part of the hospital. In just a few months, she has handed out more than 2,000 business cards, which include her cell phone number. She wants patients to know they can call her anytime, and she will listen to them and help meet their needs in any way she can.

Dr. Brown is awed by Betty's gift for leading with authority and compassion while never shying away from providing direct patient care.

"She is unlike any emergency department director this hospital has ever had," he said. "She is steering the department in a whole new direction by setting an example and an expectation of excellence and kindness. She walks the walk. Others notice that and are inspired to follow suit."



ER staff (from left) Betty Ryckebosch, RN; Malkeet Gupta, M.D.; Betty Hull, emergency department director; Monie Garcia, RN; and Michael Gertz, M.D.

Patient-First Perspective

Betty knows firsthand what it's like to be a frightened and badly injured trauma patient. In 2013 while driving to work one morning, she was struck by a car and suffered a devastating spinal cord injury. Suddenly she found herself lying on a gurney in a trauma center, where she had previously worked as an ER director.

"I couldn't feel my legs," she said, recalling the moments the paramedics transferred her to the trauma center. She was told she would never walk again and spent the next four years in a wheelchair. Five years, lots of prayer and countless hours of physical therapy later, she is not only back on her feet, she's unstoppable. What she takes away from that experience, though, is a deep understanding of the difficulties emergency and trauma patients face.

"When you're in an uncomfortable situation, it can be an unpleasant experience even though the quality of care may be very good," noted Dr. Brown. "It's not just about how quickly or expertly care is delivered, it's also about a heartfelt human touch. Betty gets that."

DISCOVER
new and exciting
changes coming to
AV Hospital's
EMERGENCY
DEPARTMENT.

See next page.

ER Innovations Decrease Wait Times



With more than 130,000 patients coming through our emergency department in a year, it's safe to say that most people in the Antelope Valley have a personal connection to our ER. AV Hospital's ER was initially built to accommodate 35,000 patients per year. The number of patients we treat has increased exponentially as the community has grown.

Our new emergency department director, **Betty Hull**, along with members of the ER and leadership teams are making innovative changes aimed at decreasing wait times, improving patient safety and privacy, and enhancing the patient experience.

Together these changes will help alleviate overcrowding in the emergency department, which is good for our patients and community.

Changes in the works include:

- 1** Opening an "Express Admissions Unit" on one of the hospital's upper floors for patients who are awaiting admission to the hospital. "Sometimes a bed isn't immediately available for a patient who needs to be admitted," said Betty. "This newly opened area will offer a comfortable, restful area for patients and their families until they receive a room assignment."
- 2** Designating a psychiatric evaluation area, which will provide a separate space where specially trained caregivers can assess patients and determine the best course of treatment.
- 3** Increasing the number of beds for patients who still need to be monitored, but are not being admitted.
- 4** Creating a special waiting area for patients who have been discharged from inpatient care and are waiting to be picked up to ensure beds are promptly available for incoming patients.

ER Patients Express Appreciation

Visiting the ER can be stressful. Patients are eager to be seen by a doctor, who can care for their illness or injury. Here at Antelope Valley Hospital, we approach each patient with tenderness and compassion, focusing on the unique needs of the individual.

Here's what some recent patients had to say about their visit to our ER:

"I will definitely tell everyone what a great experience we had and that they can have peace of mind if they have any medical needs, especially for their little ones." – Bethany M.

"I felt extremely unwell, and they showed me they cared. I love this hospital!" – Charles H.

*"All your staff and assistants treated me with kindness and professionalism to the utmost."
– Ron W.*

"I wanted to take a moment and thank all who were involved in the treatment of my granddaughter. It was a very stressful situation, and I was given all information at all times during the treatment." – Veronica D.

"We had a doctor evaluate my mom really fast and keep coming back. They follow up and I thought that was neat!" – Robin B.



Diabetic-Friendly Holiday Meal
Monday, Nov. 5
5:30 – 7 p.m.

Free!

Learn how to make a Pinterest-worthy, delicious, diabetic-friendly family meal just in time for the holidays.

RSVP by October 29 | 661-726-6868

Giving Babies a Cool Start

Inside Antelope Valley Hospital's neonatal intensive care unit (NICU) you'll find our tiniest patients and a sign that reads "NICU helps miracles happen." Those "miracles" are made possible by the highly skilled NICU team and state-of-the-art technology, giving these babies the best chance at life.

Earlier this year, we added a new cooling machine that helps babies suffering from neonatal asphyxia, a condition that occurs when a newborn baby is deprived of oxygen long enough during birth to cause physical harm, especially to the brain. Studies in developed countries indicate neonatal asphyxia affects three to five per 1,000 live births and show cooling machines can help protect the baby's neurons.

Total body cooling, which is usually done within six hours of delivery, is for babies who are very sick. According to AV Hospital neonatologist,



Murugesha Thangavel, M.D., having a cooling machine in our NICU "has considerably cut down on the number of babies sent out of the hospital for care."

The cooling machine is the latest innovation at the region's only NICU, which has been providing life-saving care to newborns for nearly 35 years.

Dr. Thangavel said he is proud of the legacy of the NICU and the team's commitment to continuing to monitor infants even after they are discharged from the hospital.

"We follow these babies once they go home, allowing the pediatrician to make sure they are doing well and developing normally," he said. "The smallest babies often need attention well beyond their stay in the NICU."

The cooling machine is one more example of how the NICU team is delivering top-quality care to our patients.



Quilted Hearts Offer Mother-Baby Connection

Volunteer quilters use their stitching skills for the Antelope Valley's newest residents by donating "developmental hearts" to the hospital's NICU. New mothers and their infants admitted into the NICU each receive a quilted heart. The flannel heart is worn against the mother's skin to allow the fabric to absorb her scent, while the other heart is placed with the baby in the NICU. Once the mother and baby switch hearts, they are able to keep the other's scent with them even when they are apart. Infants often sleep on top of the heart during their stay in the NICU.

◀ *New mom Kierra Jones and her baby, Noah, stay connected with the help of flannel hearts during his stay in the NICU.*

An Early Arrival for Damiah

When baby Damiah made her grand entrance at just 31 weeks, new mom Rochelle Blake knew her tiny bundle of joy was going to need special care. Weighing in at just 3 pounds, 4 ounces, this miniature girl required an extended stay in AV Hospital's NICU in order to become strong enough to go home.

Having a baby born prematurely can be scary for mothers. Despite her fears at the time of delivery, Rochelle felt comforted by the NICU staff.

"I was really scared at the beginning, but they showed me there was nothing to be scared of because they can take good care of her, and she is growing," she said.

Damiah spent the first six weeks of life receiving one-on-one care from the specially trained NICU team. As part of her care, Damiah received high flow oxygen and gavage feedings, which means she had a thin tube going from her nose to her stomach to provide nutrition.

Rochelle said nurses provided her with hourly updates on Damiah's status. "They always let me know what's going on with the baby. If I had any



Rochelle Blake holds her baby, Damiah, for the first time.

questions, they were always there to provide answers," Rochelle said of the hospital staff. "They provided everything we needed."



About the NICU

Last year 350 babies received care in AV Hospital's NICU, which is the only unit of its kind within 50 miles. Our NICU can accommodate premature infants who are as small as one pound and as early as 17 weeks as well as newborns with other life-threatening conditions. Care is provided in partnership with UCLA board-certified neonatologists who are available 24 hours per day.

Back in the Swing of Things

Golfing and playing with his grandchildren are two of Jeffrey Tandy's greatest joys. Yet both were becoming increasingly difficult as the osteoarthritis in his hip joints was causing severe bone-on-bone pain. Then he met Alon Antebi, D.O., a renowned AV Hospital orthopedic surgeon.

"I've been in pain for the last three and a half years and I needed to do something about it," the Samuel L. Jackson impersonator said. "The only thing I want to do is love my family, play with my grandkids and play golf for the rest of my life."

Earlier this year Dr. Antebi performed a bilateral hip replacement on Jeffrey, which means in just three hours the 68-year-old man received two new hips made of titanium, plastic and ceramic.

Dr. Antebi uses a special operating table that allows him to go in through the front – or anterior – of the hip to replace the joints. This method requires smaller incisions, offers better mobility after surgery and has faster recovery times.

"One of the benefits of the anterior approach is you're not really cutting any muscle, and it's the most direct way to get to the hip joints," the orthopedic surgeon said. "These patients regain full range of motion after surgery with no restrictions."

The morning after surgery, Tandy was back on his feet using a walker to navigate the hospital's hallways and was able to go home later that same day.



Home Health Assists Recovery

Most patients prefer to return to the comfort of their own homes as quickly as possible after surgery. Home health programs provide the vital link between a hospital stay and a patient's normal activities. Home health providers offer support in the form of:

- Health & lifestyle education
- Wound care
- Pain management
- Physical, occupational and speech therapy
- Counseling
- Fall prevention
- Personal care

Home health services are offered by a patient's physician and are covered by most health insurance plans.

➤ If you have additional questions about home health, contact Antelope Valley Hospital Home Health at 661-949-5938.



Meet Jeffrey Tandy and go inside the operating room during his surgery by viewing the video on Antelope Valley Hospital's YouTube channel.

Family Thrives After Triple Health Scare

The Hudson family knew they were about to experience a hospital stay: Becky was going to have a baby. What they didn't expect were three subsequent stays in a two-month period that would include every member of this young family from Lancaster.

Born six weeks early in AV Hospital's Women & Infants Pavilion, baby Rusty had to spend 20 days in the Neonatal Intensive Care Unit. Soon thereafter, Becky was readmitted into the hospital due to complications from a C-section, but was placed in the pediatrics unit in order for her breastfeeding baby to remain with her.

Within three weeks of Becky's release from the hospital, Rusty developed a serious respiratory infection and was admitted into the pediatric unit. Now it was his mother's turn to room-in with him. Rusty was a week into a 12-day stay when Charles was brought into the emergency department with severe chest pains.

"Becky immediately knew something was seriously wrong since Charles wasn't a fan of going to the doctor let alone the emergency room," recalled pediatrics nurse Della Archambo, RN. Della



From left: Pediatrics Director Angela Teague; Becky, Charles, and Rusty Hudson; Mary Kacy-Svoboda, RN; and Della Archambo, RN.

escorted Becky from her baby boy's bedside to Charles' side in the emergency department.

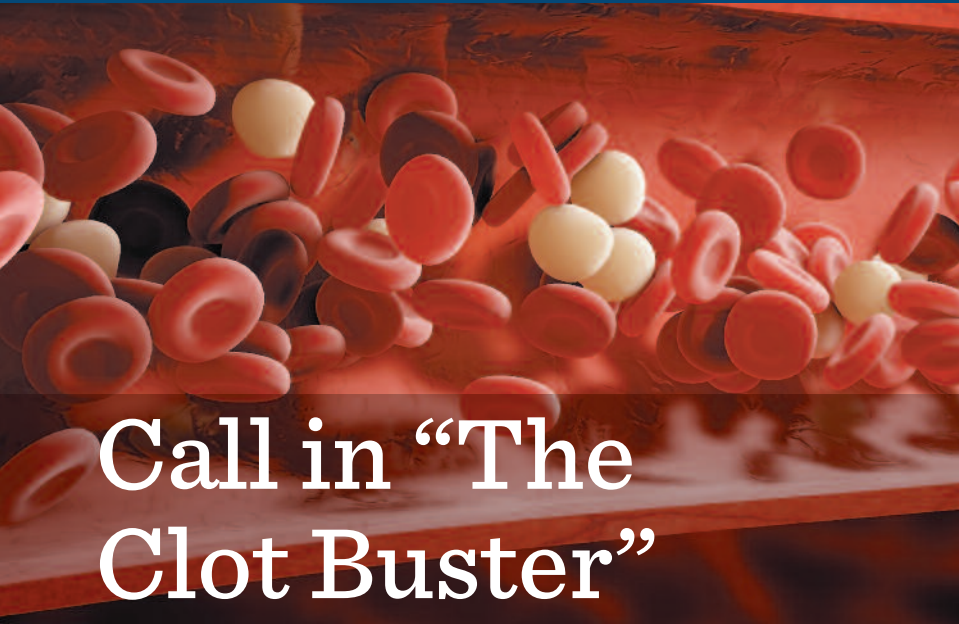
She found him lying on a gurney as nurses, first responders and doctors performed CPR. At just 45 years old, Charles was having a heart attack two months to the day after his son was born. Della remained beside Becky as the team fought to save Charles' life. CPR continued for nearly an hour.

"That's a very long time for someone to receive CPR," Della said. As time passed Becky begged, "Please, Charles! We have a baby. You have to come back to us."

After nearly eight weeks in a coma, Charles regained consciousness and doctors placed a stent and a defibrillator inside his chest. Kanwaljit Gill, M.D., removed a clot from his left anterior descending coronary artery. This type of clot is often called "the widow maker" due to a high death rate.

Today, the entire Hudson family is thriving. Becky is busy keeping up with Rusty, an active toddler, and Charles' health is back to where it was before the heart attack.

"I'm alive because of this hospital," he said.



Call in “The Clot Buster”

An otherwise typical morning turned nearly life-threatening for Lancaster resident **Phillip Toma** last spring. Part way through a regularly-scheduled dialysis appointment, the 57-year-old suddenly couldn't talk out of the left side of his mouth.

“The whole left side of my body kind of went dead,” he said. “I called the technician over, he could see my face was drooping, and I said ‘I can't feel the left side of my body.’”

Taken by ambulance to Antelope Valley Hospital, Phillip was promptly given Tissue Plasminogen Activator, otherwise known as TPA or a “clot buster.” Within hours, feeling had returned to most of the left side of his body. He was admitted to the hospital's critical care unit where he spent two days before moving to the stroke unit for a few more days.

Two weeks after leaving the hospital, Phillip was back to doing what he loves. A lifelong stock car racing enthusiast, he had been behind the wheel two weeks before his stroke and was a spectator at a race in San Bernardino two weeks after.

“I'm just grateful to be here,” he said.

Nearly three weeks after his stroke, Phillip visited the nursing staff that cared for him while he was in the hospital.

“You guys couldn't have been better,” he said as he hugged Stroke Program Coordinator **Colleen Littlejohn, RN**. “You guys are great.”

Antelope Valley Hospital is the only Advanced Primary Stroke Center and cares for more than 800 stroke patients each year. Our specially trained team consistently delivers fast door-to-needle times, which means better outcomes for patients.



Philip Toma and Colleen Littlejohn, RN.

Recognize the signs of stroke **FAST**

| | | | |
|---------------|--------------|-------------------|-------------------|
| F | A | S | T |
| Face drooping | Arm weakness | Speech difficulty | Time to call 911. |

LIGHTS, MUSIC, BOOTS AND Bling

It was a boot-stompin' good time at the Lights, Music, Boots and Bling Gala at the Antelope Valley Fair and Event Center. The fundraising event put on by the Antelope Valley Hospital Foundation featured a performance from country music star Clay Walker. Proceeds benefit the hospital's emergency department and mental health unit.



Clay Walker (second from left) and his band put on a great show at the gala.



State Sen. Scott Wilk (left) presented a certificate of commendation to Roger Girion, PhD, the hospital's executive director of mental health services.



Congressman Steve Knight and his wife Lily, a nurse at the hospital's NICU.



Donna Termeer, a representative of Los Angeles County Supervisor Kathryn Barger, was one of several officials to present commendations to Mark Brown M.D., chair of the emergency department.



AVH & City of Hope: Together4Hope

Antelope Valley Hospital was the presenting sponsor of the City of Hope's Together4Hope 2K Walk/5K Run. The hospital team (shown above) helped raise funds for cancer awareness, prevention and treatment.

As a nationally-recognized Comprehensive Community Cancer Center, AV Hospital provides complete and personalized cancer care – from screening to diagnosis to treatment and survivorship. We are dedicated to guiding and supporting each patient and their family through the entire process. Last year we cared for nearly 400 patients with the area's three deadliest cancers: lung, colorectal and breast.



Pillowcases for Pediatrics

Hospitals can be an intimidating place for kids, but our pediatric rooms are bright and welcoming thanks to volunteers who make and donate these colorful pillowcases. The pillow covers are made by the "pillowcase ministry" of Palmdale United Methodist Church, as well as other members of the community who have been donating them for many years.

Let's get Social

News at Antelope Valley Hospital happens daily. For the latest updates from your community hospital, follow us on Facebook, Instagram, LinkedIn, Twitter and YouTube.



@antelopevalleyhospital



@antelopevalleyhospital



@avhospital



Search for Antelope Valley Hospital



Search for Antelope Valley Hospital



WALK A MILE *in her Shoes*

Men are invited to strut their stuff (or teeter) in red heels to raise awareness about the impact of violence in our community.

Saturday, Oct. 27, 8 - 11 a.m.

AV Hospital Community Resource Center
44151 15th Street West in Lancaster

Registration:

Men - \$65 registration fee includes the shoes and a t-shirt.

Women - \$20 registration fee includes a t-shirt and refreshments.



Register online at walkamileav2018.eventbrite.com.

For more information email walkamileav@gmail.com.



From left: *Andrea Randenberg, RN, MSN, NP, Executive Director of Women & Infants Pavilion and Pediatric Services; NICU Director Jean Cummings, RN, MSN; Education Specialist Angela Alvarez RN, BSN; Dani Demyen RN, BSN, IBCLC; Juliana Hoenisch, RNC-MNN, BSN; and Linda Fincher, RNC-MNN.*

Bereavement Quilts Help Mothers

Miscarriages and lost pregnancies can cause an emotional toll on a mother. At Antelope Valley Hospital, our nurses deliver purple quilt squares to mothers who have lost a child. The small quilts are emblazoned with a leaf, symbolizing the child. "It's important to acknowledge their loss and be sensitive to the mother," said Angela Alvarez.

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

Blood Donor Center
661-949-5622

Foundation
661-949-5810

OB Clinic
661-726-6180

Volunteers
661-949-5105

Antelope Valley Hospital, Inc. Board of Directors

- Kristina Hong, RN, NP, Chair
- Mateo Olivarez, RN
- Phil Tuso, M.D.
- Abdallah S. Farrukh, M.D.
- Don Parazo, M.D.
- Steve Baker
- Regina Rossall
- Kevin Von Tungeln
- Michael L. Wall, CEO

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

Non Profit Org.
U.S POSTAGE
PAID
LANCASTER, CA
Permit No. 97

1600 West Avenue J | Lancaster, CA 93534
661-949-5000 | avhospital.org

Get Cancer Answers

October 20
9 a.m. - 2 p.m.

An interactive and educational fair focusing on the most common cancers in the Antelope Valley. Learn how to prevent and recognize cancers of the:



BREAST



COLON



LUNG



SKIN

Antelope Valley Hospital Community Resource Center
44151 15th Street West, Lancaster

FREE gift for the first 50 attendees!

FREE family-friendly event featuring:

- Skin cancer screenings
- "Ask the Doctor" forums
- Physician presentations
- Fitness demonstrations
- Nutrition & healthy cooking demos
- Survivor stories
- Kids' activity corner
- Discounts
- Refreshments
- Community health resources
- Raffle drawing
- Goody bags

Presented in partnership with

