



Mason Health
Mason General Hospital • Mason Clinic



Involved Volunteer

by Lonnie Hatman, Mason Health Volunteer Coordinator
August 2021, Volume 5 Number 8

Coffee News



- 9 Carol Goodburn**
- 16 Dalton Edwards**
- 25 Ken VanderWal**

COVID Costs Volunteers

With 15 months of inactivity COVID has taken a heavy toll on Mason Health Volunteers.

We have 27 people to date who have discontinued their volunteer service for a variety of reasons.

So far there have only been 7 volunteers who have indicated a willingness to staff the COVID screening desks when we announced the return of volunteers starting with those positions.

We need at least 17 more volunteers just to staff the screening desks before we can even consider the number of people we will need to bring us back up to our prior volunteer levels in all the departments that volunteers serve.

Use of Cell Phones



Use of cell phones may not compromise workplace safety and/or security, nor impinge on the workflow of

others.

Normal conversation voice levels are to be used while using a cell phone inside the facilities.

Photography by cell phone or other photographic equipment is to be done in accordance with Mason Health policy and with use of consent forms for Photographing / Videotaping as appropriate.

Personal use of cell phones/electronic devices in the workplace:

Personal cell phones/electronic devices are to be turned off and stored during working hours. Employees may use cell phones/electronic devices during lunch or break periods in a private space away from all patients, patient care areas and common work areas. Personal phone calls and the use of cameras, games, or social applications on work time and in work areas are prohibited. Message and voice mails are to be checked only on break time and in areas as described above.

Phone calls and texts should not be sent or received while walking in hallways.

Emergency family calls should be directed to the employee's main work number if a delay in getting a call until break time would cause a family safety problem. Devices carried for emergency purposes must be approved in advance by the department manager and kept out of sight and on the vibrate-only mode during working hours. In no case will such calls be answered during working activities or in the presence of patients.

Cell phones and other electronic devices are to be turned off, or placed on "silent alarm" or "vibration" mode during meetings.

All applicable State and Federal Laws apply while using cellular devices for business purposes.

Texting is prohibited for conducting Mason Health business. Texting does not comply with public records and retention requirements.

In-Person Health Care Appointments After COVID-19 Peak

(Family Features) In the early days of the COVID-19 pandemic, many people put off in-person visits to the doctor's office. They were able to do so because virtual visits allowed them to safely get the care they needed while avoiding the uncertainty and precautions that accompanied in-person visits, such as wearing masks, undergoing temperature checks and filling out screening questionnaires.

Now, as the United States emerges from the

pandemic—with more than 300 million Americans having received at least one dose of the COVID-19 vaccine, according to the Centers for Disease Control and Prevention—health care booking behaviors are shifting once again.

To gain insight on appointment booking trends, Zocdoc, a free platform where people can find and book in-person or virtual health care, compiled “A Year in Hybrid Care.” The report shows how users' booking choices evolved throughout the pandemic.

This analysis, which began in May 2020, the first full month Zocdoc enabled virtual visits, uncovered these key trends:

Proximity matters. When patients had a choice between booking a telehealth appointment with a doctor close by or a doctor far away, 70% chose a nearby doctor for their virtual visits. This implies patients intuitively know they may eventually want or need in-person care, and choosing a local provider makes it possible to pick up the conversation in-person right where it ended online. In fact, 50-60% of people who booked a virtual visit with select specialty providers (podiatrists; OB-GYN's; orthopedic surgeons; and ear, nose and throat specialists) booked

a second, in-person appointment with that same practice.

Patients prefer in-person care.

Across the United States, 33% of appointments booked via Zocdoc in May 2020 were telehealth visits—the highest single month total during the pandemic. One year later, that number

declined to 14%.

With few exceptions, there was a shift back to in-person care across specialties between May 2020 and May 2021. This includes a 24% increase for neurologists; 31% increase for ear,

nose and throat specialists, 29% increase for primary care physicians and dermatologists; 27% increase for allergists; 20% increase for urologists; and 19% increase for orthopedic surgeons and gastroenterologists.

Mental Health bookings are staying virtual. Mental Health is the only specialty in which virtual care bookings remain higher than peak pandemic booking levels. In May 2020 75% of bookings with psychiatrists and 80% of bookings with psychologists were virtual. In May 2021, 85% of bookings with psychiatrists and 87% of bookings with psychologists were conducted via video.

“As we move toward more normalcy in the U.S, we are seeing that, with the exception of mental health, which saw more demand for virtual visits in May 2021 than May 2020, the future of health care is in-person,” said Oliver Kharraz, M.D. Zocdoc founder and CEO. “The booking trends of Zocdoc users show that while telehealth will remain an important part of the health care mix, it will be a compliment to in-person care rather than a replacement.”



Retirement Take 2

*I am retiring (again)
and moving back to Alaska*



After a lot of careful consideration and taking into account recent family events I have decided to retire (for the second time), and return to Alaska.

My last day with Mason Health will be on Thursday August 5, 2021.

I have enjoyed my last five years here and I will miss the wonderful people who have given so much of their time, shared so many of their stories, and been so kind as to make me even a small part of their lives.

I wish everyone tremendous success as the volunteer program is rebuilt post-pandemic.

I am encouraged by the response from everyone at Mason Health as volunteers are reintroduced into the various parts of the hospital and clinics.

To each volunteer I want to express my thanks. You have symbolized the hospital's commitment to put forward a human touch to greeting those who enter even if all you did was smile and ask them to take a number instead of making them feel like a number. You have performed the sometimes mundane tasks that are bereft of glamor but that free up more staff time to provide more direct patient care. You directly impacted and assisted in the hospital's mission and vision and you demonstrated the hospital's values.

We have all benefited from your contributions, your presence, and your willingness to give up that most precious commodity that can never be replaced; your time.

Thank you.

God bless and Godspeed and keep you on your journey; until we meet again.

Attract More Birds to Your Backyard

(Family Features) With all the constraints people lived through in 2020, many turned to their own backyards – nature, in particular – for hope, solace, wonder and even entertainment. Despite the worldwide crisis, nature’s normalcy remained intact; flowers continued to bloom, bees continued to pollinate and birds continued to fly and forage food.

Feeding birds can be enjoyable for any age group and provide stress relief for all who partake. A University of Exeter study, focused on nature’s impact on humans in suburban and urban areas, found lower levels of depression, anxiety and stress were associated with the number of birds people saw during afternoons at home.

People “felt relaxed and connected to nature when they watched birds in their gardens,” researchers said. These feelings increased with the level of bird feeding in the yard. For millions working and schooling from home, this stress reduction was an unintended bonus.

Data from 2020 shows sales of bird feed, feeders, nesting boxes and bird houses spiked as interest in backyard birds soared while people spent more time at home.

Interest in birding isn’t slowing down. If you haven’t tried attracting birds to your backyard, now is a perfect opportunity to start. The experts at Cole’s Wild Bird Products Co. offer these bird feed and feeder basics to attract more birds to your backyard.

Feeders

A variety of bird feeder types placed at different heights attract more birds than one feeder featuring one seed type. Start with two feeder types that accommodate most feed options. Bowl feeders serve not only seeds but also dried mealworms, fruit and suet.

Traditional tube feeders are all-purpose options for bird feeding, especially for small birds that cling



Regular cleaning of feeders is essential for preventing mold, germs and disease.

Popular Foods

Birdseed: Not all birdseed is created equal. Look for quality blends without cheap filler like red millet and oats. All -natural seed containing no chemicals or mineral oil is safe and more appealing to birds.

Insects and Worms: A healthy, lush lawn is one of the best ways to feed birds that prefer insects and worms. You can supplement birds’ diets by serving dried mealworms in a packaged variety that’s easier to feed and less messy than live mealworms. Mealworms are packed with energy and contain essential nutrients, fat and protein.

Fresh Fruit: Apples, orange halves and bananas are favored fruits.

Suet: Perfect for insect-eating birds, suet is a high-fat food that provides abundant calories, rich nutrition and is a high-energy treat.

Using the right feeders and high-quality feed can enhance your backyard and entice more birds, bringing stress relief and enjoyment. For more information on attracting birds to your backyard, visit coleswildbird.com.

Be a Hero, Save a Life, Learn Hands-Only CPR

(NewsUSA)

Each year, more than 350,000 cardiac arrests occur outside of a hospital or emergency department, according to the American Heart Association. When someone experiences cardiac arrest, immediate cardiopulmonary resuscitation (CPR) can make the difference between life and death. In fact, immediate CPR can double or triple a cardiac arrest victim's chance of survival. Many people still think that effective CPR involves mouth-to-mouth resuscitation as well as chest compressions, and they may be hesitant to perform it, but that is not the case.

Hands-Only CPR has been shown to be as effective as the conventional CPR for cardiac arrests in the home, office, or in public places in the first few minutes until more advanced help arrives.

Hands-only CPR includes just two simple steps.

- First, call 911.

- Second, push hard and fast in the center of the chest of the individual having a cardiac arrest. How hard to push? At least 2 inches. How fast? That's easy.

Use the beat of a familiar song that has 100 to 120 beats per minute. For example, the classic disco hit, "Stayin' Alive" can help you stay on pace, but anything with a similar tempo will do. "Approximately 70 percent of cardiac arrests happen at home, and CPR can double or even triple chances of survival if performed immediately," said Shantanu Agrawal, M.D., Chief Health Officer at Anthem, Inc.

By providing greater access to training we can help increase the number of people who are prepared to respond in case of an emergency and for some, that could mean saving the life of someone they love.

The American Heart Association offers a 90-second livestream instructional video demonstration of Hands-Only CPR, as well as a new CPR first-aid app that anyone can download onto a phone.

Visit heart.org/handsonlycpr for more information.

Six Things You Should Be Asking Your Pharmacist...But Aren't



An estimated 4.5 billion prescriptions will be filled this year in the United States, with about half of consumers taking at least one prescription medication over the past 30 days.

“You’d think we would be better at communicating with our pharmacists just as we

do with our other health care providers, like doctors, nurses, and dentists,” says Susan Peppers, R.Ph, vice president of Pharmacy Practice at Express Scripts.

“Unfortunately, it’s just not the case.”

In fact, a JD Power study shows that only 10 % of people talk to a pharmacist when ordering their medications. Express Scripts pharmacists were asked what are the top six questions patients should be asking their pharmacists but don’t. Their answers offer insights into why we should take the time to ask these questions and why pharmacists play an important role in our health care.

Could this medication interact with my vitamins and supplements? Non-prescription medications and supplements can interfere with your prescription or cause unnecessary side effects. Talk to a pharmacist about all the medications you take, especially when you are prescribed any new medication.

I’m taking multiple meds. What do I need to know? If you are on multiple medications for one or more chronic conditions you should speak with a pharmacist any time there is a change to your medication regimen to check for potential drug-drug interactions, medication overlap, or gaps in care.

What should I do if I forget to take my medication? Always consult with your prescriber on what to do if this happens. Having access to your pharmacist 24/7 is particularly

important when you forget to take a dosage at the scheduled time. He or she can help you get back on track so that you get the full benefits of your medication. Having access to your pharmacists from the privacy of your home is another great reason to look for this 24/7 convenience.

Could this prescription make me unsteady on my feet? Some medications can make you dizzy or drowsy, and there are other

hazards in the home that can cause a fall, especially as one ages and needs to get up frequently during the night. A pharmacist can provide home safety tips to avoid an accident.

I sometimes forget to take my meds. What’s a reminder that works? Taking medications regularly can help avoid complications. When having trouble remembering to take your medications, turn to pharmacists, who can suggest tech solutions that will work for you, such as reminder apps. They can also help manage side effects you may be having and identify alternatives that you can discuss with your prescriber, when needed.

Is there a more affordable option for my prescription? If you are having trouble affording your medication, your pharmacist can help with more affordable options and recommendations, such as generics or less expensive formulary options.

For more tips and resources, you can visit www.esrx.com/AskYourPharmacist.

“When it comes to whole-person care, pharmacists play a major role in the equation,” says Peppers.

“Communicating with your pharmacist regularly can help reduce the chance of complications related to your medications.”



Many community events have been cancelled due to the coronavirus. Please check with event organizers or web pages for updates and check out the CDC webpage <https://www.cdc.gov/> and the State web page, <https://www.coronavirus.wa.gov/> virus, the stay at home orders, and economic reopening information.

Mason Health events have also been affected by the pandemic. Current MGH event status can be found on the hospital web page <https://www.masongeneral.com> or Facebook www.facebook.com/masonhealth

I FOUND THIS HUMERUS



© 2020 FALLEN ANIMATIONS.COM

ARTIST'S