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We want to update our records, can you help?

Please reference the information below and send us an email so we can make sure and keep our records current.

- **Would you like to unsubscribe to the Clinical News?**
- **Would you like to request more subscriptions for your staff?**
- **Did we misspell your name or send this newsletter to the wrong address?**
- **Do you have questions or recommendations for topics we can cover in the next issue?**

*Please contact Alyssa Hampson at (970) 683-4921
or e-mail AHampson@HopeWestCO.org.*

Thank you!

Clinical News

Winter 2015



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Profoundly
changing the way
our community
experiences serious
illness and grief –
one family at a time.



Being Mortal Questions to Ask Terminally Ill Patients

In Dr. Atul Gawande's book, *Being Mortal*, Atul uses his father's powerful story to explore the concept of shared decision making in medicine – the idea that the ideal modern doctor should be neither paternalistic nor informative but rather interpretive, helping patients determine their priorities and achieve them. He shares the lessons he learned to talk honestly with patients... first, what do they want to know? Then he tells them and then he asks them what they understood. He reminds clinicians to focus on the goals patients have for the rest of their life and together design a plan that meets those goals.

Consider asking these seven end-of-life questions for terminally ill patients, inspired by Dr. Gawande's book, as they might prove helpful to you in everyday work:

1. What is your understanding now of where you are with your illness?
2. How much information about what is likely to be ahead with your illness would you like from me?
3. If your health situation worsens, what are your most important goals?
4. What are your biggest fears and worries about the future with your health?
5. What abilities are so critical to your life that you can't imagine living without them?
6. If you become sicker, how much are you willing to go through for the possibility of gaining more time?
7. How much does your family know about your wishes and priorities?

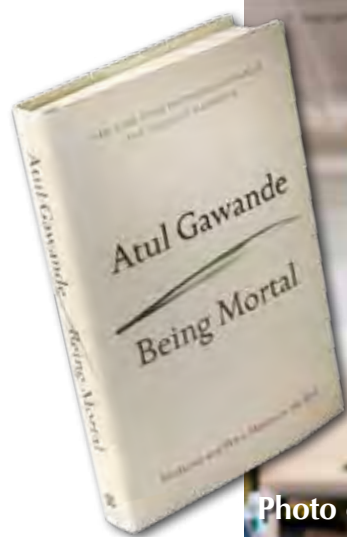


Photo courtesy of AtulGawande.com

HopeWest Establishes Special Team Dedicated to Serving Fruita and the Lower Valley

Fruita now has its own dedicated HopeWest team devoted to providing quality hospice, palliative care and grief support services to patients without having to leave the Lower Valley. Over the next year, HopeWest hopes to build upon existing collaborative relationships in the Lower Valley and develop new relationships with the existing medical community.

The Fruita team, consisting of a director, nurses, CNAs, therapists, social workers, counselors, chaplain and volunteers, works out of a modest office at the Courtyard Care Center. These HopeWest employees bring care to patients wherever they are – in their homes, assisted living facility, nursing home or senior community.

To get more information about the HopeWest Fruita team, to contact them, or to make a referral please call HopeWest at (970) 241-2212.



Photographed: Justine Fritzel, Clinical Director; Diane Condiles, Social Worker; Kathleen Bird, Registered Nurse; Kay Hicks, Registered Nurse; Heidi Webster, CNA; Terri Kissell, CNA; Jessica Martinez, CNA; Jef Ray, Chaplain; Not pictured: Jenny Cook, Social Worker; Gwen Chappel, CNA; Jeanine Wagner, Registered Nurse

Western Colorado Medical Professionals Receive Training from Palliative Care Experts

HopeWest just completed the second Palliative Care Conference this year in Grand Junction, Montrose and Placerville, featuring renowned palliative care experts, Dr. Frank Ferris and Dr. Charles Von Gunten. Each conference was at capacity and we were able to educate nearly 300 clinical professionals about palliative care. The response from the medical community has been very positive but if you were unable to attend this year, we hope to offer this conference again in 2016 so stay tuned.

What You May Not Have Heard: Journal Excerpts From Dr. West

A series of journal excerpts will be shared on an ongoing basis to use as a quick reference when caring for patients and families at the end of life. I find them very helpful and they serve as a good reminder.



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Prognosis in Alzheimer's Dementia

Alzheimer's disease is an inexorably progressive disease for which there is currently no curative or arresting treatment. In a study published this year (*Am J Psychiatry*, 2015; 172(5); p 460), the researchers discovered that neuro-psychiatric symptoms, psychosis, agitation, aggression, and affective changes predicted progression of AD patients, to advanced AD and death. AD is the most common cause of dementia and probably is present in 60 – 70% of all dementia patients.

Coordinate, Communicate, Out of Hospital

The barriers to quality of care for seriously ill patients near the end of life have been studied and documented. Two major problems are misguided emphasis on intense treatments, despite a very poor prognosis, and failures to communicate clearly to patients and families.

A study from the Geisinger Health System published in September 2015 investigated the factors in caring for the dying that negatively impact relatives months later. Factors the relatives reported causing a lower quality of dying and death experience included the importance of the location of death (in-hospital deaths report a lower quality) and the quality of care coordination (the greater the number of physicians involved, the lower the quality).

An easier way to refer? There's an app for that!

We've made referring patients in all locations – Grand Junction, Delta, Montrose, Plateau Valley and Meeker – easier than ever with our iPad, iPhone and Android referral app. Now, securing care for your patients is as simple as clicking a button:

1. On your device, click the "app store" icon
2. Search "HopeWest"
3. Find the heart logo with "HopeWest"
4. Click "install," download & begin referring!

NEED ASSISTANCE? We'd be happy to provide simple on-site training to you or your office team on how to install, download or use this new referral application.

For additional information and/or training, please contact our Access Team at (970) 241-2212.

