

Healthy Horizons

fall/winter 2009

CBH
Columbia Basin Hospital
Public Hospital District #3 of Grant County



Introducing Our New CEO

Columbia Basin Hospital is proud to introduce its new CEO, Robert Reeder, FACHE, MHA.

Reeder was named CEO in May of this year after serving as CBH's interim CEO since March. Prior to his involvement with CBH, Reeder worked with Samaritan Healthcare for 11 years, becoming the chair of the Association of Samaritan Physicians. Reeder also spent 10 years in active military duty, eventually becoming the administrator of all U.S. military clinics in Europe. Reeder maintains his involvement with the American military to this day and is currently in command of a 1,000-man medical task force for the Army Reserve.

Looking Ahead

"There are several areas I would initially like to focus on to help keep CBH operating at its very best," says Reeder. "Five initiatives in particular stand out in my mind that will benefit CBH in the months and years to come."

As Reeder takes the reigns at CBH, these areas of interest include:

- making sure the right organizational structure is in place to allow staff to operate to their fullest potential
- upgrading facilities and undergoing new construction projects in the hospital
- continuing to attract the finest medical staff and specialties for the community
- capitalizing on emerging information technology to further streamline medical record keeping
- ensuring CBH is a financially sustainable and growing institution moving forward

"I am excited to be working with the community in undertaking these new projects, as well as with a staff that is so committed to excellence," says Reeder. "Community care is our number one priority at CBH, and I look forward to leading that effort."



Focusing

ON FAMILY

At Columbia Basin Hospital, our talented team of family medicine physicians and practitioners works continuously to offer a high level of care to patients across Grant County. Here is a closer look at some of the professionals that contribute to CBH's community of caring.



Alexander Brzezny, MD, MPH, FAAFP, *staff physician*

A 1996 graduate of Masaryk University School of Medicine in Brno, Czech Republic, Dr. Brzezny brings a wealth of international experience to the Columbia Basin Area. Dr. Brzezny's medical training also includes study at the

University of Iceland in Reykjavik, a family medicine residency completed at the University of Texas Medical Branch, and a Master's degree in public health from the University of Kansas School of Medicine.

As a family physician, Dr. Brzezny takes particular pride in working with his patients to achieve healing.

"I like to think we specialize in people," says Dr. Brzezny. "The most rewarding aspect of my

medical work is when a patient becomes a partner in the healing process. Working together for better health or improved quality of life tremendously improves the treatment outcomes and ultimately makes me a better physician and a more accurate diagnostician."

Since joining the team at CBH, Dr. Brzezny has described his experience as challenging at times, but he feels the facility is in a position to provide the community with excellent care. As the area continues to grow and evolve, Dr. Brzezny is certain CBH will adapt to meet changing healthcare needs. In his free time, Dr. Brzezny is a devoted family man. He enjoys hiking, traveling, and sightseeing with his wife and two children. Also an avid hockey fan, Dr. Brzezny roots for the Chicago Blackhawks, Minnesota Wild, and Detroit Red Wings.

**Lisa Corsie, FNP-BC, CEN,
family nurse practitioner**

Prior to her career in health care, Corsie received her Bachelor's degree in physical education in instruction and coaching. After taking a particular interest in sports medicine courses, Corsie went on to pursue a Bachelor of Science degree in nursing. Following her training, Corsie served in several emergency medical positions and ultimately received her nurse practitioner degree from the University of New Mexico.



"The amount of knowledge and quality of the providers at CBH is truly unique," says Corsie. "Being a part of such a skilled staff encourages me to continue to work my hardest for each and every patient I see."

Corsie sees many of the facility's current projects as investments in the hospital's future and believes CBH will continue offering quality care for many years to come.

"The quality of care currently offered at CBH is a true asset to our rural community," Corsie says. "As improvement efforts continue, CBH is certain to maintain a high level of quality care well into the future."

When she isn't working, Corsie enjoys reading mystery novels and taking hikes.



**Carlos Montiel, MD,
staff physician**

Dr. Montiel became a doctor because of the broad spectrum of work involved in health care. Trained in family medicine at the University of Texas Medical Branch in Galveston, Dr. Montiel is trained to diagnose and treat a

variety of conditions—everyday is a new challenge.

In addition to helping patients overcome health issues, Dr. Montiel enjoys getting to know the people he helps. Forming strong partnerships with his patients is a key aspect of his medical practice.

"Getting to know the people I treat has a tremendous impact on the care I provide," Dr. Montiel says. "The better I know a patient, the better I can work to meet their health needs and encourage healing."

For Dr. Montiel, the true strength of CBH lies in the individuals that comprise its healthcare team.

"The people who work at CBH are truly the facility's best asset," says Dr. Montiel. "Given the quality of the individuals that work here, CBH's mission of being the first choice for patients in the area is certainly attainable."

When he isn't in the office, Dr. Montiel enjoys spending time with his family. Traveling and exploring new cultures and foods are also among his favorite hobbies.

**Brian Kirkham, B.Sc., M.Sc., MD,
CM, staff physician**

A native of Canada, Dr. Kirkham grew up in the Montreal area and attended local McGill University for college. Dr. Kirkham then attended the University of Toronto, where he received his Master of Science degree in Physical Chemistry. He then spent three years working as a research chemist until he began medical school at McGill.

Although he never intended to become a family physician, Dr. Kirkham quickly learned to appreciate the personal touches of this medical field.

"In family medicine, you are given the unique opportunity to watch families begin and grow," Dr. Kirkham says. "From childhood to adulthood, over the years I learn more about the 'whole person' and not just the medical problem the patient is facing."

A member of the CBH staff for more than 15 years, Dr. Kirkham has seen the hospital grow and continue to develop as the years have passed by. As his working relationship with the hospital continues to strengthen, he is certain to play a vital role in the facility's future.

Outside the hospital, Dr. Kirkham stays busy keeping up with his two teenage sons and spending time outside tending his garden.



**Michelle Hansen, ARNP,
advanced registered
nurse practitioner**

A resident of Ephrata for 20 years, Hansen received both her Bachelor's and Master's degrees from Washington State University, and received her RN degree in nursing from Big Bend

Community College. She specializes in women's health, orthopedics, anticoagulation, the walk-in clinic, and well-child checks.

"I really enjoy practicing medicine in a small town," Hansen says. "Working in the walk-in clinic is fast-paced and interesting, and I love the opportunity to spend quality time with my patients, which is an opportunity I might not have in a bigger facility."

When not working, Hansen and her husband live at their house in Lake Chelan, where she enjoys boating, swimming, and snowshoeing.

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To schedule an appointment with Dr. Brzezny, Lisa Corsie, Dr. Montiel, Dr. Kirkham, or Michelle Hansen, please call (509) 754-3330.



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FLU UPDATE: What You Need to Know

H1N1, also known as swine flu, has been affecting populations across the world in increasing numbers. Fortunately, you can protect your loved ones. Read on to learn how.

“**Even though** the H1N1 virus symptoms resemble those of seasonal flu, it’s important to remember that this disease was ultimately fatal for many people who were previously healthy,” says Alexander Brzezny, MD, board-certified family medicine physician at Columbia Basin Hospital. “Everyone should be vigilant and take steps to help prevent the spread of the flu both in your home and in the community.”

Take Preventive Action

The following are tips to help ward off the flu:

- Each family member should receive the seasonal flu vaccine.
- When someone becomes ill with a fever, he or she should stay home until the fever has subsided for 24 hours, while loved ones should keep their distance as much as possible.
- Exercise daily and make smart dietary choices that include fruits, vegetables, and high amounts of vitamin C.

- Wash your hands often and thoroughly—for at least 20 to 30 seconds each time.

Get the Facts

A new vaccine, in addition to the seasonal flu shot, will be required for some individuals for protection against the H1N1 virus. The new vaccine will consist of one shot for adults and, most likely, two shots for children.

“In children, the first shot will prime the immune system response, and the second will provide robust immunity,” says Dr. Brzezny. “This new H1N1 vaccine is critical for individuals who care for infants, pregnant women, all children above 6 months of age, and anyone under the age of 65 with high-risk medical conditions.”

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For more information about the influenza vaccine or what you can do to help protect yourself, talk to your primary care physician. For a referral to a provider on staff, call Columbia Basin Family Medicine at (509) 754-3330.

If you are experiencing a fever higher than 100 degrees and flu symptoms such as muscle aches, chills, a sore throat, and a cough, seek medical attention immediately to find out if your symptoms could be due to the H1N1 virus.

