

CREATING LIFE – BETTER – HERE

FALL | 2019

A publication from San Juan Regional Medical Center

COMMITTED to CARE:

New Ambulances
Here to Serve You

Back to Health with
Minimally Invasive
Spine Surgery

5 TIPS to
Manage Your Energy

Quarterly

Fall | 2019

inside this issue



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801 West Maple Street
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Our Mission

To personalize healthcare and create
enthusiasm and vitality in healing.

Our Vision

To be known as the most personalized
quality healthcare provider.

Our Core Values

Sacred Trust | Personal Reverence
Thoughtful Anticipation | Team
Accountability | Creative Vitality



San Juan Health Partners Welcomes Endocrinologist

San Juan Regional Medical Center is pleased to announce the arrival of Endocrinologist Dr. Robert Eaton Burr. He will be seeing patients at San Juan Health Partners Internal Medicine and Specialty Services.



Dr. Burr specializes in the treatment of diabetes, metabolism and hormone-related disorders including:

- Thyroid disorders
- Adrenal disorders
- Hyperparathyroidism
- Obesity
- Osteoporosis
- Ovarian dysfunction

Dr. Burr attended Medical School at Hahnemann University School of Medicine in Philadelphia, Pennsylvania. He completed an Internal Medicine Residency at the Mayo Clinic in Rochester, Minnesota as well as a Fellowship in Endocrinology at Massachusetts General Hospital in Boston, Massachusetts.

Call today for an Appointment | 505.609.6730



407 South Schwartz Avenue, Suite 201
Farmington, New Mexico 87401

The information provided in this publication is general in nature and is for information and educational purposes only. You should not use this information in place of a visit, consultation, or the advice of your physician or other healthcare provider. It is not meant to replace the advice of any physician regarding the reader's own specific medical condition(s). Neither the authors nor San Juan Regional Medical Center are liable or responsible for the consequences of any actions taken or not taken on the basis of the information provided in this magazine.



Dear Friends of SJRMC:

At San Juan Regional Medical Center, we take pride in being your community-owned and operated hospital. In fact, in today's day and age of corporate healthcare and large hospital systems, it's pretty rare. Being independent makes us different and unique. It allows us to remain firmly anchored to our roots – the people we serve.

San Juan Regional Medical Center has a deep-rooted involvement with the people of the Four Corners. We have been a part of this community since 1910, before New Mexico was even a state. We were founded to meet community need and we continue to deliver enormous value today through the specialty services we offer and programs we create to promote health and wellness.

As your community-owned hospital, we have the advantage of making decisions at the local level to meet the needs that exist right here in the Four Corners region. Our Corporation is made up of our community members, your friends and neighbors who serve on nonprofit organizations in San Juan County. Local businesspeople and leaders in our community sit on our Board. We know how to serve our community because we are the community.

As a result, we've been able to expand our services to offer the specialties you need the most so you can stay close to home. We brought two new Interventional Cardiologists into San Juan Regional Heart Center this year, and have a full time Endocrinology specialist joining San Juan Health Partners this Fall. We have the only Neurosurgery program in the Four Corners and offer minimally invasive spine surgery. This allows our patients to receive quality care without traveling out of the area, with the added benefit of faster recovery and less pain. We opened San Juan Health Partners Specialty Services clinic in Durango over the summer. This clinic currently offers Cardiology, Urology and Neurosurgery services, and we will continue to add providers to meet the healthcare needs of our community.

A handwritten signature in black ink that reads "Jeff Bourgeois". The signature is fluid and cursive.

Jeff Bourgeois | President/CEO
jbougeois@sjrmc.net

NEW AMBULANCES IMPROVING PATIENT CARE and SAFETY



Note from Board Chair Ron Rosen:

The EMTs and paramedics of San Juan Regional Medical Center's EMS Department are on scene, ready to provide critical pre-hospital care to the people of San Juan

County on any given day at any given hour. With nearly 5,000 square miles to cover, much of it remote, we couldn't sustain this high level of care without the help and support of our community partners.

We are fortunate to enjoy a longstanding cooperative partnership with San Juan County. The County contributes financial support for various aspects of our EMS operations, including capital equipment purchases. In fact, thanks to funding collected through a county-wide gross receipts sales tax, we now have three brand new ambulances to help us respond to calls quickly and efficiently. We are proud to be on scene to care for our community members when they need us most, and thankful for the community support we receive to continue providing quality, community-centered care.

Thanks to the support and partnership from San Juan County, we now have three new ambulances on the streets to improve patient care and the safety of our first responders. San Juan County provided over \$600,000 for the new ambulances, which are all Ford F450 models. The heavier chassis adds longevity to our fleet. EMS is a busy service, responding to about

18,000 calls a year, so durability and longevity are important. The new models also have four-wheel drive, a much needed feature here.

"Some of the roads in San Juan County are a little bit rougher, and we have a lot of oilfield roads we need to go down. This will assist in getting in and out of some of those harder to reach places," EMS Interim Manager Steven Malarchick said.

The new ambulances also include upgraded safety features for the EMTs and paramedics as they provide care in the back of the ambulance. Cardiac monitors are mounted to counters so they stay in place. There are also new seatbelt systems that allow the providers to care for patients while secured in their seat.

"It is our priority to provide the citizens of San Juan County with high-quality medical care, these ambulances are just another way to do that," said San Juan County Commission Chair Jack Fortner. "The county-wide tax makes sure that this life-saving equipment is available for anyone in the county."

"The investment in these new units will help support the already tremendous teams we have in EMS to handle the 18,000 calls they receive each year. To be able to support our teams better is an investment that San Juan Regional Medical Center and San Juan County are happy to support," said SJRMC president and CEO Jeff Bourgeois.

TURNING GUIDELINES INTO LIFELINES

EMS Honored with Mission: Lifeline® EMS Gold Plus Award



San Juan Regional Medical Center's EMS Department is the gold standard in pre-hospital care for patients who experience severe heart attacks called a STEMI. The department was honored by the American Heart Association with its Mission: Lifeline® EMS Gold Plus Award, the highest recognition a hospital can receive. San Juan Regional Medical

Center was the only recipient in the Four Corners, and the only EMS Department in the entire state of New Mexico, to receive this high level of recognition. The award is given to EMS Departments that apply the most up-to-date evidence-based treatment guidelines to improve patient care and outcomes.

continued ►►



"We are privileged to be entrusted with caring for the health of our community. That's why we're committed to turning treatment guidelines into lifelines," said SJRMC's President and CEO Jeff Bourgeois.

The Mission: Lifeline initiative recognizes emergency medical services for their efforts in improving systems of care to rapidly identify suspected heart attack patients, promptly notify the medical center and trigger an early response from the awaiting hospital personnel.

"It's a great marriage between very highly trained EMTs, high tech equipment and the whole system being in place – from the 911 Communication Center, to our EMTs

and Paramedics, the Emergency Department staff and the Cardiac Cath Lab – everyone working together has made this achievement possible," Interim EMS Manager Steven Malarchick said.

Our community is fortunate to have the gold standard in heart attack care available right here at home. From education on STEMI identification to providing access to 12-lead EKGs and developing evidence-based protocols, our First Responders demonstrate gold standard care each and every time they transport a STEMI patient. This pre-hospital care sets the stage for a seamless experience and continued excellence once patients arrive at the hospital.



If you're
thirsty,
you drink
water.

Better health often starts with making better choices like exercising, eating healthier, and drinking more water. The same thing is true when choosing your health provider. San Juan Regional Medical Center has been the local choice for over 100 years and, along with San Juan Health Partners, we're expanding into your community to provide your family with better health and care.

Three ways that drinking water can improve your health:

1. Staying hydrated is good for your kidneys. Not drinking enough water is the number one risk factor for developing kidney stones.
2. Water helps to keep your joints lubricated and flexible, reducing friction to maintain healthy tissues and joints.
3. If you're breastfeeding, drinking water helps you make and maintain your milk supply.

Here are four things you can do to help you drink more water:

1. Carry a water bottle with you.
2. Choose water instead of sugar-sweetened beverages.
3. Choose water when eating out.
4. Add a wedge of lime or lemon to your water to change its taste.

To learn more about the health benefits of drinking water, visit sanjuanregional.com/drink-water



**SAN JUAN REGIONAL
MEDICAL CENTER**

Committed to life better here.

MINIMALLY INVASIVE SPINE SURGERY

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Experiencing back or neck pain?

- Pain that radiates into your limbs
- Difficulty walking
- Numbness or tingling

There are options **right here in the Four Corners** to help you improve your quality of life. San Juan Regional Spine Center Neurosurgeon Dr. Paul Davis specializes in minimally invasive spine surgery and has helped countless people get back to enjoying the activities they love during his 20 years in practice. Now he wants to help you.

What is minimally invasive spine surgery?

Dr. Davis: Minimally invasive spine surgery is an attempt to reduce the amount of collateral damage or injury to the tissues that have to be moved to get to where the problem is. It generally results in less blood loss, less post-operative pain and a faster ability to recover.

There are many types of surgery that can be done minimally invasively. Disc herniations or bone spurs, synovial cysts, those are all very easily addressed with very minimal approaches.

Who is a candidate for this type of surgery?

Dr. Davis: Common back pain or neck pain alone are not necessarily symptoms that are surgical. I'm looking for patients who have nerve compression, which is often made better by taking away whatever's causing the compression. Symptoms of compression include pain that starts to radiate into the limbs, or goes into your arm, or radiates into your hand, or you have difficulty with the movement of your fingers not related to arthritis. You move your neck and feel radiation of pain into your arms. Or you reposition your back and feel pain in one or both of your legs.

What causes nerve compression?

Dr. Davis: It can be a variety of different pathologies- disc herniations, bone spurs, spinal stenosis. As we get older our bones thicken and the spine wears and that tends to make the spinal canal narrower and that encroaches on where the nerves are. That can result in difficulty walking.

What are some of the advantages of a minimally invasive approach?

Dr. Davis: Less time in the hospital. In my own practice I've seen the ability to send someone home from the hospital

go from three to four days to one to two days, which is an incredible change.

Less pain post-operatively. The amount of narcotic medication needed post operatively is considerably less. People are off of their pain medications in a couple of days versus taking it for weeks.

Finally, an earlier referral to physical therapy so you can start rehabilitation sooner. If you're having less pain you are more fully able to participate in that.

What questions should patients ask their surgeons before surgery?

Dr. Davis: One of the things that I would say is important is knowing the experience level of the surgeon. My colleagues and I here at San Juan Regional Spine Center perform complex spinal surgery and spinal decompressive surgery that is as advanced as it can be done anywhere in the country. There's no reason for anyone to go anywhere else when that type of surgery can be performed right here at San Juan Regional Medical Center.

What do you tell patients who are thinking about this surgery?

Dr. Davis: I try to do the most minimal intervention that I can in every case. To be able to go in there with a very small incision and take away whatever that pathology is, and then have people up walking the next day without any leg pain, that feels pretty good. It's something I enjoy a lot.

There's absolutely no reason to continue to try to struggle with walking. This is a convenient place for you to come, closer to home. We are here to serve you and your spinal problems.

Call San Juan Regional Spine Center to make an appointment today **505.609.6595**



407 South Schwartz Avenue, Suite 101
Farmington, New Mexico

Managing Energy, Not Just Time, is the **Key** to Extraordinary Results

What would you do with an extra hour each day? While the question may seem pointless given a 25 hour day will never exist, understanding and practicing one of the key Full Engagement Training principles of managing your energy, not just your time, can help you accomplish more every day.

Here are some science-based tips to help you increase your energy and allow you to become more engaged so you can make the most of the time you have:

- 1.** **Reduce or eliminate distractions.** Turn off your smart phone and place it out of sight, create a work space that limits noise, make focus time and available time clear to others.
- 2.** **Use morning hours to work on projects that require creativity.** A well-rested brain functions best. Save the afternoon for items that require less attention.
- 3.** **Prioritize and write a "to-do" list.** Laser focus on each "to-do" independently and start with those you feel confident in being able to do well. Building confidence helps you tackle projects you procrastinate on. Avoid multitasking which leads to errors and wasted energy.
- 4.** **Take a deep breath.** Stress reduction techniques such as deep breathing, gratitude and positive thinking calm the mind and improve focus.
- 5.** **Take a break, frequently.** Recovery is crucial for staying focused. At least every two hours, stop what you are doing and strategically recover mentally for 2 to 15 minutes. Move, hydrate, fuel, stretch, get fresh air, text a loved one, or engage in another mindless but enjoyable activity.

Tip number five is by far the most crucial point for staying mentally focused. Consider for a moment the times you typically come up with your best ideas - right before falling asleep? While walking? In the shower? Notice that best ideas are usually formed during a time of mental recovery. If you find yourself becoming easily distracted, it's time for a break!

Learn more about how you can improve your energy management skills in an upcoming Full Engagement Training Session, December 3 – 5. **Call 505.609.2171 to register.**



FULL ENGAGEMENT TRAINING

POWERED BY
SAN JUAN REGIONAL MEDICAL CENTER

Ask a Surgeon:

Hernia Repair Surgery

Hernias can affect men, women and children. Most of the time they're non-life threatening, but if left unrepaired, they could cause serious problems and affect your quality of life. We talk with General Surgeon Dr. Melissa Maxey to learn about hernia repair surgery.

What is a hernia?

Dr. Maxey: A hernia is a weak area on your abdominal wall. It could be something that you're born with or it could develop over time. That weak spot allows a small portion of fatty tissue or a segment of intestine, to stick through.

How does a hernia develop?

Dr. Maxey: Some people are born with hernias. Over time others are more prone to developing a hernia, including having a little extra weight or a prior surgery. Heavy lifting can also lead to the development of a hernia. Often patients will say they were lifting something very heavy right before they first felt that tug.

What are symptoms of a hernia?

Dr. Maxey: Symptoms could be as subtle as a pulling or tugging sensation with certain movements or you might even notice a bulge. It might be pronounced as you stand up and fade away as you lie down.

What can you do to fix a hernia?

Dr. Maxey: People do not have to live with a hernia; it can be repaired with surgery, which we usually recommend. The symptoms can affect your quality of life and there is also a risk of the hernia becoming bigger or getting trapped.

What does the surgery entail?

Dr. Maxey: In general, the principle is to get the healthy tissue back together and reinforce it with a piece of mesh which takes some of the tension off of the repair and makes it less likely for the hernia to come back. The way we repair

the hernia will depend on how big it is, where it's located and the patient's overall general health.

How long is the recovery?

Dr. Maxey: The recovery following a hernia surgery will depend on the repair, the patient's general health, and how big the hernia was. Most people can have this done as an outpatient, go home the same day and return to their routine fairly quickly. I ask patients to avoid heavy lifting for six weeks following surgery, but in many other aspects they can return to their normal lives within a few days.

What happens if a hernia isn't repaired?

Dr. Maxey: Hernias don't repair themselves. We really recommend surgery because it can get bigger with time and become more symptomatic and cause more trouble and more pain. There is that risk that a hernia can become trapped or incarcerated. And then that is an even more urgent situation.

What advice do you give patients?

Dr. Maxey: When I see a patient come in with a hernia, I try to give them a good sense of their options. Laparoscopic or open. I want them to have a good understanding of the risks associated with each method, and what kind of recovery they can expect. I hope that they can feel comfortable asking me questions at any stage of that process. My hope is they will feel reassured with that knowledge and comfortable making an informed decision.

Call San Juan Health Partners General Surgery today at
505.609.6300.



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Please Join Us in Welcoming

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Internal Medicine and
Specialty Services



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San Juan Regional
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SAN JUAN
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Pediatrics



Vijay Linga, MD
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Our New Providers



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<<<

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Ethan Scott, MD,
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Robert M. Underwood, MD, MHCDS, CPE
San Juan Health Partners Urgent Care
4820 East Main Street
Farmington, New Mexico
505.609.6495



SAN JUAN
HEALTH PARTNERS
Urgent Care

Chipotle Chicken Quinoa Burrito Bowl



Serves 4

Adapted from *Eating Well* July/Aug 2017

Ingredients:

- 1+ tablespoon finely chopped chipotle peppers in adobo sauce
- 1 tablespoon olive oil
- 1/2 teaspoon garlic powder
- 1/2 teaspoon cumin
- 1 lb. boneless, skinless chicken breast
- 1/4 teaspoon salt
- 2 cups cooked quinoa (from about 2/3 cup dry)
- 2 cups shredded romaine lettuce
- 1 cup canned pinto beans, drained and rinsed
- 1 ripe avocado, diced
- Store bought pico de gallo or salsa, to taste
- 1/2 cup shredded, reduced fat sharp cheddar cheese

Preparation:

Preheat grill to medium high or oven to broil. Combine chipotles, oil, cumin and garlic powder in a small bowl, set aside. Prepare baking sheet (spray lightly with oil) if using oven. Season chicken with salt. Grill chicken for **5 minutes** or broil for **9 minutes**. Brush all surfaces of chicken with chipotle glaze. Return to grill or broiler for **5 - 9 minutes** respectively, or until cooked to internal temperature of **165 degrees**. Place chicken on cutting board and chop into bite size pieces. Assemble each bowl with 1/2 cup quinoa, 1/2 cup chicken, 1/2 cup lettuce, 1/4 cup beans, 1/4 avocado, as much salsa as you like, and 2 tablespoons cheese. Enjoy!

Nutritional information per serving:

(1 bowl, about 2 1/2 cups) Calories: 452, Fat: 19 g, Saturated fat: 4 g, Protein: 36 g, Carbs: 36 g,

Your Community Health and Wellness Resources

Free Childbirth Education Classes

Call 505.609.2134 or visit us online at sanjuanregional.com for dates, times, and locations or for more information.

Healthy Pregnancy Class *(by appointment only)*
Childbirth Preparation Series
Childbirth Preparation for Teens *(by appointment only)*
Cesarean Childbirth Preparation *(by appointment only)*
Accelerated/Refresher Childbirth Class

Baby Care 101
Breastfeeding I: The Basics
Car Seat Safety
Sibling Class



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Other health classes, tours, and wellness screenings

Arthritis and Joint Health Class: Held quarterly on the third Wednesday from 5:30 p.m. to 6:30 p.m. at 407 South Schwartz in Farmington. Registration is required. Call 505.609.6846 or visit us online at sanjuanregional.com.

Childbirth Center Tour: Call 505.609.6189 to check availability and to schedule a tour.

Diabetes Education Classes: Held at the Bonnie Dallas Senior Center. Call 505.609.2867 for more information.

Full Engagement Training (F.E.T.): Call 505.609.2171 or go to fullengagementtraining.com for more information.

MammaCare Breast Self-Exam Training: Call 505.609.6089 to find out more about this research-based method of Breast Self-Exam.

Support, Information, and Resource Groups

Alzheimer's Support Group: Meets the first and third Tuesday of each month from 12:00 p.m. to 1:30 p.m. Skills for Dementia Caregivers is held every six weeks. Call Waldon Lynch at 505.629.3781 for specific dates. All meetings are at the San Juan Center for Independence Conference Room [1204 San Juan Blvd].

Aphasia Support Group: Meets the second Wednesday of each month from noon to 1:30 p.m. at Applebee's [4601 East Main Street]. Call Joyce Lameire at 505.330.5256 for more information.

Better Breathers Club: Meets the first Monday of each month at 1:30 p.m. in the Cardiac Rehabilitation Gym at San Juan Regional Medical Center [801 West Maple Street]. Call 505.609.6148 for more information.

Breast Cancer Support Group: Meets the second Wednesday of every month at noon at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

Four Corners Women's Cancer Support Group: Meets the first Saturday of each month at 10:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. Call 505.609.6089 for more information.

"Lean on Me" MS Support Group: Meets the second Tuesday of each month at 1:00 p.m. at the Aztec Restaurant. Call Donna at 505.334.3316 for more information.

Men's Cancer Support Group: Meets the third Wednesday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Regional Cancer Center [731 West Animas Street]. For more information call 505.609.6089.

Ostomy Support Group: Meets the second Thursday of the month from 5:30 p.m. to 7:00 p.m. in the San Juan Health Partners Conference Room [407 South Schwartz]. For more information call 505.609.2060.

Stroke Support Group: Meets the third Saturday of the month from 10:00 a.m. to 11:00 a.m. at the San Juan Center for Independence [1204 San Juan Blvd.]. Call Don Sisson at 505.320.8452 for more information.

Stuttering Support Group: Meets the second Tuesday of the month at 5:00 p.m. at San Juan Regional Medical Center Adult Rehabilitation Outpatient Center [301 South Auburn]. Call John Cochran at 505.609.6575 for details.

Tobacco Cessation Assistance: Call Andrea at 505.609.2438 for dates and times of Freedom from Smoking® classes. The New Mexico Department of Health provides 24/7 assistance with its 1.800.QUITNOW hotline and online at QuitNowNM.com.



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San Juan Regional Medical Center

Recognized as one of the Top 20 Most Beautiful Hospitals in the U.S.

As a community owned and operated hospital, San Juan Regional Medical Center collaborates with the community to find out what patients need to facilitate their healing process. Deliberate aesthetic design elements foster a more healing environment, with cultural and natural elements woven throughout the facility, including:

- **Skylights and open air balconies**
- **Meditation Rooms that mimic a Navajo Hogan**
- **A beautiful Healing Garden**

