THE PULSE

Keeping You Safe & Healthy

- National Safety Month
- International Men’s Health Month
- More than emergencies - EMS - community services
- Staying COVID safe
- Introducing WhidbeyHealth Knowledge Challenge

June 2021
Volume 34
Dear Neighbors and Friends,

As always, I hope this letter finds you healthy and well. The long days of summer are upon us and the sunshine is so welcome! As vaccination rates rise and restrictions are eased, we can once again enjoy all that makes Whidbey Island a magical place to call home.

Whidbey offers so many things that are needed for health, like fresh food sources, clean air and a caring community. When it comes to the day-in, day-out decisions that keep us healthy, our local healthcare providers also play a big role. From WhidbeyHealth’s primary care physicians to our first responders, we are here for you. Your donations have funded the equipment needed to fight COVID, to serve patients safely, and to provide vaccination clinics, and there is so much more. Doing everything we can to maintain access to healthcare at the local level is a vital investment in our future.

WhidbeyHealth Foundation also funds the programs and equipment that keep our neighbors safe and healthy every day. The SAIL program (Stay Active and Independent for Life) conducts classes island-wide to prevent falls. The Cardiac Rehabilitation facility was expanded and re-equipped thanks to generous donors. Because of people like you, folks who have had a cardiac event can get on the path toward never having another.

Pediatric Rehabilitation also received Foundation funds to purchase needed equipment in an expanded space that serves more children now than ever before. These projects have a real and positive effect on quality of life for hundreds of people throughout Whidbey Island. Donations that support WhidbeyHealth are truly an investment in sustainable health services for our whole community.

We can never take our health or our healthcare for granted. The ongoing struggle to provide services that everyone needs is real. Donors are critical for WhidbeyHealth to meet the challenge of providing quality healthcare in our rural community. Thank you for supporting local healthcare as a vital resource for all. Whatever 2021 brings, we know that strengthening healthcare strengthens us all!

In gratitude,

Helen Taylor
Executive Director
WhidbeyHealth Foundation

WhidbeyHealth continues to develop and expand outpatient services to the community, all close to home.

More residents are having joint replacement surgery and physical therapy, participating in the remarkable enhanced recovery program.

WhidbeyHealth’s sleep lab is extremely busy helping patients get a better night’s rest which is so important to good health.

Even through the worst days of the pandemic, cancer patients received chemo- and other therapies safely, and with the least disruption possible.

A new Community Pharmacy is scheduled to open this summer, making access to prescription drugs more convenient for patients and employees alike.

WhidbeyHealth is much more than a hospital. It is truly a growing, vibrant healthcare system we can call our own.

I could not be more proud of the great work we see every single day.

Ron Telles, CEO
WhidbeyHealth Foundation

My message this month is full of great news!

On June 9th, representatives from DNV Healthcare arrived at WhidbeyHealth to conduct an on-site accreditation survey. Accreditation is a process of self-assessment followed by review from an external organization. Surveyors evaluate a hospital’s level of performance as compared to established standards which sets the stage for a process of continuous improvement.

Lead by Chief Quality Officer Jon Scallan, we have moved through the self-assessment phase to the external review process. Surveys involve an on-site review by the accreditation organization who have complete access to our facilities and records related to processes and procedures.

There is no regulatory requirement to become accredited, and there is no increase in funding or insurance reimbursement. WhidbeyHealth is pursuing accreditation voluntarily, as part of our commitment to deliver exceptional healthcare and create a culture of continuous improvement. Congratulations to all staff who have worked diligently and put great effort into this process. Having this survey is a major accomplishment!

I am also very happy to report that we have successfully concluded a contract negotiation with Kaiser Permanente. One major change in our contract with Kaiser is the addition of coverage for services at our Walk-In Clinics. This means Kaiser insurance subscribers can use the services at either walk-in clinic without prior approval with confidence that our services will be insured.

Our Clinton walk-in clinic opened one year ago this month and we continue to see increased patient visits. Walk-in services are an important point of access for primary care in non-emergency situations where a visit to the Emergency Department is not warranted. Thanks to our teams at both clinics for their outstanding services to our community.

We are also grateful for the contribution of our pharmacies and Island County Public Health partners who have ramped up coronavirus vaccinations across Whidbey Island. After almost 18,000 shots given, WhidbeyHealth is phasing down public vaccination services this month. I am inspired by the innovation and remarkable efficiency of our staff and volunteers working to protect our families and friends on Whidbey.

June is National Safety Month and COVID-19 is still a risk for us all. Please remember to follow local guidance about precautions as we continue to crush the spread of this disease.

Very best,

Ron Telles, CEO
WhidbeyHealth Foundation

Ron Telles, CEO

Stay safe out there!

Helen Taylor
Executive Director
WhidbeyHealth Foundation

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By the Numbers
More than just emergencies; building skills that save lives

Throughout the pandemic our Emergency Medical Services (EMS) went above and beyond the standard safety and emergency patient needs. continuing their tireless work to keep our community safe and healthy. Their role of providing out-of-hospital acute care and transport allowed continuity of services and care to our community - but our EMS team does so much more! WhidbeyHealth discussed the role that our EMS team has played throughout our pandemic with Sean LeVine, EMS Assistant Manager and Robert May, Lead Medic.

What types of precautions does each Ambulance go through between calls? SL: The interior of each ambulance and all equipment used during a call is disinfected using hospital-grade disinfectants after every transport. Specifically, with the pandemic, we deployed a Halo Fogger machine that emits a hydrogen peroxide dry fog that covers every exposed surface within the ambulance to disinfect the entire rig.

What special COVID-19 precautions were put in place? SL: With the support of the WhidbeyHealth Foundation, two Halo Foggers were purchased to combat exposure to COVID-19 and other highly communicable infectious diseases. We also instituted a response plan to limit the number of responders exposed to confirmed or suspected COVID-19 patients. Part of this was to equip our EMS team with enhanced PPE – gloves, eye protection, gowns, N95 masks, and powered air-purifying respirators.

Are there any other additional services to our community that you would like to mention? SL: WhidbeyHealth EMS and LifeFlight have established a relationship that continues to benefit Whidbey Island residents and visitors. In the event of a life-threatening emergency when specialized care is needed off-island, LifeFlight is stationed at our Medical Center with a helicopter standing ready and are ready in special circumstances to meet us in the field for an effective and safe transition of care.

RM: WhidbeyHealth has partnered with other emergency services groups to provide monthly Car Seat Safety Checks in Oak Harbor and on an as needed basis for those who cannot attend the monthly event. This is particularly important for our younger island population as many child passenger safety devices are improperly installed which can pose significant risk to the child’s safety. WhidbeyHealth EMS has several certified Child Passenger Safety Technicians - a great resource for our community. We also donate car seats for kids of all ages, as well as bike helmets for young athletes.

COVID Safety at home, at work, and on the go

Vaccines are now readily available across our state and more and more residents have received their vaccination. This is great news - but we’re not out of the woods yet!

Getting vaccinated is an important piece to keeping yourself, your family and your coworkers safe and healthy as we continue to battle COVID-19. We continue to strongly encourage mask wearing, hand hygiene and distancing to help slow the spread and ultimately end the pandemic. Here’s some additional guidance how to stay safe and healthy through the summer months.

AT HOME
- Learn more about how to protect yourself and others and slow the spread at: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html
- Take extra precautions to protect those who may have an increased risk for severe illness.
- Choose a room in your house that can be used to separate sick household members from others. Here are additional tips on keeping your family safe.

AT WORK
- Wear a face covering, practice good hand hygiene and maintain your distance.
- Many employers are screening employees for COVID-19 symptoms before entering the workplace and are encouraging those who are sick to stay home.
- Use of plexiglass barriers when distancing cannot be maintained.
- Check out other workplace guidance from NIOSH.

ON THE GO
Taking a team mentality, being mindful of one another, and doing our best every single day to not take shortcuts truly makes our community special and we are immensely grateful.

What have we learned? Basic health, wellness and hygiene principals apply during the pandemic. Hand washing, wearing a mask when appropriate, and avoiding touching your face are the recommendations we are sticking to through every cold and flu season.

With the heightened focus worldwide during the pandemic, there was virtually no flu reported (globally).
Transforming The Patient Experience

WhidbeyHealth recently expanded the role of our most senior surgical provider, Dr. Garth Miller. Dr. Miller’s new title is Executive Director of Practice Management. We interviewed Dr. Miller about his new position.

PULSE: Congratulations on your new position! Please tell us what the role entails.

Dr. Miller: Essentially, this role helps to bring the voice of the clinical side of operations to the administrative side, and vice versa. As a part of the senior leadership group, I am uniquely able to keep operating decisions informed with a clinical context, and to break down the organizational barriers to implementation of new programs.

PULSE: Is this an unusual position for a doctor?

Dr. Miller: Here’s what we know: doctors are great at treating patients but are rarely great administrators. Medical school doesn’t train people to manage organizations in regulated environments or oversee complex financial management.

Yet, without clinical leadership, hospitals and health systems sometimes fail altogether. The key advantage to having doctors in my role is to allow physicians to focus on what they do best: provide exceptional medical care.

I have always been committed to the idea of seeing a health system through a larger lens, examining all of the aspects leading to great patient outcomes. In my career, I have been in roles as the Medical Director and memberships on a Board of Trustees. I’ve taken specific training for physicians involved in leadership roles, including a year of fellowship in physician leadership.

PULSE: What else would you like Island residents to know?

Dr. Miller: WhidbeyHealth is much more than a hospital: With ten outpatient specialty clinics and two walk-in clinics, we have a breadth of services centered across our community. It is crucial that the ‘bridge’ role I fulfill helps our clinical staff feel supported and have the tools they need to deliver extraordinary medical care.

International Men’s Health Month

You’re never too young or too old to create a health game plan.

Like a high-performance car, maintaining a healthy, active lifestyle requires ongoing tune-ups and maintenance. Men often experience health difficulties that can go unnoticed or neglected and according to Harvard Health, when it comes to health, men are the weaker sex.

National Men’s Health Month is intended to foster awareness and drive conversation about men’s health issues. WhidbeyHealth is taking this opportunity to encourage men to seek necessary medical treatment and advise.

A few Facts:

1. Over 55% of men over 55 years old do not regularly see their primary care physician for annual appointments.
2. 14.9% of men over aged 18 are in fair to poor health.
3. Prostate cancer affects one in nine (1 in 9) men.
4. Mental Health is one of the most stigmatized issues affecting men.
5. Regular checkups and age-appropriate screenings CAN improve your health and reduce premature death and disability.

How to get started?

• Make Changes to Your Diet – Men’s health month is a great opportunity to make positive diet changes in your life. Start with small changes: replace sugary drinks with a glass of water, eat more fruits or vegetables, or cut back on alcohol. You can do anything for a month, and if it sticks, you can do it for life!

• Set Goals – whether it is losing weight, gaining muscle, or eating more vegetables, set achievable goals and work with your doctor to make them a reality!

• Get Educated – take this month to read about common health issues, specific to men, and learn what you can do to prevent illness, stay healthy and active.

To learn more about the health issues facing men, click here for more information: www.cdc.gov/nchs/factsheets/mens-health.htm

Time for a checkup? When was your last wellness exam or physical?

National Men’s Health Month is a great time to assess how well you’re doing prioritizing your health. Even if you’re feeling healthy, a regular checkup with your provider is a great way to validate your health, identify a problem in its early stages, or to develop and update your personalized prevention plan.

1. Worry less - get it checked out. If you’re feeling stress about a symptom - a painful knee, a persistent headache – it can be easy to get in a cycle of worrying about it. Going to the doctor can do two great things: First, it can figure out what’s wrong. Second, it can keep you from worrying! So don’t wait. Get yourself checked out so you can ensure you’re on track and stop worrying.

2. It’s a conversation starter - Men’s Health Month gets people talking about health, which gets people thinking about health and taking action! Workouts get made, and resolutions get promised. Join in - start living your best life!

3. An excuse to enjoy life - Many of our favorite things are good for the body and soul! Play some golf, get a massage, take an extra long nap. It’s all healthy, and if anyone asks the occasion, you’ve got an answer ready: Men’s Health Month!

Contact one of our primary clinics to schedule a wellness exam or physical today!

Do it for you.
Do it for those who count on you.
May 2021 WhidbeyHealth Heroes:

**Jon Scallan,**
Chief Quality Officer (Quality Department)

"Since arriving at WhidbeyHealth in April 2020, Jon has worked tirelessly to help our organization achieve DNV accreditation. His knowledge of accreditation standards and his vision for how to get us moving in the right direction have resulted in our first successful survey. Jon is a strong and true leader for WhidbeyHealth and we, as well as the patients we serve, are fortunate to have him here to help us usher in the dawn of a new era of the highest quality and safety care standards!"

**June Meehan,**
Accounting Specialist (Finance Department)

"June is the person I go to when I have a question. She has so much knowledge and she is always willing to share it. June is one of the most dedicated individuals I've ever worked with – she is committed to efficiency and has impeccable integrity. She's also a very cheerful and positive person to interact with. I don't think people realize the volume of work she is responsible for. I appreciate her very much!"

"June is always up for the challenge and willing to pitch in and do what it takes to get the job done. June's only motivation in her work is to do what is best for Whidbey and I have witnessed this time and time again."

**Julianne Blynn,**
Sr. HR Generalist (Human Resources)

"Often, Human Resources are seen as the 'bad guys' at work. Their job, I can only imagine, is a tough one as they are so often the deliverers of bad news or disciplinary actions. I want to share my experience with Human Resources that was a good one. During my lay off, Julianne Blynn has been instrumental in guiding me through the process. She has been extremely patient with my endless questions and bouts of tearfulness. Her kindness and concern was felt during each encounter. Julianne promptly returned my phone calls and emails which helped ease the stress I was feeling. She made me feel valued and respected. She let me know I was supported and encouraged me to continue to call and email as needed even if only to vent. I wanted to recognize her as a WhidbeyHealth HERO for being the kind of employee who isn't just doing their job, but one who represents HR and WhidbeyHealth as someone who will go the extra mile to provide comfort and support. Julianne was my HERO during this difficult time."

**Alicia Darr,**
ARNP, CNM (Women's Care)

"Alicia Darr provides outstanding service and care every day she comes to clinic or the hospital. She is patient, kind, and courteous of her patients. Her everlasting smile puts all around at ease. She promotes quality by making herself available to her patients anytime they have questions or just want a calming presence in their room. She is up to date with current best practices and always advocates for her patients. She is admired and loved by the community as a person and provider. WhidbeyHealth is lucky to have Alicia!"

**Michelle Aube**
CRNA

Michelle has been at the forefront of our anesthesiology group during this unprecedented time in healthcare and our nation. She's been handling many of the behind-the-scenes duties that have gone unnoticed like creating policy and guidelines for treatment of COVID patients, and outlining and implementing a plan for re-opening our Operating Room to elective cases all while managing to maintain her already full schedule with Anesthesia.

The changes were constant, but Michelle kept us informed during what seemed like very unsure times. She’s been a real WhidbeyHealth HERO to her team, the hospital and the entire community.

In her lead role as CRNA, Michelle fosters collaborative relationships with providers, nursing leadership and administration to achieve safety and excellence for the anesthesia department at WhidbeyHealth.

"During the ‘peak’ of our experience with Covid-19, Michelle filled her role as the lead CRNA with professionalism, leadership, and what appeared to be endless energy and compassion."

**What is a WhidbeyHealth HERO?**
A WhidbeyHealth Hero is someone who helps to shape and define the patient and employee experience at WhidbeyHealth.

**Click here to add your nomination for the next WhidbeyHealth Hero.**
WhidbeyHealth Knowledge Challenge

Introducing the WhidbeyHealth Knowledge Challenge: a great way to stay informed, get inspired, have some fun and show off your smarts! The Challenge will appear in the PULSE each month and on our website. Here’s this month’s challenge.

Our FOCUS on Safety and Men’s Health

ACROSS:
1. Stationed at WhidbeyHealth Medical Center
2. Name of publication
3. Automated external defibrillator
4. Most popular sleep studies
5. Staying _____ and independent for life
6. Occupational and physical
7. Dr. Adishan surgeon type
8. Annual exam to ensure health
9. “T” in ACT training
10. Class helping senior fall rates
11. Men’s health issues can cause this

DOWN:
1. Fogger used on EMS rigs
2. Rehab for heart health
3. National ____ Month
4. Cancer that affects 1:9 men
5. Colleen Klamn, Infection
6. HERO Spotlight position
7. Total joint ____
8. EMS: more than just ____
9. Clinics in Oak Harbor and Clinton
10. Child & babysitting safety

To enter, go to whidbeyhealth.org/knowledge-challenge, complete the challenge, enter the correct answers in the form below the puzzle, add your name and email address and hit submit! Then check back to see your name on the winners board!

It’s simple and fun… so jump in!

 Commissioners Corner

Each month, the PULSE team interviews one of the five elected Commissioners who provide oversight of the operations of the WhidbeyHealth hospital and network of clinics.

This month, we spoke with Nancy Fey, District 4 Commissioner.

PULSE: What is it like to be on the Board of Commissioners?
Commissioner Fey: It is truly an honor and a privilege to support our hospital as well as help our community to understand the important role WhidbeyHealth plays in keeping us all healthy. I am particularly excited with the makeup of the current Board. The current Board of five Whidbey Island residents are all eager to help guide the administration and work on continuous improvements in the services which benefit us all.

PULSE: Yes, and we have all seen many changes over time. Can you imagine what life was like before we had our own hospital and clinics on the island? Mothers in labor drove an hour or more, often having to wait for a ferry to get to a hospital in time for their baby’s birth. When families needed medical care for their children, long trips were required over the bridge or via ferry. Cancer patients were making many, many trips to Seattle for regular chemotherapy treatment. Today, our babies are born here, our children can be seen in the Emergency Department or Walk-In Clinic, and our neighbors fighting cancer can get treatment right here, close to home.

PULSE: What do you see in the future? What’s coming up?
Commissioner Fey: We are all excited at the progress toward achieving national accreditation by DNV. The process itself has contributed to many improvement initiatives and once complete will be yet another reason to be proud of our local system. Thanks to the US Department of Agriculture investment of $37 million, we will be able to move forward with the facilities master plan and make sorely needed structural improvements which have been deferred for too long.

We really are delivering on that promise of exceptional care by exceptional caregivers, close to home.
ACCELERATING THE JOURNEY TO OPTIMAL HEALTH

We all know that exercise, eating healthy, being more active, and making wise decisions about our health can improve our quality of life; however, we don’t always make those things a priority.

As warmer weather arrives, we’re excited to get outdoors, increase activity, and enjoy! Making the most of that opportunity comes with challenges, especially if you’re living with or recovering from an injury or serious illness.

The WhidbeyHealth’s Rehabilitation team offers comprehensive services to help you recover and maintain strength, so you can return to the activities you enjoy the most.

Experiencing a heart attack, cardiac surgery or other cardiac related illness can have a long road to recovery. Even if your cardiologist is off island, the WhidbeyHealth’s Cardiac Rehab team can collaborate with them to develop a customize outpatient program you can do right here on Whidby, to improve your health and minimize your risk of future heart health challenges.

Rehabilitation therapies can help you recover from the pain and damage caused by a major illness or injury and minimize the risk of further damage or injury in the future.

Struggling to maintain the active lifestyle that you love - golf, hiking, kayaking, or just taking a walk? Physical, Orthopedic or Occupational Therapies may be just what the doctor ordered! Need help with back and neck pain, or sprained and swollen joints? We’ll develop a personalized plan, utilizing education, exercise and pain control techniques that can dramatically improve your mobility. Building the strength and stamina needed to regain that active lifestyle.

As we open the windows to elevated spring and summer pollen levels, managing chronic lung conditions like asthma, pulmonary fibrosis or COPD can be challenging. Having easy, local access to our team of exceptional respiratory and pulmonary experts can help you decrease symptoms and take back control.

When a child faces developmental, physical or speech challenges, it’s critical to have local access to pediatric experts who will work with you to develop a customized program that meets your child’s unique needs. Our Pediatric Therapy team works with an array of disabilities, disorders and diagnosis including orthopedic or sports injuries to optimize your child’s road to recovery and a rich full life.

For more information about the extensive rehabilitation services available at WhidbeyHealth Medical Center in Coupeville and our Walk-in Clinic office in Oak Harbor (Goldie Street) visit: https://whidbeyhealth.org/outpatient/rehab/general-rehab

PROVIDER SPOTLIGHT

Dr. Dale Adishian
(Orthopedic Surgeon)

Think athletes are the only ones prone to sports injuries? Think again. The U.S. Department of Health and Human Services (DHHS) states that sports related injuries affect about two million people each year – including professionals and weekend warriors alike. Common sports injuries can trigger post-traumatic arthritis, knee injuries, shoulder dislocations, and cartilage tears.

Dr. Adishian is an orthopedic surgeon with a special interest in the care and treatment of patients dealing with pain and mobility challenges due to joint pain and leads our Total Joint Replacement team.

Dr. Adishian’s PATIENT CARE PHILOSOPHY:

- The needs of the patient always come first.
- Strive to always meet and exceed all my patient’s expectations.
- Provides individualized care with an emphasis on non-operative treatment before surgical treatment.

Dr. Adishian He believes that patient respect and loyalty is earned through their experiences with their providers and by consistently providing excellent care with positive outcomes, personalized service, and efficiency.

Our WhidbeyHealth’s Orthopedics team offers a full line of surgical and non-surgical treatments to help you stay healthy and active.

If you’re considering a joint replacement Watch this short video to see how the team at WhidbeyHealth can help you get back to doing the things you love.

Our team of over 55 board-certified physicians, surgeons, anesthesiologists, nurse practitioners, physician assistants, and specialty care providers are here for you; providing progressive, patient centric services with compassion, competence and a commitment to excellence.

Learn more about our comprehensive care options, close to home.
MyWhidbeyHealth Patient Portal

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 primary care, outpatient care, specialty care, and walk-in clinics.

WHY REGISTER?

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.

Talk with our registrar when you come in for treatment or visit MyWhidbeyHealth to register.

Sign up for WhidbeyHealth Medical Center portal if you had a hospital stay or had services at:
- Medical Center
- Emergency Department
- Cancer Center
- Wound Care
- Diabetes Care and Management
- Rehabilitation Care
- Diagnostic Imaging
- Laboratory
- Sleep Care

Sign up for WhidbeyHealth Clinic Portal if you received services at one of the following facilities:
- Walk-In Clinic Clinton
- Walk-In Clinic Oak Harbor
- Outpatient Services Goldie Street
- Primary Care Cabot Drive
- Women’s Care Coupeville
- Orthopedic Care
- Surgical Care
- Primary Care Freeland

DON’T WAIT
Exceptional care close to home.

When life’s minor illnesses and injuries require medical attention, our walk-in clinics are conveniently located, providing exceptional care, including diagnostic imaging and laboratory services.

Our Walk-In Clinics, located in Clinton and Oak Harbor, are open to island residents and visitors 7 days a week, without an appointment.

WALK-CLINIC VS EMERGENCY ROOM

Walk-in clinics are the perfect solution for most non-emergency situations – the type of condition that you would likely see your regular doctor for, but it is after hours or they aren’t close by.

The Emergency room is for critical, life-threatening conditions that can’t wait, like chest pain, difficulty breathing or serious trauma.

If you have a true emergency: call 911 or go straight to your nearest ER.

To learn more about our Walk-In Clinics, including an easy guide that can help you decide if your health problem dictates you should visit our Walk-In Clinics or our Emergency Room, click here.

By the Numbers

One year ago, many of our services were on temporary hold as we adjusted our operations to protect patients and staff from coronavirus. By comparison, 2021 has been very busy as all of our services have returned to full operations.

Here are a few figures for January to April 2021:

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By the Numbers

One year ago, many of our services were on temporary hold as we adjusted our operations to protect patients and staff from coronavirus. By comparison, 2021 has been very busy as all of our services have returned to full operations.

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Helping you stay healthy and active is our top priority. Here are a few ways we can help.

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<th><strong>MEN'S HEALTH</strong></th>
<th><strong>SAFETY RESOURCES</strong></th>
<th><strong>CHILD SEAT SAFETY</strong></th>
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<td>Routine health and wellness as well as specialty services designed to keep men healthy and active.</td>
<td>Our EMS teams provide Automated External Defibrillators (AEDs), Cardiopulmonary Resuscitation (CPR) training, Antidote/CPR/Tourniquet (ACT) training and more to help keep our community safe.</td>
<td>WhidbeyHealth EMS provides monthly Car Seat Safety Checks in Oak Harbor and on an as needed basis for those who cannot attend the monthly event.</td>
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<th><strong>SAIL CLASSES</strong></th>
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<td>Staying Active and Independent for Life [SAIL] is our fall prevention program, focusing on strategies, strength, balance and exercise.</td>
<td>Rehabilitation is a key component of recovery after an injury or procedure. We specialize in general, cardiac, pulmonary, physical, occupational, and speech therapies.</td>
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<th><strong>COVID-19 VACCINE</strong></th>
<th><strong>TO YOUR HEALTH</strong></th>
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<tr>
<td>Time for a knee or hip replacement? Our Total Joint Replacement team is here to make sure you have the best possible experience and quickest recovery.</td>
<td>We'll continue to schedule and provide second dose vaccines to our community through June 30th.</td>
<td>See the complete list of information, services and resources available to help you stay safe, healthy and active.</td>
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