



Provider Profile

Meet Dr. David Compton – YKHC's OB/GYN

by Donna Bach and Michael Faubion

“Dr. Compton is always ready to jump in and help other providers with any issues they have and assist with their patient care if needed. He brings a wealth of knowledge to YKHC in his specialty of obstetrics and gynecology. He is able to perform many procedures here that patients may otherwise have to travel out of the area to have completed”

—Devon Jeppesen RN, Charge Nurse

David Compton grew up in the Baltimore area where his early interest in science prompted enough people to say he ought to be a doctor that the idea took root. His father, the first on either side of his family to go to college, encouraged him to consider the military as a way to pay for higher education. As an undergraduate at Bucknell University in Pennsylvania, Compton joined the ROTC and followed that with medical school at the Uniformed Services University in Bethesda, MD.

His 19 years of active duty eventually led him to Fort Wainwright in Fairbanks where he met and married his second wife, Caroline. While falling in love with each other, they also fell in love with Alaska and didn't want to leave. They raised their youngest daughter Stephanie, and really enjoyed all Alaska had to offer.

By 2008, with his children from his first marriage all grown and his original commitment in Anchorage not working out, provided an incredible opportunity to work in Bethel, while still being the family guy for his wife and youngest daughter Stephanie, who was just starting high school and living in Anchorage at the time. The in-and-out routine suits him well, “I work a schedule where I can work hard and then recharge and spend time solely with my family.. This schedule is the best for keeping things in balance – work hard, travel, baseball. . .all that good stuff.”

When he is in Bethel, working hard seems like an understatement. Charge Nurse Devon Jeppesen says, “ He is a wiz on the computer and is often used as an IT resource. No matter how hectic or busy he is, he is usually always agreeable with the staff around him and never seems to be in a hurry.”

Maybe because he loves the work he does, and where he's doing it. He says here he gets to do all the things he likes best about practicing medicine as an OB/GYN, “I can do primary care, I can do surgery and the greatest thing—to deliver babies.”



Caroline and David Compton. Caroline has recently joined YKHC's nursing staff.

Callicaraq Conference Aug 5-7

The Callicaraq/Yuuluaqaciq Conference, to be held at the Yupitit Piciyarait Cultural Center, will consist of workshops and community gatherings that strengthen participants through cultural awareness, healing and traditional health and well-being practices.

You can start registering for the conference now. Please contact Ida Charlie at 907-543-6716.

Senior Leadership Team grows

Patty Smith and Rahnia Boyer have joined the Senior Leadership Team.

Patty will continue in her current role as Patient Care Services Administrator, assisting the SLT in decisions involving administrative clinical management and improving the patient experience.

Patty is Alaska Native from Bethel and has worked for YKHC for the past 18 years.

She has led successful initiatives to reduce Emergency Room wait times, improve reliability in medication delivery for patients, and streamline service lines to reduce turnaround times for patients and providers.

Rahnia Boyer came to YKHC in August of 2010 as the Nicotine Control Program Manager and then became Community Health Aide Program/Education Director in 2011.

Rahnia was born in Bethel and grew up between Bethel and Nome. Her mother is originally from Kipnuk and served as a Community Health Aide there in the late 1970's.

Rahnia joins the SLT as Vice President of Village Health. This is a new position that focuses on improving community health functions and outcomes. She will supervise the village operations and subregional clinic departments.

New Stock in the Store!

Stop by the Injury Prevention Store & Coffee Shop—first floor YKHC Admin Building—to check out the new inventory of personal floatation devices! **For more information call the store at ext. 6556.**



“I find the people here fascinating and fun and it makes me happy. I walk through the waiting room, and the people here in the YK delta are genuinely happy, understanding the challenges or even despite what health problems they may have. It makes me smile, as this isn’t always as common in private practice or the norm possibly in other parts of the nation.”

Compton’s interest in technology has been a great asset to YKHC as the company transitions to RAVEN, the electronic health record system. He embraced it early and completely, with hardly a dip in patient encounters and service as the system went live in 2013.

He’s also been a leader in developing clinical guidelines and protocols for the medical staff to follow in regards to obstetrical treatment procedures. And, beyond women’s health matters, he developed YKHC’s sexually transmitted disease procedures for testing, tracking and reporting cases of gonorrhea, chlamydia, syphilis and other STDs.

And what about that “recharging”? At home in Anchorage he takes it easy with “Home renovation, odd jobs and fixing things.” Lately he’s gotten into cycling and fitness. “I’ve lost 40 pounds in the last six months. Exercising more and eating less. No magic there.”

The cycling involved recruiting a team of 10 cycling enthusiasts—six from Bethel, four from Anchorage—to participate in the “Tour de Cure for Diabetes” June 14 in Anchorage. “We raised almost \$6,000 for diabetes prevention.”

As “empty nesters” now that the kids are grown, his wife Caroline has joined the nursing staff in Bethel. She was born in Germany and her mom married her dad during the Vietnam War. They moved from Germany to south Florida when Caroline was six. Compton says it’s taken Caroline a little longer to warm up to life in Bethel, but she’s coming around

Compton’s plans for the future? He hopes to stick around for perhaps 10 more years. Compton is a tremendous asset for YKHC considering the recruitment and retention challenges for the pro-



*YKHC’s strategic plan for achieving excellence in health care is called **Napartet**, a Yup’ik word for a ship’s mast, a trail marker, or a supporting pillar.*

Alaska Native Workforce Development

Pilot middle manager competency-based skills and abilities program by July 2015 with cohort completion by October 2015.

Compass Cohort 2015 Complete

– *Compass Cohort 2015: Molly Billy, Miranda Johansson, Marsha Smith, Joe Okitkun, Jacob Isaac*



Compass 2015 has now come to an end – we have finished all of our department rotations, our learning in the classroom, and our Compass Project.

We are excited about our project and hope that this will have a positive impact on the corporation as well as the people that we serve.

We have created an inspirational and educational video that encourages our patients to reschedule appointments if they will not be able to keep them. This is our first objective with creating this video; the second objective is to open up a forum for other departments and programs at YKHC to communicate with our patients. By creating a guide for how to air messages or ads on the YKHC channels throughout the main hospital in Bethel, we can allow YKHC to be more transparent and clear with communication to the public.

You can view the video on the www.ykhc.org homepage, as well as access other YKHC videos on Youtube.

We are thankful for this opportunity to give back from what we have learned during our 12 weeks of Compass. This has been an amazing opportunity for all of us, and we are anxious to begin applying our new skills in our workplace and within our teams.

We also thank our own managers for allowing us to take the time to go through this personal and professional development. We look forward to showing you what a positive learning experience it has been.

Lastly, a big THANK YOU to Jennifer Nixon, our teacher, guide and motivator for all the hard work she has put into this training.

Health Aide Session I



From L to R: Laurentia Redfox, Emmonak; Mary Jackson, Kwethluk; Georgiana Jimmy, Kipnuk; Hope Kiunya, Quinhagak; Gwendolyn Heckman, Pilot Station.

fession as well as the demands of an on-call family medicine specialist and OB-GYN. “As a medical provider, our life is so good, I don’t know why I would ever retire, I like doing the stuff I do and it works out with our family, our livelihood. Slowing down a little bit at some point,” he says with a smile, almost knowing that perhaps slowing down is hardly in Dr. Compton’s vocabulary.▲

Dump the Bucket Campaign Ends – The Journey Begins

YKHC Office of Environmental Health & Engineering

The one-month “Dump the Bucket” Indiegogo campaign has ended. Although we did not reach our goal, we received tremendous support for the project and raised \$8,235!



We are very excited about the level of interest and support obtained through our campaign! This support allowed us to leverage additional funding from numerous organizations.

Currently, our team is reaching out to other organizations that are interested in supporting the project. Our team is also working hard to fulfill our backers' needs and show our appreciation through the fulfillment of perks.

If you are wondering where you can keep up with future project development, be sure to sign up for e-mail updates at our website www.dumpthebucket.org. You can also check out our blog or Facebook.

Once again, thank you for your support as we begin our journey! For more information or if you have any questions, please email info@dumpthebucket.org! ▲

Architects and Consultants Convene for Dr. Paul John Calricaraq Project

More than 15 architects and design consultants were on the YKHC campus the week of June 8 as part of the launch of the design phase for the Dr. Paul John Calricaraq Project, formerly known as the Joint Venture Construction Project (aka JVCP)—a major hospital renovation and expansion initiative.

YKHC ranked number 1 out of 37 applicants in the Indian Health Service's JVCP application process and received its invitation to move forward in January. Since that time, YKHC's leadership has worked with the Alaska State Legislature to pass Senate Bill 46, allowing YKHC to work with the Alaska Municipal Bonding Bank as part of the financing for the project.

The meetings held last month were building on the presumptive design efforts begun earlier this year. Participants reviewed design layouts and looked at ways to make the project design innovative, efficient and meaningful for the next 30 to 60 years, anticipating



STAYING HEALTHY

Chronic Pain Awareness

– Michael J. Stamper, PharmD

Chronic pain affects more people than heart disease, diabetes and cancer combined. About 70 million people, from all walks of life, suffer from chronic pain in the U.S. alone. Chronic pain affects every aspect of a person's life—career, family, social obligations, and their future. The person's physical, mental, emotional and spiritual selves are affected by chronic pain.

There are many different treatment options to help decrease the amount of pain a patient suffers from. Some of these options include medication, but that is not the only way to manage chronic pain. It is important to understand that chronic pain may never completely resolve, but can be managed and reduced through lifestyle modifications.

The National Pain Foundation reports that people with chronic pain often report feelings of depression, anxiety, sadness, loss, anger, and low motivation. The National Pain Foundation offers these tips to help manage chronic pain and decrease mental stress:

- Identify a support network, which may include family, friends, and support group members. YKHC offers support group meetings through our IMPACT program.
- Keep a diary to record changes in pain and emotions, and bring it to doctors' appointments
- Work with your provider to set realistic treatment goals.
- Stay active. With a doctor's advice and approval, begin a low-impact exercise program that focuses on stretching, such as yoga.
- Use stress management techniques regularly, such as meditation, relaxation breathing, guided imagery, and aromatherapy—using smells to assist with relaxation
- Seek counseling with behavioral health providers to address feelings of depression and/or anxiety.
- Seek information through books, reputable websites, and organizations such as:
 - American Chronic Pain Association (www.theacpa.org)
 - American Pain Foundation (www.painfoundation.org)
 - The National Pain Foundation (www.painconnection.org)

If patients are willing to work with their provider to identify a manageable and effective treatment plan, the effects of chronic pain can be lessened and quality of life can be improved.

Measles Confirmed in Fairbanks

Get Immunized! On June 9, a case of Measles was confirmed in Fairbanks. Measles vaccine is given in combination with Mumps & Rubella vaccine called MMR. It is safe and effective. Health Care Providers can prevent Measles and protect others from Measles by getting and giving the MMR Immunization on time every time.

If you have any questions about immunizations/vaccines please contact the Wellchild/Immunizations department at ext. 6121 or employee health at ext. 6015.



YKHC Leadership and hospital staff met with architects and designers in June to consider prospects for the anticipated Paul John Calricaraq Project.

growth not just for Bethel, but the entire region.

Several YKHC Board members were there for the site tours and meetings, including board chairman Esai Twitchell, Jr. of Kasigluk, James Nicori of Kwethluk, and Bethel/ONC's Gloria Simeon.

President/CEO Dan Winkelman provided some guiding principals for the project, reciting the teachings of the late Dr. Paul John as the core focus for the visiting team of designers, mechanical engineers and architects. The first guiding principal was that the project must "represent our entire region's culture and identity." Secondly, "promote customer-centered care;" and last, to make the project "affordable in total cost and sustainable operations."



Health Services VP Jim Sweeney.

The \$225 million (est.) renovation and expansion will nearly double the square footage of the hospital, adding a primary care building to the south and incorporating an integrated care model with Behavioral Health working in conjunction with outpatient family medicine and emergency services. Some services—including Optometry, Dental and Behavioral Health—currently at the Community Health Services Building (CSHB) will move to the new facility. The new facility is expected to add up to 200 jobs, made possible through an Indian Health Service staffing package, which is part of the agreement. ▲

Land Conveyance Assists Project

The US Senate recently passed Senator Lisa Murkowski's S.230 bill, providing a land transfer of 23 acres in Bethel. This bill will allow YKHC to build a new primary care facility and renovate the current facility to maximize health care services.

"I thank my Senate colleagues for recognizing the importance of boosting healthcare in rural Alaska and I commend the leadership of [YKHC] on their hard work to improve the delivery of health services to the region," said Senator Murkowski.

Although YKHC had ranked high on a prestigious Indian Health Service joint venture project for an expanded health facility, it was hampered from finding additional funding because of uncertainty about permitting and land usage. Murkowski's legislation will transfer title to 23 acres of IHS land in Bethel to YKHC, opening the door to financial arrangements that put shovels into the land and a 21st century facility on track.

Companion legislation co-sponsored by Congressman Don Young in the House of Representatives recently passed out of a committee and is under consideration by that body.▲

YKHC Policy Requires Proof of CIB or Tribal Card

Starting August 1, 2015, YKHC will be implementing a policy where patients who do not have their CIB or tribal card on file may receive a bill, charging them for direct care expenses at YKHC. YKHC will continue to provide care for all, but only documented AK Native/American Indians will receive care without charge. This is an effort to strengthen our relationship with the Indian Health Service.

Please bring your CIB or tribal enrollment card to the nearest patient access location (Bethel hospital, village or subregional clinic) or with you on your next visit. You can also e-mail a scanned copy of your CIB/tribal card to enroll@ykhc.org. Please include your full name, date of birth, and telephone information in the body of the e-mail, in addition to copies of your tribal card and/or CIB. Copies can also be mailed to:

Yukon-Kuskokwim Health Corporation
Attn Rosa McCabe, Admissions Director
PO Box 3427, Bethel, AK 99559-3427

If you have any questions about this policy, please visit www.ykhc.org/enroll to view frequently asked questions or resources on where you can find more information. Rosa McCabe, Admissions Director, will be glad to assist you with any further questions at 907-543-6389. ▲

Coders in Training for ICD-10

In preparation for ICD-10, our coders have been working through training modules from AAPC (American Academy of Professional Coders) to learn the ICD-10 official guidelines, concepts, and code set as well as a refresher on Medical Terminology and Anatomy and Pathophysiology.

The last step is to pass an ICD-10 Proficiency Assessment to demonstrate understanding of the new code set and the changes ICD-10 brings to the world of coding.▲

The SRC Coding Manager in Aniak, Tonia Deacon, passed her training and her assessment this past March. Job well done to Tonia for all her hard work!



Health Aides & ICD-10

The Community Health Aide Manual (CHAM) is the scope of practice for Health Aides throughout Alaska. They are the eyes and ears of the YKHC RMT providers so a high level of detail is important for the best patient care. RMT providers rely on the Health Aide's documentation of CHAM visits and the experience of the Health Aide to communicate each patient's state of health.

The coding change from ICD-9 to ICD-10 will be a natural change for CHAP since much of the ICD-10 specificity is already embedded in their training and day-to-day work, especially in the diagnosis (for Health Aides, the diagnosis is known as the CHAM Assessment).

Term	ICD-9
Acute otitis media	
Otitis Media (Chronic)	
Ear Canal Infection	
Ear injury	
Follow-Up Care or Recheck Visit	
Hearing loss	
Object in Ear Canal	
Other Ear Problem	
Otitis Media with Effusion	
PE Tube Follow-up Telehealth Visit	

Term	ICD-10
Acute otitis media, bilateral	
Acute otitis media, right	
Acute otitis media, left	
Otitis media, chronic	
Otitis media with effusion	
Ear injury	
Hearing loss of both ears	
Hearing loss of right ear	
Hearing loss in left ear	

Here's an example of the change that Health Aides will see

Currently, Health Aides free text in these specifics. In the future, many of the specifics will be available to select like the screen shot above.▲

McCann Youth help fish kings for upriver villages

During the month of June, the youth at McCann Treatment Center were allowed to catch Kings for McGrath, Red Devil, and Nicolai.

As part of the subsistence education program, all the youth practiced safe boating, drifting for kings and staying at the fish camp. All the kings caught were later transported to the upriver villages. Local airlines helped transport the frozen fish and supplied some fish boxes.

This was a great opportunity for the youth at McCann to learn and practice subsistence skills, as well as help others in need. The people of McGrath received 65 kings, Red Devil 20, and Nicolai 35. ▲

RESOURCES

YKHC Website: www.ykhc.org

YKHC main switchboard..... 543-6000
Toll Free..... 1-800-478-3321

APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta) 543-6442
Dental..... 543-6229
Optometry..... 543-6336
Audiology 543-6466

SUBREGIONAL CLINICS

Aniak.....675-4556
Emmonak..... 949-3500
St. Mary's 438-3500
Toksook Bay.....427-3500
Hooper Bay.....758-3500

SERVICES

Inpatient (North Wing)..... 543-6330
Pharmacy..... 543-6382
Physical Therapy..... 543-6342
Women's Health..... 543-6296
Irnivik Birthing Center 543-6346
Behavioral Health Services543-6100
Substance Abuse Treatment PATC543-6730
Sobering Center 543-6830
Developmental Disabilities543-2762
Emergency Room 543-6395
Office of Environmental Health & Engineering
Injury Control & EMS..... 543-6420

ADMINISTRATION & SUPPORT

Administration 543-6020
Human Resources 543-6060
Public Relations..... 543-6037
Travel Management..... 543-6360
Facilities & Maintenance..... 543-6203

BETHEL & REGIONAL RESOURCES

Public Health Nursing.....543-2110
Tundra Women's Shelter 543-3444
Alaska State Troopers 1-800-764-5525



At the McCann Treatment Center fishcamp.

Dr. Eggimann Retires

On June 12, Dr. Bill Eggimann retired after 20 years at YKHC.

Though he is retiring from regular scheduled work, he is not leaving Bethel. Nor is he leaving YKHC altogether. He will continue at YKHC in a limited part-time status doing endoscopies and minor surgical procedures. He will also continue to help with C-section call until a replacement is established.

He came on board as a full-spectrum family physician doing both inpatient and outpatient medicine.

He was part of the creation of the outpatient clinics and was Medical Director of Yukon Clinic for the first two years.

He was Medical Director of Surgery for two years in early 2000 and again for the past three years. He helped in getting funding for the remodeling of the OR by going to Anchorage and speaking before Indian Health Service administrators.

Since coming to Bethel, he has been part of the HROB (High Risk Obstetrics) team providing C-sections, assisting with high risk deliveries and doing complex postpartum repairs.

He was instrumental in the establishment and growth of endoscopic screening for colon cancer in the YK Delta. He has provided a wide variety of procedures including vasectomy, tubal ligation, dilation and curettage, ectopic pregnancy repair and excisional biopsy.

Working in the Emergency Department, he has provided various critical care procedures as well. He has mentored new providers arriving in Bethel and taught residents and students here temporarily.

He was one of the first hospitalists when that model was introduced over 10 years ago. It has been his great joy to help with the delivery of many, many babies. For the past few years he has worked primarily in the ER.

As he retires, he is very interested in seeing that screening for colon cancer in the YK Delta continues as the incidence of that disease is so much more common here. He will continue to reside in Bethel with his wife, the pediatrician Dr. Jane McClure, with more time to enjoy the great land.

He says it has been his great joy to work with the people of the YK Delta, and he has enjoyed what they have taught him about life.



What they said about Bill...

Bill has contributed so much to our patients over the years. Not only does he provide life-saving care such as colorectal screening and c-sections, he inspires fierce loyalty among his patients. There are so many families who owe a life-debt to Bill for the care that he has provided – and they let you know!

Bill also provides mentorship to others on the medical staff. He has over the years been an example of what it is like to provide care in the region. For those of us who started here fresh out of training, he has consistently provided advice and examples of good care. I owe a lot of my knowledge about this region and the peculiarities of care that we provide to Bill. He is truly an example of full-spectrum family medicine.

I wish to personally thank him for being my mentor as well as my friend.

—*Ellen Hodges*

It has been my privilege to work with Dr. Eggimann since he first came here. He has always been ready to offer advice when consulted, and the advice has been well thought out. His sense of humor is there. I believe he has been genuinely concerned for the good of his patients. His presence will be missed.

—*Jean Brinich*

Dr. Eggimann is one of those physicians whose strong compassion hits you to the core when you are witnessing it. Specifically, I recall an OB patient that needed a c-section. He walks through the door of her room as if she is the most important being in the world and somehow calms her nerves in quick fashion as she could tell he really cared. I am so thankful for his spirit and presence. Thanks, Bill!!!

—*Marcia Haggerty*