

Health Highlights



Community Newsletter
Spring 2024



Paramedic, Education Coordinator, Corina Tidwell, and Paramedic / EMS Manager, Amy Burkhart, demonstrate an AED Defibrillator

HEARTSAFE AEDS: SAVING LIVES IN OUR COMMUNITY

Survival decreases by 10% every minute after a sudden cardiac arrest. Bystanders can help save lives by starting CPR and retrieving and using an AED (Automated External Defibrillator) to reestablish the heart's rhythm before emergency services arrive.

Sound intimidating? It's not. Corina Tidwell, EPHC's Education Coordinator & EMT-Paramedic teaches CPR to 6th graders in Loyalton and they use AEDs and perform CPR without difficulty. She says, "My goal is to have 100% of our community, 6th grade and up, CPR certified. It's so important that I would love for it to be a requirement to graduate high school."

To learn where AEDs are located, download the free app, PulsePoint-AED. The app can also guide you through CPR and how to use the safe, user-friendly AEDs, as will a 911 dispatcher.

There are AEDs positioned and maintained throughout our community thanks to a longstanding commitment by EPHC, local fire departments, Plumas County Public Health, and Sierra County Departments of Education and Public Health to participate in the national HEARTSafe Community program.

But, we need more, especially AEDs that are publicly accessible 24 hours a day/7days a week.

The HEARTSafe Community program is a set of guidelines and criteria designed to improve outcomes of sudden cardiac arrest emergencies through public access defibrillators, CPR instruction, and aggressive resuscitation protocols for first responders and area hospitals.

At EPHC, Corina and Amy Burkhart, Emergency Services Manager & Paramedic, are on a campaign to increase these critical tools in the

cardiac arrest "chain of survival." "We're trying to give people the best chance of survival in these rural communities where time is everything," Corina explains. "If it saves one life, it's worth it," says Amy.

Corina and Amy are accepting donations for more strategically located, publicly accessible AEDs. They cost about \$2000 each. Businesses that sponsor an AED receive a free CPR class for their staff. Individuals can also sponsor an AED. A plaque next to the AED will acknowledge donations.

Make a tax-deductible donation through the EPHC Foundation at ephc.org or contact Barbara Sokolov, EPHC Foundation Manager, at 530-832-6598 or barbara.sokolov@ephc.org

For information about CPR classes contact Sierra County Schools for Adults at 530-993-4953.

THE THERAPY OF BALANCE



Amanda Ferraro, DPT

Vestibular rehabilitation. It's a big word for a specialized physical therapy that Amanda Ferraro, DPT at the Therapy and Wellness Center provides her clients who struggle with dizziness, vertigo, or balance issues.

"I can't tell you the number of patients I have treated that think they need to live with these feelings of dizziness and imbalance. That could not be further from the truth," says Amanda Ferraro, DPT. "Most cases related to vestibular issues can be resolved with this specific type of rehabilitation."

How do you know if you need a therapist who specializes in vestibular therapy? Ferraro says, "If you have any feelings of dizziness, vertigo, or imbalance it is always a good idea to get assessed by someone who specializes in this area of expertise. The first step would be seeing your primary care provider to get a diagnosis and referral to our clinic."

Once your referral is made to physical therapy, specifically, vestibular rehabilitation, then a treatment plan is created to resolve vestibular issues. Vestibular Physical Therapy is specialized because it includes balance exercises, head and eye movements, motion sensitivity exercises, and repositioning maneuvers.

"Being assessed and treated for vestibular issues can not only improve your balance and get you back to feeling confident with normal activity, but it can alleviate the stress and anxiety that comes along with these particular impairments," says Ferraro.

The good news, symptoms can improve with Vestibular Physical Therapy.

If you want to know more about vestibular rehabilitation, call 530-832-6502 or visit EPHC.org.

CHANGING LIVES ONE CNA CLASS AT A TIME



CNA Training Class At The Loylton Skilled Nursing Facility

20 years ago, Deborah Mancebo was at a crossroads in her life when she found her way from a career in banking to one in nursing. She'd never listened to her parents when she was young but when her dad suggested she become a nurse, she paid attention.

She went through CNA (Certified Nursing Assistant) training, adjusted to life in the mountains, and got a job at EPHC. Now, as an LVN (Licensed Vocational Nurse) and Director of Staff Development, she teaches the CNA classes that gave her a fresh start. And she mentors the new CNAs that come through EPHC's CNA Program.

Twice a year, usually in April and August, EPHC offers a 6-week intensive CNA training class at its Loylton Skilled Nursing Facility, limited to 15 students. Students are paid \$18/hour and provided with 3 sets of scrubs, books, a stethoscope, and blood pressure cuff. All students need is to be over 18, to be able to lift 50 lbs., to have transportation to get to class, and to bring their own lunches.

Deborah says, "If you feel in your heart that this is what you want to do and you're able, come on!" The growth she sees in her students, from learning practical skills to building self-confidence, is amazing.

Most CNA programs retain about 20% of their students. EPHC retains over 60%. Deborah has never had a student fail the state exam.

Some of her proudest moments have been when a student comes up to her in tears to tell her that they passed the state exam, and they didn't think they would, and they hug her. Deborah explains, "Teaching people how to care for other people rewards your soul."

Deborah loves her job and she is delighted to be able to share the life-changing opportunities EPHC has given her with others.

For more information about EPHC's CNA classes contact Deborah Mancebo at deborah.mancebo@ephc.org



Deborah Mancebo, Director of Staff Development, LVN

EPHC IMPROVES SAFETY THROUGH INCIDENT PREVENTION AND MANAGEMENT TRAINING

Sometimes providers find themselves in unpredictable and dangerous situations when escalated circumstances arise. When that happens, medical care must give way to the safe crisis prevention and management of an individual who might exhibit behavioral changes.

Like other medical facilities, Eastern Plumas Health Care has seen its share of behavioral situations, and that's what prompted Joanna Garneau, EPHC Program Manager, to help find a solution.

"In any given emergency room, providers can attest to how quickly a situation can become escalated when patients or their family members are filled with emotions in circumstances outside their control," said Garneau.

To better prepare staff for these situations and other incidents that can occur outside the emergency room, Garneau secured a grant to offset training costs, coordinated a program through Quality Behavior Solutions (QBS) and created a team who attended the learning sessions for incident prevention and management training.

Known for their comprehensive programs, QBS has helped healthcare professionals support individuals with

behavioral challenges in hospitals, rehabilitation centers, veterans' homes and outpatient settings across the U.S. and Canada. For Eastern Plumas Health Care, QBS specifically created a Safety-Care core curriculum that was suited for their needs.

Participants who implement this training experience an 80% reduction in patient injury, 50% reduction in staff injury and overall reduction in restraint and seclusion hours.

"The program stats speak for themselves," said Garneau. She further reiterates, "The importance in this training is to help staff provide interventions should a dangerous threat occur."

EPHC has taken a proactive step by implementing this training. Keeping both providers and patients safe from behavioral-related harm elevates the standard of care for healthcare in our community.

For more information about this program contact, Joanna Garneau at 530-832-6632 and for information about EPHC visit EPHC.org or call 530-832-6500.

A SEASON FOR CELEBRATION

by Doug McCoy, CEO



After a very wet start to 2024, we are looking forward to a variety of springtime projects at EPHC. After our successful opening of the new Loyalton clinic in February, we are planning an official ribbon cutting event for mid-May to celebrate the grand opening. Now our attention will turn to our Loyalton skilled nursing facility where we will be completing the first phase of our renovation project. Residents and families will be seeing a lot of activity including new floors, handrails, remodeling of exterior grounds, and a refurbishment of the activity areas. This large-scale project will take several months to complete, but everyone will see the progress weekly beginning April 1st.

Spring is also the time for graduations, and we have several members of the EPHC family who will be receiving their licensed vocation nursing or registered nursing degrees. We are very proud of their accomplishments to expand their clinical capabilities and strengthen the care delivery for our community. April 1st also marked the start of another EPHC Certified Nursing Assistant training program, and we look forward to our graduates obtaining their licenses to begin working in the nursing field. We are excited to report that the Portola Rotary will be accepting scholarship applications for community members interested in vocational programs.

We look forward to warmer weather and continuing to bring more upgrades to EPHC and be your high quality partner for your care needs!



LEFT TO RIGHT: DeeDee Clark (Safety Officer / Emergency Preparedness Coordinator), Deborah Mancebo (SNF), Dave Mann (Engineering), Venissa Irwin (CalAIM), Adriene Russell (CalAIM), Teila Peiler (ED), Stan Peiler (Director of Plant Operations / EVS / Security), Joanna Garneau (Program Manager), Ben Ross (QBS trainer).

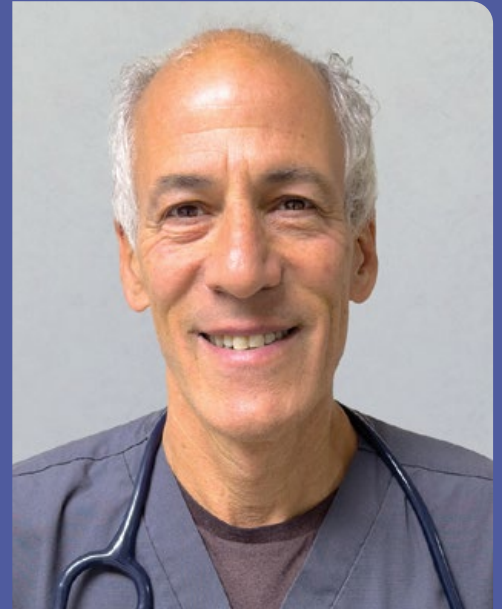
Provider Spotlight: Dr. Daniel Pine, MD

Before coming to EPHC in 2022, Dr. Daniel Pine practiced medicine for over 25 years at numerous Northern California Kaiser Permanente hospitals. Originally from New York City, he learned to appreciate snow in the mountains of Vermont and New Hampshire. Dr. Pine moved to San Francisco in 1986 to attend the University of California, San Francisco School of Medicine where he graduated with honors. After additional training in Seattle, he returned to the Bay Area to practice both Internal and Emergency Medicine.

Over the course of his career, Dr. Pine has combined his interests in

public health, science, and healthy lifestyles by participating in medical missions that provide medical care to those in need: in Central and South America, Nepal, and this past January, in the Philippines, where 8,000 people were given care in 6 days.

Dr. Pine believes in taking care of the whole person and appreciates the way the body and the brain work together in both illness and in health. He also advocates studying world history as one of the best ways to understand and make sense of our present circumstances and possibilities for the future.



Daniel Pine, MD