

HEALTH NEWS *from*

FALL 2018

palmdale

REGIONAL MEDICAL CENTER

Two-time **STROKE SURVIVOR**

Anthony Roosevelt Stokes
shares his experience and offers
advice to stroke survivors

Ask the Doctor

Why is rehabilitation
key to stroke recovery?

Metabolic and Bariatric Surgical Center

Committed to
patient safety



Compliments of
**PALMDALE
REGIONAL**
MEDICAL CENTER

Palmdale Regional, Palmdale's Hospital



Over the years, Palmdale Regional Medical Center (PRMC) has experienced tremendous growth, evolving from a community hospital into a family of healthcare providers that offer a broad range of advanced medical services to the residents of the Antelope Valley. In this edition of *Health News*, we highlight PRMC's significant economic impact on the community. In addition to the wide range of job opportunities, PRMC paid almost \$4 million in state and local taxes

which are used for important infrastructure projects in the community.

In keeping with our mission to meet the changing healthcare needs of the region, we are opening an urgent care center in the city of Rosamond in Kern County in the near future. PRMC saw that this community lacked access to local healthcare, and we worked with local leaders to fill that need. Also, thanks to the Rehabilitation Institute at Palmdale Regional, patients no longer need to travel over 40 miles from the Antelope and Victor Valleys for conditions such as stroke, brain trauma, spinal cord injury and other complex conditions requiring specialized rehabilitation.

As a trusted name in the region, you can count on us for advanced services close to home. We are proud to be Palmdale's hospital, helping to shape the future of healthcare in southern California.

Sincerely,

Richard Allen
Chief Executive Officer

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Ranked exemplary in two categories by the MBSAQIP®

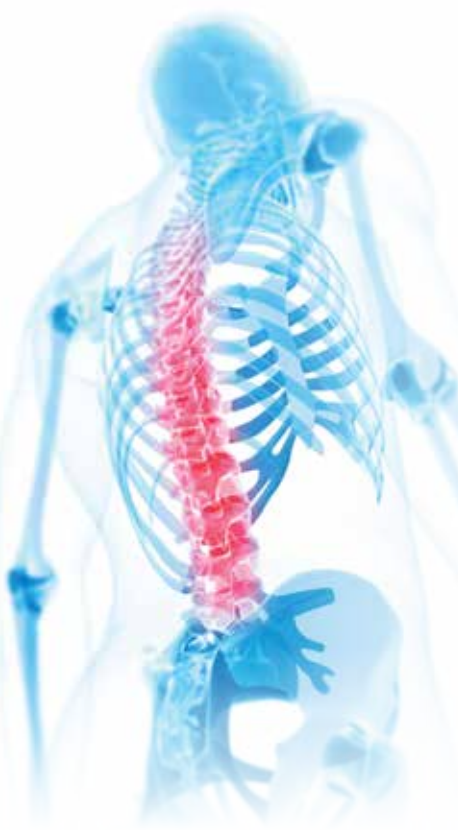
NEW MEDICAL DIRECTOR *at inpatient rehab*



**Stefan G.
Humphries**
MD, MBA

Board-certified physiatrist Stefan G. Humphries MD, MBA, has joined the Rehabilitation Institute at Palmdale Regional as medical director, bringing close to 20 years of experience in leadership and patient care. In his new role, he will work in conjunction with Tom Nasser, DO, FAAPMR, to oversee medical services at the region's only acute inpatient rehabilitation facility. Palmdale Regional's Rehabilitation Institute helps restore function and independence for patients who have suffered from disabling physical or neurological conditions such as stroke, brain injury/trauma, spinal cord injury and complex orthopedic issues. Prior to his accomplished medical career, Dr. Humphries was a professional athlete in the National Football League. We are pleased to welcome him to the Palmdale Regional team!

To learn more about our rehab services, visit palmdaleregional.com/rehab.



Save the date

SPINE SYMPOSIUM

Palmdale Regional invites anyone interested in spine health to join neurosurgeons Kamran Parsa, DO, and Quang D. Ma, DO, as well as other speakers to learn about spine care and the latest advancements and technology in spinal medicine and treatments.

Saturday, October 6, 8 a.m. – 1:30 p.m.

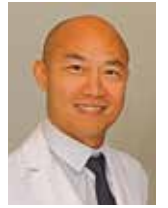
Presentations from 8 a.m. to noon,
Networking from noon to 1:30 p.m.

John P. Eliopoulos Hellenic Center

43404 30th Street West, Lancaster, CA
Community Room and Physician CME Room



Kamran Parsa, DO



Quang D. Ma, DO

There is no charge for this event. Seating is limited, so please RSVP to 661-382-6601. For more information, visit palmdaleregional.com/spine.

An urgent care will open in Rosamond, CA

“We plan to bring affordable and high quality healthcare to a community that deserves it.” – Sean Morrisroe, Director of Business Development

Palmdale Regional Medical Center is expanding services to open an urgent care center in Rosamond, California, located about 25 miles north of Palmdale. Sean Morrisroe, director of business development at Palmdale Regional, explains that they chose Rosamond because residents currently have to travel over an hour to receive basic healthcare. “The Rosamond and Mojave communities are underserved in regard to primary care and subspecialist access, so we worked with local leaders to help the communities gain better access to high quality healthcare.”

The new urgent care center will be equipped to treat general emergent and non-trauma cases on an outpatient basis and will have procedure and treatment rooms, a laboratory and an EKG monitor, as well as spaces for use by medical specialists in cardiology, orthopedics and pulmonary care. The Rosamond Urgent Care center will work hand-in-hand with Palmdale Regional Medical Center, which will be ready to receive any patients who require a higher level of care once they are stabilized for transfer. ■



SURVIVING *two strokes*

Having a stroke puts you at a greater risk of a secondary or recurrent stroke. In fact, a quarter of the 800,000 strokes adults experience in the U.S. each year are recurrent strokes.*

*www.stroke.org

Palmdale resident Anthony Roosevelt Stokes knows firsthand that no two strokes are the same. In the winter of 2011, he was at home with his wife when he noticed his left leg was dragging. As he tried to explain what was happening, the left side of his face drooped and he couldn't speak, so his wife called 9-1-1. The paramedics who came recognized right away that he was having a stroke. They administered a medication to stabilize him before taking him to Palmdale Regional Medical Center for diagnosis and treatment. Anthony stayed at the hospital for a week before starting a stroke rehabilitation program. "I had to learn to walk and talk and to basically do everything all over again," he recalls.

A little less than six years later, in late 2017, Anthony had a neck pain that prevented him from turning his head. Figuring it was a muscle strain, he took an over-the-counter medicine for it, but when he woke up the next day, he noticed his lips felt numb. Over the next few days, the numbness spread to the right side of his face and then to his right arm, which is when he went to Palmdale Regional Medical Center and learned he was having another stroke. "The second one wasn't like the first one. I didn't even know it was a stroke."



Now a survivor two-times over, Anthony attends the Stroke Survivors Support Group at Palmdale Regional and has learned from speaking with other survivors that each person experiences stroke differently. His advice to anyone who has had a stroke is this: "Don't give up. You have to keep trying. I did not think I was going to come back from the second stroke. It was hard, but I can do everything now. I don't need to use a cane or a walker."

Attending a rehabilitation program is key for recovering from a stroke according to Neurosurgeon Kamran Parsa, MD, who oversees the stroke program at Palmdale Regional. "Physical therapy, occupational therapy and speech therapy are all



Pictured from left to right: Michelle Irving, stroke coordinator; Rick Mendoza, ER RN who helped to treat Anthony; Anthony Stokes; and John Stroh, MD, ER medical director.

of paramount importance. You need to have the correct professionals involved to help you develop the new pathways in your brain to regain the functions that you lost. The entire collaborative staff at Palmdale—from physical therapists, speech therapists, nursing directors and staff, ICU and the pharmacy—everyone has provided wonderful input to make this a great program.” ■

A STROKE OCCURS WHEN AN ARTERY THAT CARRIES BLOOD TO THE BRAIN IS EITHER BLOCKED OR RUPTURES, DEPRIVING THE BRAIN OF OXYGEN. IN THE EVENT OF A POSSIBLE STROKE, REMEMBER

B.E. F.A.S.T.*



BALANCE: Does the person have a sudden loss of balance or coordination?



EYES: Has the person lost vision in one or both eyes or have they had sudden double vision?



FACE: Ask the person to smile. Does one side of the face droop?



ARMS: Ask the person to raise both arms. Does one arm drift downward?



SPEECH: Ask the person to repeat a simple phrase. Is it slurred or strange?



TIME: is critical! If you see any of these signs, call 9-1-1 immediately.

*American Stroke Association

To learn more about the stroke program at Palmdale Regional, visit us online at palmdaleregional.com/strokecare, or find a physician at Palmdale Regional Medical Center by calling our free Direct Doctors Plus® referral service at 1-800-851-9780.

Recovering from a stroke



Acute rehabilitation is a crucial part of continuing

care for a patient who has suffered a stroke. Receiving individualized therapy in a safe, specially designed setting can help patients achieve a more complete recovery. Neurosurgeon

Kamran Parsa, DO, explains what a quality program should include.

Q: Why do patients need rehabilitation after a stroke?

After a stroke, patients may experience issues with impaired balance, gait, motor control, perception, vision, speech, memory and thinking, especially in the first months. As a result, daily activities like getting dressed, brushing teeth, cooking, cleaning, speaking and walking may be more difficult. Rehabilitation allows patients to regain and strengthen skills that have been affected by stroke.

Q: How does rehabilitation help stroke recovery?

Rehabilitation programs provide physical, speech and occupational therapy to address all of the possible impairments a patient may be experiencing in an individualized recovery plan. Patients can begin in an inpatient rehabilitation setting, staying in a specially designed apartment with access 24/7 to staff before transitioning to outpatient rehab. Along with comprehensive therapy, patients will receive prevention education to reduce the risk of falls and other complications.

Q: Who is involved in a patient's recovery?

A well-organized and coordinated team of inter-professional healthcare members collaborate on stroke recovery, including physical therapists, occupational and speech therapists, nurses, the unit director, medical director and pain management specialist. In addition, it is crucial for loved ones to be included in the recovery process to enhance and support a patient's post-stroke rehabilitation outcome that continues at home during and after the program.

Q: What amenities are important to have in a rehab program?

Programs that provide access to functional spaces like a kitchen, laundry room, apartment and private bathroom give patients the opportunity to regain skills for their daily living that may have been affected by stroke. A specialized gym with equipment designed to help patients safely regain balance and strength, like a gait training system, can enable patients to work on their mobility without fear of falling. ■



To learn more about the acute Rehabilitation Institute at Palmdale Regional, visit palmdaleregional.com/acuterehab.



Palmdale Regional *ranked an exemplary weight-loss (bariatric) surgical center*

The weight-loss program at Palmdale Regional Medical Center has been identified as exemplary in two categories of the semi-annual report by the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP®).



John Yadegar, MD

In October of 2015, Palmdale Regional achieved accreditation for its weight-loss program from the MBSAQIP through the American College of Surgeons (ACS). Once accredited, a hospital's weight-loss program is continuously evaluated by the MBSAQIP based on data collected from all surgical cases at the hospital to measure how well it is meeting the national standards. Palmdale Regional's weight-loss program is meeting and exceeding the national standards.

After achieving accreditation, Palmdale Regional has been identified as "exemplary" in two categories per the 2016–2017 semi-annual report. Those two categories indicate that zero patients have experienced post-operative complications leading to medical or surgical interventions that required a hospital stay.

"I am very proud of what we've accomplished to continue to bring health, well-being and happiness to all of our weight-loss surgical patients," says John Yadegar, MD, Medical Director of the Metabolic and Bariatric Surgical Center at Palmdale Regional.

Palmdale Regional Medical Center is pleased to be recognized for meeting and exceeding the national standards for patient safety and care. Under Dr. Yadegar's direction, and through the collaborative efforts of crucial personnel including the bariatric coordinator, Christina Phillips, and the many certified and talented technicians and nurses in Palmdale Regional's weight-loss surgery center, the Metabolic and Bariatric Surgical Center will apply for accreditation renewal later this year to continue its mission to provide safe, high-quality care to the community. ■



**THE WEIGHT-LOSS
SURGERY PROGRAM**

AT PALMDALE REGIONAL
MEDICAL CENTER

**For information about weight-loss procedures at Palmdale Regional,
call 661-382-5051 or visit us online at palmdaleregional.com/bariatrics.**



**PALMDALE
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Palmdale, CA 93551

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Palmdale boosts *local economy*

In addition to a significant impact on the healthcare of the community, Palmdale Regional Medical Center provides a boost to the local economy through a wide range of job opportunities. In 2017, the hospital continued to meet the needs of the community:

Patient medical care

| | |
|-------------------------|----------------------------|
| Admissions: | 9,178 |
| Bed count: | 184 |
| | (expansion to 234 planned) |
| Emergency visits: | 74,238 |
| Total surgeries: | 7,364 |



The hospital family

| | |
|----------------------------------|-------|
| Total staff: | 1,100 |
| Total physicians on staff: | 421 |
| Total volunteers: | 54 |



Financial impact

| | |
|-------------------------------|----------------|
| Salaries and benefits: | \$80.6 million |
| Capital investment: | \$6.6 million |
| Uncompensated care: | \$38.5 million |
| Local/state taxes paid: | \$3.9 million |

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661-382-5000

HEALTH NEWS FROM PALMDALE REGIONAL MEDICAL CENTER

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