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TRIOS HEALTH NEWS + SUMMER/FALL 2020

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## YOUR HEALTH. OUR HEROES.

### A Glimpse at How We're Working to Keep You Safe

By MICHAEL CABASUG, MD, FAMILY MEDICINE PHYSICIAN, TRIOS HEALTH BOARD CHAIR

As healthcare providers, the wellbeing of our patients is our top priority every day of the year. When it comes to caring for you during a pandemic, that doesn't change. In fact, as we continue to fight COVID-19 and navigate our "new normal," we have

taken a number of important steps to ensure that we can continue to provide the quality care you have come to trust in an environment that is safer than it has ever been.

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## Ask a Doc

**Whitney  
Fix-Lanes, DO,**  
is a board-certified  
osteopathic family  
physician.



**QUESTION:** *My child's school year is not beginning in person. Does he/she still need an annual physical and immunizations check?*

**ANSWER:** Yes. Well visits are an essential part of keeping your child on the road to good health. They allow your child's healthcare provider to conduct a full evaluation, monitor your child's growth and developmental milestones, ensure that they are up-to-date on

immunizations, answer any questions you may have and spot any potential health issues before they become serious. In fact, now is a great time to schedule your child's annual visit. Healthcare clinics are taking extra precautions to protect everyone's health and safety, and your

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# A note from the CEO

When 2020 began, no one could have predicted the journey we have found ourselves on over the last several months. The emergence of COVID-19 has created unprecedented challenges for our community and caused each of us to rethink how we do everything – from traveling and socializing with friends and neighbors to completing everyday tasks like shopping for groceries.

At Trios Health, I believe our fight against COVID-19 has made our team stronger, our hospital safer and our ability to care for you better than ever. This issue of *Making Communities Healthier* takes you inside our hospital for a look at what we are doing to keep our patients and guests safe when receiving care, offers some great tips on how you can help stop the spread of this disease, and much more!

From the beginning, our priority has been protecting the health of our community, our patients and our employees. And we will continue to work hard to ensure a safe place of care and a healthier community for all of us. ■

Sincerely,  
John Solheim, MHA, FACHE, CEO

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As each of us does all that we can to stay safe and protect ourselves and our families, it has never been more important to stay on top of our health and seek the proper care when necessary. You may be wondering what receiving care in our facilities might look like right now. Read on to learn about all the ways we are working hard to keep you safe when you come visit us.

## Safety and Cleanliness

Trios Health has always been a clean and safe place to receive care. Effectively managing infectious diseases with proper sanitation and disinfection procedures has been and continues to be essential to ensuring a safe environment of care. Our environmental services team continues to implement effective cleaning and disinfecting practices throughout our hospital. When you come for care, you can rest assured that we are committed to maintaining high standards of cleanliness in all of our facilities.

## Supplies and Staffing

Our clinical teams are constantly monitoring supplies like personal protective equipment (PPE), medications and blood, as well as evaluating space and staffing needs, to make sure we have what we need to care for all of our patients. This includes patients who are coming in for planned procedures, as well as those seeking emergency and potential COVID-19 care.

## Screening

Everyone who enters our facility – from patients to employees and medical staff – is screened for COVID-19 symptoms, in accordance with CDC guidelines. This practice, which includes conducting temperature checks and asking a series of questions, helps protect not only our patients but our staff as well.

## Masking

In accordance with CDC recommendations, we have a universal masking policy currently in place. Just as we screen everyone who enters our facility, we also require that everyone, including patients and employees, wear a face mask at all times.

## No Visitor Policy

Out of an abundance of caution, we have put a no visitor policy in place.

While COVID-19 is uncharted territory for our community, you can be confident that we are committed to providing a safe place to receive quality care when you need it, and we are continuing to seek ways to enhance your patient experience. To read even more about how we are keeping your safety a priority, visit [TriosHealth.org/COVID-19](https://TriosHealth.org/COVID-19) ■



# Mission Moment

Aggie Mowry, RN

TRIOS FAMILY  
BIRTHING CENTER

Meet Aggie Mowry, Trios Health's 2020 Mercy Award winner! Aggie feels her calling in life is to help mothers enduring pregnancy loss. She was instrumental in starting

‘Gone Too Soon’ – our area's only pregnancy loss support group – and even traveled to Uganda last year on a self-organized medical mission to help mothers dealing with perinatal loss. She is an incredible example of someone who leads by doing, compassion and selflessness, and Making Communities Healthier! ■

# DID YOU KNOW?

Trios Health is grateful to call the Tri-Cities home, and we take pride in not only creating a place where you choose to come for healthcare, but also in making a positive impact in our community. Here are just a few ways we made a difference last year.

We added 56 new providers and invested more than \$2 million in capital improvements to help ensure that we continue to provide access to quality care and meet your evolving healthcare needs.

We donated more than \$18 million in charity care because we believe that delivering care to all of our neighbors – regardless of their ability to pay – is foundational to our mission of Making Communities Healthier.

We paid more than \$11 million in taxes because we take our role as a community leader seriously and are dedicated to ensuring fiscal responsibility both within and outside our hospital walls.

We distributed a payroll of more than \$88 million to nearly 1,000 employees as part of our commitment to creating places where physicians want to practice and employees want to work, and where their contributions are valued.

We supported a number of local organizations, including United Way, Grace Clinic, Benton-Franklin Fair & Rodeo and more, because, as leaders in our region, we are committed to helping our community grow and be the best it can be for all of us. ■

For more on our community impact, check out our full Community Benefit Report at [TriosHealth.org](https://TriosHealth.org)

# 3 to Help Stay COVID-Free

Three simple actions to help stop the spread of COVID-19 and protect yourself, your family and your community

### WASH YOUR HANDS

20 Seconds Minimum

Wash your hands frequently with soap and water for at least 20 seconds. If soap and water are unavailable, clean your hands with an alcohol-based sanitizer that contains at least 60% alcohol.

### PRACTICE SOCIAL DISTANCING

6 Feet Minimum

Stay a safe distance – at least 6 feet apart – from others not in your household in both indoor and outdoor spaces. Six feet apart is about two arms' length.

### WEAR FACE MASKS

For Everyone's Protection

Wear a face mask or cloth face covering that covers your nose and mouth in public spaces, even if you don't feel sick. Face masks and cloth face coverings can help protect others and prevent both asymptomatic and symptomatic spread of respiratory illnesses like COVID-19.



# Meet Joshua Spendlove, MD

Urologist Joshua Spendlove, MD, practices at the Trios Care Center at Southridge, 5th Floor Clinic. He is fluent in Spanish and spent two years living in Uruguay on a church mission. He enjoys CrossFit, mud runs, Brazilian jujitsu, and outdoor activities, including ice climbing, rock climbing, camping, and off-roading. ■

## Could your next doctor visit be virtual?

Since the start of the COVID-19 pandemic, many providers are using telehealth as a safe, convenient alternative to an in-person visit. Could a telehealth appointment be right for you?

Telehealth visits are most appropriate for more routine visits to the doctor – such as if you are fighting a cold or sore throat, or have a question about a rash. Like an office visit, you'll be able to ask a provider questions, receive quality care and a prescription for medication if appropriate – all from the comfort of your own home!

To schedule a virtual telehealth visit, call your provider to learn if telehealth is an offered option and appropriate for the nature of your visit. If your visit qualifies, your appointment will be scheduled and you will receive an emailed link to begin your visit when the time comes. All you will need is a computer or mobile device equipped with a camera.

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## Ask A Doctor

child's doctor may have a few more openings for these types of visits than usual. If your child does not have a healthcare provider, visit [TriosHealth.org](https://trioshealth.org) and click on the Find a Doctor tab to get them connected with the right care today.

**QUESTION:** *I have a chronic health condition. What should I be doing right now?*

**ANSWER:** It's important to stay in touch with your healthcare provider. Don't hesitate to call with any questions or concerns you may have. Keep your regularly scheduled appointments. If you are concerned about coming to the office, ask your provider about the potential for a telehealth visit instead of an in-person visit. Don't skip any doses of your medications, and make sure you have enough medications and other supplies on hand in case you need to stay home for an extended period of time. Above all, continue to stay on top of your health and do everything you can to protect yourself, including practicing good hand hygiene, staying at home as much as possible, wearing a facemask and social distancing when you need to get out. ■

DISCLAIMER: The information and practices described in this newsletter are not intended as substitutes for a diagnosis or clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.