

*Also
... in this issue*

**Living Well With Stress –
Class Available**

**AIM to Live Well Program –
All About Choices**

New Clinical Trials

Kidney Education at WWMG

Meet the Medical Scribe

With the advent of electronic medical records (EMRs), laptop computers have become a fixture in physicians' exam rooms. And that, as many doctors will tell you, is a mixed bag.

In the words of WWMG Family Practice doctor, David Lindstrom, "Easy data access benefits the patient, but the data entry process does not. On one hand, you want to be a good doctor with record-keeping and get all the information, and on the other hand, you want to be a good doctor as far as personal interactions. In a way, the computer has driven a wedge between those two aspects of quality patient care."

His solution for bridging that gap? Hiring a medical scribe to take over real-time EMR data entry, thus eliminating the need to divide his attention between the patient and the computer screen.

"With paper records, data entry was easy, whereas with EMRs, data entry is time-consuming and more frustrating. You have to enter information in the right box, in the right screen, in the right drop-down menu. There were times when it was actually embarrassing. If a patient gave me a lot of information, I would be typing for several minutes. One person even asked: 'Am I supposed to say something else?' I could tell he was thinking: 'Do I reach for a magazine?' It could get awkward."

Not any more.

Shelby Short, Dr. Lindstrom's medical scribe, began working with him at the end of last summer, after initial preparation that included "about 10 sessions of classroom training and seven to 10 days of floor training." She is present for all his office visits unless a patient refuses, which she says has happened only a handful of times. "Sometimes there is something personal that they want to discuss with just Dr. Lindstrom."

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WWMG Family Practice:

Everett Family Medicine

Lake Serene Clinic

Marysville Family Medicine

Snohomish Family Medicine

Whitehorse Family Medicine



David Lindstrom, MD with Medical Scribe Shelby Short

Upcoming

AIM To Live Well event: “Living Well with Stress”

March 19, 2016

9:00 a.m. to 3:00 p.m.

425-317-8025; 425-225-2755

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Otherwise, as patients are speaking during the HPI (history of present illness) interview, she’s recording on a laptop their information in their words.” She also records specifics of the exam and instructions for follow-up, although Dr. Lindstrom dictates all medical decisions and treatment plans.

As far as being intrusive, “she’s a fly on the wall,” notes Dr. Lindstrom. “She doesn’t say anything. She doesn’t show a response, even though some patients try to get a reaction from her. If they have any initial fears, those disappear after a few minutes because all they hear is occasional clicking.”

That EMR record does not become permanent until Dr. Lindstrom reviews and signs it. “Initially, I had to do quite a bit of editing; as the weeks have gone by, more and more I read it and find that it reflects my voice.”

Short, a graduate of Washington State University with a Psychology major and a minor in Spanish joined the medical scribe program to obtain medical hours for Physician’s Assistant school. “I’m aiming toward a couple of thousand hours,” she says.

You can reach Everett Family Medicine at 425-317-8025

AIM TO LIVE WELL IN 2016

In time for its fourth anniversary this January, the WWMG Lifestyle Medicine program has incorporated patient feedback and the latest research into “AIM to Live Well,” a comprehensive approach to pursuing lasting changes in five key lifestyle practices: nutrition, physical activity, addiction cessation, stress management, and personal connections.

For each practice, the program offers a spectrum of healthful choices under corresponding headings: Fork, Feet, Fingers, Breath, and Heart.

“It’s not a matter of all-or-none,” explains WWMG Family Practice and Lifestyle Medicine doctor Marissa Fernandez-Kiemele. “What makes the process manageable and sustainable is that it’s about choices.”

“I believe most patients know that they need to eat better, exercise, sleep, rest, and have people who love and support them. It’s not that we don’t know; it’s that we are not aware. We do many things out of habit. None of us have enough motivation to continually make good choices. Our goal is to help patients move away from mindlessness and focus instead on AIM: awareness, intention, and meaning.”

“Sometimes in medicine we ‘fear’ people into action, but being scared of a heart attack can only last for so long. If our actions are anchored in what is meaningful to us, then we are more likely to do

things because they matter and make our life better, not because we are scared.”

The core of AIM to Live Well is a 10-month, 16-session group class that covers key principles and topics. Additional components are monthly voluntary meetings designed to provide support and resources, one-on-one coaching for patients who may not be ready for a group setting, and specific, in-depth courses, such as a stress-management workshop and a multi-session cooking class based on the Mediterranean diet.

The program’s newest feature is an electronic cookbook. Created over the past year by Dr. Fernandez-Kiemele, it includes hundreds of recipes, mostly plant-based, that combine Mediterranean diet principles with flavors from around the world. “It provides seasonal options based on a spectrum of food choices,” she says. Accordingly, recipes are color-coded in five zones: blue and green (healthiest), yellow, orange, or red (to be enjoyed only occasionally).

“The cookbook also serves as a recipe manager. It can create shopping lists and menus and is searchable for specific ingredients.” Lifestyle Medicine patients involved in this AIM To Live Well program can easily share and add recipes.

“It is our desire that through AIM To Live Well, we will encourage patients facing chronic disease challenges to move into transformational experiences leading toward healthy and lasting lifestyle changes.”

Contact WWMG Lifestyle
Medicine: 425-317-8025;
425-225-2755



John Kiemele, PhD on the left and Dr. Fernandez-Kiemele on the right

THREE NEW TRIALS FOR CLINICAL RESEARCH

Doctor of Pharmacy Stephanie Abbott remembers the exact date the WWMG Clinical Research Center enrolled its first patient: March 26, 2014, a milestone birthday for her.

“That was a year-long severe asthma study, although because we were added on as a site, we were only open to enrollment for about two months. We still enrolled two patients, which was considered high for as short a time as we had. That began to lay the groundwork for additional trials.”

Some 15 trials later, Clinical Research is now entering the next level of growth with three studies that expand to specialties other than pulmonary medicine, the WWMG practice that launched the Center.

Clinical Research is partnering with the WWMG Department of Laboratory

for the Sera Trials study, while two trials that began in January include WWMG primary care physicians as sub-investigators: a Toujeo diabetes trial and an ASCENT chronic obstructive pulmonary disease (COPD) trial.

The Sera Trials involve collecting lab samples for several biotech companies seeking to improve their diagnostics and treatments for various diseases. “The study is not specific to any drug. It’s preliminary research designed to obtain initial genetic information,” Abbott explains.

“They’re looking for 100,000 patients and are using about 40 centers nationwide, so it’s something that could have a significant impact on our lab. The lab providers are excited about participating because they have a much more active role than in other clinical trials.”

The new diabetes trial is part of a one-year, post-marketing Toujeo real-life study, looking at additional benefit to patients with type-2 diabetes who are naive to insulin. Patients are randomized to either Toujeo or one of two other long-acting insulin formulations that need to be administered only once a day. They also

receive all their background medications at no cost.

In addition to free prescriptions, benefits to patients of enrolling in a clinical trial include closer and more frequent monitoring of symptoms, in-depth education, stipends, and most importantly, “a lot of backup support in addition to that already provided by their doctor. They get really good care.”

“As for biotech companies, they consider it an advantage that we are part of a large medical group that offers the opportunity to enroll patients from many different practices.”

WWMG Clinical Research Center:
425-225-2760

News tidbits from WWMG

- WWMG congratulates Dr. Theresa Nguyen and her husband on the birth of their daughter Catherine.
- Dr. George Moore from WWMG’s Department of Endocrinology has been chosen again as a “Top Doc.”
- The WWMG Allergy Department now offers skin testing for penicillin. You can reach them at 425-791-3093.
- At Orthopedic, Sports, Spine and Hand Center, our board certified orthopedic specialists deliver highly personalized care with a passion for returning you to optimal health and activity. Patients enjoy the additional comfort, ease of scheduling, greater personal attention and lower costs at our state-of-the-art surgery center, Gateway Surgery Center.
- The Diabetes and Nutrition Education Center would like to welcome Sally Hara, MS, RD, CSSD to the Snohomish Family Medicine staff. Please call our central scheduling number 425-791-3087 to make appointments.



Doctor of Pharmacy Stephanie Abbott

Center Expands Kidney Care Education

The WWMG Diabetes & Nutrition Education Center, which has sites at Bothell-Woodlands, Marysville Family Medicine, and Snohomish Family Medicine, will soon begin offering classes on chronic kidney disease (CKD) taught by a registered dietitian.

Chronic kidney disease affects the ability of the kidneys to filter out potential toxins and excess fluids from the bloodstream.

Conditions like hypertension (high blood pressure) and diabetes mellitus (type 1 or type 2) carry increased risk of CKD because they cause damage to blood vessels including those in the kidneys.

“The part of the kidney that filters blood, called the nephron, has two different sections, the glomerulus and the tubules,” explains WWMG Registered Dietitian Jamie Kowatch. “The glomerulus acts as a big filter, separating nutrients and byproducts from the bloodstream, while the tubules filter out what actually needs to be removed to the urine for excretion by urination.”

You can join a new Pulmonary Fibrosis Support Group facilitated at WWMG and supported by the Pulmonary Fibrosis Foundation. The first meeting is Monday, Feb 8th from 12 pm to 2pm at the Silver Lake Medical Center, 12728 19th Avenue SE, Everett, WA in the third floor conference room. Lunch will be provided. This group will meet every other month in the future, check with WWMG Pulmonary for details: 425-252-1116.

Kowatch adds that three principal laboratory values are used to assess kidney function: estimated Glomerular Filtration

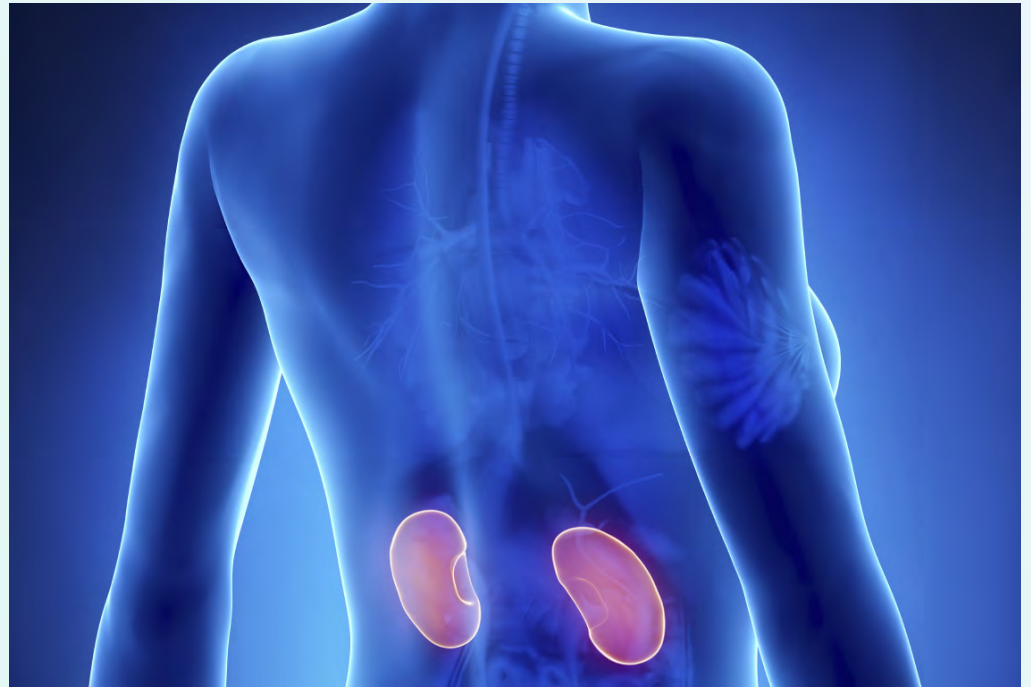
Rate (eGFR), Blood Urea Nitrogen (BUN), and Creatinine (Cr). “Based on an equation, eGFR allows a quick glance into just how strongly the kidneys are filtering, so a CKD stage can be determined. BUN and Cr are both byproducts of normal metabolism that build up when the kidneys are unable to filter properly.”

There are five stages of CKD. In Stage 1 (GFR 90 or higher), kidney function is normal, but lab values are not. Stage 2

(GFR 60-89) presents mildly reduced kidney function. Stage 3 (GFR 30-59) presents moderately reduced kidney function. Stage 4 (GFR 15-29) presents severely reduced kidney function. Stage 5 (GFR lower than 15, or dialysis) corresponds to kidney failure.

“Within the WWMG kidney care team of primary care physicians, nephrologists, and registered dietitians, the role of the Diabetes & Nutrition Education Center is to provide our clients with information and resources to help them take control of their health,” concludes Kowatch.

You can call them at 425-791-3087



Our Specialties

Audiology & Hearing Aids, Cardiology, Clinical Laboratory, Clinical Research, Critical Care, Diabetes & Nutrition Education Center, Ear, Nose & Throat/ Allergy/Audiology, Endocrinology & Metabolism, Endoscopy, Facial Plastic & Aesthetic Services/Lumina, Family Practice, Gastroenterology, Gateway Surgery Center, Nephrology, Orthopedic Sports, Spine & Hand Center, Pathology, Podiatry, Psychology, Pulmonary/Sleep Medicine, Rheumatology, Urology, Walk-In, North Puget Sound Center for Sleep Disorders

We're experts in our field.

Western Washington Medical Group has over 90 providers in 17 specialties with 22 locations in Snohomish, Skagit and Island counties. We strive to provide the highest quality, comprehensive medical care for our patients, which is why we require all of our physicians to be board certified/eligible in their specialty.