

Care Connection



Everything you've loved *and more.*

**Huntington Health + Cedars-Sinai: The care you trust,
now powered by a world-class health care system.**

Huntington stands for community. We stand for compassion. But more than anything, Huntington stands for health. Providing world-class health care is our specialty, and it's what we've been doing for the San Gabriel Valley since 1892.

That commitment to the health of our community is who we are. Now, it's part of our name, too. We're updating both our name and our logo to reflect our evolution as a leader in creating community well-being.

We're pleased to re-introduce ourselves as Huntington Health, an affiliate of Cedars-Sinai.

This name change reflects the fact that we're more than just trusted hospital care. And thanks to our new affiliation with Cedars-Sinai, we now have access to additional resources that further strengthen our ability to provide you with personalized, high-quality care, close to home.

Learn more: huntingtonhealth.org/trustedcare

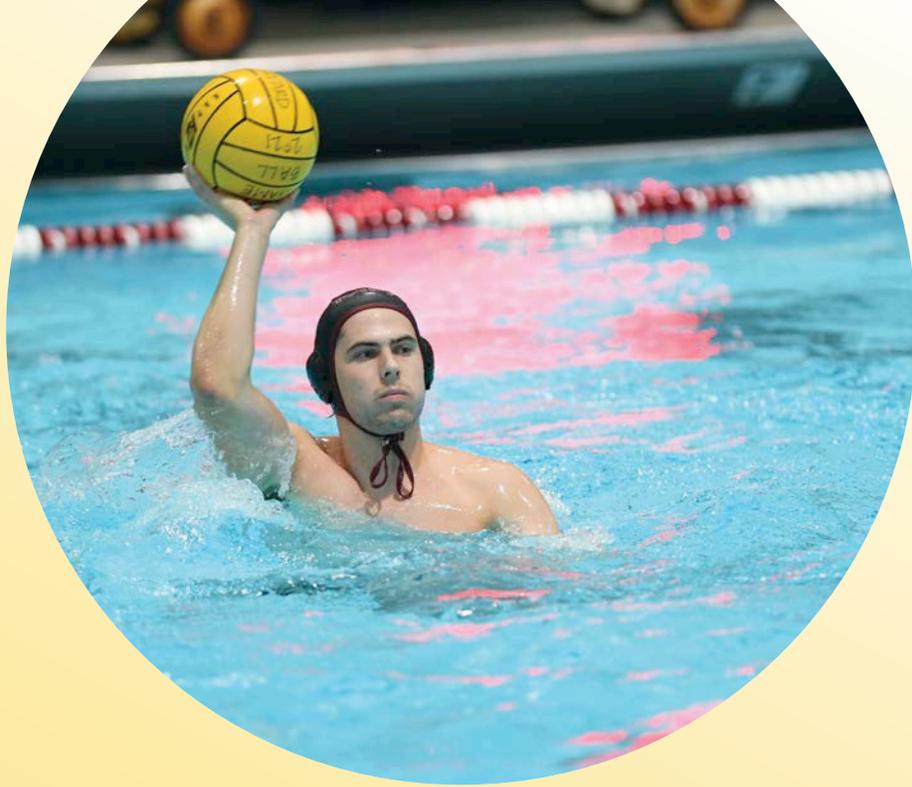




**From primary care to emergency care,
and everything in between, we offer a
full spectrum of care options to help
keep you healthy.**



Find trusted Huntington care: huntingtonhealth.org/trustedcare



Saving lives and dreams.

In May 2020, then-18-year-old Evan Kowal — like many of us — was struggling to adjust to the pandemic. Tensions were running high. “My family and I were all stuck in the same house,” he says, “and my mental health wasn’t in a good place.” In a burst of frustration, Evan punched through a window. The glass cut through four tendons, a nerve and an artery in his left hand. He started losing blood, fast.

“I thought I’d killed myself by accident,” Evan says. “I was scared. I didn’t want to die.” His father put a tourniquet on Evan’s arm, and he was rushed to Huntington Hospital Trauma Center.

After Evan’s condition stabilized, he was transported to a surgical unit, where plastic surgeon Sanjeev N. Puri, MD, quickly got to work. Not only did our expert caregivers save his hand and his life, but also his dream of continuing to play water polo.

Today, Evan is doing well. He addressed his mental health issues and is now a sophomore at Massachusetts Institute of Technology, where he is playing the best water polo of his life.

Evan gives immense credit to Dr. Puri. “In eight hours of work, Dr. Puri changed the entire course of my life, and I’m infinitely grateful,” Evan says. In fact, he inspired Evan to consider a career in medicine. “Dr. Puri is honest with patients, while still keeping them motivated. He’s the kind of doctor I want to be.”

Learn more about our lifesaving trauma care:
huntingtonhealth.org/trauma

●
GLENDDORA

●
WEST COVINA

Improving sepsis care.

Patients in our region turn to Huntington because they know that we have an unwavering commitment to provide nothing but the best of care — and that we always put the safety of our patients first.

Huntington Health has extensive protocols in place to detect and prevent infection and its related complications.



To further improve the quality of our care here, we recently rolled out a new initiative to improve outcomes for patients who are at risk for sepsis, which is one of the leading causes of death at hospitals nationwide.

Sepsis happens when an infection you already have triggers a chain

reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin or gastrointestinal tract.

“When sepsis is not recognized and treated early,” says Marina Sarkisian, RN, sepsis coordinator, “it can lead to organ dysfunction or failure, septic shock and death. That’s why Huntington has taken steps to stop sepsis in its tracks.”

We have implemented protocols and processes to help deliver testing and treatment for sepsis patients as quickly as possible. If a patient meets two or more criteria and has a suspected infection, we initiate a care plan that includes delivering antibiotics and fluids within one hour. We have also begun to call Code Sepsis in our emergency department, for patients suspected of having a severe infection. It alerts a response team to initiate treatment immediately.

“Our efforts have already started to make a difference,” says Marina. “In fact, our sepsis mortality rate dropped nearly 5% from 2020 to 2021, and we expect to see a continued improvement. Our goal is to save lives.”

Get ahead of sepsis.

As a patient, you can take steps to reduce your risk of sepsis.

Know the signs and symptoms.

A patient with sepsis might have one or more of the following signs or symptoms:

- High heart rate or low blood pressure.
- Confusion or disorientation.
- Extreme pain or discomfort.
- Fever, shivering or feeling very cold.
- Shortness of breath.
- Clammy or sweaty skin.

Act fast.

Sepsis is a medical emergency. Fast treatment can increase your chances of survival. Get medical care immediately if you suspect sepsis, or if you have an infection that is not getting better.

Source: CDC.

Calendar of events

Our calendar of events is back and better than ever!

We are proud to offer you opportunities to:

- Learn about important health care topics.
- Connect with experts working in the field today.
- Join support groups with others facing similar diagnoses.

New events are being added weekly.

View the calendar: huntingtonhealth.org/events



A night in the life of an emergency department nurse.

The COVID-19 pandemic has tested the resilience of everyone in our community. However, those on the frontlines of health care have faced challenges many of us could only imagine. Mei Stewart, RN, is one of the dedicated and caring nurses who has worked in Huntington Hospital's emergency department throughout the pandemic. To give us an idea of what it is like to walk in her shoes, Mei agreed to take us through a night in the life of an emergency department nurse.



Before work. Although she works the night shift, as a wife and mother, Mei has plenty of responsibilities to attend to during daytime hours. "I try to fit in a nap during the day," Mei says, "and my husband, Mark, and I usually run errands, do chores and take care of our 11-year-old daughter before I leave for the hospital."

Beginning of shift. When Mei's shift begins at 7 p.m., the waiting area is typically very busy — especially during surges in COVID-19 cases. As patients arrive at the hospital, nurses quickly assess the urgency of their condition. Those with life-threatening issues are treated first. Those with less urgent needs may have to wait.

"Sometimes, patients get upset if wait times are long," Mei says. "We understand it's difficult to wait when you aren't feeling well." To comfort her patients, Mei listens to them and offers emotional support, while trying to assess their conditions as quickly as possible.

Middle of shift. Throughout the night, the inflow of patients usually slows. Mei is responsible for completing assigned treatments for the patients in her care, such as inserting an IV, obtaining lab specimens and administering medications. She

continuously monitors their conditions, remaining prepared to intervene if necessary.

Mei's job is difficult, but it is also a source of satisfaction. "To see someone come in feeling terrible, or even facing a life-threatening condition, and walk out feeling better — it's why we do what we do," she says.

Although COVID-19 has placed enormous strain on our emergency department nurses, it has also brought the team closer together. "Early on, many of us were afraid of the unknown, but I'm proud to work on a courageous, devoted team that has stuck together to continue caring for patients throughout the pandemic," Mei says.

Mei notes that she and other nurses truly appreciate the many gifts and words of encouragement they have received from the community. When asked what community members can do to further support emergency department nurses, her reply is straightforward: "Please don't delay preventative health care," Mei says. "Get your annual physical with your primary care doctor. Exercise and eat healthy. And get vaccinated, if you haven't already. Do what you can to avoid needing emergency care."

End of shift. "Before leaving, I make sure all my patients' immediate needs are met," Mei says. As her shift ends at 7 a.m., she briefs incoming nurses on the status of her patients and heads home to her family.

"Being a nurse can be exhausting, but is rewarding too," Mei says. "I'm proud to work at Huntington where we work together as a family to make a difference in the lives of our patients."

Our caregivers still need your support; learn how you can help: huntingtonhealth.org/covid19



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We speak your language. We are committed to providing you with compassionate care regardless of the language you speak. ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (626) 397-5211. 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (626) 397-5211。



Giving babies the best start to life.

Our family-centered care for moms and babies was recently recognized by U.S. News & World Report!

At Huntington, your personalized birthing experience includes access to:

- Board-certified OB/GYN physicians and anesthesiologists who are available to care for you 24/7.
- An obstetrical emergency department and a dedicated high-risk pregnancy unit.
- A registered nurse from our Baby Bonding Team who monitors your newborn's health and helps with skin-to-skin care and breastfeeding.
- A Level III NICU that provides the most advanced neonatal intensive care available in the San Gabriel Valley.
- Virtual-live classes that are available to support you from pregnancy to parenthood.

With strict screening and infection prevention measures in place, our hospital is still the safest place to have your baby. At Huntington, our family is always here to take care of yours.



Learn more about our compassionate care for moms and babies: huntingtonhealth.org/baby