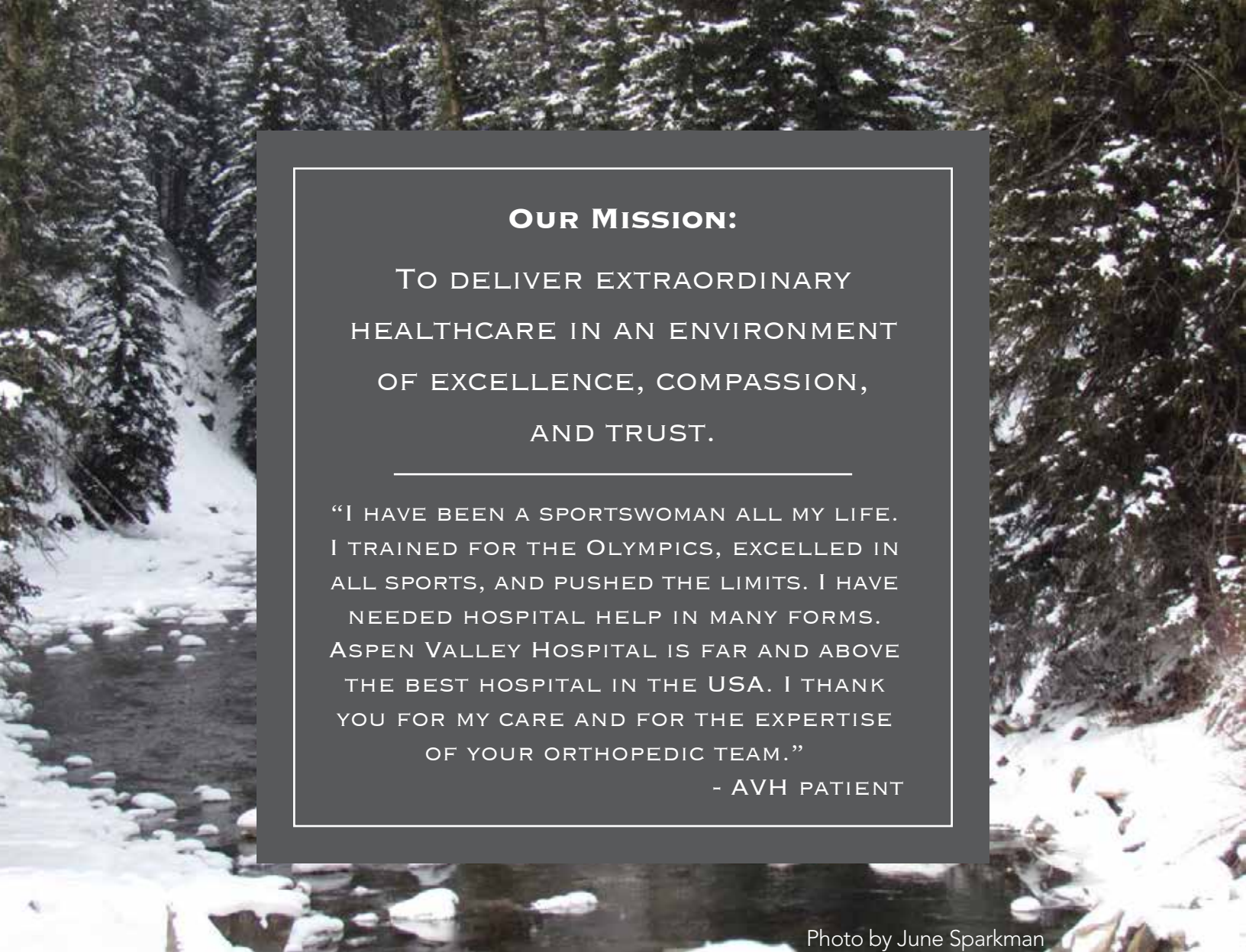


HEALTH MATTERS
ASPEN VALLEY
HOSPITAL

WINTER 2016



Photo by Bruce Bowen, MD



OUR MISSION:

TO DELIVER EXTRAORDINARY
HEALTHCARE IN AN ENVIRONMENT
OF EXCELLENCE, COMPASSION,
AND TRUST.

“I HAVE BEEN A SPORTSWOMAN ALL MY LIFE. I TRAINED FOR THE OLYMPICS, EXCELLED IN ALL SPORTS, AND PUSHED THE LIMITS. I HAVE NEEDED HOSPITAL HELP IN MANY FORMS. ASPEN VALLEY HOSPITAL IS FAR AND ABOVE THE BEST HOSPITAL IN THE USA. I THANK YOU FOR MY CARE AND FOR THE EXPERTISE OF YOUR ORTHOPEDIC TEAM.”

- AVH PATIENT

Photo by June Sparkman

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AVH EARNS NATIONAL RECOGNITION FOR CARE AND LEADERSHIP

Aspen Valley Hospital's (AVH) reputation for healthcare excellence continues on a number of different fronts. Our most recent honors include:

2015 PRESS GANEY "GUARDIAN OF EXCELLENCE" AWARD

This award recognizes top-performing healthcare organizations that have consistently achieved the 95th percentile or above of performance in clinical quality. According to AVH Chief Clinical Officer Elaine Gerson, the award signifies distinguished recognition from industry leaders in measuring, understanding, and improving the patient experience.

"We are constantly striving to improve. Our clinical leaders have established a robust program for monitoring, measuring, changing what needs to be changed, and supporting what needs to be maintained," notes Elaine. Thirty-nine clinical measures are used by Press Ganey to calculate a composite score and identify those hospitals in the top 5 percent.

NATIONAL RURAL HEALTH AWARDS

AVH was recognized for overall excellence in Outcomes, Patient Perspective, and Financial Strength, reflecting top quartile performance among all (4,000 plus) acute care hospitals in the nation. The rankings are designated by the Hospital Strength INDEX™, the industry's most comprehensive and objective assessment of hospital performance. This data-driven program is designed to identify excellence across a broad spectrum of indicators relevant to hospital performance and patient care.

"These top quartile performers should take great pride in this recognition," says Michael Topchik, senior vice president of iVantage Health Analytics. "It showcases their commitment to continuous performance analysis and improvement. It's an honor to celebrate their achievement as they continue to serve their communities despite the many market, regulatory, and financial pressures they face."

WOMEN'S CHOICE AWARD: AMERICA'S BEST HOSPITALS FOR OBSTETRICS

Aspen Birth Center at AVH was selected for the Women's Choice Award based on a review of obstetrical services provided, patient satisfaction scores, clinical care, and full-term deliveries. Ninety percent of patient survey respondents say they would definitely recommend the Aspen Birth Center. In addition, AVH has a very low early-delivery rate. Patient safety rankings — based on 11 different measures — also contributed to the award.

"Our goal is to make every delivery the experience of a lifetime from the time of admission through labor, delivery, and post-partum care," says Aspen Birth Center Director April Boney, RN. "We recognize that every woman has different needs and desires, and we strive to meet those individual needs within the parameters of patient safety and quality."

**"OUR GOAL IS TO MAKE EVERY DELIVERY
THE EXPERIENCE OF A LIFETIME."**

- ASPEN BIRTH CENTER DIRECTOR APRIL BONEY

A NEW ERA OF ORTHOPEDIC CARE

ORTHOASPEN AT ASPEN VALLEY HOSPITAL

We are pleased to announce that Aspen Valley Hospital (AVH) now employs (or contracts with) four orthopedic surgeons who were previously in private practice at Aspen Orthopaedic Associates: Drs. Ann Golden, Tom Pevny, Mark Purnell, and Leelee von Stade. In addition, four new orthopedic surgeons are providing care this winter: Drs. James Britton, Kaare Kolstad, Leslie Olson, and Paul Schwiger.

WHY THE CHANGE?

Physician employment by hospitals is an evolving trend in medicine throughout the nation and helps to ensure the availability of local healthcare. We believe physician employment will strengthen our orthopedic services and allow the hospital and the doctors to capitalize on the strengths of both entities.

Dr. Golden, a hand surgeon who became a hospital employee in July 2015, explains the benefits from first-hand experience. "I can focus my full attention on patient care," she says. "I don't have to worry about staffing, billing, or the day-to-day operations of ownership in a private practice. Someone else, who is an expert in medical practice management, handles all of that. I love being a hospital employee, and I am able to provide better care and service to my patients as a result."

FOCUS ON SPECIALIZATION

With additional physicians joining the orthopedic team, each doctor can focus on his or her subspecialty. "While any of our doctors can provide outstanding emergency and general orthopedic care, most people want a specialist when it comes to elective procedures," explains Eric Stahl, MD, chief medical officer at AVH and retired orthopedic surgeon. "Our approach to specialty care is beneficial to patients and ensures timely access and outstanding customer service. The trauma specialists will focus solely on emergency care and follow-up, thus preventing delays in both emergency and elective care."

SPECIALISTS INCLUDE:

- Knee and shoulder sports medicine and reconstruction, and trauma care: Tom Pevny, MD
- Trauma care, sports medicine, and knee replacements: Leelee von Stade, MD
- Hand surgery: Ann Golden, MD
- Sports medicine, knee conditions, and trauma care: Mark Purnell, MD
- Trauma care: James Britton, MD; Kaare Kolstad, MD; Leslie Olson, MD; and Paul Schwiger, MD



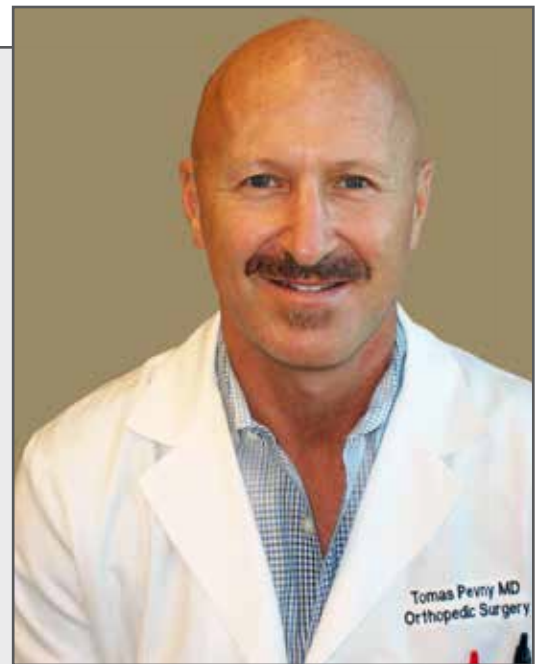
Chris Beck, MD, anesthesiologist, is an important part of the orthopedic care team both during surgery and post-operatively for pain control.

“MY EXPERIENCE STARTED WITH THE ORTHOPEDIC PATIENT NAVIGATOR AND INCLUDED THE SURGICAL NURSES, ANESTHESIOLOGIST, AND MY SURGEON, DR. LEELEE VON STADE. ASPEN VALLEY HOSPITAL SHOULD BE EXTREMELY PROUD OF ALL OF YOU. I THANK YOU FROM THE BOTTOM OF MY HEART FOR THE WONDERFUL WAY I WAS TAKEN CARE OF IN MY TIME OF NEED.”

- AVH PATIENT

“ASPEN VALLEY HOSPITAL HAS ALWAYS BEEN MY ‘HOSPITAL OF CHOICE’ FOR ORTHOPEDIC SURGERY. THE PATIENT NAVIGATOR ALLEVIATED MY ANXIETIES, AND HER GENUINE AND CARING MANNER WAS REASSURING. DR. PEVNY WAS MY SURGEON OF CHOICE, AND I CANNOT THANK HIM ENOUGH! HE LISTENED TO MY CONCERNS AND QUIETLY, BUT CONFIDENTLY, MADE SUGGESTIONS. HIS PRECISE SURGICAL TECHNIQUES RESULTED IN A NEW WORKING KNEE.”

- AVH PATIENT



Tom Pevny, MD, specializes in trauma care, sports medicine, and knee replacements.

WHAT DOES THE FUTURE HOLD?

Additional specialists will be coming on board as AVH employees in the spring. Thea Wojtkowski, MD, specializes in hip replacements and trauma care. Waqqar Kahn-Farooqi, MD, is a foot and ankle specialist. In addition, a shoulder specialist is being recruited.

“By fall of 2016, we will have a well-rounded team of specialists that are as good as any in the country,” adds Dr. Stahl. “With a focus on specialization, we will be able to meet patients’ needs for both outstanding medical care and customer service for which AVH is so well known.”

AVAILABILITY AND ACCESS

- OrthoAspen offices are located at AVH (new wing, second floor, in the location that was previously Aspen Orthopaedic Associates) and in the Midvalley Medical Center (second floor, also in the location that was previously Aspen Orthopaedic Associates).
- Appointments can be made by calling **544.1289**.
- Surgical care will continue to be offered at Aspen Valley Hospital and Midvalley Surgery Center.
- Emergency care, as always, will be available via the AVH Emergency Department. An orthopedic surgeon is on call 24/7.

OUR GOAL

Our goal is to establish AVH as the hospital of choice for specialty orthopedic care. The nature of our community, with our orientation toward an active lifestyle, requires excellence in orthopedic care and physical rehabilitation services. With employment of our fine existing orthopedic surgeons, the recruitment of new surgeons, and a new emphasis on timely access and customer service, we are confident that we will be better than ever! Watch for more information about our new doctors in the near future.



Dr. Leelee von Stade and Matt Byers, PA-C, prepare to perform a knee surgery.

COMPREHENSIVE REHAB SERVICES AT AVH

Few specialty fields of healthcare have changed as rapidly and as radically in recent years as rehabilitative therapy. At one time, "rehab" was thought of as a nice-to-have service for a few patients who needed help improving range of motion, strength, and mobility.



Louie Carder, director of rehab services at AVH

Today, that physical therapy only concept has expanded and now includes many types of rehabilitation for physical acute conditions, chronic illnesses, and even permanent disabilities. And within each type of therapy, innovative techniques have paved the way for outcomes that would once have been unimaginable.

"Patients tell us they had no idea rehab was so dynamic, far-reaching, and effective," says Louie Carder, director of rehab services at Aspen Valley Hospital (AVH). "It's really surprising to a lot of people and even to those of us working with these patients every day. Given the advances within the industry in recent decades, we are able to make significant improvements in functionality across a vast array of medical concerns."

FOCUS ON THE PATIENT

Rehabilitative therapy is sometimes mistakenly thought of as a "last step" before a patient returns home after surgery or other treatment. While it's true that rehab is available for patients in the hospital, AVH rehab services are often provided on an outpatient basis.

EACH AVH PATIENT RECEIVES THE UNDIVIDED ATTENTION OF A FULLY LICENSED PHYSICAL THERAPIST.

A typical course of rehab begins with a complete evaluation of the patient's unique situation:

- What are the person's medical history and current health status?
- What is the particular condition that needs to be addressed with rehab?
- What are the patient's goals for therapy?
- Has the patient had rehabilitative care previously?
- If so, what worked and didn't work?

Working collaboratively with the patient's physicians and other care providers, the therapist can customize a rehab program that will be most effective for the individual. The program may include techniques of physical therapy (PT), occupational therapy (OT), orthopedic or neurological care, hand therapy, speech therapy, or other types of treatment.

"PATIENTS TELL US THEY HAD NO IDEA REHAB WAS SO DYNAMIC, FAR-REACHING, AND EFFECTIVE."

- LOUIE CARDER,
DIRECTOR OF REHAB SERVICES

"Each patient is different, and that's really the key to effective rehabilitation," Carder says. "When I think about patient care, I have to think about the individual I'm treating. That involves, first of all, listening to what that patient tells you, because they will give you so much of the information you need to know: what's wrong, how they're feeling, how long this has been going on. You have to take all of that into consideration when providing treatment, because the patient really guides the care, in terms of the goals they want to accomplish."

BUILDING RELATIONSHIPS

Another important aspect to AVH's rehabilitation service is the one-to-one approach to care. Whereas other facilities may have a single physical therapist overseeing various physical therapy aides working with patients, each AVH patient receives the undivided attention of a fully licensed physical therapist.

"This is unlike any other place I've ever worked," Carder says. "We're really fortunate to have that one-on-one care at AVH. I don't have to worry about getting this patient finished quickly and about getting to the next patient coming in. I have a full hour with each patient, one-on-one, to ensure that we are providing the best possible treatment."

Patients are also assured of seeing the same therapist time after time, building a relationship that becomes part therapeutic care, part motivation, and part coaching. In fact, therapists sometimes accompany their patients to medical appointments and receive activity restrictions and other information directly from the physician.

REHABILITATION SERVICES FROM ASPEN VALLEY HOSPITAL

- Physical therapy and occupational therapy are provided at our main hospital campus, 0401 Castle Creek Road, Aspen. Appointments: **544.1177**
- Physical therapy services are provided at our Downtown Clinic, 720 E. Hyman Ave., at John Robert's Gym (formerly the Aspen Athletic Club), Aspen. Appointments: **544.1181**
- Physical therapists are available year-round at our Snowmass Club, 239 Snowmass Club Circle, Snowmass. Appointments: **544.1176**
- Physical therapists are available during the winter season at the Snowmass Urgent Care Center at Snowmass Village, 105 Daly Lane, Snowmass. Appointments: **544.1178**
- Speech therapy will be available at our main campus this spring.

For more information on therapy services, call **544.1177**.

"For patients, it can be very comforting to know that their physical or occupational therapist is there with them, getting the information about their care directly from the doctor. That is a hallmark of exceptional care," Carder says.

"Once you make that kind of connection, it's a relationship," he continues. "You're helping that patient through his or her goals in terms of getting back into recreational or day-to-day activities. Those relationships are so important, and we encourage patients to call us or send an email if they have questions."

PATIENTS ARE ALSO ASSURED OF SEEING THE SAME THERAPIST TIME AFTER TIME, BUILDING A RELATIONSHIP THAT BECOMES PART THERAPEUTIC CARE, PART MOTIVATION, AND PART COACHING.



Kaelen Arnold, DPT

SEASONAL BUSINESS

Not surprisingly, the types of injuries the AVH rehabilitation therapists treat vary by season. In the summer, the therapists see injuries from activities such as mountain biking. In the winter, during the busy skiing and snowboarding season, the number of orthopedic injuries increases significantly: torn ACLs (anterior cruciate ligaments), wrist and ankle sprains, and fractures of the clavicle and tibia.

Continued to Page 8

COMPREHENSIVE REHAB SERVICES AT AVH

... Continued from Page 7

At any time of year, a therapist may be working with a patient who is recovering from a stroke or suffering with Alzheimer's disease or Parkinson's disease. "With



Ellen Barlow, DPT

neurological patients, we help them maintain their ability to perform daily activities," Carder says.

"These cases may require input from different types of therapists, such as a physical therapist, an occupational therapist, and a speech therapist."

There has also been a noticeable increase in the number of people receiving hand therapy, since the addition of Ann Golden, MD, orthopedic surgeon, to the AVH

medical staff. Dr. Golden specializes in treating hand and wrist ailments, and occupational therapy is frequently an important part of her treatment plan for patients.

TRIED-AND-TRUE TECHNIQUES, PLUS INNOVATION

Like most other rehabilitation medicine programs, AVH rehab center houses a lot of traditional equipment, such as treadmills and mats. And, since a major facilities upgrade and expansion in 2012, AVH has taken a highly proactive approach to incorporating innovative rehabilitative techniques with a proven track record of success. Among these techniques available at AVH today are:

- **Dry needling** — Don't let the word "needle" alarm you. Dry needling involves the insertion of a **tiny monofilament** needle into the body, usually a muscle, to elicit a change or response from the affected area. It is used in conjunction with other treatments to restore function.

The AlterG® anti-gravity treadmill takes pressure off the joints by using a pressure-controlled chamber to gently lift the rehab patient, which helps to normalize the gait while still protecting healing tissue, and leads to quicker recovery from injuries.

"A lot of people are afraid of needles, so we may try with just 1-2 needles initially and see how they respond," Carder says. "In most cases, once patients have tried dry needling, they open up to it. I've seen the results and it does help."

- **AlterG® anti-gravity treadmill** — This remarkable piece of equipment resembles a traditional treadmill, but it produces an influx of air that reduces the stress of weight bearing on the body. Inside the machine is a camera that allows us to monitor the user's movements, providing information that can help therapists make treatment more effective.

The AlterG® is especially helpful for people who cannot walk freely because of a medical condition such as arthritis or a neurological disorder, as well as those who are under a doctor's orders not to bear their full body weight during activity. It is also useful for people who may need aquatic therapy but are unable to access AVH's therapy pool or are at risk of infection due to a wound or surgical scar.

- **Lymphedema therapy** — One of AVH's rehabilitation therapists has special training in treating lymphedema, particularly affecting the upper body. Lymphedema involves swelling that occurs when lymph fluid builds up in the body,



usually in the arms or legs, as a result of infection, cancer, or other condition. Treatments can include exercise, massage, skin care, and compression devices.

- **Aquatic therapy** — AVH has a small pool dedicated exclusively to rehabilitation purposes. Aquatic therapy benefits individuals with balance issues or those who can't support their full body weight during activity. The water provides extra support and buoyancy for people recovering from neurological disease or orthopedic injuries, for instance. The pool is also equipped with current-generating capability with adjustable resistance.
- **Pilates** — You may have heard about Pilates as an effective way to build strength and flexibility in the gym, but you may not know that it can also be used in rehabilitative care. One AVH therapist is certified in Pilates, so she can use the principles of the Pilates system to guide patients through activities that complement more traditional approaches to rehabilitation.

AN ONGOING PURSUIT OF EXCELLENCE

AVH therapists are constantly seeking new ways to expand their knowledge base and the treatment options they can offer to their rehab clients.

"In our department, we're trying to offer more services throughout the valley that people can receive locally," Carder says. "We want to make it more convenient for people to get a full range of services here in the valley, and that's why we send our therapists to receive specialized training in certain conditions, to earn new certifications, and to learn about various diagnoses. Expanding our knowledge is a benefit for the clients we serve."

PT AND OT:

WHAT'S THE DIFFERENCE?

One of the most common questions asked in a post-treatment setting is: What exactly is the difference between physical therapy (PT) and occupational therapy (OT)? It's a good question, because the differences are distinct but rather subtle.

"In fact, there are more similarities than there are differences," acknowledges Louie Carder, director of rehab services at Aspen Valley Hospital. "Both types of therapy try to improve range of motion, strength training, and mobility. However, PT is really treating the impairment, and OT focuses on restoring your ability to perform daily activities."

For example: To help a patient recovering from a stroke, a physical therapist will work on improving the person's overall abilities, while the occupational therapist will focus on restoring the ability to perform particular tasks, such as holding an eating utensil, getting in and out of the bathtub, and using adaptive walking equipment.

PT and OT are often complementary, Carder said, so patients may see both types of therapists simultaneously as part of their treatment regimen. For instance, a person who suffers a broken leg and concussion on the ski slope may need PT for the fracture and OT for the head injury.

SINCE A MAJOR FACILITY UPGRADE IN 2012, AVH HAS TAKEN A HIGHLY PROACTIVE APPROACH TO INCORPORATING INNOVATIVE REHABILITATIVE TECHNIQUES WITH A PROVEN RECORD OF SUCCESS.

LOCAL ATHLETE FINDS HELP AND HOPE, THANKS TO AVH THERAPISTS

Since moving to Colorado, Adam Lavender embraced the area's active lifestyle, eventually becoming a snowboarding instructor and competitive mountain bike racer. He eventually married, had children, and created a happy life — until everything changed.

In April 2012, Adam's mountain bike team was preparing to host an international mountain bike slopestyle competition, and he and his teammates were breaking in a new course they'd set up at their ranch in Grand Junction.

"It was something very routine," he recalls. "I started riding the course and came out of a tight berm and went off a jump just slightly off the left corner. It wasn't a huge jump, but I had just enough forward rotation to make me land vertically on my head."

During the ordeal, Adam never lost consciousness. He knew he had broken his neck as he waited patiently for the emergency medical helicopter to arrive and transport him to the local hospital.



Adam is transferred to a therapy table via a Hoyer lift.

THE LONG ROAD TO REHAB

Adam recalls waking up the next day with the realization that, while a large portion of his body was numb, he had some sensation and muscle control in his biceps and shoulders. A surgeon had performed a procedure to evaluate the damage to Adam's spinal column and had expertly repaired as much as possible.

From the hospital, Adam was moved to a rehabilitation center in Denver. There, he and his wife, Tanell, had little time to think about pursuing physical therapy or occupational therapy. Instead, the focus was on simply keeping Adam alive once he moved home.

"There are so many very small things that you have to keep up with or else they can become extremely serious health issues," Adam says.



Adam with his two daughters and his therapy team at AVH.

After he left the rehab center, finding affordable housing that could accommodate Adam's needs was a time-consuming challenge. He and Tanell also had two young daughters. And as expected, Adam often developed wounds, infections, and other medical issues that required extensive, lifesaving care. By the end of 2013, he weighed only 104 pounds.

IMMEDIATE SUCCESS, STEADY PROGRESS

The family's situation began to improve in July 2014 when they moved into a new home, customized and built for them by Habitat for Humanity, in Carbondale. With Adam's health and living situation more stable, and with closer proximity to Aspen Valley Hospital (AVH), Adam began weekly sessions with AVH physical and occupational therapists.

At first, Adam's expectations were low. In Denver, he'd been warned that physical improvement was likely only up to two years after the accident — and more than two years had passed by the time he visited AVH. So no one was more shocked than Adam when he began to see results right away.

"Immediately, there was a night-and-day difference from the other therapy I had experienced," Adam says. "They were so tuned into me, so knowledgeable and yet so humble, and so open to listening to my feedback, my needs, and my intuition."

The results have been dramatic. Adam reports "very significant" improvement in his functionality, and has progressed from having numbness in about 30 percent of his body to having none at all. Plus, he has gained back about 45 pounds.

"In more than a year of going to therapy at Aspen Valley Hospital, I've hit a new milestone every single week — something I hadn't been able to do before," Adam says. "It has all happened because of my therapists. If not for them, I would not be where I am now."



TIPS FOR SAFE SKIING AND SNOWBOARDING

Given the speeds, degrees of difficulty, and widely varying levels of skill found on a typical snowy ski slope, it's amazing how safe winter sports really are. According to the National Ski Areas Association, there were 0.65 fatalities and 0.78 catastrophic injuries per one million skier/snowboarder visits in the United States during the 2014/15 season.

Still, even a single injury is too many, especially if it is avoidable. Louie Carder, director of rehab services at Aspen Valley Hospital, offers these tips to help keep you on the slopes — rather than in the lodge with a season-ending injury:

- **Check your equipment often for signs of wear and damage.** You will want to examine your equipment at the beginning of the season, at the end of the season (so you can replace gear before you need it again), and after a fall.
- **Know your limits.** It's better to start slowly or take a few refresher lessons than to find yourself stranded at the top of a double black diamond run with no idea how to reach the bottom safely.
- **Obey the rules of the mountain.** Pay attention to signage, use an approved device to prevent runaway equipment, be respectful of others around you, and practice common courtesy on slopes and lifts.
- **Wear a helmet.** According to the National Ski Patrol, wearing a helmet can lower your risk of head injury up to 50 percent. Keep in mind, however, that a helmet is a complement to — not a replacement for — safe, responsible behavior.
- **Be aware of your surroundings, especially in unfamiliar territory.** Stay alert to potential hazards of both the natural and human kind, including other skiers who may not be as fast, skilled, or experienced as you are.
- **When falling.** Never reach your palms out in front of you. Instead, use your forearms to break your fall. You want to absorb the impact with your entire forearm instead of landing on your wrists.

Remember: Think safety first for a happy schussing season!

WELCOME TO THE NEWEST



KIMBER KURR, PT, DPT, PCS PEDIATRIC PHYSICAL THERAPIST

Kimber Kurr has a handful of credentials, but more importantly, she has a passion for children that began when she was a kids' ski instructor in high school. Now, after years of education culminating in a doctoral degree in physical therapy and a residency in pediatric physical therapy at Children's Hospital of Philadelphia, she is building a pediatric rehabilitation program at Aspen Valley Hospital (AVH).

Kimber treats a broad spectrum of ailments in kids from infancy to 18 years of age. Cerebral palsy and other neurological disorders, birth defects, developmental delays, post-concussion syndrome, and sports or other injuries

are all part of her practice. She looks forward to working with community and school athletic programs.

For children receiving school-based physical therapy, outpatient physical therapy is an important adjunctive service. "School-based services are restricted to academic-based goals," says Kimber. "Outpatient services can focus on non-academic goals like balance, walking, and age-appropriate mobility." Outpatient physical therapy (PT) can also be used as an adjunct to Early Intervention Services for children from infancy up to age three years.

Kimber is a graduate of the University of Illinois and received her Doctor of Physical Therapy degree at Massachusetts General Hospital Institute of Health Professions in Boston. Her experience prior to coming to AVH includes the Rehabilitation Institute of Chicago, Boston Children's Hospital, and Children's Hospital of Philadelphia.

PT services at AVH require a physician's referral. Appointments can be made by calling **544.1177**.

MARY HARRIS, MD

Dr. Harris is a board-certified pediatrician who joined the AVH medical staff in July 2015. She is in practice at Aspen Medical Care. Dr. Harris received her medical degree at Boston University School of Medicine. Appointments can be made at **920.0104**.



MEMBERS OF OUR STAFF

MICHAEL LINTNER, MD HOSPITALIST

Dr. Lintner joins our other hospitalist, Mike Goralka, MD, in providing care to adult and pediatric inpatients. The hospitalist program was introduced at AVH in 2006. In addition to providing a quick response and expert care to the sickest of patients, the hospitalists make life a lot easier for primary care physicians (PCPs) and their patients. Thanks to the hospitalists, PCPs don't have to leave their offices in the middle of the day to treat a hospitalized patient with an emergency. Patients are then referred back to their PCP upon discharge from the hospital.

Dr. Lintner received his medical degree from the University of Illinois, Peoria. He is a fellow of the American College of Physicians and is board-certified by the American Academy of Pediatrics. He is fluent in Spanish and Portuguese.



JOHN FEILD, DPM, AND DOUG GOFORTH, DPM PODIATRIC SURGEONS

Dr. Feild and Dr. Goforth have full-time podiatric practices at the Grand Valley Foot and Ankle Center in Grand Junction, and they now see patients in AVH's specialty clinic every other week. They also perform surgery at AVH. The two doctors offer a full scope of foot and ankle services including the care of nail problems, heel pain, ankle instability, bunions, hammertoes, and more.

Dr. Feild is a graduate of the Ohio College of Podiatric Medicine. Dr. Goforth is a graduate of Midwestern University — Arizona Podiatric Medicine Program. Both doctors are board-certified by the American Board of Podiatric Surgery.

Appointments can be made by calling **970.245.3338**.



AVH PATIENTS ENJOY SIMPLER, MORE SECURE TRANSFER OF MEDICAL RECORDS

Patients and physicians at Aspen Valley Hospital (AVH) will soon have a simpler, more convenient, and more secure way to access and share their medical records. That's because the hospital, through an affiliation with the Denver hospital network UHealth, will soon have new patient information software created by Wisconsin-based Epic Systems Corporation.

"Day in and day out, our goal is to improve the care we provide to our patients, and the Epic system will make it easier for our patients to access their medical records virtually anywhere in the world," says AVH IT Director Michelle Gelroth. "The improvement in access to medical records will be significant for our patients, as well as for their care providers at AVH and beyond."

For patients, one of the Epic system's primary benefits will be convenience. Because many people live in the Aspen area only part of the year, Epic will make it easy for them to access their medical information with doctors and hospitals outside the AVH network. For example, a person who breaks his leg while on a ski vacation here can conveniently and safely provide records of their care to their providers back home in New York, Los Angeles, London, Monte Carlo, or anywhere.

Another important benefit for patients and care providers will be the ability for AVH physicians to collaborate with their colleagues at UHealth in real time — providing immediate feedback that can help guide patient care recommendations.

Discussions to establish an affiliation began more than a year ago. AVH began implementing the system in January, with a live launch expected in the fall.



Pictured here is the staff from the Information Technology department that is involved in the Epic installation. From left: Jon Forbes, Director Michelle Gelroth, Josh Natale, Bryan Trzebiatowski, Marilyn Hatfield, and Vicki True.

HOSPITAL CONSTRUCTION UPDATE

Our construction crew spent the spring, summer, and fall of 2015 doing site preparation and pouring foundations and footers for Phase III of Aspen Valley Hospital's master facilities plan. Mechanical systems for this new segment of the building were installed. Now, much of the building has walls and a roof, and our construction crew is constructing the interior walls.

"We continue to be on time and within budget," says John Schied, project manager. "Comprehensive planning and day-to-day oversight by numerous people are critical. Building a hospital is complex, but we couldn't be more pleased with the progress."

Phase III will house a new emergency department, diagnostic imaging, surgery services, and medical office space. Once the expansion is constructed and functions are moved, renovation of vacated spaces will take place. The first part of Phase III is expected to be completed in the fall of 2016.



Project manager John Schied, second from left, tours the staff from maintenance, housekeeping, and biomedical engineering.

OUR MOST SINCERE THANK YOU . . .

Aspen Valley Hospital (AVH) received a 73 percent favorable vote in the November election. With five more years of our 1.5 mill levy approved, we will continue to focus on the many changes in the healthcare industry and our commitment to comprehensive, high-quality healthcare.

"The community's support means the world to us," says AVH Board Chairman Barry Mink, MD. "We are extremely grateful. The mill levy makes the difference between a thriving hospital and one that barely gets by."



ASPEN VALLEY HOSPITAL

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This publication in no way seeks to diagnose or treat illness or serve as a substitute for professional medical care. Please see your physician if you have a health problem.



ASPEN VALLEY HOSPITAL
FOUNDATION



With so many worthy philanthropic choices available,
Aspen Valley Hospital Foundation is truly

STANDING APART FROM THE HERD

Thank you!

We are so grateful to our community of supporters for their continued generosity and involvement over the past year. We are making terrific progress thanks to the kindness of many.

If you would like to donate, please use the remittance envelope attached to the center (pages 8-9) of this newsletter.