THE PULSE

Frontline Heroes

- COVID-19 Update
- 2 New Walk-In Clinics
- WhidbeyHealth Heroes
- New Total Joint Replacement
- Celebrating 50 Years of Caring

Fall 2020
Volume 28
Dear Neighbors and Friends,

I hope this letter finds you healthy and well. The COVID-19 crisis has affected us all for many months now, in so many ways. We have all had the extraordinary privilege to witness firsthand how Whidbey Islanders respond when there is critical need. The outpouring of support for WhidbeyHealth Foundation’s COVID-19 Response Fund was nothing short of phenomenal! With nearly every gift matched dollar for dollar by longtime island residents Bob and June Sebo, we raised over $360,000 to meet the most immediate needs of our patients and our medical staff. Because of you, stringent new sanitation protocols were instituted immediately, critical PPE and other equipment was acquired, and COVID-19 testing continues daily. Community members made masks by the hundreds, groups raised money to access N95 masks, home cooks fed our frontline workers and our already-strained local businesses have reached out and raised funds to purchase needed supplies to meet the crisis head-on. Their response provided daily inspiration for the team here at WhidbeyHealth who rose to the challenge, every day.

The cost to all has been substantial. Many doors are still at least partially closed – schools, businesses, the places where we work and play. Through it all, WhidbeyHealth continues to do whatever it takes; staff at times putting themselves at risk to keep us safe and well. But, unfortunately, we are not out of the woods. COVID-19 has radically changed the picture.

Each of us is glad to have received your input and we encourage you to stay in touch. Click here to learn more about the Board, including how you can attend our regular meetings online. If you can, please consider supporting the WhidbeyHealth Foundation - they are working hard to defray the millions of dollars in costs related to coronavirus.

To your good health,

WhidbeyHealth is a public healthcare system which really means it is owned by our community. Five elected commissioners are responsible for overseeing the operations and acting as the voice of island residents. Our Commissioners possess diverse experience, with expertise in clinical, legal and business operations. Individually and as a group, the entire Board believes strongly that Whidbey Island deserves a local, high quality healthcare system.

For the first time in recent years, we expected a small 2.4% surplus from insurance reimbursements. That surplus was to be invested in equipment better serve you. As you know, COVID-19 has radically changed the picture. Despite the challenges of a pandemic, everyone at WhidbeyHealth is more committed than ever to delivering exceptional healthcare by an exceptional team – all close to home. It is the very reason we are here.

I will close this with another statement of gratitude for your support for our team, a truly exceptional group that make me proud every single day.

Very best,
Ron Telles, CEO

WhidbeyHealth Foundation

Foundation of Caring

Helen Taylor, Executive Director
WhidbeyHealth Foundation

Where community and caring meet.
Nurses on the front line

Nurses everywhere have joined the fight for the lives of all patients, not just those exposed to COVID-19. Since the early days of the pandemic, specializations within the nursing profession have proven more impactful than ever.

Emergency Department Nursing is one example. Here, nurses are charged to quickly and safely assess patients in the Emergency Room to ensure they receive the fastest access to the appropriate treatment. The ability to rapidly respond to critically ill or injured patients is pivotal to our mission of delivering exceptional healthcare by an exceptional team. It is the reason we are here. Another example would be our PACU (Post-Anesthesia Care Unit) nurse-specialists who provide intensive care and treatment for patients as they emerge from anesthesia. Their expertise in pharmacology and respiratory care is crucial for a safe recovery from any one of the various types of surgeries performed at WhidbeyHealth.

Our ICU nurses continue to partner with Doctors, Certified Nurse Anesthetists, Respiratory Therapists, Physical Therapists, Occupational Therapists, Speech Therapists, Laboratory and Radiology staff and Pharmacists, to coordinate and manage care of our sickest patients. They have been instrumental in developing the best treatment protocols about how to care for patients with COVID-19. Our Home Health, Hospice and Palliative Care nurses faced unique challenges about how to deliver effective and safe care outside of the hospital setting, in patients' homes and in long-term care facilities. Throughout this pandemic, they have researched and put into practice routines that maintain safety for the patients we serve. Nurses in our primary and specialty clinics championed the development of a tele-medicine program, ensuring that our patients have ready access to care.

Colleen Klamm, RN, BSN, CIC is the infection preventionist at WhidbeyHealth who has earned the credential as Certified in Infection Prevention and Control. CIC. Colleen has been instrumental in developing protocols and procedures to guide all of our staff in best practices related not only to the novel coronavirus but to every area where we can prevent risk of infection for our patients and staff. She is the first person to say: “I have a passion for infection prevention.”

To say that our Registered Nurses are working at the top of their profession would be a tremendous understatement. This year in particular has forced us to pull together as a healthcare team partnering with one another to figure out how to care for our community in the midst of this pandemic. During my rounds, I see our nurses studying the latest guidance, recommendations and best practices, talking about how we can apply the information for patient care and leading the efforts to do so. I am proud of the work we are doing for our island community.

Erin Wooley, RN, MSN, CENP
Chief Nursing Officer

Close to home – surgery for hip and knee replacement

Living with hip or knee pain can make daily activities difficult and ruin your enjoyment of hobbies and ordinary activities like cooking, shopping, or enjoying family.

Joint pain is often caused by damage to the cartilage lining the ends of the bones, resulting from arthritis, a fracture, or other conditions. When treatments like anti-inflammatory drugs or physical therapy have not given enough relief, your doctor may suggest joint replacement surgery and refer you to an orthopedic surgeon for consultation.

Total joint replacement is a surgical procedure in which a damaged joint is removed and replaced with a metal, plastic, or ceramic device to return easy movement of normal, healthy joint. Hips and knees are the most commonly performed joint replacements. Patients who have hip or knee replacements can have an improved quality of life and return to daily activities pain-free.

WhidbeyHealth has adopted a groundbreaking international protocol called Enhanced Recovery After Surgery (ERAS). Using the ERAS methods, you and your team create a plan for the entire process, including:

- Attendance at our Total Joint Education Classes
- Individual consultations with your team of specialists
- Getting physically ready for surgery and your hospital stay
- Preparing your family and home for a safe recovery period
- Access to your care team around the clock after discharge

Staying close to home is more than a convenience – it means having easier access to your care team for pre-and post-surgery visits, less travel to appointments, and individualized attention to your specific needs.

We’re happy to answer any questions. Call my office at tel:3606795590 to arrange an informal phone conversation. You can also learn more online at whidbeyhealth.org/jointreplacement.

Dr. Garth Miller
Medical Director for Surgical Services, Wound Care and Quality Programs.

Update on Rehab Services

WhidbeyHealth Rehabilitation services include Physical, Occupational, and Speech therapy for adults and children. In addition, the Rehab Department provided cardiac and pulmonary rehab services for adult patients.

All of our rehab services are open and operating normally, at both our Medical Center and Oak Harbor satellite locations.

Patients are screened on entry to our facilities, cloth face masks are required for everyone, and each patient treatment area is sanitized between appointments.

New to WhidbeyHealth Rehab services is the implementation of tele-health appointments. Through this new technology, patients and therapists can meet online to perform rehab exercises, assess progress, and review treatment plans. Patients can demonstrate their achievements in each area and receive feedback from the therapist.

Depending on their medical status, treatment plans may include a hybrid approach with a combination of in-person and tele-health therapy.

Also new is the relocated Life Center facility now operating in fully renovated space on the first level of the Medical Center. More spacious than the prior location, Life Center cardiac and pulmonary patients can continue their therapy while maintaining safe social distancing.
Setting The Standard For Cancer Care

It is estimated that half of all men and a third of all women will develop cancer at some point in their lives. Whether you or someone you love has been diagnosed with cancer, knowing what to expect can help you cope. Our competent and compassionate team is here to answer your questions and help you navigate the journey.

From the initial diagnosis to treatment options we’ll be with you every step of the way. We will ensure you have access to the support and resources you and your family need.

Our Patient Navigator is an experienced oncology certified registered nurse who can help guide you through the process of coordinating initial appointments.

For patients who are being followed by off island medical teams, we will work closely with your cancer care teams to provide you access to state-of-the-art services including chemotherapy, immunotherapy, and targeted therapies right here on Whidbey.

Learn more about our certified, patient centric cancer center by visiting: www.whidbeyhealth.org/cancer-center

GOOD NEWS ON THE INFECTION PREVENTION FRONT!

“Antimicrobial Stewardship” sounds like an oxymoron – and it has nothing to do with the health of microbes (microorganisms like bacteria) which can make us ill. Antibiotics have transformed the practice of medicine, making once lethal infections readily treatable and making other medical advances possible, such as cancer chemotherapy and organ transplants.

Prompt initiation of antibiotics to treat infections save lives, for example, in cases of sepsis. However, data from the Centers for Disease Control and Prevention indicate that about 30% of all antibiotics prescribed in U.S. acute care hospitals are either unnecessary or suboptimal.

Over-use of antibiotics has lead to another, serious problem: infections which are resistant to antibiotics in use today. Also according to the CDC, more than 2.8 million occur in the U.S. each year, causing more than 35,000 deaths.

“Anti-microbial Stewardship” at WhidbeyHealth involves two major areas of focus. First, we have been focused on saving antibiotic treatment for times when they are really needed.

HELP ENSURE our frontline healthcare workers have the resources they need to keep us safe and healthy through the holidays and beyond.

Visit whidbeyhealth.org/together or mail your donation to WhidbeyHealth Foundation P.O. Box 641, Coupeville, WA 98239
Or call tel:360.678.7656, ext. 4021 or 4020.

Strengthening healthcare strengthens us all.

ACCELERATING HEALING

If you have a wound that has not significantly improved during conventional treatment, you are not alone. Millions of Americans experience chronic or non-healing wounds.

Our progressive team of certified wound care specialists utilize the latest and most advanced wound care products and techniques including fluorescent imaging technology and reduce the bioburden or biofilm which frequently contributes to delayed wound healing.

To learn more, call and speak with our wound care team at tel:360.678.7656 x4245 or tel: 360.678.7624.

For patients who are being followed by off island medical teams, we will work closely with your cancer care teams to provide you access to state-of-the-art services including chemotherapy, immunotherapy, and targeted therapies right here on Whidbey.

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Our goal is to reach zero infections every year!
A long journey to healthcare

Dr. John Kellogg was the island’s first long term physician. It was the early 1850’s, and his horse and buggy or a dugout canoe carried him to patients.

Facing serious epidemics like diphtheria and smallpox, Island women stepped in to care for patients in their homes scattered across the island. Whidbey Island’s first public health nurse Pauline ‘Polly’ Harpole established the ‘Twill-do’ maternity home in 1934 where she delivered over 3,000 babies.

Dr. Henry Carkadden was the only doctor on Whidbey Island for most of his 38 years in practice, often making house calls, performing emergency operations in dark and poorly heated homes.

A common goal

Years of neighbors helping neighbors fueled a commitment to build a local hospital and in 1927, a group of spirited and civic-minded Islanders launched a 13-year campaign to bring reliable healthcare close to home.

With a 60% voter approval, the Whidbey Island Public Hospital District was established in 1964. While President Truman’s Hill-Burton Federal funds brought the vision closer to reality, additional funds for equipment and furnishings were needed.

Never underestimate the power of determined women.

In 1957, a group of twenty tenacious women formed The Parent Group, igniting island wide commitment and the formation of over 20 neighborhood guilds. Together they raised more than $70,000 to furnish and equip multiple essential patient treatment areas.

The dream of local quality healthcare became a reality when Whidbey General Hospital opened its doors on March 10, 1970.

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Exceptional care when and where you need it

As a critical care hospital, WhidbeyHealth Medical Center’s Level III Trauma Center cares for over 20,000 patients annually.

The WhidbeyHealth Network includes the Medical Center and 8 clinics in multiple neighborhoods across the island.

WhidbeyHealth Paramedics respond to over 8,000 calls each year and our partnership with Life Flight ensures rapid air medical transportation to specialty care facilities when needed.

Healthcare close to home

Located in Clinton and Oak Harbor, our walk-in clinics are open seven days a week, without an appointment. The clinics also provide x-rays, laboratory services, and 3D mammography.

Exceptional care for women of all ages.

From routine health and wellness exams to prenatal visits or the challenges of menopause, our Women’s Care team of certified gynecologist and obstetric physicians provide personalized and individual care for every patient.

Compassionate care

Whether you or your loved one needs in-home help with recovery, ongoing support with a serious illness or compassionate end-of-life care, our interdisciplinary team offers an individualized approach to meeting your specific needs.

Improving quality of life

Islanders living with hip or knee pain can improve their quality of life with hip or knee replacement right here on Whidbey. Our new Total Joint program uses a groundbreaking process called ERAS, an international clinical standard which is designed to achieve early recovery for patients having major surgery.

Front line heroes

When COVID invaded our community, the WhidbeyHealth team responded to the need; adjusting processes and procedures to meet the unprecedented needs of our community. Click here to meet your WhidbeyHealth Heroes.

The WhidbeyHealth Network continues to innovate and evolve to meet the needs of our diverse community.

Today, WhidbeyHealth is the second largest employer on Whidbey Island with over 700 employees.

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A WhidbeyHealth Hero is someone who helps to shape and define the patient and employee experience at WhidbeyHealth. Someone who is an intentional contributor to our success, someone who is admired or idealized for their qualities, contributions and achievements.

Each of us may have a different definition of what makes someone a ‘hero,’ but we can agree that it is a person who is admired or idealized for their qualities, contributions and achievements.

The WhidbeyHealth staff have identified and celebrated a WhidbeyHealth hero every week starting in March. Today we’re extending an invitation to the entire Whidbey Island community to help us identify future WhidbeyHealth heroes.

Have you seen a hero in action? At the hospital, treating you, a friend or family member? Is there someone you know who works tirelessly to keep the hospital running, caring for patients, managing operations? We’d love to hear about them.

Check out the list of this year’s heroes and add your nomination for the next WhidbeyHealth hero here.

**UPDATE ON COVID TESTING**

There are several swabbing stations now operating for our community including the Medical Center in Coupeville.

Anyone can be tested, regardless of symptoms, if any. The hotline scheduler will arrange your appointment at the station most readily available to you.

Advance registration is required to prevent waiting lines, help schedule adequate staff and manage inventory of PPE and supplies. Call 360-697-4055 weekdays from 8:00am to 5:00pm to arrange your appointment.

We are currently experiencing higher than usual call volumes to our advanced registration line. If you are not able to speak to someone at the time of your call, please leave your contact information in the voicemail and we will return your call within 24-48 hours.

Learn more about testing on our website’s special COVID-19 page.

**DON’T DELAY**

Life is on pause, but your need for healthcare is not. Don’t delay care; get care when you need it.

Safety for our patients and staff is our first priority. Proactive measures include fever screening on entry, universal use of masks by everyone, and restrictions on visitors to reduce risk. We have implemented dry fogging disinfecting system to eliminate pathogens beyond the reach of sprays, wipes or UV lights. It’s safe to come in for clinic appointments, to either of the Walk-In Clinics and certainly to our Emergency Department in case of life-threatening emergencies. Delaying care can not only prolong your symptoms, it can also make your problem worse.
The coronavirus is changing our lives in previously unimaginable ways. Unlike a storm or even an earthquake, this pandemic is an emergency that has required a sustained response under extraordinary circumstances. Whidbey Islanders have donated their time, resources and ingenuity to keep us healthy as individuals and as a community. They have answered the call to service, and they continue to do so. Thank you to all who have joined our mission to support excellence in healthcare on Whidbey!

Meeting the Challenge

The impact of your gift

Donations to WhidbeyHealth Foundation provide essential equipment at a critical time. Funds have been mobilized to provide portable respirators to protect our emergency responders, doctor and nurses from exposure to the virus. Machines that use dry misting hydrogen peroxide to disinfect spaces have been purchased to sanitize patient spaces like ambulances, patient rooms and treatment areas. When a patient arrives with coronavirus, brand-new negative airflow units prevent the spread of the virus through our ventilation systems. Tens of thousands of pieces of PPE have been donated and purchased through the generosity of community members.

Moving forward

We didn’t see this coming - but we can all be a part of the plan for a strong future; a future that promises that we will be ready to respond to whatever comes. Strengthening healthcare strengthens us all. Uniting to create the healthiest Whidbey possible is our vision, and it takes an Island to make that happen!

Together, We Care is our 2020 campaign to support a healthier Whidbey.

Donate online now, or mail your donation to WhidbeyHealth Foundation, P.O. Box 641, Coupeville, WA 98239. As always, feel free to contact the Foundation at tel:3606787656, ex. 4021 or 4020.

Thank you!
Stronger Together

Here’s what we know – Whidbey Islanders are phenomenal partners when crisis strikes. When the COVID-19 precautions were enacted, the Foundation had to cancel our annual Gala and the Tour de Whidbey.

Further regulations regarding gatherings meant that community fundraisers like the golf tournament at Useless Bay Golf Club were cancelled. Our hands were tied at the very moment we needed to raise money the most.

And then, so many of you donated to meet immediate needs at the hospital and clinics, and both businesses and community groups went the extra mile to do fundraisers to help us to serve our patients in their time of need.

Restaurants and individuals dropped off meals for medical staff who were stretched to the limit. Sewing groups created hundreds of masks so that we could protect our patients and their loved ones at the Medical Center and clinics.

THANK YOU!
We’d like to take this opportunity to thank the business that stepped up to meet this challenge by donating a percentage of sales, the community groups that rallied to raise money for PPE, and the event sponsors who generously donated all of their sponsorship money to the cause.

Focus on You:
2020 Updates and Improvements

Your team at WhidbeyHealth are committed to continuous innovation and improvements. Here are a some examples from this year:

ED Triage:
Updates to the Emergency Department reception area have improved the registration and triage process to provide greater privacy as patients are evaluated for treatment.

Fever monitors:
Every public and staff entrance at all WhidbeyHealth facilities are equipped with automatic temperature check stations. All persons entering a facility can quickly check their temperature as a COVID-19 screening step.

Life Center Rehab
Relocating the Life Center rehabilitation facility to the expanded and renovated first floor location provides easier access for patients and greatly expanded space for exercise and rehab activities.

Cardiac and Stroke Recertification
Our very rapid assessment and intervention for patients with suspected stroke or cardiac emergencies is saving lives and reducing long-term disability. We have recently been recertified by the Washington State Emergency Cardiac and Stroke (ECS) System

HALO
Implementing HALO aerosolizing technology assures complete cleaning and sanitizing of even difficult-to-reach corners of rooms in our facilities and in each ambulance.

BioFire
Patients with respiratory symptoms now benefit from rapid lab evaluation (a respiratory panel) to diagnose specific problems and identify possible coronavirus infection.

We can’t do it without YOU!
Together, We Care is our 2020 campaign to support a healthier Whidbey.

To donate, go to www.whidbeyhealth.org/giving, or mail your donation to WhidbeyHealth Foundation, P.O. Box 641, Coupeville, WA 98239. As always, feel free to contact the Foundation at tel.3606787656, ex. 4021 or 4020.

Thank you!
Welcome!

Chief Nursing Officer Erin Wooley, RN, MSN, CENP joined the WhidbeyHealth leadership team one year ago, immediately prior to the arrival of coronavirus in the United States. Erin has been a central leader in our fight for the lives of Whidbey Island residents and in our system’s response to the epidemic. Among other duties, Erin coordinates clinical activities with Island County, Washington State and U.S. agencies involved in COVID-19 mitigation and vaccination planning.

Tim Waldner, Executive Director of Facilities and Plant Engineering arrived on Whidbey Island with years of experience in hospital, hospice, medical office, and cancer center facilities and engineering management, renovations and new construction. Tim and his team have been the key drivers of renovations within the Medical Center, creation of new clinic facilities across the Island, implementing negative pressure rooms and other engineering modifications to keep patients and staff safe.

Chief Quality Officer Jon Scallon, MBA HCM, CPHQ guides his team in developing patient safety and satisfaction programs with a focus on quality of care and a team-wide ‘just culture’ enabling each WhidbeyHealth employee to have a voice in continuous improvement. Jon is focused on achieving ISO 9001 certification and DNV hospital accreditation. Preparations for a variety of survey processes are already underway, including the involvement of each department.

Physicians, Nurse Practitioners (ARNP’s) and Physician’s Assistants (PA’s) are key to our ability to meet the expanding and intensifying healthcare needs of our community. Thanks to the continuous effort of Chief Operating Officer Colleen Clark and the Human Resources team, we have added fifteen new providers in 2020, each in their own area of clinical specialty. Increasing provider services are key to meeting our mission of delivering exceptional care close to home.

More than 8,000 times every year. Twenty-two times per day. Nearly every hour of every day WhidbeyHealth Paramedics respond to the urgent need of residents and visitors anywhere on the Island. Responding in partnership with all of our Fire Departments and well-coordinated with the 9-1-1 team at ICOM, residents and visitors can rely on one of the most comprehensive Emergency Medical Services systems in the United States.

WhidbeyHealth teams are engaged in more ways than emergencies. Take community-based life-saving defibrillators for example:

Oak Harbor High School’s athletic department was granted an Automated External Defibrillator (AED) by WhidbeyHealth EMS. Undiagnosed heart disease in otherwise ‘apparently healthy’ kids accounts for the No. 1 killer, unnecessarily, of school-aged athletes. One in 250 school-aged children who are screened with a simple electrocardiogram are found to have an undiagnosed condition that requires follow-up. Data shows that having an AED on site increases the chances of survival by three times for victims of sudden cardiac arrest.

Learn more about other ways WhidbeyHealth paramedics serve the community on our website.

Lifeflight

Life Flight Network is WhidbeyHealth’s air ambulance partner, ready to provide ICU-level medical care and evacuate critically ill or injured patients needing specialty services. Locating a helicopter operating base adjacent to the Medical Center in Coupeville supports rapid transfer response along with close coordination with our Emergency Department staff. Life Flight teams also support on-scene rescue and pre-hospital teams from our local Fire Rescue departments as well as WhidbeyHealth EMS.

Life Flight is a non-for-profit air medical transport service with flight teams on duty around the clock. Their fleet of rotor- and fixed-wing aircraft in operating bases located in Washington, Oregon, and Idaho and Montana.

Learn more about this critically important service to our rural community on their website.

Thanks to the funds donated to the WhidbeyHealth Foundation, nine other AEDs have previously been installed at:

1. Coupeville School District Performing Arts Center
2. The bus stop in front of Whidbey Telecom in Freeland
3. South Whidbey Community Park
4. South Whidbey Sports Complex
5. Red Apple Prairie Center Market, Coupeville
6. Little Red Hen Bakery on Front Street, Coupeville
7. Port of Coupeville Wharf Coupeville Boat Launch
8. Coupeville Mickey Clark Field
9. Fort Nugent Park, Oak Harbor
QUALITY CARE CLOSE TO HOME

We heard the request: and we responded. WhidbeyHealth now has two walk-in clinics: one in Clinton and one in Oak Harbor. When life’s minor illnesses and injuries require medical attention, our walk-in-clinics are close by, providing exceptional care, including diagnostic imaging and laboratory services.

Our expert clinical teams and staff are available daily for residents and visitors alike. From cuts needing sutures, to simple fractures, nausea, and colds or flu like symptoms, we’re standing by to help.

Just stop in - no appointment needed.

CLINIC HOURS:

7 days a week

Monday - Friday
7:00 am to 5:30 pm
Saturday
9:00 pm to 4:00 pm
Sundays
Noon to 4:00 pm

LOCATIONS:

Clinton:
11245 State Route 525, Clinton,
WA 98236

Oak Harbor:
1300 NE Goldie Street, Oak
Harbor, WA 98277

My Whidbey Health

Patients of the WhidbeyHealth System benefit from two online patient portals – one for services provided at the Medical Center and one for services received at our outpatient clinics.

Both portals allow secure online access to your medical records, communicate with your providers and their team to request prescription renewals (primary care patients only). In addition, you can share summaries of your care to other providers or with family members you choose.

Sign up for the WhidbeyHealth Medical Center Portal if you had a hospital stay or services at:

• Medical Center
• Emergency Department
• Cancer Center
• Wound Care
• Diabetes Care and Management

Smart phone users can download the secure mobile application for iOS or Android.

Sign up for the WhidbeyHealth Clinic Portal if you were seen in one of our clinics:

• Walk-In Clinic Clinton
• Outpatient Services Goldie Street
• Primary Care Cabot Drive
• Women’s Care Oak Harbor
• Primary Care Coupeville
• Women’s Care Coupeville
• Orthopedic Care
• Surgical Care
• Primary Care Freeland

Create your account and access the MyWhidbeyHealth patient portals on our website!
Helping you stay healthy and active is our top priority. Here are a few ways we can help.

**DIABETES MANAGEMENT**
Whether you are living with diabetes, you’ve been newly diagnosed, with type 1, type 2 or gestational diabetes, or are helping a loved one, you don’t have to go it alone. Our Diabetes Care and Management team offers a variety of educational programs, resources, health tips, and food ideas to help you live your best life.

**LEARN WHAT’S AVAILABLE**

**COVID-19 TESTING**
Anyone 5 yrs. and older can be tested for COVID-19, regardless of symptoms, if any. There are several testing stations on the island. Call the COVID hotline at 360-240-4055 weekdays from 8-5 to arrange an appointment at the station most readily available to you.

**FIND LOCATIONS**

**DON’T WAIT**
Many routine things in life have been put on hold, but your health shouldn’t wait. Don’t delay addressing health concerns, even during the pandemic. Putting off treatment may worsen your condition. If you feel unwell, contact your provider or a WhidbeyHealth clinic near you.

**LEARN MORE**

**SLEEP CARE**
Proper sleep is vital to your health and well-being. If you or a loved one are experiencing insomnia, snoring, excessive sleepiness, restless legs, sleep apnea or other challenges getting a good night’s sleep, we can help.

**EXPLORE THE OPTIONS**

**TO YOUR HEALTH**

**TAKE A HIKE**
Hiking is just one of the many activities you can enjoy while adhering to proper COVID-19 safety guidance.

Check out this list of Island County parks and trails and start exploring.

**FIND LOCATIONS**

**BIRTH EDUCATION CLASSES**
Adding a new member to the family can feel daunting. Attending one of our virtual Childbirth Classes is a great way to help you get ready for your new arrival.

**GET THE DETAILS**

**EMOTIONAL HEALTH**
If you or a loved one is dealing with the excess stress created by COVID-19, you are not alone. There are resources and services available to help, even if it’s just someone to listen.

**FIND RESOURCES**

**CANCER SCREENING**
It is estimated that half of all men and a third of all women will develop cancer at some point in their lives. Protect yourself and your loved ones by having regular mammograms and colonoscopies.

**LEARN MORE**