


SUMMIT HEALTH *cares*

Summer 2020



2020:
**The Year of
the Nurse**



SUMMITHEALTHCARE.NET

Summit Achieves
Patient Safety
Recognition

What is
Palliative Care?

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A MESSAGE TO THE

Community



Ron McArthur, CEO

WELCOME TO THE summer 2020 issue of *Summit HealthCARES*.

On behalf of Summit Healthcare, I hope you are staying well and taking care of yourself during this challenging time. Please know that Summit Healthcare continues to be available to support your health care needs in any way we can.

This issue of Summit HealthCares introduces you to new healthcare providers in your community. We are also proud to announce that Summit Healthcare has

achieved Healthgrades 2020 Patient Safety Excellence Award(TM).

Enjoy the issue and stay healthy!

SUMMIT *HEALTHCARES*

Ron McArthur, FACHE
CEO, Summit Healthcare

Angie Fabian, MBA
Chief Marketing & Development Officer

Our Mission
Trusted to deliver exceptional,
compassionate care, close to home

How to Reach Us

**Summit Healthcare
Regional Medical Center**
2200 E. Show Low Lake Road
Show Low, AZ 85901
928.537.4375

Visit **SUMMITHEALTHCARE.NET**

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Published by
MAVERICK MEDIA LLC
SHOW LOW, AZ

Summit Healthcare Achieves Healthgrades 2020 Patient Safety Excellence Award™

Summit Healthcare in the top 10% in the Nation for Patient Safety

Show Low, AZ (June 16, 2020) – Summit Healthcare announced today that it is a recipient of the Healthgrades 2020 Patient Safety Excellence Award™. This distinction places Summit Healthcare among the top 10% of all short-term acute care hospitals reporting patient safety data as evaluated by Healthgrades, the leading resource that connects consumers, physicians and health systems.

During the study period (2016 through 2018), Healthgrades 2020 Patient Safety Excellence Award recipient hospitals demonstrated excellent performance in safeguarding patients in the Medicare population, as measured by objective outcomes—risk-adjusted patient safety indicator (PSI) rates—for 13 PSIs defined by the Agency for Healthcare Research and Quality (AHRQ). A 14th PSI included in the evaluation is Foreign Objects Left in Body During a Surgery or Procedure which is a “never” event and does not have an expected rate.

Healthgrades found that patients treated in hospitals receiving the Patient Safety Excellence Award were, on average*:

- 48.3% less likely to experience a collapsed lung due to a procedure or surgery in or around the chest, than patients treated at non-recipient hospitals.
- 54.4% less likely to experience a hip fracture following surgery, than patients treated at non-recipient hospitals.
- 66.8% less likely to experience pressure sores or bed sores acquired in the hospital, than patients treated at non-recipient hospitals.
- 63% less likely to experience catheter-related bloodstream infections acquired at the hospital, than patients treated at non-recipient hospitals.

In addition, if all hospitals in the country performed at the level of award recipients for each of the 13 patient safety indicators, 110,864 patient safety events could have been avoided.*

“It is an honor to be recognized as a recipient of the 2020 Healthgrades Patient Safety Excellence Award. Summit Healthcare is committed to maintaining a culture of quality and providing exceptional outcomes for our patients, even during the COVID-19 pandemic,” says Ron McArthur, CEO, Summit Healthcare.

“Consumers might not know that information around patient safety is readily available and should be considered when researching healthcare options,” said Brad Bowman, MD, Chief Medical Officer, Healthgrades. “We commend the recipients of the 2020 Patient Safety Excellence Award for their dedication to providing excellent care for their patients.”



**Statistics are calculated from Healthgrades Patient Safety Ratings and Excellence Award methodology which is based primarily on AHRQ technical specifications (Version 2019.0.1) to MedPAR data for years 2016 through 2018 and represent three-year estimates for Medicare patients only.*

About Summit Healthcare

The largest medical facility in the Show Low area with 101 licensed beds, 195 Physicians and Allied Health Professionals along with 1,500 plus hospital and clinic employees. Summit responds to the health care needs of more than 90,000 permanent and seasonal residents. Summit Healthcare provides general medical and surgical care, with broad services of care that include an Out-patient Surgery Center, Diagnostic Imaging, General and Vascular Surgery, Orthopedic Surgery, Family Medicine, Pediatrics, OB/GYN, Pain Management, Internal Medicine, Orthopedics, Otolaryngology, Urology, Plastic and Reconstructive, Podiatry, Pulmonology, Heart, Lung and Vascular, Wound Care Center, along with an onsite Pharmacy and Spa. For more information visit www.summithealthcare.net.

2020

Year of the Nurse



by Dawn Marino RN BSN HNB-BC

This is the Year of the Nurse. Every day we hear of their courage and dedication fighting for the lives of Covid 19 patients. But before that battle began, the World Health Organization (WHO) designated 2020 as the year of the nurse. This is in recognition of the pivotal role these skilled professionals play in caring for populations around the world. Now more than ever, their key role in healthcare is being highlighted.

May 6th was National Nurses day. Most years it is celebrated with gatherings of nursing peers eating together and laughing together. They share an understanding that non-nurses generally don't know all that nurses do. While the gatherings of nurses will be absent, the camaraderie is stronger than ever.

Quietly and professionally they exercise incredible skill to accurately assess patients' conditions using observation and technology, intervene when needed with specialized care and procedures, continually evaluate healing progress, maintain absolute accuracy in medication delivery and equipment safety. These are just a few examples of the routine tasks in a day. But the outstanding characteristic of nurses is that they unify this high level of training and education with an even higher level of interpersonal caring. Nurses are specialized in understanding and treating people's responses to illness. This requires going far beyond physical distress. Nurses address mental, spiritual, and emotional distress directly or by recruiting appropriate resources. All in a day's work.

May 12th was the 200th anniversary of Florence Nightingale's birth. Nightingale is considered the mother of modern nursing. One of her famous quotes is "nature cures...what nursing has to do ...is to put the patient in the best condition for nature to act upon him." What nurses know is that a key part of that "condition" is the nurse's presence. This therapeutic presence is also a part of the day's work.

While Ms. Nightingale towers in the history of the profession with her insistence that nursing care rest upon sound scientific foundations, it is interesting to note she did not believe in the newly discovered "germ theory". But she absolutely believed that maximum hygiene provided maximum opportunity for healing. She was a vociferous advocate for hand washing. She saved hundreds of British Crimean soldiers' lives. They were dying more from infection than their wounds. She reduced mortality dramatically through her insistence on a clean environment and clean hands. Her message is still saving lives today as hand washing and hygiene become buzz words for all of us.

So on May 6th, our nation turned its grateful eyes to the profession that Florence Nightingale formalized. We can remember her and the following generations of caring individuals giving their hearts and sometimes their lives to keep us all "in the best condition" for us to heal. We can salute them and then wash our hands in their honor.

Meet Summit Healthcare's New Providers

Check out interviews with Summit Healthcare Team Members, expand your knowledge on medical topics and more by visiting summithealthcare.net



Summit Healthcare Welcomes

Ali Madani, M.D.

Dr. Madani completed Medical School at the University of Algiers. He completed his residency in clinical hematology at the University of Paris as well as his residency in internal medicine at Michigan State University. He did his medical oncology/hematology fellowship at Indiana University School of Medicine.

Specializing in
Internal Medicine,
Oncology and Hematology



2500 E. Hunt Drive | Ste H-J | Show Low, AZ 85901 | 928-537-6992



Summit Healthcare Welcomes

Geoffrey Cornelsen, DO

Dr. Cornelsen received his Doctor of Osteopathic Medicine from Des Moines University, College of Osteopathic Medicine and Surgery. He completed his Orthopedic Surgery Residency at Millcreek Hospital in Erie, PA. Dr. Cornelsen finished his Fellowship in Orthopedic Sports Medicine at the Minnesota Orthopedic Sports Medicine Institute in Minneapolis, MN.

Specializing in
Orthopedic Surgery
Sub-Specialty
Sports Medicine



4951 S. White Mountain Rd. | Bldg A | Show Low, AZ 85901 | 928-537-6700



Summit Healthcare Welcomes

Jennifer Schafer, FNP

Jennifer Schafer received her FNP from University of Colorado at Colorado Springs.

FNP Jennifer Schafer will join Summit Healthcare Family Medicine.

Specializing in
Family Medicine



4951 S. White Mountain Rd. | Show Low, AZ 85901 | 928-537-6700



Summit Healthcare Welcomes

Jacob Oldham, MD

Dr. Oldham received his Medical Doctor Degree from Mayo Medical School. He completed his Orthopedic Surgery Internship and Orthopedic Surgery Residency at Wilford Hall Military Medical Center in San Antonio, TX.

Dr. Oldham will join Summit Healthcare Orthopedics.

Board Certified in
Orthopedic Surgery
Sub-Specialty
Sports Medicine



4951 S. White Mountain Rd. | Bldg A | Show Low, AZ 85901 | 928-537-6700



Summit Healthcare Welcomes

David Murphy, DO

Dr. Murphy received his Doctor of Osteopathic Medicine Degree at Alabama College of Osteopathic Medicine. He completed his residency in Family Medicine at East Tennessee State University.

Dr. David Murphy will join the Summit Healthcare Snowflake/Taylor Family Medicine Clinic.

Specializing in
Family Medicine



1121 S Main Street | Snowflake, AZ 85937 | (928) 536-5858



Summit Healthcare Welcomes

Brett Brewer, M.D.

Dr. Brewer received his Doctor of Medicine degree from the University of Arizona College of Medicine. He completed his combined Internal Medicine - Pediatrics residency at the University of Arizona College of Medicine.

Dr. Brewer is located at Snowflake Medical Center and is accepting new patients.

Specializing in
Internal Medicine
Pediatrics



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What is Palliative Care?

by Travis Austin, MD

Palliative Care is specialized medical care for people with serious illness. This type of care is focused on providing relief from the symptoms and stress of a serious illness. The goal is to improve quality of life for both the patient and the family.* (This definition is from the Center to Advance Palliative Care)

If you or a loved one faced a life-threatening illness like advanced cancer or dementia, what would be important to you? High quality medical care would be important, but the purpose behind that care would likely be something bigger: quality time with family and friends, reduced pain or other symptoms, a longer life, increased spirituality, or any number of other values and goals important to you.

Understanding these values and supporting patients and their loved ones in receiving care that most aligns with those values lies at the heart of the palliative care specialty. The lived experiences of patients with serious illnesses like cancer, heart failure, COPD, dementia, kidney disease, and neurologic disease includes and goes beyond medications, diagnoses, procedures, and other treatments. Their medical experience is important, but so are the emotional, social, psychological, cultural, and spiritual dimensions of a person, their family, and their friends. Palliative care sees the person beyond the disease.

Since palliative care is a relatively new medical specialty, there are some common misconceptions. First, palliative care is team-based. Palliative care teams include specially trained doctors, nurses, social workers, chaplains, volunteers, and other specialists. The team works together with primary care and other specialist physicians to provide an extra layer of support. Patients continue to see their regular primary care physician and other specialist doctors, and the palliative care team works to ensure coordinated care.

Furthermore, palliative care is appropriate at any age and at any stage in a serious illness and it can be provided along with curative treatment. Patients receiving palliative care might receive palliative care services for years while continuing to receive curative treatments and will sometimes even be cured of their illnesses while still receiving palliative care.

Sometimes there is confusion about the difference between palliative care and hospice, and it is important to recognize that these are two very different services. While both focus on symptom relief and quality of life, a patient can only enroll in hospice if they have a limited life expectancy and are no longer seeking curative treatment. As explained previously, palliative care has no such limitations. However, hospice care provides benefits that many palliative care services cannot provide, so palliative care providers can also help people decide when hospice is right for them and can assist in that transition when appropriate.

Palliative care can be provided in the hospital, at home, or in long-term care or assisted living facilities, depending on the patient's situation. However, palliative care itself is not a "place" that people live and receive full-time care. We are happy to work together with these facilities and with home health, but do not provide the same services. Like most medical specialties, palliative care is appointment-based. These appointments are covered by insurance and usually require your regular copay.

As a medical resident, I met many people who received wonderful care from their knowledgeable medical providers, but still described great suffering in their lives. Often, this included the effect of their illness on family members, uncontrolled symptoms, uncertainty about how to plan for the



worst while still hoping for the best, unpredictability about the course of their illness, and more. To become certified in palliative care, I received extra fellowship training beyond residency. I was trained to manage symptoms related to serious illnesses, to communicate with patients and families about their illness, to plan for the future with both realism and hope, to assist in making difficult decisions, and more. I learned to work with an interdisciplinary team to provide whole-person medical care, and I saw that care play a role in relieving suffering. It doesn't make the experience easy, but I saw patients and families living well and being their best selves despite the inevitable chaos, uncertainty, fear, and hurt that comes in living with a serious illness.

The diagnosis of a serious, life-threatening illness presents new challenges for patients and families, yet time and time again I've seen how people rise to these challenges and even manage to discover new growth and resilience. As a palliative care physician, I'm thankful that I have the opportunity to work with my team to support people through these difficulties.

If you think you or a loved one might benefit from palliative care, you can ask your doctor for a referral or you can request an appointment by calling 928-358-7061. If you are unsure whether palliative care is right for you, we are happy to set up an initial appointment and discuss. You can also learn more at getpalliativecare.org.

Meet Travis Austin, M.D.

Specializing in Palliative and Preventative Medicine



Travis Austin, M.D. is board-certified in Emergency Medicine. Fellowship trained (Board eligible) in Palliative and Preventative Medicine.

He graduated from Brigham Young University with a BA and MA in English Literature. He went on to get his MD from the University of Arizona College Of Medicine. He also has his MPH from the Dartmouth Institute for Health Policy and Clinical Practice. He completed his Emergency Medicine Residency, Palliative Care Fellowship and Leadership Preventative Medicine Residency at Dartmouth-Hitchcock Medical Center.

Dr. Austin's practice philosophy is "to focus on the whole person, to meet people where they are, and to support patients and families in living as well as they can despite the challenges of a serious illness. I want to use my medical expertise alongside patients' own experiences,

lives, and values to craft a plan of care that they will own and implement. In palliative care, we generally use a multidisciplinary team, so I'm used to working as a team to better use the expertise of people from other fields like social worker, nurses, and chaplains."

In his free time, Dr. Austin enjoys hiking, camping, kayaking, fishing, or anything else outdoors. He also likes reading. Most of his free time is spent with his 4 kids doing anything from playing house to practicing baseball.

Dr. Austin is accepting new patients. To schedule an appointment, call toll free 855-768-4968 or 928-537-6700.



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Saturday 10:00 a.m.-6:00 p.m.
Sunday 10:00 a.m.-2:00 p.m.

Family Medicine Snowflake-Taylor

1121 S Main St., Snowflake
Monday-Saturday 7:00 a.m.-7:00 p.m.





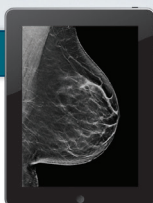
OUR LOCAL MAMMOGRAPHY DEPARTMENT TURNS NATIONAL HEADS

*Summit Healthcare Women's Imaging
Earns ACR Accreditation*

MY ANNUAL MAMMOGRAM GIVES ME PEACE OF MIND



Carrie



ACR is the gold standard in medical imaging

Medical imaging is vital to better health and preventive care. After Carrie's mother died of cancer, Carrie renewed her focus on her own health and wellness. Yoga and meditation are an important part, as is her annual mammogram, which Carrie hopes all women will start at age 40.

Learn more at acraccreditation.org

Carrie is a former ACR employee who volunteered to participate in this advertisement.

Ask your provider to schedule your
mammogram today with Summit Healthcare
Women's Imaging



Summit Healthcare has been awarded a three-year term of accreditation in stereotactic breast biopsy as the result of a recent review by the American College of Radiology (ACR).

A breast biopsy is performed to remove cells — either surgically or through a less invasive procedure involving a hollow needle — from an area in the breast suspected to be cancerous. These cells are examined under a microscope to determine a diagnosis. In stereotactic breast biopsy, a special mammography machine helps guide the radiologist's instruments to the site of an abnormal growth.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Parameters and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures and quality assurance programs are assessed. The findings are reported to the ACR Committee on Accreditation, which subsequently provides the practice with a comprehensive report that can be used for continuous practice improvement.

Summit Healthcare Women's Imaging Department is a Pink Ribbon Facility. Summit Healthcare takes pride in providing a digital mammography exam to every woman that comes into Women's Imaging. Tomosynthesis (3D) mammography is also available. Patients should check with their insurance for coverage of this technology.

The ACR, founded in 1924, is a professional medical society dedicated to serving patients and society by empowering radiology professionals to advance the practice, science and professions of radiological care. The College serves more than 37,000 diagnostic/interventional radiologists, radiation oncologists, nuclear medicine physicians, and medical physicists with programs focusing on the practice of medical imaging and radiation oncology and the delivery of comprehensive health care services.

Summit Healthcare is a not-for-profit health care organization with the primary mission to provide exceptional care, close to home. For further information, please call 928.537.4375 or visit our web site www.SummitHealthcare.net

The Outpatient Pavilion

CARDIOLOGY TEAM



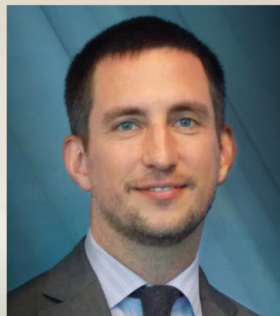
Imran Ata, M.D.
Cardiologist

Imran Ata received his medical degree from Nishtar Medical College, Multan, Pakistan in 1985 and then completed his internship in Internal Medicine at Nishtar Medical College.



Hursh Naik, M.D., FSCAI
Interventional Cardiology

Hursh Naik is one of only a few cardiologists in Arizona who specialize in complex coronary interventions and percutaneous structural heart disease treatment.



Jeffrey Munro, M.D.
Electrophysiology

Jeffrey Munro attended Rutgers College for his undergraduate education and subsequently the University of Medicine and Dentistry of New Jersey for medical school, residency in internal medicine and fellowship in cardiovascular diseases.



Lorne Murray, M.D., FACC
Cardiology

Lorne Murray specializes in General Cardiology. He received his Bachelor of Science degree from the University of Washington and continued on to receive his Medical Degree from Harvard Medical School.



Adhar Seth, MD, FACC
Cardiology

Adhar Seth received his undergraduate degree from The College of New Jersey. He subsequently went on to New Jersey Medical School where he received his MD.



Riyaz Sumar, MD, FSCAI, FACC
Interventional Cardiology

Riyaz Sumar specializes in cardiology, interventional cardiology and endovascular medicine. He is Board Certified and part of the Fellowship of the American College of Cardiology.



Tim Hosch, PA
Physician Assistant

Tim Hosch graduated from Physician Assistant training in 2014. Advanced Medical training in the Navy brought Tim to cardiology. He has spent many years in both military and as a civilian working in cardiology.



Eric Olson, PA
Physician Assistant

Eric Olson is a Certified Physician Assistant specializing in cardiology. He received his bachelors degree in zoology from Arizona State University in 1994 and his masters in physician assistant from AT Still in 1999.

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TOLL FREE (855) 768-4968 | P (928) 537-6700
www.summithealthcare.net



Watch our Cardiology Team on YouTube.
Summit Health Cares

Putting the *Care* in Healthcare

Get to know your Summit Healthcare Team



Deann Davies

Director of Early Childhood Outreach and Pediatric Psychology (aka Healthy Steps)

In episode 116 of Summit Cares on YouTube, Deann Davies, talks about making sure your children are doing well during COVID-19. If you have any concerns about your child's welfare, please reach out to your pediatric doctor or if you have any questions, call 928.537.4375.



Wade McDowell

Director of Therapy Services

Wade McDowell has worked in therapy services for over 21 years. He began his career in the early 90's as a staff occupational therapist, working in both Nebraska and Colorado. By 1997 he was the Director of Rehabilitation Services, in 2008 he moved into an Assistant Nursing Home Administrator role and two years later he became the Administrator. In 2013 he moved to New Mexico to become the Director of Rehabilitation Services and Occupational Therapy at a large, for-profit hospital. He joined the Summit Healthcare Therapy Services team as Director in the fall of 2014.



Hursh Naik, M.D., FSCAI

Interventional Cardiology

Hursh Naik is one of only a few cardiologists in Arizona who specialize in complex coronary interventions and percutaneous structural heart disease treatment.

Check out interviews with Summit Healthcare Team Members, expand your knowledge on medical topics and more by visiting summithealthcare.net

Watch us on





Summit Healthcare's 7th Annual
GOLF THE SUMMIT

Proceeds benefit Summit Healthcare's Cancer Center, helping patients stay home for treatment

Friday October 9, 2020
4 - Person Scramble
Shotgun start at 9am

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2020

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All Proceeds Benefit Summit Healthcare Cancer Center

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Dueling in the Pines

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Black+Whyte Dueling Pianos

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ON HIATUS UNTIL 2021



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Summit Healthcare complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For more information, see link on our homepage at www.summithealthcare.net
 ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-928-537-6556.
 D77 baa ak0 n7n7zin: D77 saad bee yln7[ti'go Diné Bizaad, saad bee lk1'n7da'1wo'd66', t11 jik'eh, 47 n1 h0l=, koj8' h0d77lnih
 1-928-537-6556.

This publication in no way seeks to serve as a substitute for professional medical care. Consult your physician before undertaking any form of medical treatment or adopting any exercise program or dietary guidelines.



We Are Here For You

**We're here
for your
loved ones.**

As we've provided care during this time, your support and commitment has sustained us. As a community you confirmed that we can get through this together. Thank you for your words of encouragement, prayers and generous donations. As we move forward and recover together, we're here for you and your loved ones.

We have taken a number of precautions to ensure your health and wellness!

Let's get back to normal.