A golden achievement

Enloe recognized for patient care

After 12 years of transformation, Enloe Medical Center received the prestigious Gold Certification from Planetree International on Feb. 27. Enloe is one of 23 hospitals worldwide to receive this honor since the program launched in 2007.

“This achievement is reflective of a tremendous collaboration between our community and our organization as we try to create the best possible environment for healing and wellness,” said Mike Wiltermood, president and CEO of Enloe Medical Center. “The keys to our continual improvement as a truly patient-centered organization are the Planetree model, the vision of our Board of Trustees, the commitment of our medical staff, employees and volunteers, and the input and counsel we receive daily from our patients and other community advisers.”

Gold Certification is Planetree’s highest level of achievement, based on evidence and standards. The Joint Commission recognizes it as a top accomplishment in the delivery of patient-centered care. Planetree’s principles prioritize active participation of patients and their families throughout the health care process, with an emphasis on partnership, compassion, transparency, inclusion and quality.

Enloe has relied upon these core principles of the Planetree philosophy to rebuild its culture and maintain a focus on quality, safety and patient satisfaction as the key drivers of the medical center:

1. Human Interaction
2. Access to Information
3. Healing Environment
4. Family, Friends & Social Support
5. Food & Nutrition
6. Healing Touch & Complementary Therapies
7. Spirituality & Diversity
8. Arts & Entertainment
9. Healthy Communities

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Enloe’s journey to Planetree Gold Certification took more than 12 years. In 2008, caregivers were making strides. That year, (from left to right), Judy Sitton, Nancy Ledoyen and Marcia Nelson, M.D., were recognized as Enloe Spirit of Planetree winners.

While all Enloe caregivers helped the medical center earn Planetree’s top award, these caregivers helped lead the way: (back row, from left to right) Chad McBee, Debbie Strukan, Michelle August, Philip Pooley, Amanda Wilkinson, Beverly McCoy, Amber Genato, Dana Bondurant and Elise Rowen Debord; (middle row, from left to right) John Dimercurio, Laura Nelson, Arah Barham, Mike Wiltermood, Enloe’s president and CEO, Roseanna Galindo-Kuhn, Donna Larson, Joanne Joksch, Debby Johnson and Sandra Bernstein; and (front row, from left to right) Pam Slick, Jolene Nixon, Shirley Hansen, Connie Rowe, David Fercho and Shannon Doyle.
Palliative care is often overlooked, but it’s a specialty that can have a big impact on families facing serious illness. That’s what drew Aldebra Schroll, M.D., the medical director of Enloe’s Supportive and Palliative Care Service, to it. The relationships she’s built keep her passion alive.

“I like getting to know people,” she said. “I like learning what matters most to them and getting an insight into how people define quality of life, something that’s so personal.”

She and the rest of Enloe’s Supportive and Palliative Care Service team have helped thousands of patients with symptom management and expressing their wishes in case the unexpected happens. These may seem like tough topics to think about, but they’re important and can help make difficult situations manageable.

**A misunderstood specialty**

People often confuse palliative care with hospice, which is care for people facing a terminal diagnosis, Schroll said. But palliative care is not limited to end-of-life. Schroll and the rest of the team also help patients manage symptoms caused by their disease or treatment to improve their quality of life. In addition, they provide access to resources and assist with advance care planning and the paperwork that often comes with the diagnosis of a serious illness.

Palliative care can benefit anyone, at any age, who is facing severe illness and can be provided together with curative treatment. “What we like to tell people is that it’s for any stage, at any age, whether they’re facing cancer or a major injury,” Schroll said.

The service is offered to patients admitted to Enloe Medical Center and gives them access to an interdisciplinary team made up of physicians, nurse practitioners, a social worker, chaplain and nurses. Patients and their families receive both physical and emotional support. The team can also help start tough discussions about the type of care patients would want if their health took a turn for the worse.

**Being proactive is important**

People often postpone talking about topics like these, but it’s important they do it before the unexpected happens. Having an advance directive can be a very helpful first step. An advance health care directive is a guide you complete that tells health care providers and loved ones the person you choose to speak for you and the kind of medical care you want if you’re unable to speak for yourself.

Schroll and her team help families fill out the document, asking all the important and potentially difficult questions, so health professionals will know how to proceed if the unexpected does happen.

Rebecca Senoglu, the Cancer Support Program coordinator, encourages everyone over the age of 18 to have an advance directive on file at Enloe Medical Center. Though not part of the Supportive and Palliative Care Service team, Senoglu works with Schroll and other caregivers to spread the word about the importance of advance directives.

She admits the form can seem overwhelming and encourages folks to take it one step at a time, seek help from an Enloe caregiver or just start by deciding who they want to speak on their behalf.

“Even a short conversation can turn a crisis into something that’s manageable,” she said.

Visit [www.enloe.org/directive](http://www.enloe.org/directive) to learn more about advance directives or download the form. For tips on how to start the conversation about your final wishes, visit [thecommunicationproject.org](http://thecommunicationproject.org).
Chico has a tradition, dating to the mid-1960s, of grassroots support for its community-based hospital. Local fixtures, such as John Morehead, Alice Starmer and Steve Nettleton have given their time to fundraise for critical needs at Enloe Medical Center, including equipment, the FlightCare helicopter and new hospital buildings.

The tradition continues as the Enloe Foundation Board of Directors welcomes Paul Moore, Ph.D., and Judy Sitton. Members of this nonprofit volunteer organization govern the Enloe Foundation, putting the generosity of donors to work for the medical center.

We are so grateful that Judy and Paul chose to bring their talents and skills to our board, and we appreciate the sacrifice each of our volunteer directors makes to strengthen and support health services in our area,” said Enloe Director of Advancement and Communications Jolene Francis, CFRE.

Moore, who joined in April, is a retired vice president of California State University, Chico, where he worked from 1988 to 2004. He has actively given back through Chico Noon Rotary, the Far West Heritage Association and the Butte County grand jury.

Moore has also been a friend to Enloe, serving since 2015 as a member of the Cardiovascular Care Center Campaign Committee, which drives fundraising for an expansion of heart services.

Sitton joined the board in January. She holds a Doctor of Humane Letters from CSU, Chico, and is a retired executive vice president for the software company she co-founded, SunGard Bi-Tech. Sitton taught elementary school locally for 10 years and is known for supporting community organizations, including the Gateway Science Museum’s Community Advisory Board and CSU, Chico, Leaders’ Honor Society.

Sitton provided governance through the Board of Trustees for nearly 10 years, including as vice chair. She was appointed Emeritus Trustee in February 2013 and remains an Emeritus Trustee today. She also led the Planetree focus on patient-centered care since the idea came to Enloe in 2004 and continues to be the Planetree Leadership Committee chair.

The Board of Directors’ current focus is raising $5 million for the future Cardiovascular Care Center, a $20 million expansion inside the medical center. As of early May, the campaign had reached the $4.2 million mark! To learn more or donate, visit www.enloe.org/giving. View all of the directors at www.enloe.org/directors.

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“The experience of Enloe Medical Center shows what can be accomplished when a team of deeply committed, supremely innovative and highly driven caregivers take the courageous leap to redefine priorities and reorganize systems to put patients first,” said Susan Frampton, president of Planetree International, a not-for-profit organization at the forefront of the movement to transform health care from the perspective of patients for nearly 40 years.

In 2014, Enloe’s Total Joint Replacement Program was presented with the National 2014 Spirit of Planetree Program Award, which honors programs and services that support extraordinary achievement in transforming the health care experience. Then Enloe’s Bariatric Program was awarded the 2016 Spirit of Planetree Award: Patient Centered Excellence and Innovation at the International Planetree Patient Centered Care conference.

For more about Planetree’s certification program, visit certification.planetree.org.
Summer vegetable curry

Take in the flavors of summer with this savory vegetable curry. Serve it over brown rice for a satisfying meal that’s sure to delight.

Number of servings: 4

Ingredients
1 small eggplant (about 3/4 pound)
1 small zucchini
1 tablespoon olive oil
2 cloves garlic, minced
1 onion, chopped
1 inch fresh ginger, grated
1 tablespoon curry powder
¼ pound small fresh mushrooms, sliced
1 cup diced tomatoes, peeled and seeded
1 15-ounce can no-salt-added chickpeas, drained and rinsed
1 14-ounce can light coconut milk
1 cup fresh cilantro, chopped
2 cups cooked brown rice

Directions
1. Wash and cut the eggplant into 1-inch cubes. Remove the seeds but do not peel.
2. Wash and cut the zucchini into 1-inch cubes.
3. Wash, dry and prep the remaining produce, and drain and rinse the chickpeas.
4. Heat the olive oil in a large pot then add the garlic, onion and eggplant.
5. Sauté the ingredients until the eggplant begins to soften, about 5 minutes.
6. Add the zucchini, ginger, curry powder, mushrooms and tomatoes. Cook for 2 minutes.
7. Add the chickpeas and coconut milk.
8. Cook on medium heat until all the ingredients are heated through.
9. Serve with hot brown rice and garnish with cilantro.

Nutritional information per serving: 276 calories, 9 g protein, 14 g fat, 29 g carbohydrates, 8 g fiber and 31 mg sodium; adding a ½-cup serving of brown rice adds about 109 calories, 2 g protein, less than 1 g fat, 23 g carbohydrates, 2 g fiber and 1 mg sodium

Donate to the Enloe Foundation

Enloe Medical Center has undertaken a multi-year project to create a Cardiovascular Care Center that will expand and improve facilities and equipment for cardiovascular care in the North State. Learn more at www.enloe.org/give or call (530) 332-4550.

Classes, Events & Support Groups

Enloe Medical Center provides a variety of programs to promote health and wellness. Find details at www.enloe.org/events.

7/19 Pre-Diabetes Class
8/4 Walk with a Doc
9/5 Help and Hope for Alzheimer’s Disease
9/11 OLLI Lecture Series Kicks Off
9/13 Total Joint Replacement Seminar
10/6 Walk with a Doc
10/18 Pre-Diabetes Class
10/19 Exercise4BrainChange Essentials, Parkinson’s Disease Education
10/27 Community Wellness Expo

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