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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

Spring 2016

Mesa County Physicians Working Together to Improve End-of-Life Care

David West, MD • VP of Medical Affairs

(970) 255-7271 • DWest@HopeWestCO.org

Over the past 120 years health care – both public health and personal health – has made incredible advances. Life expectancy has gone from 45 years to nearly 85 years. Maternal deaths due to obstetrical complications, infant mortality and diseases such as polio, rheumatic fever, smallpox, meningitis and diphtheria have been reduced or eliminated due to our high quality medical care. Americans now live much longer and are much healthier.

Despite these medical advancements, our bodies do wear down as we age and eventually each of us will die. Today 90% of us are dying not just of one condition, but with many chronic and incurable conditions such as heart failure, arthritis, emphysema, poor vision, hearing loss, weakness, frailty and dementia. To achieve the best in health care, doctors need to consider their patient's desires and priorities, in light of their incurable and life threatening conditions. Instead of curing, the focus becomes how to help them live their life, as best as possible, to the end.

The three hundred physician members of the Mesa County Physicians Independent Practice Association (MCPIPA) are concentrating upon implementing the best in end-of-life (EOL) care. Seminars, reading Dr. Gawande's *Being Mortal*, small group discussions and expert educators are all being utilized in 2016 with a focus upon EOL care. The goals of this collaborative education initiative include encouraging in-depth conversations about EOL care with patients, assisting in advance directives and introducing palliative care practices for seriously ill individuals earlier. We are excited to see how this transforms the care in Mesa County and enhance the quality of life for our community members.



Dr. West, VP of Medical Affairs at HopeWest and Darleen White, Director of Medical Affairs and Palliative Care at HopeWest meet to discuss advance directives.

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



HopeWest



Complex Case Conferences

Connect on your computer – Free CME – Quarterly Sessions

HopeWest and Montrose Memorial Hospital are partnering to provide educational opportunities for an interactive discussion on palliative care approaches to complex and chronically ill patients. Quarterly presentations will be provided via videoconferencing with the next presentation taking place in March. This is a place where physicians, nurse practitioners and physician assistants can come together to learn and receive help for some of their most complex patients. Your clinical questions will be commented upon by our panel of experts in caring for chronically ill patients including nationally recognized palliative care experts Dr. Charles von Gunten and Dr. Frank Ferris.

Panel Members:



David West

M.D.
Vice President Medical Affairs
Board Certified Family Medicine
HopeWest, Grand Junction, CO



Frank D. Ferris

M.D., FAAHPM, FAACE
Executive Director, Palliative
Medicine, Research & Education,
OhioHealth, Columbus, OH



Robert Kilbourn

M.D., FACP
Medical Director, Oncology
Board Certified Internal Medicine
& Medical Oncology
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Bryan Gieszl

M.D.
Board Certified Internal Medicine
& Hospice and Palliative Care
Montrose Medicine and HopeWest
Montrose, CO

Get Involved In The Future Of Your Community Join the HopeWest Medical Advisory Board

“If we can work together to come up with solutions we can make an impact,” said Dr. West. “We are looking for physicians who are genuinely interested in the welfare of our community members and changing our paradigm of serious illnesses and end-of-life care to join our Medical Advisory Board.”

As a medical community, we can improve the quality of life for the most frail members of our society. By collaborating as a Medical Advisory Board, including physicians with a variety of different backgrounds and experiences, we can make suggestions and implement new approaches and programs to help promote the best care of the elderly in our community.

The Medical Advisory Board meets monthly at the HopeWest Hospice Care Center in Grand Junction over the lunch hour. The meetings are chaired by Dr. Kevin Fitzgerald and a catered lunch from Spoons bistro & bakery is provided to all that attend.

“Your efforts can positively influence our community,” said Dr. West. “Join us in advancing palliative care as well as advance care planning initiatives to improve lives.”

To get more information about joining the HopeWest Medical Advisory Board or attending a meeting as a guest, please contact Dr. West at 255-7271.

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

David West, MD • VP of Medical Affairs

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.

The Personhood Question

Pain & Symptom Management 49:6 June 2015

A simple question – “What do I need to know about you as a person to give you the best care possible?” is an effective way of eliciting personhood and enhancing patient, family and provider experience in medical care. Too often we are rushed, and impersonal, and do not take the time to know the patient. Asking this one question helps the patient, and the doctor or other health care provider.



Serious illness causes cognitive decline

Getting better following severe illness is complex and usually incomplete. In a large and careful study published in the NEJM on October 3, 2013, Pandharpindo and colleague “unequivocally established that critical illness promotes the development of new and clinically important cognitive impairment.” Critical illness will continue to have a profound impact upon patients and their families/caregivers. Palliative care programs, preventive care and expertise can be very helpful during the longitudinal care of such patient.

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!

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



“I like the app because it’s convenient and efficient. While I’m away from the office, I can quickly send HopeWest basic information about a patient and get the ball rolling on a referral for that patient.”

- Dr. Amy Mohler