

HEALTH NEWS from

WINTER 2019

# Northwest

## SPECIALTY HEART CARE *to the rescue*

How advanced treatment  
helped Kent Scroggins get  
back to helping others

Our new  
da Vinci Xi® robot

Making minimally  
invasive care  
more accessible

Ask the Doctor

Could weight-loss  
surgery help you?

Volunteer Judy Solomon  
lends a comforting hand  
as a "cuddler" at Northwest.

Compliments of

 **Northwest Texas  
Healthcare System**

## FROM THE CEO



It is a privilege to be a member of the team at Northwest Texas Healthcare System working to be your trusted hospital of choice when you need healthcare services. Providing you and your family the highest quality of care in a comfortable environment is our top priority. We are ready for you at our Emergency Room at Town Square, our Urgent Care clinics, our many other walk-in clinics or the main hospital any time you need us, with a dedicated team ready to serve you!

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We're proud that our Heart Hospital is the leader in heart care in the Panhandle, providing innovative treatments that are helping many patients live longer, healthier lives. We're also the Panhandle's leading trauma hospital, and we provide the largest neonatal intensive care unit in the region to support our smallest miracles in the event specialty care is needed.

We remain focused on bringing skilled medical providers closer to you in convenient locations throughout Amarillo, Canyon and the Panhandle. This means you and your family have greater access to high quality care and service, backed by the resources of Northwest.

We're committed to continuous improvement in safety and quality and delivering the best patient experiences. Our many awards, accreditations and talented team members demonstrate our commitment to you. We know that you have choices when it comes to your healthcare and we consider it a privilege to care for you and your family when you need us. Thank you to all of our patients, staff, the physicians and volunteers for making Northwest your trusted hospital of choice.

Sincerely,

**Ryan R. Chandler, MHA, FACHE**  
Chief Executive Officer



## CELEBRATING 25 YEARS *of life-saving service*

For patients in the Panhandle and surrounding states who need swift emergency treatment, LIFESTAR air medical transport plays a critical role. Today, it operates two helicopters and a fixed-wing aircraft to provide specialized care, with three bases in the region including one at Northwest Texas Healthcare System. The dedicated and skilled crew has transported over 19,500 patients since the first flight operations began a quarter-century ago. Happy 25th anniversary to an amazing team!

**To learn more about emergency services at Northwest, visit [nwths.com/nwer](http://nwths.com/nwer).**

\*Aircraft Owned and Operated by Med-Trans Corp Certificate M3XA227H



## Meet our new robot



Minimally invasive, robotic surgery is available to a growing number of patients since Northwest acquired its second robotic surgical system, the da Vinci Xi®. A more compact design and other advanced features enable surgeons to use the system for more complex procedures, such as colorectal surgery, bariatric procedures, gynecologic oncology and prostatectomies, says Director of Surgical Services Keisha Bailey, BSN, CNOR. Additionally, the system includes a training console, making Northwest the first facility in the area to offer this dual-console feature.

The hospital's original da Vinci Si® system has been relocated to Northwest Surgical Hospital on Soncy. Benefits of robotic surgery can include smaller incisions, less pain and faster recoveries.

**For help finding a surgeon or other specialist, call 1-800-887-1114.**

*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if robotic surgery is right for you.*

## HAS THE SEASON GOT YOU DOWN?

Darker, chillier days can leave many of us longing for summer; but if you're really feeling down, the culprit could be seasonal affective disorder (SAD). This condition is related to changes in the season. Among the common symptoms are depression, low energy and loss of interest in usual activities.

Sunlight, outside walks and therapy with light boxes may help to relieve the effects of SAD. If your depression is more severe or you feel you need professional help, free confidential assessments are available 24/7 at The Pavilion at Northwest.

**For an assessment, call 1-800-537-2585 or 806-354-1810.**



**The Pavilion**

Northwest Texas Healthcare System

## Cheers to our **GREAT** nurses!

Congratulations to these three Northwest nurses who were recognized for their outstanding service by the Texas Nurses Association Panhandle Great 25 Nurses for 2018. They were selected for this prestigious honor based on their accomplishments in different areas, including leadership/role model qualities, compassionate caregiving, and significant contributions and service to the community. We honor these awardees and all the nurses who make a difference for our patients every day!

**Find your nursing career at Northwest.**  
**Visit [nwths.com/nurse](http://nwths.com/nurse).**



*Shown left to right: Teri Quattlebaum, RN, MSN; Carolyn Hudson, RN, MSN; Angela Hamilton, RN.*

# Skilled cardiac care **CLOSE TO HOME**

**Your heart is in the right place  
AT NORTHWEST.**

“Patients can feel confident because our comprehensive cardiology program offers advanced technology delivered by a highly trained staff in a caring and compassionate environment,” says Robert Arno, MSN, RN, CNML, director of cardiovascular services.

The Heart Hospital at Northwest Texas Healthcare System is the leader in heart care in the Panhandle.

Over 2,700 interventional cardiac procedures are performed each year. “Volume translates into experience,” says Arno. For patients, this can mean added reassurance for complex and potentially lifesaving heart care. ➤



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**American Heart Association  
Hospital Accreditation**



A vital service is treating coronary artery disease with percutaneous coronary intervention or PCI (also known as coronary angioplasty). This non-surgical procedure uses a catheter to open blockages in the arteries that can lead to heart attacks.

In some cases, patients may have weakened or compromised hearts that can make treatment more challenging. To provide more comprehensive and advanced care options, the skilled cardiac team offers technology like Impella®, the world's smallest heart pump. This device may be used to provide minimally invasive, temporary support for patients with heart failure and/or advanced coronary disease. For example, it may be used for select patients to keep the blood pumping during an angioplasty procedure (see Kent Scroggins' story). Northwest has completed more than 120 Impella procedures since this technology was first introduced at the hospital.

Among other innovative treatments, Northwest is one of the first hospitals in the Texas Panhandle to offer the world's smallest pacemaker, the Micra® Transcatheter Pacing System, for patients with bradycardia, a problem affecting the heart's electrical system.

Bradycardia, which occurs when the heart rate is slower than normal, is one of a number of conditions addressed by electrophysiology (EP) specialists. "Our EP team is able to treat debilitating or life-threatening arrhythmias with implantable rhythm monitors, implantable rhythm managing devices such as pacemakers, and ablations which have the potential of curing a chronic arrhythmia indefinitely," says Arno.

The comprehensive cardiac program at Northwest also offers treatment for patients with peripheral vascular disease and acute limb ischemia, which can occur when there is limited blood flow to the legs and other extremities.

Heart disease is the leading cause of death for both men and women in the United States.\* Through innovative and compassionate care, the team at Northwest is working to combat those numbers and help patients live longer, healthier lives. ■

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**Learn more at [nwths.com/nwheart](https://nwths.com/nwheart).**



Kent Scroggins with his wife, Terry.

## **“Northwest has always been my hospital”**

Kent Scroggins has been helping to save lives as a paramedic for more than 30 years. When his heart needed saving, he turned to the skilled team at the Heart Hospital at Northwest Texas Healthcare System.

Scroggins became aware of his cardiac problem after having a stress test. Results uncovered two blocked arteries that needed to be treated right away.

He had a prior heart attack and suffers from coronary artery disease and cardiomyopathy, which makes it harder for his heart to pump blood. Because of this, his cardiologist, Alfred Chu, MD, recommended that he receive the Impella® heart pump to give his heart temporary help while he received two stents to open the blockages. “Being in the medical field, I know a little about it,” says Scroggins. “Every advantage you can get is a good advantage.”

The procedure went well and within 10 days Scroggins was back at work “going full-blast” as a flight paramedic for LIFESTAR air medical transport.

“I know Northwest is top-of-the-line everything at the Heart Hospital, and I know the people are just really good at what they do,” he says. “Northwest has always been my hospital. Even before I started working for them, my choice was always Northwest.”

*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if surgery is right for you.*

\*Centers for Disease Control and Prevention



# Weighing in on weight-loss surgery: *Could it be right for you?*



"If you are struggling with weight loss or you have developed medical issues

related to your weight, you should reach out to a weight-loss surgeon and at least hear all of the options," says

**Bo Neichoy, MD, FACS**, director of Northwest's bariatric surgery program. This medical practice area continues to advance, and surgery can be life-changing for many patients. Here, Dr. Neichoy answers frequently asked questions.

## **Q: How much weight can I expect to lose?**

Results vary, so it's best to meet with a surgeon to discuss your individual goals. Generally, with the more common procedures, patients can expect to lose 60 to 90 percent of their excess body weight. We encourage patients to focus on "wins" such as walking without pain or improving/resolving conditions like diabetes or sleep apnea.

## **Q: What is weight-loss surgery like?**

Having surgery can be very intimidating, and the thought of pain and associated issues can be scary. Thanks to advanced techniques, weight-loss surgery has become much more tolerable. Most procedures are laparoscopic (minimally invasive), and with modern pain management and prevention pathways, recovery has improved drastically.

## **Q: What can I eat after the surgery?**

Most surgeons have a protocol to help patients transition back to a regular diet. This can be challenging for some patients at first; but because of the surgery, your appetite will be suppressed for a while and this makes the first few weeks much more tolerable. Support groups can be a good place to talk with others and share ideas.

## **Q: How do I choose a bariatric program?**

The best programs focus on outcomes and education, and both of these feed on each other. The more educated patients are, the better they are going to do. A good program will de-emphasize the surgery and emphasize the healthy lifestyle that comes with it. Long-term success is very dependent on viewing this as permanent and not a short-term experience. ■



**Have more questions? Attend our weight-loss support group for those who have had surgery or are considering it. To register, visit [nwths.com/wlsg](http://nwths.com/wlsg).**



*Individual results may vary. There are risks associated with any surgical procedure. Talk with your doctor about these risks to find out if bariatric surgery is right for you.*



# *A wellness program* *that **WORKS** for you!*

To help keep local workplaces thriving, Northwest Texas Healthcare System is pleased to offer a free program called **WellnessWORKS** to employers and businesses. For you, this can mean easier access to healthcare services if your employer participates in the program. Some of the many offerings may include:

- **SUPPORT NAVIGATING YOUR HEALTH PLAN AND BENEFITS**
- **ON-SITE SAFETY TALKS AND HEALTH EDUCATION**
- **HEALTH EVENTS AND CORPORATE HEALTH CLUB INCENTIVES**
- **ASSISTANCE WITH RETURNING TO WORK AFTER AN INJURY**
- **HELP SCHEDULING PHYSICALS AND MANAGING YOUR INDIVIDUAL HEALTHCARE NEEDS**

How can you take advantage of these services? Ask your employer if your company is enrolled in **WellnessWORKS**. There's no cost for businesses to join.

To learn more, visit [nwths.com/well](https://nwths.com/well).

# Wishing you a happy, healthy New Year

Northwest Texas Healthcare System  
is proud to serve our community year-round.

When you or a loved one needs  
quality medical care, make  
Northwest *“Your Hospital.”*

Discover our services at  
**nwths.com**

Susan Goetz, MD,  
Physician at Northwest  
Texas Physician Group  
at The Craig

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HEALTH NEWS FROM  
NORTHWEST TEXAS HEALTHCARE SYSTEM

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