

Health Highlights



Community Newsletter
Summer 2023



Cardiac Rehabilitation

NEW CARDIAC REHABILITATION PROGRAM Cardiac Care Close to Home

By Jim Burson, PT-MSPT, Director Of Rehabilitation

Therapy and Wellness Center - 530-832-6502

The Therapy and Wellness Center is adding Cardiac Rehab (CR) to its offerings.

management, smoking cessation, physical activity counseling and exercise training.

Coming August 1st, EPHC is excited to offer this valuable service to our community.

Currently, patients travel to Reno or Truckee two to three days per week for up to 18 weeks for this service.

The program focuses on managing heart disease and recovery from cardiac events such as heart attack, heart valve replacement, stable but chronic heart failure, open heart surgery and more. It is also designed to reduce future heart risks. CR is a specialized course of therapy sessions prescribed by your medical provider.

A typical cardiac rehabilitation program consists of nutritional counseling, weight and diabetes



Cardiac Exercise Care

AMANDA FERRARO, DPT Attains Bali Yoga Certification



Amanda Ferraro, DPT

Amanda Ferraro, DPT, has been a part of the EPHC Outpatient Physical Therapy team since the Summer of 2021. She recently took time to attend a 200-hour Yoga course in Southeast Asia to enhance her therapy practice and to share the practice of Yoga with our community.

Amanda sat down with Rehab Director, Jim Burson, for an interview about her experience in Bali.

Why Bali? Yoga was founded 5,000 years ago in South Asia and I wanted to go somewhere that was more traditional. My teacher was from India where it began. He holds a Master's degree. Yoga was originally a form of meditation and the yoga postures we know today didn't come along for about two centuries. They were developed to help people to sit for long periods while meditating.

What was the training like? It was all day, every day for 3 weeks. It wasn't just the physical part, but incorporated Pranayama breathing techniques and the Philosophy of Yoga.

Amanda stated she has chosen to focus her teaching on Vinyasa Yoga. The discipline of movement and breath (Pranayama) relates to Physical Therapy because when you control your breath, you can control your Autonomic Nervous System. You can shift between the Parasympathetic and Sympathetic nervous system. There are benefits to both in that you can use the sympathetic to improve energy levels and use the parasympathetic to recover and be calm.

Therapy and Wellness Center - 530-832-6502

ENHANCED CARE MANAGEMENT AT EPHC

by Joanna Garneau, Program Manager and CalAIM Director

Wading through, or even identifying, community resources during a time of need can be extremely challenging. This is especially true if an individual lacks tools, personal resources, knowledge of available supports, and / or time.



Joanna Garneau
Program Manager

This is where EPHC's California Advancing and Innovating Medi-Cal (CalAIM) Enhanced Care Management (ECM) team plays an important role. Serving eligible Managed Medi-Cal members, our internal care management team is prepared to provide patients the support they need to be able to fully and effectively manage their own healthcare outcomes.

The seven core services provided through CalAIM ECM include:

- Outreach and engagement,
- Comprehensive assessment and care management,
- Enhanced care coordination,
- Health promotion,
- Comprehensive transitional care,
- Member and family supports, and
- Coordination of, and referral to, community and social support services

Our CalAIM team has been serving patients over the past several months. Services we have provided include coordinating appointments and transportation, referrals for housing navigation, meal support and medically tailored meals, coordinating care with IHSS workers, and setting goals important to, and chosen by, the individual.

EPHC is contracted with Anthem Managed Medi-Cal to provide ECM services to those in our community who are at risk for, or are experiencing, avoidable emergency department or hospital utilization. Patients who meet criteria may have had multiple ED or hospital visits within the past twelve months. Patients may meet the criteria for other populations covered by CalAIM;

these individuals would be working with other local organizations for care management. EPHC plans to expand services to additional populations such as individuals at risk for long term care institutionalization, individuals transferring from nursing facility to home, and individuals at risk for or experiencing homelessness.

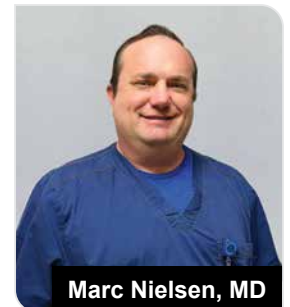
Talk to your provider today if you, or someone you know, would be a good fit for ECM services. You can also refer yourself or a family member by contacting your Managed Medi-Cal Provider or by emailing EPHC's CalAIM team. Referrals and questions can be sent to CalAIM@ephc.org.

Not all Managed Medi-Cal members are eligible. Your Medi-Cal Provider and EPHC's CalAIM team can assist with determining eligibility.

MARC NIELSEN, MD Featured Emergency Room Physician

This is part of our series on EPHC's Emergency Room physicians.

Dr. Marc Nielsen has been an Emergency Room physician at EPHC since 2016. Since 2022 he has also served as



Marc Nielsen, MD

the hospital's Chief of Staff. As Chief of Staff he is responsible for keeping the bar high for medical providers and for enforcing the medical staff bylaws. His goal is to create a work environment that has the quality controls in place so that medical providers can deliver top-notch care and can rely on each other and other medical staff.

Dr. Nielsen grew up in Orem, Utah when it was a more rural community than it is now and where he enjoyed hunting, fishing, and camping in the Wasatch Mountain range. He attended the University of Utah in Salt Lake City as an undergraduate and originally majored in Chemical Engineering. As he became more interested in pursuing a medical degree, he changed to a Biology major with a Chemistry

minor. Raised by a single mom, Dr. Nielsen found an early mentor and an inspiring role model in a good friend's father who was an anesthesiologist. Another important mentor was a cardiac surgeon and professor who taught a fascinating course on the physics of medicine, involving cutting edge MRI and CAT scan technology, and who worked on the first artificial heart.

Medical school at Touro University, on Mare Island in San Francisco Bay, brought Dr. Nielsen to California. There he became a Doctor of Osteopathic Medicine, a branch of medicine which treats the whole person as well as the disease. Osteopathy is anatomy based, views the whole body as interconnected, and focuses on getting body processes to work better. He was drawn to the fast pace and often life-saving decision-making of Emergency Medicine during his residency at Doctors Medical Center in Modesto and his internship at Valley Hospital Medical Center in Las Vegas. He brings over a decade of experience in broad spectrum Family Medicine and Emergency Medicine to EPHC.

Emergency Room physicians at EPHC work 48-hour shifts and often travel from long distances – the Bay Area and elsewhere in California – to do so. Dr. Nielsen makes his home in Chester

with his wife and two children. He also practices at Seneca Healthcare District there, where he is their Chief of Staff as well. At EPHC, Dr. Nielsen appreciates the exceptional nursing staff and being part of a team of Emergency Room physicians, trained in top medical schools, who bring their skills to our community to deliver excellent patient care. Combined, the team of Emergency Room physicians at EPHC have about two hundred years of experience in high volume, large hospital Emergency Rooms.

Although EPHC does not have all the specialties and facilities of larger hospitals, maintaining relationships with hospitals like Renown and St. Mary's in Reno and Tahoe Forest in Truckee to ensure rapid transfers when patients need care EPHC cannot provide is an integral, tightly integrated part of EPHC's operations.

Dr. Nielsen gets great personal satisfaction from his work and is deeply invested in the rural communities he serves. Finding his way to Plumas County has led him to the career of his dreams. He loves the personal, community-based nature of small-town medicine. Dr. Nielsen believes that every patient has a story to tell and that, when he meets them in the Emergency Room, it's his responsibility to figure out what he can do to help.

THE FUTURE LOOKS BRIGHT

Funding, Support & Grand Opening by Doug McCoy, CEO



Health care in California has been a key topic for legislators during the summer session. With the launch of the CalAIM initiative, Governor Newsom has signed legislation to increase funding to improve care delivery to the 15 million MediCal recipients across the state. This is an important step to ensure that our most vulnerable community members continue to have access to quality care, and that hospital services can be sustained for years to come. The new legislation will bring additional funding in 2025 which will help provide EPHC with resources to expand services, add additional equipment, and upgrade our infrastructure.

Closer to home, beginning in January of 2024 Partnership Health Plan will be taking over the claims management for MediCal recipients previously covered by either Anthem or California Health & Wellness plans. Plumas County along with 9 other Northern California counties will be making this change in January, and we are confident that this will continue to improve access to care for those impacted. As we expand our enhanced care management program, we look forward to working with Partnership to meet the needs of our community.

After several unexpected supply chain delays, we are very close to opening our new Loyalton Clinic. The new HVAC system which was scheduled to be delivered in May should be installed before the end of July followed by our grand opening event. We are excited to get started serving the residents of Loyalton in our new location and adding additional services as we progress through the year!

WELLNESS FAIR RETURNS

Saturday, August 26

The EPHC Wellness Fair returns on August 26th, 9am- 3pm at the Portola Veterans Memorial Hall, 449 W Sierra St, Portola, California. We are pleased to share many booths that will promote wellness and community awareness of services that are available to you in our community. We look forward to spending time with our community and being able to support you with your health care needs. This is a free event that features:

- Raffle Prizes
- Blood Pressure Checks
- Advance Directive Services
- Liberty Electric Discount Services
- Veterans' Services
- Information about Sierra Buttes Trail Stewardship and nearby trails

Plus information about the services offered by the following EPHC departments and programs:

- Radiology
- Dental
- Dietary
- Respiratory
- Skilled Nursing
- Medical Insurance
- Primary Care and Specialty Providers
- Physical Therapy & Wellness
- Human Resources & Employment Opportunities
- CalAim
- Nifty Thrifty (EPHC Auxillary)



EPHC ACQUIRES NEW 3D MAMMOGRAM MACHINE

Eastern Plumas Health Care's Radiology Department is pleased to announce that it has acquired a brand-new mammogram machine, a Hologic Selenia Dimensions 3D (Tomosynthesis) System, and is now offering 3D mammography to our community.

3D mammography detects cancers up to 15 months earlier and finds 20-65% more cancers than 2D mammography. It also increases clinical efficiency by reducing callbacks by up to 40% and decreasing the incidence of false positives. The actual scan time is only 3.7 seconds so patients are under compression for as little time as possible.

The American Cancer Society recommends the following screening guidelines for women of average risk for breast cancer. For screening purposes, a woman is considered to

be at average risk if she doesn't have a personal history of breast cancer, a strong family history of breast cancer, or a genetic mutation known to increase breast cancer (such as in a BRCA gene), and has not had chest radiation therapy before the age of 30.

- Women between 40 and 44 have the option to start screening with a mammogram every year.
- Women 45 to 54 should get mammograms every year.
- Women 55 and older can switch to a mammogram every other year, or they can choose to continue yearly mammograms.

If you'd like to schedule a 3D mammogram, please call Cindy at 530-832-6516. Mammograms are an integral part of the services offered by the Radiology Department; over the last two years (2020-2022) they have



Lauri Dixon
Supervisor of Radiology

performed over 1,000 mammograms. EPHC and the Radiology Department would like to extend their gratitude to Nifty Thrifty, the hospital's invaluable auxiliary, for their donation of 45% of the purchase price of the 3D mammography machine. Special thanks also go to EPHC's Plant Operations team for its remodeling of the mammography room.



500 1st Avenue
Portola, CA 96122
www.ephc.org