



Verde Valley Medical Center  
Northern Arizona Healthcare

Early Spring | 08

# Wellness

THE HEALTHCARE MAGAZINE FOR VERDE VALLEY MEDICAL CENTER **TODAY**



## Why I Chose Verde Valley Medical Center

*Mother of six shares her story of outstanding and compassionate obstetrics care.*

**Primary Care**  
Expands in Oak Creek & Camp Verde

**VVMC Achieves**  
Highest Standards  
of Healthcare

**Protecting You**  
from Infection

# Infection Protection at VVMC

The hospital is a place for you to get well—not sick. To protect your health, Verde Valley Medical Center follows strict guidelines and takes aggressive measures to eliminate hospital-acquired infections.

**Decades ago, drug-resistant staph** infections known as Methicillin-resistant *Staphylococcus aureus* (MRSA) were found only in the healthcare environment. Today, however, fewer than 3 percent of new MRSA infections are acquired within Verde Valley Medical Center because of the rigorous protocols in place to protect patients, staff and visitors.

“We have a whole manual full of policies—such as hand washing for medical practitioners and isolation protocols for infected patients—that are strictly followed to reduce the transmission of infection,” said Karen Smith, R.N., infection control practitioner at VVMC. “Infections also can come from outside sources, so we work very

closely with our county and state health departments to monitor illness outbreaks in the community and keep outside bacteria introduction to the hospital to a minimum.”

## Low Infection Means High Quality Care

Approximately one-third of the general population is colonized with MRSA, which means their nose or skin tests positive for the staph bacteria—even though they’re considered perfectly healthy. It’s only when the staph bacteria enter the body through a wound or cut that symptoms can develop and medical attention becomes necessary.

For the majority of healthy people, MRSA that has entered the skin will only cause minor skin problems that can be treated with a classification of antibiotics proven effective at treating the bacteria. However, when MRSA infects older people or those with compromised immune systems, it can lead to serious illnesses, including soft tissue infections and pneumonia.

“We’ve been working through the schools and the county health department to help spread information about the importance of hand washing to stop the spread of MRSA,” said James Bleicher, M.D., M.S., vice president of Medical Affairs at VVMC. “We have to be diligent about stopping this in the community so we can help keep it out of the hospital.”

**“At Verde Valley Medical Center, our goal is to help you heal faster and get home sooner. Our low infection rates are just one more testament to that fact.”**

—Christopher Spooner, M.D., board certified infectious disease specialist on the Medical Staff at VVMC



**Verde Valley Medical Center**  
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# Award-Winning Services

## Providing Excellence in Healthcare

**Every day, the professional staff** of Verde Valley Medical Center offers you, your family and neighbors quality, compassionate care. From cardiology to radiology and much more, each department works to maintain standards that exceed state and national averages—and VVMC has the awards and certifications to prove it. The following are just a few of the honors VVMC received this past year—all demonstrating VVMC’s commitment to giving you the best.

### Arizona Perinatal Trust Recertification

In its recent recertification process, VVMC received an outstanding review by the Arizona Perinatal Trust (APT). Upon completion of the review, APT surveyors noted that several of VVMC’s programs were so exceptional they will be used as examples for other hospitals in the state.

The APT is a private-public partnership among hospitals and healthcare professionals throughout Arizona committed to providing every mother and baby the highest quality of care. Certification is voluntary, and participating hospitals undergo inspection and education to meet the stringent requirements for certification.

VVMC is certified by the APT as a Level 1 Perinatal Center that provides care for low-risk maternity patients and their newborns.

Data has shown certified hospitals like VVMC report better perinatal outcomes, including shorter length of stays, heavier infant birth weights and lower mortality rates than those without certification.

### 2007 Employer Excellence Award

The Arizona Nurses Association (AzNA) gives this award to only one state healthcare facility once every two years—and VVMC is the 2007 recipient. Criteria included outstanding support of nursing leadership and creating a professional environment of nursing practice, education and excellence. VVMC supports nurses in the pursuit of advanced degrees and certifications, and places an emphasis on teamwork and communication to provide exceptional quality of work.

### SCF Arizona Sentinel Award

SCF Arizona, Arizona’s largest worker’s compensation insurance carrier, recently awarded Northern Arizona Healthcare the Sentinel Award for commitment to workplace safety. NAH, the parent organization of Flagstaff Medical Center and Verde Valley Medical Center, was chosen to receive the award because of the partnership between SCF, senior management, physicians and employees to create and maintain a culture



“In the 11 years I’ve been here, Verde Valley Medical Center has helped me grow as a nurse, and I know I have played a part in the growth of VVMC and in the quality of nursing care provided. We are innovators and leaders in the endeavor to continually elevate nursing as a professional practice.”

—Danette Anderson, R.N., C.E.N.

of safety for the past three years. Safety records indicate no on-the-job fatalities, minimal falls and other work-related injuries, a focus on caregiver safety such as decreasing needle sticks, and more. As one of Northern Arizona’s largest employers—more than 2,800 employees between Verde Valley Medical Center and Flagstaff Medical Center—NAH views receiving this award as a true testament to our employees who strive daily for safe working conditions.

### American Heart Association Silver Award

In July 2007 VVMC was one of only two hospitals in Arizona recognized by the American Heart Association’s Get With the Guidelines program as a performance achievement award winner in the category of cardiac patient care.

### Ultrasound Department Receives Perfect Accreditation Score

The Ultrasound department at VVMC, the only accredited ultrasound facility in the Verde Valley, received a perfect accreditation score from the American College of Radiology in August 2007. The accreditation process inspects quality control measures, physician and personnel credentials and ultrasound protocols.



“In the nine years I’ve been at Verde Valley Medical Center, nurses have been given more and more opportunities. From participation on committees, to decisions about policies, procedures and unit design—our opinions matter and we make a difference.”

—Aaron Church, R.N.



# Verde Valley Medical Center is a Perfect Match for a Mother of Six

▲ Pictured with her six children, Christine Masters knows about maternity care—that’s why she chose Verde Valley Medical Center to deliver baby Isaiah, her sixth child.

When she learned she was pregnant, mother of five Christine Masters started searching for a physician—and a hospital—to deliver her sixth child. She had delivered her first four babies in California, and the Flagstaff-based physician who had delivered her fifth had relocated.

became clear—Verde Valley Medical Center, and the talented team of physicians, nurses and support staff.

After five relatively complication-free pregnancies, Christine initially assumed her sixth pregnancy would be similar. However, when she began experiencing some minor complications, she knew choosing the right doctor and hospital was imperative.

“I had asked my friends for referrals, but was unable to find the right fit,” Christine said. “One name continued to come up, however, and that was Dr. Dennis Reed. When I met with him and his staff, I found everyone to be warm, friendly and easy to talk to. They told us VVMC’s maternity rooms are designed to handle labor, delivery, recovery and postpartum. They provide a comfortable, home-like setting with a private bath, telephone and television. Jim and I agreed VVMC was the place for us.”

.....  
**When Christine and Jim Masters** discovered in November 2006 Christine was pregnant with their sixth child, they were thrilled.

“We always planned on having a big family,” she said. “To my husband and me, children are a blessing. We have a heart to raise kids and have a positive influence on the world.”

Living in Sedona, it was important to Christine to find support nearby, but even more important to find quality healthcare and comprehensive services. When she started asking for referrals, her answer

## Different Than Before

From its early stages, Christine’s pregnancy was proving more complicated than her previous five. When she was five months pregnant, she experienced preterm labor.

After undergoing monthly ultrasounds, Christine was placed on bed rest 34 weeks into her pregnancy. During this time, she experienced unusual labor pains, yet there were no



▲ Dennis J. Reed, M.D.

“I am so glad I chose Verde Valley Medical Center to deliver my sixth child. The facilities and staff were inviting and made me feel at home.”

—Christine Masters, VVMC patient



real signs that her baby boy—whom she and Jim had decided to call Isaiah—was ready to deliver.

When Christine was taken off bed rest, it was just five days before her labor pains took full effect—she then knew it was time to deliver and welcome Isaiah into the world.

### A Team Approach

Once Christine arrived at VVMC, she received news that Dr. Reed was unavailable and fellow physician John French, M.D., another board certified OB/GYN on the Medical Staff at VVMC, would be delivering Isaiah.

“I have a friend who previously had a wonderful delivery experience with Dr. French, so I was very comfortable with him,” Christine said.

When Christine started experiencing severe back pain during labor, she expressed her concern.

“The whole staff was compassionate, reassuring and thorough,” she said. “They all worked together and made every effort to make me more comfortable.”

On the afternoon of June 16, 2007, Christine, Jim and her five children welcomed Isaiah Masters into their family.

“I received exceptional care from everyone we came in contact with at VVMC. My husband and I were so impressed,” said Christine. “After the comprehensive care provided for my family, I would definitely recommend VVMC to women having a baby—whether it is their first or sixth.”

**To find an OB/GYN on staff at VVMC, visit [www.VerdeValleyMedicalCenter.com](http://www.VerdeValleyMedicalCenter.com).**



Christine and Jim Masters hold the newest addition to their family, Isaiah, who was born in one of Verde Valley Medical Center’s state-of-the-art birthing suites.



Verde Valley Medical Center offers compassionate care for an expanding population of pediatrics patients.



Jayne Sanson-Jaraczewski, M.D., pediatrician



Robin Matteo, R.N., B.S.N., L.N.C., I.C.C.E., director, Perinatal services

# Caring for Our Youngest Patients

## Obstetrics and Gynecology Services

In 2007, OB/GYNs at VVMC welcomed more than 700 new babies into the world. The hospital's four OB/GYNs offer quality, convenient care to expectant moms.

"Our OB/GYN services are some of the best in the state," said Dennis Reed, M.D., OB/GYN at VVMC. "With four OB/GYNs on staff, we are able to offer expectant moms comprehensive services coupled with compassionate care."

In addition to prenatal and delivery services, VVMC offers post-delivery counseling and a postpartum depression support group, ensuring new mothers experience a continuum of care.

To further support the growing needs of the community, plans are underway to expand Perinatal services, which will be relocating in 2009 to a larger location on the fourth floor of the newly constructed East Tower.

"We are planning for the future and are committed to offering expectant mothers the best services and facilities possible," said Dr. Reed. "My fellow OB/GYNs and I are excited to be contributing to the future of this community."

## Pediatrics Services

Specialized training in pediatric care and the ability to provide needed speech, physical and occupational therapy all characterize the growing pediatrics services at VVMC.

Four pediatricians are available to diagnose and treat illnesses, as well as provide health checkups for growing patients. In addition to physicians, nurses are specially trained to care for younger patients through such procedures as adjusting medication dosages in relation to age and weight.

“.....  
The Arizona Perinatal Trust states in its Vision Statement that, “The care of human life at its beginning is of the highest human order of moral value.” Our certified services and medical professionals are dedicated to keeping you and your baby safe before and after delivery. We hold our department to the highest standards, and feature state-of-the-art equipment and specially trained physicians and nurses who are committed to their patients. ”

—Robin Matteo, R.N., B.S.N., L.N.C., I.C.C.E., director of Perinatal services at VVMC

# Part of Your Family

Your little one is the most important part of your life. That's why Verde Valley Medical Center is home to an experienced team of pediatricians and obstetricians/gynecologists. The following providers are part of the Verde Valley Medical Center family of physicians.

## PEDIATRICS

### **Juarte Adomeniene, M.D.**

*Medical School:* Vilnius University School of Medicine

*Internship/Residency:* Marshfield Clinic/Saint Joseph Hospital

### **Michael Le Bras, D.O.**

*Medical School:* Kirksville College of Osteopathic Medicine

*Internship/Residency:* Arkansas Children's Hospital/University of Arkansas for Medical Science

### **Jayne Sanson-Jaraczewski, M.D.**

*Medical School:* Medical College of Wisconsin

*Internship/Residency:* Lutheran General Children's Hospital

### **Wendy T. Tuccille, M.D.**

*Medical School:* Medical College of Wisconsin

*Internship/Residency:* Montefiore Medical Center/Albert Einstein College of Medicine

## OBSTETRICS AND GYNECOLOGY

### **John C. French, M.D.**

*Medical School:* University of Juarez  
*Internship/Residency:* Scott and White Hospital

### **Robert H. Jochim, M.D.**

*Medical School:* Loyola University  
*Internship/Residency:* Ventura County General Hospital and Phoenix Indian Medical Center

### **Dennis J. Reed, M.D.**

*Medical School:* University of Cincinnati College of Medicine  
*Residency/Internship:* Bethesda Hospital

### **Charles J. Rolle, M.D.**

*Medical School:* University of Arizona School of Medicine  
*Residency/Internship:* Southwestern Medical School/Parkland Hospital

For more information about these and other VVMC physicians, please visit [www.VerdeValleyMedicalCenter.com](http://www.VerdeValleyMedicalCenter.com).

"For young people, a pediatrician is not only someone who helps you stay well—a doctor acts as a child's friend and sees him or her through the formative years," said Jayne Sanson-Jaraczewski, M.D., board certified pediatrician on the VVMC Medical Staff. "At VVMC, our pediatricians are committed to patients and to keeping our young people healthy."

Spring 2009 holds bigger and better things for the Pediatrics department at VVMC. A dedicated four-bed Pediatrics unit has been approved and will feature a family room, play room and separate exam rooms designed in bright color palettes for young ones.

"As we began to expand our pediatrics services, we saw a need for a dedicated unit built with our young patients in mind," said Robin Matteo, R.N., B.S.N., L.N.C., I.C.C.E., director of Perinatal services at VVMC. "We want parents and children to know when they need pediatric or obstetric care, they can count on VVMC."

## Complete Care for Mother and Infant

Verde Valley Medical Center is a Level I Perinatal Care Center, meaning the facilities are equipped to care for women with normal and low-risk pregnancies. VVMC offers a variety of comprehensive services to mother and child, including:

**1. Our Caring and compassionate physicians and staff**—"Our unit recently received a three-year certification from Arizona Perinatal Regional Systems, a voluntary quality system of the Arizona Perinatal Trust," said Robin Matteo, R.N., B.S.N., L.N.C., I.C.C.E., director of Perinatal services at VVMC. "Many of our nurses are RNCs, meaning not only are they registered nurses, they also are nationally certified in their specialty of obstetrics. We have certified lactation consultants on staff, as well as certified childbirth educators. All of our Medical Staff are required to attend continuing education classes to stay up-to-date on current information and techniques."

**2. Full time perinatal social worker**—The social worker provides support and guidance to pregnant families, which includes evaluation, education, counseling and referrals in collaboration with hospital and community services.

**3. Private rooms**—With seven private rooms, new moms can enjoy home-like amenities, including a private bath with a whirlpool tub, oak furniture and decorative prints.

**4. Childbirth education classes**—VVMC offers a childbirth education program taught by registered nurses that includes a five-week evening class addressing anatomy and physiology, labor support, pain management, newborn care and breast-feeding.

To learn more information about Perinatal services offered at VVMC, call 928 639-6500.

Meet Ty Montgomery, R.N., M.S.N., F.N.P.-C., C.E.N., C.C.R.N., and Delyte Nasch R.N., M.S.N., F.N.P.-C., Verde Valley Medical Center's newest additions to the healthcare team. Practicing at the Big Park Family Practice in the Village of Oak Creek and the Camp Verde Health Center in Camp Verde, respectively, these nurse practitioners offer high-quality care close to home.



**Ty Montgomery, R.N.,  
M.S.N., F.N.P.-C.,  
C.E.N., C.C.R.N.**

## Family Nurse Practitioners

### Expand Options for Primary Care

**More and more people are** choosing nurse practitioners as their primary, acute and/or specialty healthcare providers. Nurse practitioners are advanced practice nurses who provide high-quality healthcare services. Their job duties include ordering, performing and interpreting diagnostic tests such as lab work and X-rays; diagnosing and treating acute and chronic conditions such as diabetes, high blood pressure, infections and injuries; prescribing medications and other treatments; managing patients' overall care; spending time counseling patients and helping patients learn how their actions affect their health and well-being.

Arizona is one of a number of states that consider NPs licensed independent professionals. Arizona does not require a nurse practitioner to have a supervising physician, and the Board of Nursing, not the Board of Medicine, regulates a nurse practitioner's practice.

### Emphasizing Excellence

Montgomery graduated from the University of Phoenix with a Master's of Science in the Nursing/Family Nurse Practitioner program. He is licensed as a nurse practitioner with the state of Arizona and holds a national certification from the American Academy of Nurse Practitioners. His healthcare background includes extensive work in the emergency and critical care settings, and he also has been a provider of primary and urgent care services. Montgomery's office is located at Big Park Family Practice, 61 Bell Rock Plaza in the Village of Oak Creek. Call 928 204-4999 for more information.

Nasch graduated from Northern Arizona University, Flagstaff, with a Master's of Science in the Nursing/Family Nurse Practitioner program. She is licensed as a nurse practitioner with the state of Arizona and holds national certification from the American Nurse's Credentialing Center. Nasch's healthcare background includes more than 20 years of extensive nursing experience in the Verde Valley. Nasch's office is located at the Camp Verde Health Center, 460 Finnie Flat Road. Please call 928 639-5555 for more information.



**Delyte Nasch, R.N.,  
M.S.N., F.N.P.-C.**



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