

community-based, not-for-profit



BRIEFINGS



At John Muir Health's Trauma Center, rapid diagnosis and treatment provide patients with the best chance of surviving a traumatic injury. Of the 1,900 trauma patients that John Muir Health receives each year, approximately 20 percent arrive by helicopter.

## When Every Second Counts

FOR MORE THAN 30 YEARS, JOHN MUIR HEALTH HAS BEEN THE DESIGNATED TRAUMA CENTER FOR CONTRA COSTA COUNTY'S MOST CRITICAL PATIENT CASES

In 1986, John Muir Health, Walnut Creek Medical Center, became the first designated Trauma Center for Contra Costa County and today maintains that same status, while also serving parts of Marin County and Solano County. Critically injured patients are brought by helicopter or ambulance directly from the injury site to the John Muir Health Trauma Center.

Our Trauma Center team is specially trained to treat patients using well-defined trauma policies and procedures. The center's trauma surgeons, emergency physicians, nurses, intensive care units, medical imaging, laboratory and respiratory care are available 24 hours a day, seven days a week.

## PRESIDENT'S MESSAGE



**Jane Willemsen**

EVP AND PRESIDENT  
HOSPITAL OPERATIONS  
JOHN MUIR HEALTH

At John Muir Health, we are proud to provide a wide range of services at our Concord and Walnut Creek Medical Centers that can save the lives of patients of all ages and conditions in emergency or crisis situations.

The emergency departments (EDs) at our Medical Centers receive close to 115,000 patient visits annually, making them two of the busiest EDs in Northern California. For more than 30 years, the Walnut Creek Medical Center has also served as the designated Trauma Center for Contra Costa County, treating nearly 2,000 patients annually.

The exceptional care in our emergency departments continues seamlessly into our intensive care units (ICUs), where we care for patients from newborns in our Level III neonatal intensive care unit (NICU), to children in Contra Costa County's only pediatric intensive care unit (PICU), to adults and seniors in our ICUs.

Our trauma surgeons, emergency physicians, critical care physicians, nurses, intensive care units, medical imaging, laboratory and respiratory care teams are available around the clock, every day of the year, when seconds and minutes matter. We stand ready to provide care for you, your family and our community when it is needed most.

Thank you for supporting our mission to improve the health of the communities we serve with quality and compassion. On behalf of our highly skilled and highly trained physicians, nurses, staff and volunteers, it is our honor to serve you.

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# Your Gifts at Work

## HOW YOUR SUPPORT HELPS JOHN MUIR HEALTH PHYSICIANS, NURSES AND STAFF PREPARE FOR THE UNEXPECTED

As the designated Trauma Center for Contra Costa County, John Muir Health treats patients with critical, often life-threatening injuries or conditions in intense crisis situations. Along with two full-service emergency departments, a Level III neonatal intensive care unit, and the county's first and only pediatric intensive care unit, John Muir Health physicians, nurses and staff encounter highly atypical cases as part of their routine.

But how can health care professionals train and prepare to treat patients with serious injuries under high pressure when these cases are unexpected and sometimes unprecedented?

Simulation-based learning is a safe and highly effective way for physicians, nurses and staff to develop knowledge, skills and best practices without putting patients at unnecessary risk.

Simulation training is conducted in settings that replicate actual patient care environments, using lifelike mannequins and virtual reality technology to provide hands-on learning opportunities for interprofessional health care teams at John Muir Health. Simulation training equipment funded by donor support creates a safe learning environment where mistakes can be made and corrected with no risk to actual patients.

"In any trauma or emergency, decisions and actions need to happen very quickly, and there really isn't time for hesitation or deliberation about what to do," says Michael de Boisblanc, M.D., Medical Director of John Muir Health's Trauma Services. "Training is essential because even with the most advanced technology and procedures, it's our people and teams who use those tools to save lives. For us, more training and hands-on experience in realistic settings means better outcomes for our patients."



In a simulation training room equipped to replicate an actual patient room, Andrea Hidalgo, R.N., performs a routine check on a robotic mannequin of an infant patient.



When the "patient" suddenly stops breathing, Hidalgo follows protocols that enlist the help of respiratory therapist Marla Herrera and Budi Wiryawan, M.D., Medical Director of John Muir Health's pediatric intensive care unit, to assess the situation and restore the patient's breathing as quickly and safely as possible.

# Trauma Services at John Muir Health

**1986**

Year that John Muir Health, Walnut Creek Medical Center, became the designated Trauma Center for Contra Costa County.

**1,900**

Number of trauma patients treated at John Muir Health annually.

More trauma cases occur in the summer, when people are active outdoors.



**UNDER  
45**

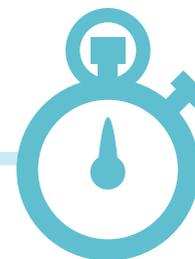
Trauma is the leading cause of death in the U.S. among individuals ages 45 and under.\*

## Ready and Waiting

In addition to a core team of trauma physicians, nurses and staff who are trained and ready to receive patients at any time, there are also a number of John Muir Health specialty surgeons and physicians on call and available to respond within 30 minutes, depending on each individual patient's condition or needs.

**John Muir Health specialty physicians and surgeons who are also on call 24/7 to treat trauma patients include:**

- Anesthesiologists
- Cardiothoracic surgeons
- Ear-nose-throat (ENT) surgeons
- Neurosurgeons
- OB/GYNs
- Oral/maxillofacial surgeons
- Orthopedic surgeons
- Otolaryngologists (head and neck)
- Plastic/reconstructive surgeons
- Radiologists
- Urologists
- Vascular surgeons



### What Is the Golden Hour?

In emergency medicine, the golden hour refers to a time period lasting for one hour or less following traumatic injury sustained through a casualty or medical emergency, during which there is the highest likelihood that prompt medical treatment will prevent death or permanent damage.

# Insider's Guide: Emergency Services

Q & A WITH RUSSELL RODRIGUEZ, M.D., CHIEF OF STAFF AND MEDICAL DIRECTOR, EMERGENCY SERVICES, JOHN MUIR HEALTH, CONCORD MEDICAL CENTER

**Q:** How many patients are seen in the emergency departments (EDs) at John Muir Health each year?

We see more than 60,000 at Concord and over 50,000 at Walnut Creek, so about 115,000 in both EDs combined. We are among the busiest emergency departments in Northern California.

**Q:** Most of the patients you encounter are experiencing something unpleasant—possibly very serious—and unplanned. How do you deal with that?

We often see patients at their most vulnerable. They are in pain, scared, and physically and emotionally exhausted. Patients are often accompanied by their family members and other loved ones, who are often afraid and anxious as well. We do everything we can to attend to the patients' comfort and to assure them and their loved ones that they are receiving the highest-quality medical care. We take the time to listen and explain. Small things like a friendly smile, eye contact and open, clear communication go a long way.

**Q:** What do you like most about working in emergency medicine at John Muir Health?

It's very rewarding to work in the community where you live, and



comforting to know that you are caring for your friends, family and neighbors. In addition, the teamwork at John Muir Health is exceptional. It is an honor to be part of a high-functioning team dedicated to reaching the best possible outcome for each patient.

**Q:** How does donor support help?

Donor contributions help to fund new equipment, advanced technologies, staff training and many other things

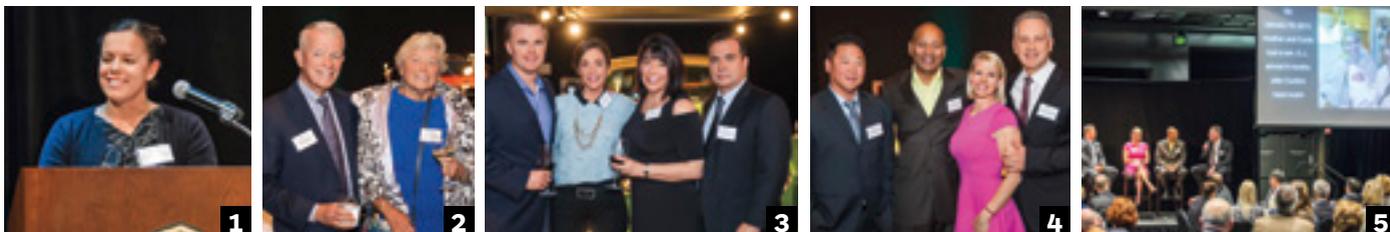
Russell Rodriguez, M.D., and Ginelle Rasch, R.N., check on a patient in the emergency department at John Muir Health, Concord Medical Center.

that allow us to continue providing the highest-quality emergency medical care. Donor support also allows us to grow and enhance our programs for the future.

## OUT AND ABOUT

### Donor Appreciation Dinner BLACKHAWK AUTOMOTIVE MUSEUM • FEBRUARY 16

John Muir Health Foundation donors, leaders and volunteers were recognized for their generous support at this year's fifth annual Donor Appreciation Dinner held at the Blackhawk Automotive Museum. The program included two inspirational patient stories—one about an 11-year-old girl with a brain tumor, and the other about a near-terminal cardiac event survivor—that were shared by the patients themselves, along with their family members and physicians. Both stories were poignant examples of the extraordinary care that John Muir Health provides and donors help make possible every day.



(1) Michelle Gerrard, M.D., spoke about her daughter, Maddie, who was the first pediatric patient to have a brain tumor removed at John Muir Health. (2) Timothy and Carolyn Carlson. (3) Left to right: Dan and Charity Michie, and Andrea and Sergio Retamal of Active Charity. (4–5) Left to right: Interventional cardiologist Richard Chang, M.D.; Curtis and Heather Broome; and cardiothoracic surgeon Andreas Kamlot, M.D., shared the story of Curtis' sudden, near-fatal cardiac event in 2012 and his remarkable recovery, thanks to the faith, determination and commitment of his John Muir Health care team.

### Award of Distinction DIABLO COUNTRY CLUB • APRIL 6

The Foundation's annual Award of Distinction event recognizes John Muir Health medical staff and community members for outstanding leadership, service and philanthropy. The award, which originated in 1987, is a specially commissioned bronze statuette of the naturalist John Muir and represents the Foundation's highest honor. This year's awardees were John "Tim" Ganey, M.D.; Douglas Lange, M.D.; and David Goldsmith, with Bill Hoddick, M.D., serving as Master of Ceremonies.



(1) From left: John Merson, M.D., presented Tim Ganey, M.D., with his award. (2) From left: Master of Ceremonies Bill Hoddick, M.D., presented the award to his longtime friend and colleague Doug Lange, M.D. (3) David Goldsmith (right) was presented with his award by John Muir Health President and CEO Cal Knight. (4) Honoree Doug Lange, M.D., accepted his award after serving for many years as the Master of Ceremonies of this event. (5) Left to right: Past honorees Roy Kaplan, M.D.; Guy Henshaw; and Richard Tirrell, M.D. (6) Past honoree Bob Flaig, M.D., with his wife, Ann. (7) Foundation board member F. Ryan Anderson, M.D., and his wife, Amy.

## LEAVE YOUR LEGACY

### Legacy Brunch

JOHN MUIR HEALTH, WALNUT CREEK MEDICAL CENTER

JUNE 11

In the spirit of enjoying Sunday brunch with family and friends, 120 members of John Muir Health Foundation's family of donors gathered to honor longtime consecutive donors and those who have included John Muir Health in their will or estate plans. This year's theme, Celebrating Your Legacy—Gifts of Transformation and Healing, emphasized the critical and perpetual value that legacy gifts can have in the lives of John Muir Health patients and their families.



(1) Author and Foundation Board Vice Chairman Richard Del Monte spoke about the transformational power of philanthropy and the valuable opportunity it presents to inspire and foster greater connection among family members. (2) Daniel Laporthe with dad Seymour Laporthe, Ph.D. (3) Former John Muir Health patient and breast cancer survivor Julie Long expressed her gratitude for the legacy gift of longtime donors Jack and Patsy Brown, which helped fund the advanced 3-D mammography technology that detected her cancer and saved her life. (4) Clockwise from bottom left: Janet Saunders; Roy Kaplan, M.D.; Esper Hagberg; Joyce and Jerry Stroffolino; John and Katie Moore; Marcia Graves; and Maria Hernandez. (5) Jane Willemsen, Executive Vice President and President, Hospital Operations, with legacy donor Bill Sabin. (6) Left to right: Shriram and Rupa Parikh and Vipin Kapadia.

## Create Your Own Legacy of Giving

Charitable estate planning can be financially beneficial for families and individuals of various ages and income levels. Find out what planning a legacy gift to John Muir Health can do for you and your loved ones—now and in the future.

### GIFTS JOHN MUIR HEALTH CAN USE TODAY

- Appreciated Securities
- Real Estate

### GIFTS THAT CAN PAY YOU INCOME

- Charitable Gift Annuity
- Charitable Remainder Trust

### GIFTS THAT TAKE EFFECT AFTER YOUR LIFETIME

- Bequest
- Retained Life Estate
- Charitable Beneficiary Designations
  - Life Insurance
  - Retirement Plan

For more information, please contact Mike Crvarich, Vice President of Legacy Planning, at (925) 941-2120 or michael.crvarich@givehealthjmh.org.

## WHY I GIVE

# When Grief Leads to Giving

**KATHERINE KNUDSEN  
HONORS HER LATE  
HUSBAND AND HELPS  
OTHERS BY SUPPORTING  
JOHN MUIR HEALTH**

Oakland native Katherine Knudsen married the love of her life, Peder, after her father set up their blind date in 1979. Peder ran a successful insurance business, and Katherine worked as an emergency room and surgical radiology technician at Merritt Hospital.

In 1995, the couple received devastating news, when Peder was diagnosed with stage 4 throat cancer. “Peder never complained, and his recovery was miraculous,” says Katherine.

In 2008, however, complications from his cancer sent Peder to the emergency department at John Muir Health’s Walnut Creek Medical Center. At that time, the emergency



department was challenged by limited space for a growing number of patients, and Peder was placed in an ancillary triage area. Sadly, his heart stopped beating, and he suffered a fatal stroke.

When Katherine learned that Peder had died, she was stunned—and angry. “I couldn’t understand how that could have happened. I wanted to blame someone—the doctors and the hospital.” But then she thought of what Peder would have wanted her to do. “He had the highest integrity of any person I have ever known, and he would have wanted to turn something

negative into something positive.”

Katherine’s admiration for Peder inspired her to begin providing financial support to John Muir Health close to a decade ago. “When Peder was admitted, the emergency department needed more resources to treat more patients, and I wanted to help.”

Katherine’s gifts helped fund the larger emergency department at John Muir Health, Walnut Creek Medical Center, and she continues to support John Muir Health’s Emergency Services today. “I turned my grief into doing something good; that’s what Peder would have wanted.”