

HEALTH NEWS *from*

temecula valley

WINTER 2018

HOSPITAL

A mystery illness

FINALLY
SOLVED

**“I am so relieved to
have my life back!”
- Katie Wheeler**

Also inside:

***DISASTER TRAINING
AND PREPAREDNESS***

In an emergency, our
staff is ready to help

MAKING THE GRADE

Earning top patient safety
and workplace ratings



Compliments of

Temecula Valley
HOSPITAL

FROM THE **CEO**



At Temecula Valley Hospital, we take pride in caring for the community and in helping you take better care of yourself. Now is a great time to check in with your doctor about your heart health. Keeping your records updated when it comes to family history and chronic health issues is a big part of preventive heart care.

In an emergency, our dedicated team can quickly address critical heart and stroke issues

in our Certified Advanced Primary Stroke Center, accredited Chest Pain Center and STEMI (heart attack) Receiving Center. We're excited to share that for the third time in a row, we have received grade "A" scores from a national patient safety organization. It's a true testament to our dedication and hard work in providing high-quality care.

Katie Wheeler couldn't agree more. Struggling with an unknown illness, she finally learned what her underlying health issue was, and doctors at Temecula Valley Hospital quickly got her back on the road to recovery. Read her story on page 4. We also share an article on sleep apnea, a common health condition many people may not even know they have. Learn more about it on page 6.

In closing, be sure to check out our new website, where you can now see the ER wait time and get the latest news about our facility. Follow us on social media for frequent updates on community events, podcasts, public service announcements and more. I look forward to seeing you at an upcoming event.

Sincerely,

Darlene Wetton
Chief Executive Officer

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MEDICAL GOLD *Minds*



Plan to attend this **FREE** series of community lectures featuring the physicians at Temecula Valley Hospital. They will speak on topics such as sleep apnea, hearing health, orthopedics, allergies and much more.

Lectures are held at 6 p.m. on the second Thursday of the month in the Operations Center on the second floor of the hospital. A light dinner will be served and no reservations are required.

For more information, call 951-331-2220 or visit temeculavalleyhospital.com/MGM.

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Did you know?

Educational health podcasts from Temecula Valley Hospital are now available for listening or download. Hear the latest health information from medical professionals at the hospital. Visit temeculavalleyhospital.com/podcasts.

“A” GRADE *for patient safety* for the third time in a row

Temecula Valley Hospital has again been awarded grade “A” for patient safety from The Leapfrog Group, an independent healthcare rating organization. The group surveys and ranks 2,600 hospitals across the U.S. based on records of patient safety. Only 48 other hospitals in California have received an “A” rating for three consecutive time periods.

Leah Binder, president and CEO of The Leapfrog Group, congratulated the hospital for earning the rating in patient safety. “We congratulate the clinicians, Board, management and hospital staff for showing the country what it means to put patient safety first.”

TOP GENERAL HOSPITAL AWARD RECIPIENT

We are also proud to share that The Leapfrog Group ranked Temecula Valley Hospital as a Top General Hospital, one of 45 hospitals nationwide to receive the award.

CEO Darlene Wetton says that her staff should be proud that their dedication to their patients earned the hospital this distinction. “Only six hospitals in California received the Top General Hospital award. The Top Hospital designation is the gold standard for comparing hospitals on safety, quality, and efficiency, and empowering patients with the lifesaving information they need to make informed decisions on where to receive their healthcare.” ■



**TOP
WORK
PLACES
2017**

INLAND NEWS GROUP
The Press-Enterprise • The Sun
The Facts • Inland Valley Daily Bulletin

Temecula Valley Hospital **RECEIVES 2017 TOP WORKPLACE AWARD**

Local companies with winning cultures and employee-focused environments were recently honored by the Top Workplaces program, and Temecula Valley Hospital was recognized as one of them. CEO Darlene Wetton is excited about the recognition of the hospital as a Top Workplace. “At TVH, our culture doesn’t just reflect what we do - it defines who we are. Our staff is committed to our vision, and this passion translates into how we serve our patients and our community. We are proud to have such an amazing staff that makes our hospital a Top Workplace.”



A mystery *no more*

Katie Wheeler finally gets some answers

What started as an apparent kidney infection led Wheeler, 30, on a journey of repeated hospitalizations, tests and unanswered questions. It even derailed her quest to become a doctor.

But one morning, Wheeler was so ill, her mother called 9-1-1 and asked that her daughter be taken to Temecula Valley Hospital. She felt that a new team of physicians might shed some light on what was wrong. ►





Wheeler was admitted and a multi-disciplinary team of doctors evaluated her and found she had sepsis, a life-threatening complication from infection. “I had been battling infections for such a long time and was on so many antibiotics, my immune system was not functioning properly,” she says. “But the doctors at Temecula Valley were great and over the next 12 days, they gave me the right medications and treatment.” Wheeler did well for a day or so at home, but then she was unable to eat or drink and started experiencing excruciating pain.



Indraneel Chakrabarty, MD
Gastroenterologist

ANSWERS FOUND

She saw Gastroenterologist Indraneel Chakrabarty, MD, and he re-admitted her to Temecula Valley. “I kept losing weight, and at 5’8” and 93 pounds, we knew there was a much bigger problem and Dr. Chakrabarty told me he was going to figure it out,” says Wheeler. After running further

tests, he diagnosed her with Superior Mesenteric Artery (SMA) syndrome, a rare digestive condition in which the upper part of the small intestine is compressed between two arteries, causing partial or complete blockage. “Now it all made sense. The more weight I lost, the worse my condition became. Dr. Chakrabarty took the lead on my treatment so I could gain weight,” Wheeler says.

Wheeler’s road to recovery continued, and she spent the next six weeks at Temecula Valley Hospital, where she became inspired to pursue her dream of becoming a doctor. “I was there long enough for the medical staff to become like family to me. Everyone worked together as a team. I had not experienced care like this before,” she says. “This is what I always hoped medicine would be like, but through my personal health experiences, I learned it was not always this way. Here, I was at the worst point in my life, and every person made it better for me, from the people who cleaned my room, to the Chief Operating Officer.”



ONE STEP AT A TIME

Each day, Wheeler got stronger and the staff would root her on as she began to walk. “The first day, it was just to the door, but they still praised me. Before long, I was walking those hallways and feeling whole again,” she says.

Since Wheeler’s room was on the cardiac floor, she frequently saw Cardiologist Andrew Ho, MD. “No matter how busy he was, he would always stop by my room, even if it was a wave as he was passing by. I would look up and see his patriotic scrub hat and his hand waving as he walked by. He and Dr. Chakrabarty inspired and encouraged me to keep pushing and to not give up,” Wheeler says.

Wheeler became more determined to finish her undergraduate studies so she could pursue medical school. “Katie has a positive outlook on life and she wants to give back and help people,” says Dr. Ho.

Dr. Chakrabarty says he is very proud of Katie and her perseverance. “It is a testament to her spirit. This experience will forever shape her life and I have no doubt she will become a great doctor!” he says.

Wheeler says she’s known since she was a child that she wanted to be in medicine, so she is grateful to be well enough now to continue her education to achieve that goal. “I was in the process of finishing a B.S. in Biology, a B.S. in Psychology and preparing for the MCATs when I got sick years ago. There is no doubt in my mind that I would not be here to talk about this today if it weren’t for Temecula Valley Hospital. I am truly humbled and cannot wait to apply to medical school and help others in their darkest times as the doctors and staff there did for me,” she says. ■

For more information about gastrointestinal health issues, visit temeculavalleyhospital.com/GI.

Could you have *sleep apnea*?



If you've been told you snore loudly or gasp for breath while you sleep,

these may be symptoms of possible sleep apnea.

Matthew Leach, MD, an ear, nose and throat (ENT) physician on staff at Temecula Valley Hospital, shares his insight about what it is, the causes, and the possible solutions so you can get a good night's sleep.



Q: What is sleep apnea?

Sleep apnea is a chronic disorder that interrupts your breathing while you sleep. It often goes undiagnosed because the symptoms - snoring, pauses in breathing and gasping for air - occur while people are sleeping. It can result in daytime sleepiness, headaches, memory problems and more. It can also lead to more serious health conditions such as various forms of heart disease, high blood pressure, increased stroke risk and reduced life span if not addressed.

Q: What causes sleep apnea?

During sleep, the muscles in the throat and upper airway collapse. This can be caused by neuro-muscular changes, physical obstructions or brain dysfunction. When this happens, the airway becomes blocked and airflow and oxygen levels drop. The brain triggers the muscles to tighten, restoring normal airflow. This can happen several hundred times during the night leading to a restless sleep pattern, wherein the brain is unable to enter the deeper levels of sleep that are essential for regeneration of the various brain processes.

Q: How is sleep apnea diagnosed?

Your doctor will recommend an overnight sleep study in a sleep laboratory or a home sleep study. During that test, brain waves, oxygen levels, body movement, heart rate and rhythm, as well as airflow are monitored and recorded. A sleep medicine physician reviews the test results and characterizes the type of sleep dysfunction.

Q: What treatments are currently available?

Medical options include CPAP (continuous positive airway pressure) machine and/or a dental appliance. There are many surgical options for those who are appropriate candidates. The most exciting of which is a hypoglossal nerve stimulator, like a pacemaker, but for the tongue, which was recently FDA approved in 2014. Depending upon the severity of your sleep apnea and other health problems you may have, your doctor can advise the best treatment for you. ■

If you think you may have sleep apnea, you should be evaluated by a physician. To find a doctor, call our free physician referral line at 855-859-5203. For more information on sleep apnea, visit temeculavalleyhospital.com/SA.

ER JUST GOT EASIER

at Temecula Valley Hospital

ER  **Reserve**

ER Scheduling Online

Care for sudden, non-serious illness with ER Reserve

When you need care for less serious and non-life-threatening injuries or illnesses such as sore throat, earache, cough or cold, or muscle strains and sprains, you can request time in the Emergency Department at Temecula Valley Hospital.

IT'S SIMPLE

Using your computer, tablet, laptop or smart phone, visit erjustgoteasierhere.com and select a time up to 12 hours in advance that is convenient for you. This service is available 24 hours a day, 7 days a week.

If you are unsure of your condition or if it worsens, or if you decide your care cannot wait until the time you selected, please go to the nearest emergency room or dial 9-1-1.

To learn more, visit temeculavalleyhospital.com/easyER.

Safety training prepares medical staff for emergency response

When a disaster strikes, it's good to know that your community hospital is prepared. Whether it be a natural disaster, such as an earthquake, or a mass casualty event, Temecula Valley Hospital is ready to answer the call in these circumstances.

Hospital staff recently participated in public safety training exercises with the Riverside County Emergency Medical Department. These sessions provided vital training and coordination during three different simulated events so staff could learn the best ways to streamline care in the event of specific emergencies and help keep the community safe.

Darlene Wetton, CEO of Temecula Valley Hospital, is 100 percent supportive of training drills and disaster preparedness. "We understand hospitals are central to the health of every community and it's important we are prepared to respond in any kind of emergency," she says.

Temecula Valley Hospital participated in several public safety training exercises to simulate crisis events. Emergency vehicles from throughout the region were on site, and local residents and high school students acted as patients. Hazmat training was also provided so staff could learn how to properly wear protective equipment and respond appropriately to patients.



TemeculaValley
HOSPITAL

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Temecula Valley Hospital ranked a Top Hospital and considered one of the safest in the Nation!

We're proudly dedicated to keeping our patients safe, and our Top Hospital and "A" Rating designations prove it!

These prestigious designations mean that according to hospital patient safety records, TVH is among the safest hospitals in the nation for:

- Surgery
- Practices used to prevent infections
- Safety measures followed by doctors, nurses and hospital staff to prevent errors



ONE OF ONLY SIX GENERAL HOSPITALS IN CALIFORNIA.



HONORED WITH AN "A" RATING THREE TIMES IN A ROW.

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HEALTH NEWS FROM TEMECULA VALLEY HOSPITAL

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