



WE WANT YOU TO KNOW...

A publication by Public Hospital District #1
Spring 2016

OUR MISSION

The staff at Newport Hospital and Health Services commits to be trusted as the first-choice healthcare provider for our community.

**714 W. Pine St.
Newport WA
(509) 447-2441**

UPCOMING EVENTS



2016 Fore! the Health of It!
Annual Golf Tournament
(StoneRidge Golf Course, Blanchard)

Friday, June 17 * 1PM Tee Off
\$100/player

Register TODAY to reserve your place!

2016 Rural Conference on Aging
(Priest River Event Center)

Saturday, July 23rd * 10AM-2:30PM
Vendor Booths, Guest Speakers, Drawings
FREE Admission

*For registration information, call the
NHHS Foundation Office
at (509) 447-7928 or visit
www.NewportHospitalAndHealth.org*

NEWPORT HEALTH CENTER PROGRESS



Construction of the District's new primary care clinic "Newport Health Center" is expected to finish late this summer. At that time, Family Medicine Newport and Family Health Center Newport will join forces under one roof! For time lapse photos, and construction updates, visit www.NewportHospitalAndHealth.org and click on "New Clinic Construction Updates".

BATTLING THE OPIOID EPIDEMIC



By Clay Kersting, MD

As a family physician, I've witnessed the heartache and destruction of drug addiction in our community.

Prescription narcotic pain killers (e.g. hydrocodone, oxycodone, meperidine, methadone, etc.) have been used to relieve acute pain and improve function for decades. However, current research suggests a more aggressive approach to managing opioid use for chronic pain.

According to a study by the Washington State Agency Medical Directors' Group, patients receiving opioid drugs for chronic pain lose "clinically meaningful improvement" when function no longer improves, even though pain intensity may decrease. The same study submits that patients who used opioid medications for at least 90 days were greater than 60% more likely to still be on them in five years.

Even long term disability is now associated with opioid medication use for chronic pain.

Newport Hospital and Health Services joined a collaboration of health care partners in a Team-Based Safe Opioid Prescribing in Primary Care Project. This project includes: 14-16 rural clinics in Washington and Idaho, Group Health Research Institute, University of Washington, and WWAMI region Practice and Research Network.

The sole intent of the project is to reduce "the risks of death and drug overdose among patients who are taking opioid medications for chronic non-cancer pain." Since we joined the project, our clinics receive support for implementing best opioid management practices, as well as support for clinical management of patients using opioid medications for chronic non-cancer pain.

The bottom line is this...Newport Hospital and Health Services family practice providers are committed to finding a more balanced approach to chronic pain management because we care about our patients.

Clayton Kersting, MD is a family practice physician at Family Medicine Newport. Dr. Kersting is also the Chief of Medical Staff at Newport Hospital and Project Physician for the opioid project.



MAMMOGRAM SCREENING: DEVELOP A PLAN FIRST

The providers and staff at Newport Hospital and Health Services care about your health and want to help you decide your best option.

Mammography and regular examinations by your physician ensure the earliest possible detection of breast cancer. Early detection allows a wider range of treatment options and is a key factor for a cure.

Screening mammograms are recommended every 1 to 2 years. With the wide range of current recommendations, it is often best to

develop a personalized breast cancer screening plan with your primary care provider. Self-referral is also accepted; however, we encourage patients to speak with their provider prior to making an appointment for mammography.

Your personalized breast cancer screening plan will take into account your age, family history and previous mammography screening results. This proactive, informed approach will allow you to make informed decisions and review your options.



PRSRT STD
U.S. POSTAGE
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EDDM RETAIL

If you had one of these in your first car, it's probably time to schedule your colonoscopy.



Your Newport Hospital Surgical Center offers scope procedures in the comfort of your own community. Receive expert care and avoid the potentially awkward drive to the city following your colonoscopy prep.



Newport Hospital & Health Services
509.447.2441 • 714 W. Pine St., Newport, WA 99156
www.NewportHospitalAndHealth.org

5-STAR KUDOS!



Congratulations to our Long Term Care staff on your recent 5-Star Rating with the national Centers for Medicare & Medicaid Services! Thank you for the outstanding care you provide our residents 24-hours/day, 7 days a week!

*****ECRWSSDM****

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Postal Customer