

SPRING/SUMMER ISSUE

peakHEALTH

 **Natividad**
Inspiring healthy lives.



**SPECIAL
TRAUMA
ISSUE**

SWEET RELIEF

**Managing Chronic
Pain after Trauma**

De vuelta para una copia
de la revista en Español

inside

Healing
Hearts

Preparing
for Medical
Emergencies

30 Years of
Heroic Service



CELEBRATING 4 YEARS AS THE CENTRAL COAST'S ONLY TRAUMA CENTER

WHEN IT'S YOUR LIFE, MINUTES MATTER

If you're severely injured in a car crash, fall or other accident, you have a 25% better chance of survival when treated at a trauma center.

Natividad's expert team is here 24 hours a day, 7 days a week, 365 days a year providing excellent critical care, close to home.

WHEN MINUTES MEAN SURVIVAL WE STAND READY



www.natividad.com/trauma-center

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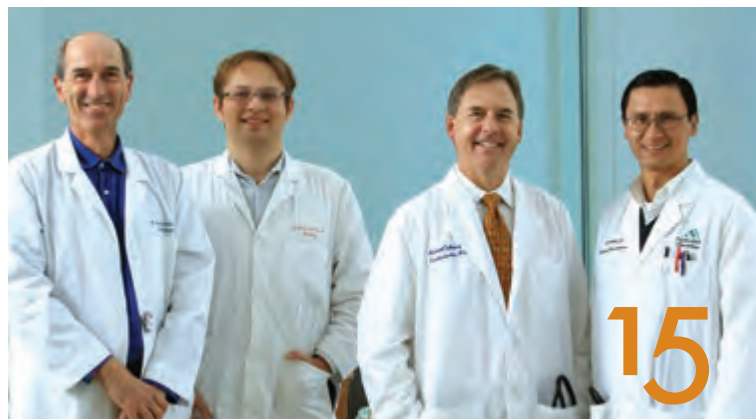
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Greetings

At Natividad, we're here, in sickness and in health. We're here to provide the very best care close to home, for everyone. Every day, we get to witness the miracle of a newborn baby's first breath. We have the daily joy of helping people get better and heal. We are also actively keeping people healthy and inspiring healthy lives with specialized outpatient services like our new Care Center, which opened last March with help from a \$2.4 million grant from the Central California Alliance for Health.

In this issue of PeakHealth, we feature Natividad's Care Center and the state-of-the-art cardiology services we offer. Recently, we welcomed Cardiologists Dr. Nicholas Chee and Dr. Michael Galloway to our talented group. They bring many years of expertise in treating heart conditions on the Monterey Peninsula. Turn to page 10 to read the story of Sister Claire Barone, Sister Christine Price and Anne Healey, three of their many loyal patients who have moved with them to Natividad.

Natividad recently unveiled a new simulation lab, one of only two accredited training facilities in California. The lab features high-tech manikins that simulate various medical scenarios for training and education purposes. As the only teaching hospital in Monterey County, the lab helps our nurses and physicians prepare for a wide range of uncommon and complicated life-threatening events.

As home to the Central Coast's Trauma Center, we're also part of life's most unpredictable experiences. On page 18, you can read the story about Ashli Blanco's tragic accident on her bicycle commute home from work. We find out how she recovered from a massive injury and learned long-term pain management skills to prevent dependence on prescribed opioids and pain medications.

Natividad's team of expert trauma physicians and nurses treat 1,500 critically and severely injured patients like Ashli each year. In January, our Level II Trauma Center received a three-year verification from the American College of Surgeons. This was no small feat to accomplish. It required a huge amount of effort, coordination and enough paperwork to clear a forest. As we enter our fifth year of service to the community, we are proud to be a part of saving so many lives, some of which may have been lost had they needed to fly to the Bay Area. I admire and respect the high level of care our trauma team provides 24 hours a day, 7 days a week, 365 days a year. I believe their skills are unmatched by any Level II Trauma Center in the state.

Since Natividad's founding in 1886, we've changed and improved significantly in the level and range of health care services we provide. Our doctors and nurses are the best of the best. Through all the changes, in all of the years, I'm proud to say that our mission has never wavered. We are here to provide the highest level of care to everyone, no matter what. In all of life's wonderful and unanticipated moments, we're here for you when you need us.

Be well,


Dr. Gary Gray

CHIEF EXECUTIVE OFFICER, NATIVIDAD

"In all of life's wonderful and unanticipated moments, we're here for you when you need us."

Photo Album



It was a busy fall at Natividad. At left, Dr. Marc Tunzi was named Natividad's 2018 Physician of the Year for inspiring healthy lives. Below, volunteers from the Everett Alvarez High School Interact Club sell orchids donated by Matsui Nursery. Funds benefited Natividad Foundation's Wendy Baker Memorial Fund for low-income women with breast cancer. Middle row, a new class joins Natividad's Family Medicine Residency Program; community members cut the ribbon on a Wall of Hope featuring families impacted by organ donation. Natividad distributed 200 helmets and raffled off two bikes donated by Natividad Foundation at Ciclovía. 



Trauma Center

Earns Highest Recognition

Natividad celebrates American College of Surgeons verification

Natividad's Level II Trauma Center kicked off a new year by announcing it received a three-year verification from the American College of Surgeons (ACS). This recognizes the hospital for meeting the highest standard of care possible for treating injured patients.

"The verification shows that we have state-of-the-art services and a proven record of top-level patient care," said Natividad's Trauma Program Manager Julie Ramirez. "This achievement was made possible by the immense support from hospital administration, the Board of Trustees and our dedicated trauma teams."

At Natividad, about 1,500 critically or severely injured patients receive lifesaving care each year in its Trauma Center. A local trauma center can improve survival rates by 20 to 25 percent. Its team is uniquely trained to provide

immediate and expert care for a wide variety of complex and critical injuries. Last year, car accidents made up the majority of traumatic injuries in Monterey County, accounting for nearly half of the hospital's trauma patients. Falls, assaults, motorcycle and bicycle accidents and pedestrian injuries cover the remaining trauma cases at the hospital.

"Accidents can happen to anyone, anytime," said Natividad's CEO Dr. Gary Gray. "Our trauma team is the best of the best. I'd trust them with my life."

The Verification Process

The ACS is a nationally recognized body of surgeons that has established the best practices and approach to caring for the injured patient. The verification process is time-intensive and requires multiple layers of oversight, with nearly 300 criteria requirements. The process took 12 months of diligently gathering data, statistics and

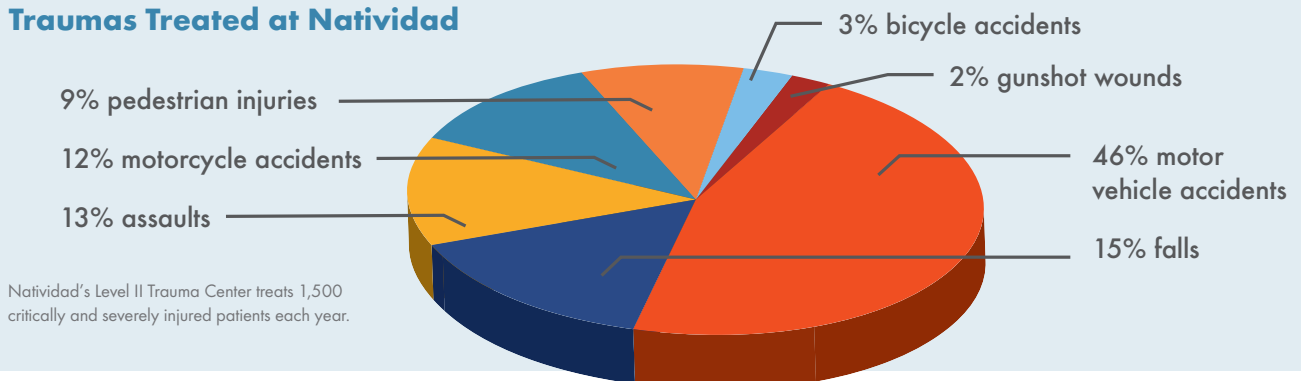
evidence. The ACS Verification Review Committee conducted a two-day site visit, reviewing patient care from arrival in the Emergency Department to hospital stay, discharge and rehabilitation. The verification is valid for three years, the maximum time awarded.

"Obtaining the ACS's verification of our Level II Trauma Center is a significant accomplishment," said Natividad's Trauma Medical Director Dr. Alex Di Stante. "It recognizes Natividad's commitment to providing the highest level of trauma care on the Central Coast. Verification is a comprehensive process which recognizes patient care as well as community outreach programs designed to prevent traumatic injuries."

Most Advanced Care, Close to Home

In January, Natividad celebrated the fourth anniversary of receiving its Level II

Traumas Treated at Natividad



Trauma Center designation, earning the distinction in January 2015 from the Monterey County Emergency Medical Services Agency (EMS).

"The ACS verification confirms that Natividad offers the most advanced trauma care in Monterey County," Dr. Di Stante said. "We serve as the only verified and designated trauma center within a 50-mile radius. Prior to 2015, there was no Level II Trauma Center between Santa Barbara and San Jose, leaving a large geographical area of the Central Coast without access to trauma care."

As Monterey County's trauma center, Natividad is designed to serve more than 500,000 Central Coast residents. "Advanced, local trauma care is a vital community service," Dr. Di Stante said. "It eliminates the need to fly critically injured patients to a distant trauma center, allowing families to stay together. This is important for overall patient care and leads to better outcomes."

Dr. Di Stante led the center's trauma designation, a process that started 10 years ago. This entailed purchasing advanced medical equipment within the emergency department and designated trauma areas, providing Natividad's trauma surgeons and trauma nurse practitioners with everything they need to treat the most severe and critical injuries efficiently and effectively.

Natividad's highly skilled trauma team of physicians, surgical specialists, nurses, technicians and support staff is available 24 hours a day, 7 days a week. While the majority of patients arrive by ambulance, the hospital's on-site heliport allows patients to be taken to the Trauma Center by helicopter from anywhere on the Central Coast in just minutes. The center offers advanced clinical services to treat the spectrum of traumatic injuries. The hospital has 10 intensive care beds, a step-down unit and a medical-surgical unit.



CALSTAR helicopters allow the Natividad trauma team to reach distant patients in minutes.

"Saving lives is our center's focus," Dr. Di Stante said. "After that, trauma care continues through rehabilitation. Natividad provides comprehensive health care services through all stages of recovery and healing."

Trauma Prevention Programs

Each year, traumatic injuries account for nearly 41 million emergency department visits and 2.3 million hospital admissions nationwide. It continues to be the leading cause of death for people ages 1 to 45.

Natividad provides comprehensive, multidisciplinary care for critically injured patients on the Central Coast and beyond. Natividad's trauma program offers nationwide education to our physicians, residents, advanced practice nurses and critical care nurses. These courses include Advanced Trauma Life Support training, Trauma Nursing Core Certification Courses and Trauma Core After Resuscitation. Natividad's providers are trained – and the hospital

is equipped – to respond to natural disasters and other catastrophic events.

Natividad also works extensively to offer education and injury prevention resources to our community members. Natividad's community outreach and injury prevention programs include: Stop the Bleed, a national public education campaign that teaches how to recognize and stop bleeding until medical help arrives; The CHOICE Program, a violence intervention program for victims of violence; A Matter of Balance, evidence-based fall management workshops for older adults; Impact Teen Drivers, an evidence-based program that brings awareness and education to teenagers, their parents and community members about all facets of responsible driving.

"In life-threatening situations, minutes matter," Dr. Gray said. "Our trauma care services are here to provide the best care for every resident and visitor of Monterey County and beyond." 

When Minutes Matter

Simulation program prepares for real-world medical emergencies

High-tech manikins* are preparing Natividad's doctors and nurses to handle any crisis and save lives when faced with complicated medical emergencies.

Natividad is now home to one of two provisionally accredited medical simulation labs in California. The simulation lab features state-of-the-art technology and three high-tech manikins. These computer-driven manikins — an adult male, a pregnant adult female and an infant — are used for medical simulation within a laboratory setting. They are exceptionally lifelike and can mimic human breathing, perspiration and even blinking.

The manikins are operated in a simulated-reality hospital room with patient monitors, a video monitoring system and an observation and debriefing area. Participants learn through simulation training and video playback.

During simulation training, the manikins respond to physical care and medications. They are used to replicate a wide range of life-threatening medical emergencies. These complex scenarios may require several medical professionals to work together in a coordinated effort.

*What's the difference between a mannequin and manikin? A mannequin, also called a "dummy," is a human-shaped figure used to display clothing or serve an artistic or educational purpose. A manikin is a life-sized, anatomically-correct, human model used in high-tech, advanced medical settings.



Physicians and nurses participate in a simulation training at Natividad involving a pregnant patient.

Susan Saunders, RN, Director of Nursing Education at Natividad, considers simulation training for rare medical situations a vital opportunity to enhance health care practice. "Health care providers, including nurses, doctors and first responders, are given the chance to learn and overcome challenges that could be deadly in the real world," she said. "Nationwide, simulation programs similar to Natividad's demonstrate improved patient outcomes and lower the chances of adverse events."

Natividad's health care teams participate in Simulation Labs regularly.

Recently, the Family Medicine Residency Program participated in simulations involving a patient with a blood clot that went to his lungs, and had a great potential to cause injury or death. In another simulation, Natividad's nurses, residents and physicians were challenged in a postpartum hemorrhage simulation where they had to work together as a team to prevent the new mother from fatal blood loss.

Saunders said she believes the lab will change how doctors and nurses continue to learn, even after they've left school.



The hospital's manikins respond to medications and treatment.

“Simulation increases skill level and application knowledge in preparation for rare but highly complex medical events.”

— Susan Saunders, RN, Director of Nursing Education



Natividad's manikins are incredibly lifelike.

“Simulation increases skill level and application knowledge in preparation for rare but highly complex medical events,” Saunders said. “As the only teaching hospital in Monterey County, the simulation program provides valuable ongoing practice that keeps the skills of doctors and nurses sharp.”

Leading the State

Natividad is only the second hospital in California to receive provisional accreditation by the Society for Simulation in Healthcare (SSH) for its simulation program.

“We are extremely proud of the designation and the ability to bring valuable training technology not only to Natividad’s staff but also to community health care providers throughout the county,” said Tom McKay, PhD, Education and Simulation Coordinator at Natividad.

There are two parts to SSH accreditation. Provisional accreditation is granted for two years, during which time a new program must demonstrate result-driven outcomes and compliance with teaching and education standards. In granting

provisional accreditation, SSH examined Natividad’s structure for assessment, research, teaching, education and systems integration. Programs can apply for full accreditation after meeting operational goals — a step which Natividad plans on completing.

“Natividad’s staff appreciates and wants to participate in the simulation program on a regular basis,” Saunders said. “It’s important that we continue training as new research develops, technology advances and the world of medicine evolves.” 



Sister Claire Barone (left) and Sister Christine Price (right) wave to students on campus.



PROACTIVE HEART HEALTH

*A collective enthusiasm
for wellness*

T

he heart is an integral part of the whole body. Caring for it, both from a patient and physician perspective, requires a level of commitment few could understand better than these dedicated patients.

Sister Claire Barone/ Sister Christine Price

Cardiology patients and long-time friends Sister Claire Barone and Sister Christine Price transferred to Natividad's Care Center last year, when their

cardiologist Dr. Michael Galloway joined the expanded practice.

After receiving wonderful medical care on the Peninsula for slightly more than four decades, Sister Claire received a referral to see Dr. Galloway from her Monterey doctor. It was necessary to follow-up on test results indicating that surgery might be a possibility. "I know not everyone would say this, but I'm thankful for that medical scare, because it began my relationship with Dr. Galloway," she said. Fortunately, that situation was not serious, and Sister Claire was able to continue preventative care and treatment with Dr. Galloway.

Sister Christine also sought out Dr. Galloway after a routine visit with her primary physician. "He said, rather tactfully, 'You are of an age now, that you should make the acquaintance of a cardiologist,'" Sister Christine recalled.

Both Sister Claire and Sister Christine retired in 2016 after 40 years of service as teachers and administrators at Santa Catalina School in Monterey. They continue to be ambassadors for the K through 12 school. The Sisters, who served in education their entire lives, explained that their work is more than just a job. "Our work is vocational," Sister Claire said. "The team at the Natividad Care Center is the same way. They understand — in a very



"They understand — in a very profound way — that medicine is their calling. Dr. Galloway is very happy to be at Natividad, doing his life's work."

– SISTER CLAIRE



Anne Healey consults with Dr. Galloway.

“Your health is YOUR health. You can’t expect the doctors to do everything. My physicians present the responsibility as a team effort.”

– ANNE HEALEY

profound way — that medicine is their calling. Dr. Galloway is very happy to be at Natividad, doing his life’s work.”

While the Sisters’ lives are devoted to serving others, they are also dedicated to their own health. Their passions — in addition to enjoying a twice-weekly Pilates class — include health education and a commitment to encouraging others, particularly students, in a life-long pursuit of personal wellness. In honor of their retirement, Santa Catalina School established The Sister Claire and Sister Christine Endowment for Health and Wellness to enhance the education of students and to benefit the entire Catalina community in developing personal, intellectual and spiritual wellness. The initiative continues to flourish and serves as a legacy for the future.

Both Sisters remarked how pleased they are as patients with Dr. Galloway at the new Care Center. “Coming to the clinic was a new experience, so I had no idea what to expect,” Sister Claire said. “The Care Center was a warm and inviting space. The entire staff was polite and efficient and addressed me in a way that made me feel as though I had been coming there for years.”

Sister Christine added, “Natividad, from my observation, has a very diverse patient base. My experience in the Care Center, as a piece of the hospital, was that every person regardless of age, background, or personal circumstance, would be treated with equal

respect and level of care. That isn’t something you encounter everywhere.”

Anne Healey

Pebble Beach resident and retired IBM Senior Manager Anne Healey is passionate about her health. Knowing she has a family history of strokes, Healey started seeing Dr. Galloway as her cardiologist almost two decades ago.

“I was approaching a point where I knew I needed to do something,” Healey said. She was traveling for work, flying to New York weekly. Her career kept her incredibly busy, and she was concerned her health was being affected by her fast pace of life.



Dr. Chee checks a patient's blood pressure.

How to be proactive about your heart

CHOOSE A HEALTHY EATING PLAN

A healthy diet lowers your risk of heart disease by improving cholesterol levels, reducing blood pressure, helping manage body weight and controlling blood sugar.

BE PHYSICALLY ACTIVE

The American Heart Association recommends 150 minutes a week of moderate exercise such as brisk walking or 75 minutes a week of vigorous activity like jogging or running.

KNOW YOUR FAMILY HISTORY

Having a relative with heart disease increases your risk, and more so if the relative is a parent or sibling.

TAME YOUR STRESS

Long-term stress causes an increase in heart rate and blood pressure that may damage the artery walls.

LEARN THE WARNING SIGNS OF A HEART ATTACK

These include discomfort in the chest or arms, shortness of breath, a cold sweat, nausea or lightheadedness.


Dr. Galloway performed a stress test and helped her make lifestyle adjustments. She has continued to see him once or twice per year and has since followed him to Natividad's Care Center. He checks blood work (including cholesterol levels and a lipid panel), evaluates medication and vitamins, measures blood pressure and consults her on diet and exercise.

Healey stays very active and enjoys aerobics classes at her gym. She and her husband, Anthony Healey, have a treadmill in their home that she uses regularly. The couple typically exercise to music and enjoy dancing together. "We plan to start ballroom dancing in the future," she said.

The Healeys also enjoy walking together to the beach. "Anthony thinks I walk too fast," Healey joked. "I'm just scooting. I really enjoy walking and don't know how to slow down."

Healey doesn't smoke or drink alcohol and credits her healthy lifestyle to "prayer, meditation and moving." She added, "I've come to realize your health is YOUR health. You can't expect the doctors to do everything. And I love that my physicians present the responsibility as a team effort."

World travelers, the Healeys have lived in Colorado, Texas, New York, Amsterdam, Paris and London.

"From my own experience, I can tell you that Natividad is the best environment in the world," Healey said. "And I can say that because I have been there. The people — from the staff to the nurses and physicians — are wonderful. They genuinely care for people, and they are truly in the patient business, using their greatest resource: their smiles. Other facilities can learn from them. I have to drive a half hour to get to there, but I don't mind. We have a hospital right out of our gate at Pebble Beach, but I choose to go to Natividad because it's that marvelous." 



Caring for the Heart

Natividad expands cardiac practice, offering more to the community

"It's not just 'patient care.' It's caring for patients. To me, there's a difference," said Natividad Non-Invasive Cardiologist Dr. Michael Galloway. "I feel like Natividad has that as its primary mission. I am excited to be a part of it."

Cardiology is a medical field that focuses on diseases and abnormalities of the heart and blood vessels. Heart disease is the leading cause of death in the U.S. for men and women. According to the Centers for Disease Control and Prevention, about 610,000 people die of

heart disease in the U.S. annually. Cardiology consultations are typically recommended by a patient's primary care physician in order to prevent, diagnose or manage heart problems such as a cardiovascular disease through medication and lifestyle changes. Preventative care under the guidance of a cardiologist can improve heart health or prevent heart disease altogether.

Dr. Galloway is part of Natividad's new Care Center, which opened last March at its Salinas campus. The outpatient center

Cardiopulmonary Testing Services

ECHOCARDIOGRAM (echo)

looks at the anatomy of the heart by using ultrasound technology to make pictures

STRESS TESTING

measures the heart's ability to respond to external stress (exercise on a treadmill or medication induced)

ELECTROCARDIOGRAM (EKG or ECG)

graphs the electrical activity and timing of the heartbeat

PULMONARY TESTING

shows how well the lungs are doing at bringing oxygen to the rest of the body

focuses on non-acute care, offering long-term and preventative cardiology services including routine lab work, medication monitoring and testing. The new center has the capability to perform echocardiogram, stress testing, electrocardiogram, event monitoring and pulmonary function testing. The doctors perform hundreds of these tests each month.

In early fall, the practice expanded with the addition of two new cardiologists: Dr. Galloway and Dr. Nicholas Chee, who both relocated from Montage Medical Group. Dr. Galloway has been practicing for more than 20 years, earning his residency from Harvard Medical School and his doctorate from Georgetown University School of Medicine. Dr. Chee is an equally esteemed cardiologist, practicing for nearly 20 years and formerly serving as director for the non-invasive diagnostic laboratory at Cardiopulmonary Associates Medical Group.

The five-physician team of Monterey County's top cardiologists also includes founding physician and Chief of Cardiology Dr. M. Kerala Serio, Dr. Yu-Chuan Liu and Dr. Alexander Izmailov. "Each of our talented cardiologists on staff has left his successful practice to join the team at Natividad," Dr. Serio said. "We have the most skilled cardiovascular team in the area. Our specialists are all very experienced, well-respected and highly regarded in the community."

The cardiologists have slightly different specialties, enabling them to cover the full spectrum of continuing care. One is an electrophysiologist, a cardiologist specialized in the heart's electrical system, and three are board certified in nuclear cardiology, the study of the heart's blood flow. They provide inpatient care 24 hours a day, 7 days a week, through a rotation work schedule at the hospital. All five see patients by appointment at the Care Center Monday through Friday.

Dr. Serio was closely involved with creating the top-level facility. From working with architects and designers to ensuring the clinic was outfitted with the latest technology, he was consulted every step of the way during the two-year process.

The space was designed with patients in mind, making sure their needs were considered in every element. "It's an improvement in functionality, aesthetic and service," he said. "We are now full-service and more easily accessible for our patients. All the testing can be done in one place."

The new, state-of-the-art building includes six patient rooms and centralized registration. The center is well organized and designed with patient comfort as the top priority. The restful, neutral green color scheme helps put patients at ease. From directional signs to accessibility, every element was designed with intent. "It is so much easier for the patients," Dr. Serio said. "The patients are noticing that with more doctors and better, more



A cardiac patient does an exercised-induced stress test on her heart.

"The staff here is excellent. When your staff is content, it carries into the interactions with the patients."

— Dr. Nicholas Chee



Natividad's leading cardiology team puts patients first.


centrally located equipment, there is a difference in time spent with them and overall patient care. They feel like they are being taken care of better than anywhere else."

The Natividad Difference

"For many years, Natividad had a reputation of simply being the county hospital," Dr. Galloway said. "I think what patients are seeing now is the true beauty of Natividad. Yes, we take care of the underprivileged, but we're expanding and providing a level of service beyond other institutions. Now, more and more people are seeking their primary visit with a cardiologist at Natividad."

Dr. Chee added, "The staff here is excellent. They are all really happy and fulfilled. When your staff is content, it carries into the interactions with the patients. We have an excellent group, unlike what I've experienced anywhere else."

The new center cares for the heart. They are able to give the best medical treatment, while showing a genuine empathy and kindness. "It's palpable — the attitude, happiness and caring, when you first come through the doors," Dr. Galloway said.

To learn more or schedule a cardiology appointment at Natividad's Care Center, call (831) 796-1630. 

Signs You Should See a Cardiologist

- Family history of heart disease or stroke
- High blood pressure
- High cholesterol
- Smoking
- Diabetes



Leading the Way on Pain Management

Empowering patients with alternative solutions



Dr. Christina Zaro coaches Ashli Blanco on Tai Chi exercises.

Alinas resident Ashli Blanco was almost home from her job at Safeway. Leaning off her bicycle as she pedaled into the crosswalk at the intersection of Rider Avenue and Freedom Parkway, her commute seemed just like any other day. But then, seemingly out of nowhere, a fast-moving car hit Blanco and threw her from her bike.

The impact caused Blanco's hip to shatter in several places. The ambulance arrived on scene and immediately took her to Natividad's Level II Trauma Center, where she was admitted for emergency surgery. Blanco, now 47, barely recalls that moment or the days that followed. However, she knew her son's high school graduation was approaching, and she was determined to do whatever necessary to attend. The nurses and staff helped her regain the ability to stand, a requirement for discharge, and she was released in time for the ceremony.

"I have pictures with my son in cap and gown," Ashli said. "I was there. And that's what was important." Her son, Steven Blanco, recalled, "when I looked up, I saw her, and I felt overwhelmed with joy and disbelief. I couldn't have been happier to see her there."

In October, Blanco completed her third surgery – a complete hip replacement – and participates in Share the Pain, Natividad's chronic pain group. "The doctors are like grown-up Doogie Howsers. They did an amazing job, and I feel so much better," she said. "Now, I feel good, and I'm not even taking pain medicine. I know I can do it on my own."

Despite her major injuries, pain medicine addiction never became an issue. "Because of how they explained it and the other resources they offered me, I was able to heal from a significant injury without any of those additional risks," she said. "When I feel like taking a pain pill, I take my therapy dog, Evale, for a walk instead."

Evale, a French bulldog, was a gift from Blanco's son following her third surgery. He has gone through service animal training and is an ongoing source of support for her. Service animals have been shown to decrease the heart rate and blood pressure, reduce the stress hormone cortisol and boost endorphins, the body's natural painkillers.

Blanco's therapy dog, along with other alternative treatments and a clear recovery plan, have enabled her to regain the use of her legs. She is now

completely out of a wheelchair and even able to walk distances without a cane. Blanco feels like she is capable of a full recovery. She said she imagines how much worse the situation could have been. "I'm alive, and I have my kids," she said. "That's all I allow myself to think about. I'm walking, and I'm thankful for what I have. It's progress."

Blanco's progress has been aided through the help of members from Natividad's Share the Pain Group and Dr. Christina Zaro, Faculty Member for the Natividad

"When I feel like taking a pain pill, I take my therapy dog for a walk instead."

— Ashli Blanco





Drug-free alternatives



Blanco reviews her pain management binder and take-home exercises.

Family Medicine Residency Program. The pain management group meets weekly on Tuesdays to practice physical therapy techniques, yoga and Tai Chi, go through worksheets and homework, participate in role playing activities and share their stories through group therapy. Blanco has met some of her best friends in the group, who have bonded over their shared struggles and triumphs.

"Ashli's story of recovery, in which we played a role, started after she found the group," Dr. Zaro said. "We connected her to services, and her life seemed to turn around. She was in a lot of pain. The group provided her with a support network and education about pain management strategies."

"Natividad is not like a normal hospital," Blanco said. "The doctors have been there for me. I cry with them, and it feels good. They treat me like family, and I feel comfortable there."

The Prescribe Safe Monterey County Initiative

Laurel Family Practice, the primary care clinic affiliated with Natividad and the Monterey County Health Department, is setting the standard for long-term pain

management. Realizing that the solution needs to come from family practice medicine, the team has developed a unique and specific system of training and education that simplifies the often-mysterious and subjective rules around prescribing opioid medications.

Dr. Caroline Kennedy, Medical Director for the Monterey County Health Department, explained that there is a direct relationship between chronic pain and the risk of opioid dependence.

Without proper management of pain, patients risk further complications, decreased ability to move and lower quality of life. Throughout the last two decades, however, pain medicine has become overprescribed by many doctors, which can reduce its effectiveness and increase the risk for dependency. "Nationwide, we're seeing an opioid epidemic," Dr. Kennedy said. "We are working hard to give our patients safe, effective and non-addictive strategies to manage their chronic pain."

Drs. Kennedy and Zaro have worked closely with the Monterey County medical and law enforcement community to implement the Prescribe Safe Initiative.

“Now, I feel good, and I’m not even taking pain medicine. I know I can do it on my own!”

— Ashli Blanco



Blanco credits the support of her therapy dog in helping to reduce her pain.

The initiative aims to improve the safe use of prescription drugs, reduce inappropriate prescribing of prescription pain medications, increase access to treatment for addiction and improve community education about the dangers of prescription drugs.

To improve safe prescribing of opioids, all physicians must first ask patients about pain control, activity levels, possible negative behaviors and side effects. They also screen for depression or any other condition that might be affecting a patient’s pain, and check with the California prescription drug registry to see where a patient may have been prescribed medication previously.


The clinics are working to reduce the number of patients being prescribed

pain medicine above a designated strength, as well as limit their length of treatment. Through gradual weaning, offering medically assisted treatments and providing alternative options, the Laurel Family Practice Clinic is addressing the complicated and difficult problem of dependence.

“This project has been very satisfying,” Dr. Zaro said. “For some time, primary care providers had unwittingly been part of the problem, following guidelines and best practices that weren’t sufficient. I like that I am part of the solution, making real progress in my practice and within the community.”

Dr. Zaro empowers her patients to take control of their own pain. It starts with patient education, teaching them about

the risks, rules, advantages and disadvantages of pain pills. All refill appointments are dedicated solely to pain management, so she can understand the patient’s current situation. The policy requires that patients sign a “Pain Medication Agreement,” which outlines the patient’s responsibility in taking the medication properly and allows for periodic urine testing. They also explore alternative methods, from those employed by Blanco to even acupuncture and holistic supplements.

“The results are encouraging. In Monterey County, we have seen decreased reports of patient overdoses during a four-year period,” Dr. Kennedy said. “I am really proud of our patients. We want to give credit to the physicians, but I am also just so proud of our people.” 

30 YEARS

of Transforming Health Care into Healing

Dear Natividad Family and Friends,

In November, Natividad Foundation hosted its best event in 30 years! Hundreds of friends, supporters and donors who've helped strengthen Natividad joined in a festive game of "Foundation Feud" and celebrated the nonprofit's 30th anniversary at the Fox Theater in Old Town Salinas.

Special guest and long-time Natividad Foundation donor Senator Bill Monning honored several key partners, including the Matsui family for their \$500,000 gift to help create an Infusion Center for patients with cancer and chronic illness. I also got to announce the exciting news that their gift is being matched with a \$250,000 donation from the Nancy Eccles and Homer N. Hayward Family Foundation and a \$250,000 donation from an anonymous donor.

We had the honor of naming the Harden Foundation as our 2018 Hero. Their contributions since 1990 of more than \$2.1 million have supported medical equipment purchases for babies and children, women and victims of trauma. They have truly played an integral role in providing essential health care services for everyone in Monterey County.

John D'Arrigo, President, CEO and Chair of the Board of D'Arrigo California presented a collective donation from 95 members of The Agricultural Leadership Council (TALC) for \$313,050. Since he founded TALC in 2010, its members have donated more than \$3.021 million to purchase 317 pieces of vital medical equipment and support important services including Indigenous Interpreting⁺ and 5 Steps to Prevent Diabetes[®]. TALC's members are changing lives and saving lives



Dr. Craig Walls, John D'Arrigo, Teresa Matsui, Mike Haynes and Sabria Henry-Hunter.

with their focus on improving the quality of health care for agricultural workers and their families.

We also got a special treat as 50 students from Everett Alvarez High School's Interact Club took the stage and announced that, with the help of a generous donation of orchids from Matsui Nursery, they raised \$18,000 for women with cancer for Natividad Foundation's Wendy Baker RN Memorial Fund. Led by Teacher of the Year Jodie Kaminskis, Interact Club President Sabria Henry-Hunter gave an inspiring speech about why the students have rallied around this important cause.

The night ended with a hilarious game of Foundation Feud. Based on the Family Feud TV game show – complete with a camera-ready set created by Natividad Engineering Manager Will Signorelli – Natividad's Chief Medical Officer Dr. Craig Walls hosted the show, which faced the "Donors Team" against the "Doctors Team." Game show contestants John D'Arrigo of D'Arrigo California, Teresa Matsui of Matsui Nursery, Mike

Haynes of The Haynes Charitable Foundation, Sabria Henry-Hunter of Everett Alvarez High School and Emmett Linder of Driscoll's played against Natividad's funny and talented doctors Dr. Jeffrey Bass, Dr. Pete Chandler, Dr. Soraya Esteve, Dr. M. Kerala Serio and Dr. Kristin Burstedt-Leonard. Donors beat Doctors 226:100 and won the ultimate bragging rights!

I am so fortunate to be part of an amazing team and mission to strengthen Natividad and create a healthier community. I invite you to join us to help Natividad provide high-quality health care and trauma services for everyone in Monterey County, including the vulnerable. For more information about how you can help, visit www.natividadfoundation.org or contact me directly at jennifer@natividadfoundation.org or (831) 755-4187.



With appreciation,
Jennifer Williams,
MA, CFRE President & CEO, Natividad Foundation

Jennifer Williams

New Radiology Technology

to Help Natividad Diagnose and Treat More Patients



This winter, Natividad broke ground on the first phase of upgrading its radiology department. It is the largest project since the hospital was built in 1998 and expected to take two years to complete.

"The modernization project will bring the latest and greatest technology and additional tools to the hospital," said Natividad's Assistant Administrator Andrea Rosenberg. "The radiography equipment, made by Siemens, is the most cutting edge in the industry."

Radiology is a medical science that uses imaging to diagnose and treat conditions on the inside of the body. There are multiple types of tests, such as X-rays, computer tomography (CT), magnetic resonance imaging (MRI), nuclear medicine, interventional radiology, mammography

Early detection can increase survival rates by as much as 85%.

and ultrasound. They all use images to diagnose disease and see illness growth.

"Specialized radiology exams play an important role in patient health care, helping in disease prevention, early detection, diagnosis and treatment," Rosenberg said.

On average, Natividad performs nearly 74,000 radiologic tests each year. When the newly renovated radiology department is complete, it will include a new 3 Tesla MRI Scanner, two 128-slice CT Scanners, a SPECT-CT Nuclear Medicine




Board Member John Huerta, Jr., Board Member Marcia Atkinson and CEO Dr. Gary Gray during the groundbreaking ceremony.

Camera, a new Interventional Radiology suite and ultrasound machines. These devices use a special camera to take pictures of things inside the body, like bones, organs and muscles. Doctors, called radiologists, read the images and can determine if the patient has something wrong.

Rosenberg, who oversees the hospital's construction, maintenance and improvements, said the project benefits the entire community. "Access to the most advanced tools – plus a new interventional radiology room and larger ultrasound space – helps our doctors and nurses provide the best care and speed up diagnosis and healing time."

Radiology supports all the services at

Natividad, including the county's only Level II Trauma Center. Many practices depend on radiology tests to diagnose and treat. "This expands all of our capabilities in all the different areas of imaging," explained Diagnostic Imaging Manager Daisha Marsh. "Scan times will be faster; images will be clearer; and patients won't have to travel to get specialty imaging that we haven't been able to provide before. We will be able to do their exams right here in Monterey County."

Often, these procedures are the keys to finding disease and conditions early. For some problems, like cancer, early detection can increase survival rates by as much as 85% (according to Cancer Research UK). 



What is a nuclear medicine camera?

A SPECT-CT tool, like the one that Natividad will have, combines the use of a special camera along with a small dose of radioactive substance that has been injected safely into a patient.

10 Reasons You Might Need a Scan



To check for cancer



To diagnose skeletal diseases



To study blood vessels



To examine brain trauma



To look for broken bones



To determine if there is internal bleeding



To see soft tissue damage



To check for internal injuries



To find the location of a tumor



To evaluate the anatomy of a fetus



President of RBB Architects Inc. Sylvia Botero, AIA, ACHA, EDAC presents renderings of the future Interventional Radiology suite.

Interventional Radiology

Also known as “IR,” interventional radiology is a specialized practice that uses X-ray to diagnose and treat patients. The image guided technology allows procedures to happen without major surgery, typically only requiring an incision the size of a pin hole. It’s a method called “minimally invasive,” and has lots of advantages including reduced risk, shorter hospital stays, greater comfort and quicker recovery.

4 TYPES OF SCANS

Each type of imaging scan uses different technology to create a picture. They are used to identify and diagnose more than 50 conditions.



MRIs are longer tests that offer a more complete image of a specific area. They can be used to diagnose complicated conditions like cancers, heart disease, joint problems and brain tumors.



CT SCANS (also called CAT Scans) provide a 360-degree view of internal organs, vessels and body segments, allowing doctors to quickly view trauma patients, look for tumors and other abnormalities.



ULTRASOUND uses sound waves to create an image of the internal anatomy and show any potential issues with organs, vessels and tissue. The tests are used to monitor a pregnancy or evaluate blood flow.



X-RAYS are often used to spot a broken/fractured bone and joint injuries; but images can also detect cancer and pneumonia.

Natividad Fact Sheet

PATIENTS SERVED IN FY 2018

(JULY 2017 – JUNE 2018)

10,925
Admissions

2,205
Births

52,597
Emergency Visits

132,475
Outpatient Visits

4,258
Surgeries

ESTABLISHED 1886

COMPANY TYPE Public

SERVICE AREA Monterey County & Central Coast Region

LOCATION 1441 Constitution Blvd, Salinas, California

CHIEF EXECUTIVE OFFICER Gary R. Gray, DO

PATIENT CAPACITY Licensed Beds: 172

STAFFING

Medical Staff: 355

Employees: 1,376

Volunteers: 420

OUR MISSION

To continually monitor and improve the health of the people, including the vulnerable, in Monterey County through coordinated, affordable, high-quality health care.

OUR VISION

To be a health care delivery system that collaborates with other providers to offer accessible, high-quality and high-value health care services in a financially stable manner.

CENTERS OF EXCELLENCE

- Level II Trauma Center
- Blue Distinction® Center for Maternity Care by Blue Cross Blue Shield
- Blue Distinction® Center for Bariatric Surgery-Gastric Stapling and Gastric Banding by Blue Cross Blue Shield
- Designated as a Baby-Friendly® birth facility by Baby-Friendly® USA
- Natividad was ranked in the top 10% of 870 inpatient rehabilitation facilities that qualified to be ranked in the Uniform Data System (UDS) for Medical Rehabilitation in 2017

FIND A DOCTOR

If you need a primary care doctor or a specialist, use our "Find A Doctor" service. (831) 755-4111 | www.natividad.com

OUR SERVICES

CLINICAL SUPPORT SERVICES

Cardiopulmonary Services
Case Management Services
CHOICE Trauma Prevention & Outreach
Diabetes Education Center
Diagnostic Imaging Services
Interventional Radiology Services
Laboratory Services
Language Access Services
Outpatient Therapy Services
- Occupational Therapy
- Physical Therapy
- Speech Therapy
Palliative Care
Pharmacy Services
Social Services
Spiritual Care

EMERGENCY SERVICES

Physicians on duty 24 hours per day,
7 days per week

FAMILY MEDICINE RESIDENCY

Affiliated with University California
San Francisco

LEVEL II TRAUMA CENTER

NATIVIDAD FOUNDATION

(831) 755-4187

www.natividadfoundation.org

OUTPATIENT SERVICES/CLINICS

Audiology
Bariatric Weight Loss Services
D'Arrigo Family Specialty Services
- Audiology
- Cardiology
- Colon Rectal Surgery
- Dermatology
- Gastroenterology
- General Surgery
- Hematology/Oncology
- Nephrology

- Neurology
- Neurosurgery
- OB/GYN
- Orthopedics
- Pediatric Cardiology
- Pediatric Gastroenterology
- Pediatric Orthopedics
- Podiatry
- Pulmonary
- Sports Medicine
- Trauma Services
- Urology
- Vascular Thoracic Surgery

Natividad Care Center

- Bone Density Testing
- Cardiology
- Cardiopulmonary Diagnostics
- Women's Diagnostic Imaging
Natividad Immunology Division Outpatient
(NIDO) Clinic
Natividad Medical Group
Sally P. Archer Child Advocacy Center &
Bates-Eldredge Child Abuse Clinic

SERVICES

Intensive Care Unit (ICU)
Maternity Services
- Breastfeeding Support
- Prenatal Testing
- Vaginal Birth After Caesarean
Medical Surgical
Mental Health
Neonatal Intensive Care Unit (NICU) Level III
Affiliated with UCSF Benioff
Children's Hospitals
Pediatrics
Sam Karas Acute Rehabilitation Center
Surgical Services

 **Natividad**
Inspiring healthy lives...

