

FOUNTAIN VALLEY REGIONAL HOSPITAL & MEDICAL CENTER

equipped

winter
2010

for Care

Caring Staff

Innovative Technology

Qualified Physicians

Muscle-Sparing **SPINE SURGERY**

Heart Valve
Replacement:
Minimally
Invasive Options

Removing
The Ventilator:
No More Guesswork

Alveolar Proteinosis:
A Child's Journey
from Critical
To Carefree





In HEALTHCARE, *Quality Is What Matters*

If you think you know which hospitals in the area consistently rank high on some of the most important health measures, you might be surprised. Folks in Orange County tend to assume that only one or two “big name” hospitals achieve excellent outcomes. In fact, the hospital right here in your community, Fountain Valley Regional Hospital, has achieved rankings on a par with other facilities that have greater name recognition.

CalHospitalCompare.org is a website that provides ratings for clinical care and patient safety for the more than 240 hospitals representing over 86 percent of acute care hospital admissions in the state. The website is the product of a partnership between The California HealthCare Foundation, the University of California at San Francisco Philip R. Lee Institute for Health Policy Studies, and the California Hospitals Assessment and Reporting Taskforce.

CalHospitalCompare.org ranks Fountain Valley Regional Hospital as Superior (the highest ranking) in “Quality of Care” for heart attack. For each of the six criteria included in this ranking, we achieved between 93 and 100 percent ratings. For “Timeliness of Care” for heart attack, Fountain Valley Regional Hospital blew past other area hospitals, achieving a 98 percent rating for percutaneous coronary intervention (PCI) done within 90 minutes.

Fountain Valley Regional Hospital also earned the designation of Superior in the area of pneumonia. We earned particularly high marks for low mortality rates and for quality of care for pneumonia patients.

We also ranked high in the area of patient safety, with ratings comparable to those achieved by other well-reputed hospitals in the area.

Another source of data on hospitals is Hospital Compare, a tool provided through the efforts of the Centers for Medicare & Medicaid Services (CMS), the Department of Health and Human Services, and other members of the Hospital Quality Alliance: Improving Care Through Information (HQA). It is designed to help patients make informed choices when selecting a hospital.

Information drawn from patient records is converted into a rate or percentage that shows how well hospitals care for their patients. The hospital quality measures currently tracked include

- ▶ Seven measures related to heart attack care
- ▶ Four measures related to heart failure care
- ▶ Seven measures related to pneumonia care
- ▶ Seven measures related to surgical care improvement project (SCIP)

Fountain Valley Regional Hospital received ratings in the 90th percentile and above for 20 of the 25 measures.

The staff and physicians of Fountain Valley Regional Hospital work hard every day to ensure that our patients receive high-quality care. These numbers are a way for you to confirm that we’re succeeding in that goal. After all, in healthcare, it’s not how big you are—it’s how good you are.

—Debbie Walsh

Services



Heart & Vascular Care

- ▶ Orange County's First **Accredited Chest Pain Center**
- ▶ Qualified Cardiologists and Surgeons Available 24/7
- ▶ Designated **Cardiac Receiving Station** With Surgical Suites and ICU
- ▶ Cardiac Catheterization Lab

Spine Care

- ▶ Minimally Invasive Spine Surgery
- ▶ Congenital & Degenerative Disorders
- ▶ Cervical and Lumbar Spine
- ▶ Spinal Osteoporosis

Orthopedics

- ▶ Joint Replacement
- ▶ Sports Medicine
- ▶ Minimally Invasive Surgeries

Neurosurgery

- ▶ Multi-Disciplinary Approach
- ▶ Brain
- ▶ Vascular
- ▶ Peripheral Nerves
- ▶ **Primary Stroke Center** and Designated **Stroke-Neurology Receiving Center**

Cancer Services

- ▶ Approved by the American College of Surgeons Commission on Cancer

- ▶ Outpatient Surgical Center
- ▶ Pediatric Oncology
- ▶ Center for Breast Care
- ▶ Imaging Center

Pediatrics

- ▶ Pediatrics
- ▶ 11-Bed Pediatric Intensive Care Unit
- ▶ 21-Bed Pediatric Unit CCS Certified
- ▶ 23-Bed, Level III Neonatal Intensive Care Unit CCS Certified
- ▶ Pediatric Transport Team

Maternity Services

- ▶ Routine and High-Risk Pregnancies and Deliveries
- ▶ Perinatal Diabetes
- ▶ Private Rooms

Weight Loss Surgery

- ▶ American Society for Metabolic and Bariatric Surgery (ASMBS) Center of Excellence

Diabetes Center

- ▶ Screenings, Group Classes and Individual Counseling

Muscle-Sparing Spine Surgery

A Powerful Option for Banishing Back Pain

An aching back is one of the most common complaints that send Americans to the doctor's office. But chronic back pain, sometimes experienced as leg pain, can have many causes, so getting a correct diagnosis may involve a certain amount of trial and error. Your doctor may first try anti-inflammatory medication, then refer you to a physical therapist, an orthopedist or a neurologist.

If those approaches don't work, an MRI—magnetic resonance imaging—may be ordered to determine if you suffer from degenerative disc disease, which occurs when one of the discs that act as shock absorbers between the bony vertebrae of the spine is not doing its job. People who suffer from this condition experience chronic low back pain that is aggravated by sitting, bending, lifting or twisting, or suffer from pain, numbness, tingling and fatigue in the legs.

For years surgeons have treated degenerative disc disease by removing the disc and fusing the unstable vertebrae together, something that can be accomplished by implanting screws and



other hardware or by inserting bone graft material.

"This stabilized the spine, but it required making a large incision in the patient's back and cutting through the muscles around the vertebrae. And if you avoided the muscles by going in through the abdomen, you risked causing vascular injury," explains Fountain Valley Regional Hospital orthopedic spine surgeon Ram Mudiyam, M.D., M.B.A. "Today a procedure called XLIF® (eXtreme Lateral Interbody Fusion) allows us to achieve the same results by going in through the patient's side. We make two small incisions and access the damaged disc by passing between the muscle fibers.

"This minimally disruptive approach

"Thanks to the muscle-sparing XLIF® procedure, I experienced only a few weeks of mild discomfort and went back to driving seven weeks after the operation."

reduces postoperative pain and recovery time, two obstacles that have made people suffering from back pain reluctant to undergo surgery that could give them their lives back." The XLIF® procedure is also used to treat other spine problems, including complex spinal deformity and misaligned vertebrae whose slippage pinches the nerves of the spine.

Kathy Tachibana, a recent patient of Dr. Mudiyam's, swears by the procedure...and by her surgeon. "It started with my legs hurting," she says. "I was not doing well as far as walking was concerned, and I was getting very tired. My back didn't

really hurt, but I was aware of it all the time." The surgery performed by Dr. Mudiyam stopped the leg pains, and thanks to the muscle-sparing XLIF® procedure, Tachibana says she experienced only a few weeks of mild postoperative discomfort. She went back to driving seven weeks after the surgery.

She says she agreed to tell her story to help others. "There are so many people who have back problems and are afraid to get spine surgery," she explains. "My advice for them is, if you need it, don't be afraid of it. You don't have to take those terrible drugs, and you don't have to suffer."

Among the surgical offerings at Fountain Valley Regional Hospital, many of which can be done using minimally invasive techniques, are

- ▶ Spine fusion to reduce pain and provide stability and mobility to the back
- ▶ Total disc replacement to replace damaged or worn-out discs
- ▶ Kyphoplasty and vertebroplasty using bone cement to stabilize fractured vertebrae
- ▶ Laminectomy and laminoplasty to relieve spinal stenosis, a narrowing of the spine that puts pressure on nerves and causes pain
- ▶ Removal of tumors on the spine
- ▶ Spine reconstructive surgery

Spine surgeons currently on staff at the hospital are

- Robert Ahearn, M.D.
- Edward Thomas Chappell, M.D.
- Mitchell Cohen, M.D.
- Frank Coufal, M.D.
- Zafar Khan, M.D.
- A. Michael Moheimani, M.D.
- Ram Mudiyam, M.D.
- Tien T. Nguyen, M.D.
- Anatol Podolsky, M.D.
- David Propst, M.D.
- Muralidhara Raju, M.D.
- Minh Tran, M.D.
- Frank Kevin Yoo, M.D.

Need a doctor?
Call (800) 398-5734 for a free physician referral.



ORANGE COUNTY INSTITUTE
S P I N E
 at Fountain Valley Regional Hospital

Minimally Invasive Heart Valve

Inside your heart are four valves that act as traffic cops to ensure that blood flows in the correct manner. Sometimes these valves may become damaged, which may cause blood to back up into the heart (called aortic regurgitation) or not allow blood to pass through properly (aortic stenosis). Valve problems may arise from a number of conditions including birth defects, calcium deposits, infections such as rheumatic fever or side effects of medications.

At one time, valve surgeries were performed using an open procedure where doctors

exposed the heart by cutting through the patient's breastbone. Doctors would place the patient on a heart-lung bypass machine, which would take over the heart's function during surgery.

More recently, minimally invasive surgical procedures are allowing doctors to replace or repair heart valves using smaller incisions and without cutting through the sternum or breastbone. These surgeries include the following:

- ▶ **Thoracoscopy** requires two- to three-inch incisions on the right side of the chest between the ribs. Special instruments,

including one with a fiber-optic camera, are inserted through these incisions, allowing the doctor to work on the heart.

- ▶ **Keyhole surgery** uses one to four incisions in the chest for the instruments to be inserted. Keyhole surgery uses images displayed on TV monitors for magnification of the surgical elements.
- ▶ **Robotic-assisted surgery** requires between two and four incisions that are no more than three-quarters of

an inch long. The surgeon uses a computer-controlled robot to manipulate the surgical instruments.

As with any surgery, there are risks involved including adverse reactions to anesthesia, bleeding, blood clots, infection and breathing problems. Older patients may have an increased risk for irregular heart rates (requiring medication or a pacemaker to control), damage to other organs, nerves or bones, or heart attack, stroke or death.

Minimally Invasive Heart Valve Surgery

Helps Avoid Harmful Complications

Not too long ago Joe Cagle was facing a possible kidney transplant. His kidneys were weak and dialysis wasn't doing the job anymore. But tests revealed that he didn't need a transplant — he needed a new heart valve to replace the defective one that was causing the problem.

Cagle went to Reginald Abraham, M.D., a board-certified cardiovascular and thoracic surgeon affiliated with Fountain Valley Regional Hospital, who is also the hospital's Cardiovascular

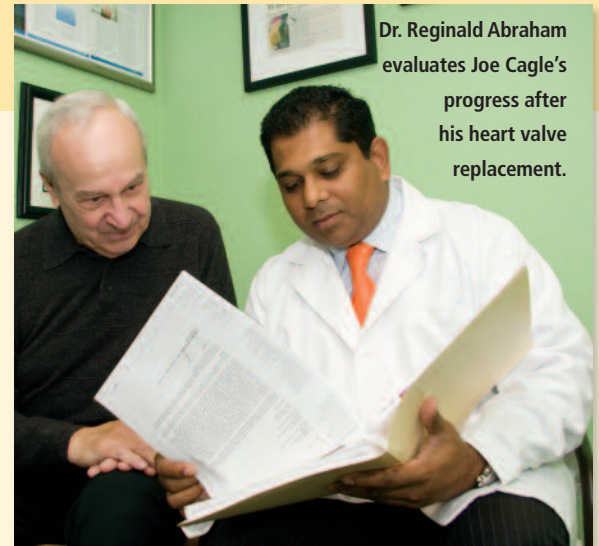
Medical Director. Fearful his patient's kidneys could fail at any time, Dr. Abraham did not want to risk a traditional valve replacement, a procedure that requires cutting through the breastbone.

New technology, however, allows surgeons to perform the replacement through two- to three-inch incisions in the side of the chest between the ribs. "This less invasive procedure would help prevent organ damage that might lead to being on dialysis for the rest of his life," says Dr. Abraham.

In addition, with any minimally invasive procedure patients bleed

less and recover faster. After Dr. Abraham performed a minimally invasive valve replacement, Cagle spent just two-and-a-half days in the hospital. He was able to get out of bed easily, and he was able to breathe easily.

The surgery didn't just strengthen his heart. His kidneys are stronger — with improved blood flow, all his organs are getting more of what they need. "I continue to feel stronger every day," he says. "I fully expect that in a few months I'll be able to go out and play some golf."



Dr. Reginald Abraham evaluates Joe Cagle's progress after his heart valve replacement.

After his surgeon performed minimally invasive heart valve replacement, Cagle spent just two-and-a-half days in the hospital.



ORANGE COUNTY INSTITUTE
HEART & VASCULAR CARE
at Fountain Valley Regional Hospital

Surgery

The benefits of minimally invasive heart valve surgery may include

- ▶ Less bleeding during the surgery, which minimizes the need for blood transfusions
- ▶ Lower infection risks
- ▶ Less pain
- ▶ Smaller incisions and scars
- ▶ Shorter hospital stay
- ▶ Faster recovery time

You should discuss the benefits and risks of the surgery with your physician. You can lessen

the risks by taking these steps before any surgery:

- ▶ Stop smoking.
- ▶ Try to lose some weight before surgery if you are overweight.
- ▶ Talk to your family and visitors about not visiting if they aren't feeling well (coughing, sneezing, running a fever or having digestive symptoms).
- ▶ Remind everyone to wash their hands before touching you.



Advanced surgical procedures like minimally invasive heart valve replacement are a team effort. The support supplied by an experienced Operating Room team consisting of specially trained nurses, technicians and anesthesiologists is crucial to the complex procedures performed by Fountain Valley Regional Hospital's top cardiovascular surgeons.

Repairing a Leaking Heart With a Minimally Invasive Approach

When a child is born with an atrial septal defect (ASD), a hole in the wall separating the chambers of the heart, it may be detected early through access to advanced medical care. But because Kimlien Tran grew up in Vietnam, she didn't know she had the problem until she started tiring easily and feeling short of breath after turning 50. Her ASD, now the size of a quarter, had to be patched.

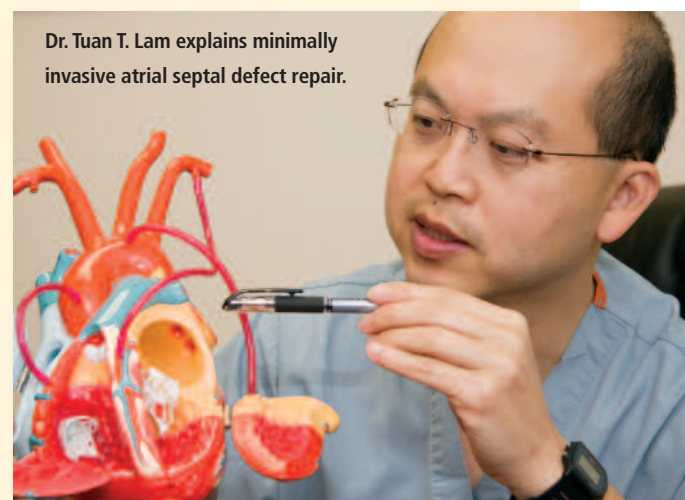
Tran was operated on by Tuan T. Lam, M.D., a cardiovascular and thoracic surgeon affiliated with Fountain Valley Regional Hospital.

Fellowship-trained in minimally invasive heart procedures, he performed the surgery through a four-inch incision under the patient's right breast that will not be visible when it heals. "In addition to cosmetic considerations," he says, "this approach reduces recovery time and chances of infection."

After spending four days in the hospital Tran has been recovering at home, helped by her son Danny. "I was nervous about surgery," she says. "But Dr. Lam answered all my questions, came

to check me out three hours after the operation and still calls me at home once a day." She takes long walks three times a day and says she is "really doing well."

Danny has been impressed too. Asked if monitoring his mother's heart rate and blood pressure has turned his thoughts toward a pre-med major, he says: "Yes, because Dr. Lam has inspired me. Seeing how he treated my mom dispelled all my negative stereotypes of doctors. He's what a doctor should be."



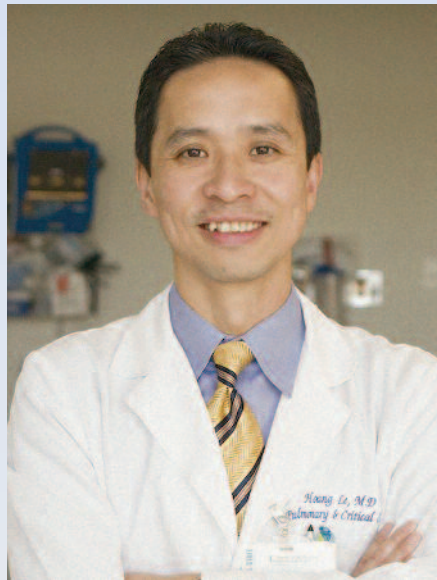
Dr. Tuan T. Lam explains minimally invasive atrial septal defect repair.

"In addition to cosmetic concerns," Dr. Lam says, "this approach reduces recovery time and chances of infection."



ORANGE COUNTY INSTITUTE
HEART & VASCULAR CARE
at Fountain Valley Regional Hospital

Dr. Hoang Le, Director of Pulmonology, and Dr. Sara Myla, Chairperson of the Department of Anesthesia.



“No More GUESSWORK”

With Powerful New Respiratory Tool

Fountain Valley Regional Hospital is the first in California to offer NAVA® (Neurally Adjusted Ventilatory Assist) for patients requiring a ventilator to assist their breathing. The NAVA® system permits the respiratory team to monitor the patient's need for breathing support by means of the signal from an EDI catheter, which measures electrical activity in the diaphragm. Among other things, this enables them literally to see when the patient is ready to start breathing on his own.

Hoang Le, M.D., Medical Director of Pulmonology at FVRH, explains: “The EDI catheter allows us to monitor the diaphragm's contractions, or electrical impulses, which lets us adjust the patient's level of sedation accordingly. This information also allows us to set the appropriate

ventilator mode, thereby keeping the patient comfortable.”

Working in the Cardiac Intensive Care Unit, Lisa Bernhard, RN, CN, CCRN-CSC, appreciates the precision the NAVA® system permits. “When a patient wakes up after surgery,” she says, “you know if he's awake and following commands, but how do you know whether to remove the endotracheal tube? Our goal is to get it out in four to six hours, and monitoring the EDI signal takes the guesswork out of that.”

Too much time on a ventilator can cause problems like pneumonia, but even with blood gas tests and mechanical measures of diaphragm activity, patients can fool their therapists.

“Last year we had a patient in Intensive Care who had been weaned from the ventilator,” recalls Sara Myla, M.D., Chairperson of the Department of Anesthesia at

Fountain Valley Regional Hospital. “Then when the breathing tube was removed, we had to put it back in. Now the question was, when to remove the tube a second time? After we put in an EDI catheter, the signal showed that the patient had a good drive to breathe. And when the tube was removed a second time he did well. That made a believer out of me.”

John Zamora, RCP, Clinical Manager of Respiratory and Neurodiagnostic Services, remembers another tricky case. “There was one patient who had been on the ventilator for six days. Every time we would wake him up, he would start to deteriorate. So we had an EDI catheter inserted and switched him to NAVA®.”

“On NAVA® he appeared comfortable and all his vital signs were fine. That evening we stopped his sedation—he was on NAVA® all night.

We removed the tube after two days, and he did fine. Being able to monitor a patient's ability to breathe on his own is a powerful tool. It's really cutting edge.”

Making patients comfortable, reducing complications and helping our top-notch respiratory team do its job, the NAVA® system is evidence of Fountain Valley Regional Hospital's commitment to offer its community the most advanced medical technology available.

Cardiac Intensive Care nurse Lisa Bernhard says, “Our goal is to get it out in four to six hours, and monitoring the EDI signal takes the guesswork out of that.”

From **Critical** to **CAREfree**:



“Dr. Reda and the team at Fountain Valley made all the difference in Lauren’s life.”

Lauren Fetzer Can Breathe Again Thanks to the Care She Received at Fountain Valley Regional Hospital

For two years, eight-year-old Lauren Fetzer had been suffering from breathing problems. “Every two weeks, she’d get a virus or a cold,” said her mother, Jacqueline. “She’d be put on steroids, which briefly cleared her lungs, but another week would go by and she’d be sick again.”

She was in and out of hospitals and saw a number of specialists, but the problems continued. In fact, Lauren’s condition was so bad that she had to repeat kindergarten because of all the school she missed.

In September, Lauren had a severe breathing

attack. She was taken to Fountain Valley Regional Hospital and Medical Center, where pediatrician Elsa Fernandez, M.D., determined that Lauren should be admitted. Lauren was quickly taken to the Pediatric Intensive Care Unit.

“They jumped on it right away,” said Jaqueline. “They immediately made me feel comfortable that Lauren was in good hands.”

Kenneth Kim, M.D., and Zacharia Reda, M.D., both pediatric critical care and pulmonology specialists, took charge of Lauren’s case. Her breathing was so poor that she required a ventilator for life

support. The physicians performed an extensive workup, including a bronchoscopy, a procedure used to look inside the lungs.

Dr. Reda was surprised by the amount and thickness of the mucus in Lauren’s lungs. He began to suspect that Lauren had an unusual condition called pulmonary alveolar proteinosis. This rare lung disease involves a buildup of grainy material in the air sacs of the lungs. The buildup interferes with the lungs’ ability to absorb oxygen, which leads to breathing difficulties. In severe cases, respiratory failure can occur.

Although alveolar proteinosis occurs in fewer than four people out of one million,

there wasn’t time to wait for a confirmation of the diagnosis. Dr. Reda began treatment consisting of lung lavage, using salt water to “wash” out the excess mucus.

The treatment helped, and Lauren was able to come off life support. When her test results came back, they confirmed Dr. Reda’s suspicions.

Four days after her release from Fountain Valley Regional Hospital and Medical Center, Lauren was able to return to school. “She’s been there ever since,” says Jacqueline, who reports that Lauren rides her bike to school and has taken up gymnastics.

Her mother marvels at the change in her daughter. “This has

been a long journey. We saw a chain of doctors and allergists. She had CAT scans and X-rays, but they still didn’t know what was causing it. Dr. Reda was very proactive. He and the team at Fountain Valley made all the difference in Lauren’s life.”

Sophisticated technology, expert care and sensitivity are hallmarks of Orange County Institute for Pediatrics at Fountain Valley Regional Hospital and Medical Center. The Institute includes a 22-bed Pediatric Unit and an 11-bed Pediatric Intensive Care Unit, and benefits from the expertise of pediatric subspecialists from an array of disciplines.



ORANGE COUNTY INSTITUTE
PEDIATRICS
at Fountain Valley Regional Hospital



Fountain Valley Regional
HOSPITAL & MEDICAL CENTER

17100 Euclid Street, Fountain Valley, CA 92708
www.fountainvalleyhospital.com

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Physician Referral &
Hospital Program Information
(800) 398-5734

Main Hospital **(714) 966-7200**

FOUNTAIN VALLEY REGIONAL HOSPITAL & MEDICAL CENTER
FVRRH events



ORANGE COUNTY INSTITUTE
HEART & VASCULAR CARE
at Fountain Valley Regional Hospital

February Is Heart Month!

Watch for screenings and events in an upcoming Heart Health newsletter.



Orange County
Regional Diabetes Center
at Fountain Valley Regional Hospital

- ▶ Individual Counseling
- ▶ Diabetes Screenings
- ▶ Diabetes Self-Management Classes
- ▶ Perinatal Diabetes Program
- ▶ Support Group

Please call (714) 966-8118 for more information or to schedule.



Maternity Orientation, Prepared Childbirth & Parenting Education

Presented by Baby Blvd. at Fountain Valley Regional Hospital.

Advance registration as required to ensure preferred class times and dates. For a complete list of classes and registration information, please call (714) 979-1408 or visit www.fountainvalleyhospital.com.



ORANGE COUNTY
Regional Cancer Center

"Look Good, Feel Better" Program

This class teaches women in treatment the techniques to restore their image and cope with appearance-related side effects.

Fountain Valley Hospital — East Tower,
11250 Warner Ave., Fountain Valley

For more information and to register, please call the American Cancer Society toll-free at (800) 227-2345.

"Cancer Diagnosis & Beyond" Support Group

A cancer support group designed to help patients understand how to cope with cancer and the issues that arise from diagnosis and beyond.

Medical Office Building,
11100 Warner Ave.
Fountain Valley CA 92708

For more information and reservations, call (714) 979-1408.

American Cancer Society Wig Bank

By appointment only on Mondays, Tuesdays and Wednesdays. Please call (800) 227-2345.



Surgical WEIGHT LOSS
AT FOUNTAIN VALLEY REGIONAL HOSPITAL

Bariatric Support Group

Meets every Thursday (except the 5th Thursday of the month) at 6:30 p.m. in the Saltzer Conference Room at the hospital. No prior registration required.



Fountain Valley Regional
HOSPITAL & MEDICAL CENTER

Community Lectures

Medicare Made Simple

Presented by Monarch Healthcare. To register, please call 877-GO-MONARCH (877-466-6627).

January 13, 2010

1:00 – 2:30 p.m.
Palm Island Senior Apartments, Card Room
11300 Warner Ave.
Fountain Valley CA 92708

January 16, 2010

2:00 – 3:30 p.m.
Monarch Healthcare
Corporate Office, Board Room
11 Technology Drive
Irvine CA 92618

February 4, 2010

6:00 – 7:30 p.m.
Monarch Healthcare
Corporate Office, Board Room
11 Technology Drive
Irvine CA 92618

Medicare Benefit Presentation for 2010

Citizens Choice Health Plan
Presented by Prospect Medical Group
(In Korean and English)
To register, please call
(714) 796-4273.

January 14, 2010

10:00 a.m.
Denny's Restaurant
16205 Brookhurst
Fountain Valley CA 92708
(714) 775-7284

March 11, 2010

10:00 a.m.
Marie Callenders
18889 Brookhurst St.
Fountain Valley CA 92708
(714) 963-6791