

JUNE 2020 Hot Topics

Meet John Coburn, Laboratory Manager, Clinical Laboratory Service

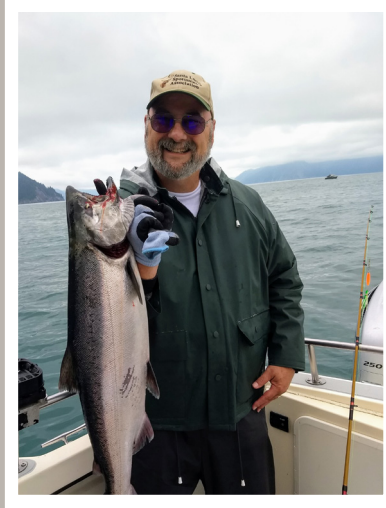
Where did you grow up? I was born in Midland, Texas and early years were spent following the oil. My father was a geophysicist with Shell Oil and we went where the exploration was: West Texas and Eastern New Mexico. We moved back to Midland while I was in grade school and I spent the rest of my youth there. I do still speak fluent Texan if ya'll ever need an interpreter.

What is your position at our hospital? I am a Clinical Laboratory Scientist and am currently the manager for the lab at AGCH.

What do you like most about working for our hospital? I have worked at all three North Coast hospitals, but AGCH is a very special place. The team here works together as one for the welfare of our patients, not just the lab, but all the departments here have each other's backs. As many before me have stated "We are family".

What is your favorite thing to watch? I watch Jeopardy, The Big Bang Theory (might have known I would like nerds!), and 60 minutes. I am not a huge sports fan, but I will watch the Dallas Cowboys (you can take the boy out of Texas...) and occasionally a golf tournament. Otherwise, I miss the legitimate theater, opera, and symphony opportunities that we had in Southern California (moved from there 13 years ago). I do attend local performances that are available.

What is your favorite patient story? This is difficult since laboratory scientists rarely get a chance to interact directly with patients. Scientists work in the background, patients may not know what we do or even that we exist.



Dignity Health's Five Core Values

Dignity • Collaboration • Justice • Stewardship • Excellence

Our Hospital

Opened in **1962**
by four pioneering,
community-focused
physicians with the same
spirit that guides the
hospital strategy today.

2019 #'s

2,672 admissions
23,573 ER visits
602 inpatient surgeries
808 outpatient surgeries
8,724 CT scans
1,576 MRI scans

Mission Dignity Health and Arroyo Grande Community Hospital are committed to furthering the healing ministry of Jesus. We dedicate our resources to delivering compassionate, high-quality, affordable health services, serving and advocating for our sisters and brothers who are poor and disenfranchised, and partnering with others in the community to improve the quality of life.

Beds: 67 (39 General Care, 20 Acute Rehabilitation, 8 Intensive Care) **Overview**

Employees: 387

Medical Services Available: Acute Rehabilitation;

Cancer Care; Emergency Services; Surgery; Imaging; Intensive Care; Laboratory Services; Medical/Surgical Inpatient Care; Neurological Care; Orthopedic Services; Physical, Speech and Respiratory Therapy

Service Area Cities: Arroyo Grande, Oceano, Grover Beach, Pismo Beach, Nipomo Population: 79,811
In 2015, the South County service area was declared a

Medically Underserved Area/Population

by the U.S. Department of Health and Human Services. This means that residents in the area have a shortage of health services and the area includes large groups of people who face economic, cultural, or linguistic barriers to health care. This makes AGCH an important

Last month we learned: Accurate, easy, and readily available testing strategies are a critical component of AGCH's local response to the COVID-19 pandemic. Our strategy is to be rapidly aware of any new community outbreaks of COVID-19 cases to prevent a potentially more severe "second wave" of viral illness. Our Laboratory team, led by Dr. Kevin Ferguson, is actively working on a clinical study that may very well pave the way for an easy to use at-home antibody testing kit.

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Hot Topics

AGCH Foundation

began operating in 2006 to support the mission of the hospital.

Arroyo Grande Community Hospital Foundation

SupportArroyoGrande.org



Arroyo Grande Community Hospital Foundation.

A Dignity Health Member

Upcoming Dates

Next Board Meeting: August 6th

Carol Pruett Philanthropic Fraternity Meeting: August 23rd

Hoelle Tompkins Sisterhood Society Meeting: September 13th

Our Current Funding Priorities:

- Emergency Support Fund
- Mission Hope Arroyo Grande:
 - Cancer Care Fund
 - Cancer Rehabilitation Program
 - Lung GPS Patient Management Platform
 - Transport to Treatment Program
- Acute Rehabilitation Center:
 - Recreational Therapy Program
 - Recreational Therapy Garden
- Behavioral Health Services
- Parking Solution
- Surgical Services:
 - Mini C-Arm & Positioning Equipment
- Spiritual Care Services

Fund Spotlight

Cancer Rehabilitation Program

Many of the known side effects of cancer-related treatments have been shown to be reduced through the implementation of a safe, consistent, and progressive exercise program. The Cancer Rehabilitation Program is a structured and personalized 12-week exercise program to help each patient safely implement exercise into their daily routine. The program is a collaboration between doctors, physical therapists, nurses, registered dietitians, counselors and certified cancer exercise trainers.

Program:

- Each patient meets with a certified cancer exercise specialist for an exercise assessment
- Patients attend at least one individual exercise session with a cancer exercise trainer in the wellness center per week in addition to one group session per week
- Each patient has a nutrition consultation and access to a registered dietitian throughout the program
- Patients have two physical therapy evaluations to identify areas of focus and assess areas of improvement and to further exercise goals

Benefits:

- Reduces depression, increases self-worth, and provides confidence to continue lifestyle changes for a lifetime
- Improves the circulation of immune cells in the blood which lowers the risk of recurrence
- Provides motivation and reduces treatment symptoms such as fatigue
- Restores flexibility, strength, range of motion, and endurance
- Improves balance to prevent falls and minimizes the effects of immobility

