

HOPE
LIVES
HERE



With the help of philanthropic support, high-quality health care has a home at Providence Swedish.



Babies from all over the Puget Sound region get a great start at the Lytle Center for Pregnancy and Newborns.

Where you get your health care matters.

Hospitals are more than a collection of clinics, operating rooms and emergency departments. They're innovation engines. They're collaboration facilitators. They're points of connection and places of hope.

Donors like you are helping to create the foundation on which we'll build the future of health care. Philanthropy has given high-quality care a home, at centers and spaces that bring caregivers and patients together and change lives.

Her care, her way

Philanthropy has created a new model for women’s health care at the Women’s Wellness and Specialty GYN services.



We deliver more babies than any other hospital in Washington state. But pregnancy is only one part of a woman’s journey—and for some it’s not a part at all.

That’s why we launched the Women’s Wellness and Specialty GYN Services earlier this year to ensure women receive the best coordinated care throughout their life—regardless of whether they become a mother—with an emphasis on menopause and healthy aging.

It’s all thanks to generous donors like you that women in our community now have access to that level of comprehensive care, all in one place. But we’ve only just begun ...

PHASE 2

With the opening of a physical space at Swedish First Hill for Women’s Wellness and Specialty GYN Services complete, next we’ll begin adding services that women have traditionally lacked access to, including cardiology, sex therapy, mental health and nutrition—all tailored to their needs. Each will feature an educational component, including virtual and peer-to-peer group sessions.

PHASE 3

Health care journeys are complex. At Women’s Wellness and Specialty GYN Services at Swedish, we will hire nurse navigators and healthy aging doulas to answer questions and guide patients through their journey, offering them access to experts every step of the way. In addition, we will add more access to complementary medicine, such as mindfulness training, functional medicine and lifestyle coaches.



2022 WOMEN’S WELLNESS BY THE NUMBERS

3 dedicated physicians and
2 nurse practitioners saw
1,969 patients in just
4 months, including
175 referred by another provider



Right patient, right bed, right time, first time

The Providence Swedish Staffing, Transfer & Operations Center is revolutionizing how we care for our community.

Christian Schmidtke was more than 6,000 miles from home when he experienced the worst medical scare of his life. The Aberdeen, Wash., native was living in Turkey in spring 2021 while working on the construction project for the new United States embassy in the capital city of Ankara, when he woke up one Tuesday morning to find his entire body was swollen. After a round of tests at a nearby hospital, doctors told him that he was in congestive heart failure, his kidneys and liver were also failing, and he needed surgery to replace his aortic valve.

Back in Washington, his family was adamant that Christian undergo the procedure close to home. “I just wanted my son out of Turkey yesterday,” says his mom, Lynne.

Navigating the logistical challenges of ensuring patients get the right care at the right time and in the right place is exactly what the Providence Swedish Staffing, Transfer, & Operations Center (STOC) was designed for—regardless of where those patients come from or what brings them through our doors.

Like health care mission control, this brand new facility in Seattle’s Georgetown neighborhood receives real-time data on every

patient across our five hospitals, allowing for unprecedented insight into where those patients are and what condition they're in, as well as drastically improving coordination between the thousands of caregivers dedicated to treating them. "STOC takes the dozens of people necessary to care for any one patient and better orients them around what they need to do to move that patient along in their journey to better health," says Chris Chisholm, M.D., chief medical officer, First Hill and Cherry Hill.

Coordinated care, half a world away

Caring for a patient involves more than just finding them a bed among the 1,200 spread out across our system. That bed needs to be in a unit that's both appropriate for the patient's condition and adequately staffed. The technology that powers STOC makes all that information available to our caregivers in real time, allowing for data-driven decisions and seamless communication.

In Christian's case, that meant not only finding him a bed, but also coordinating with the medivac service that was transporting him from Turkey to Seattle's Boeing Field. When his plane touched down in the middle of the night an ambulance was there waiting, ready to take him directly to Swedish Cherry Hill. "The Transfer Center at Providence Swedish was amazing," says Lynne. "It was an overwhelming relief that Chris had finally made it somewhere he would get help."

That Friday—just three days after his scare in Turkey—Christian underwent valve replacement surgery. By Sunday, he was out of his hospital bed and walking around. Today, he's practically a new person. "I'm thankful," he says. "I have a chance now to recover and continue living my life."

Now, more than ever, seamless, coordinated care is just as important to our patients as are quality and timeliness. The challenges of the last two years have taught us that in order to provide health care of the future, we must be prepared to meet patients where they are. And with the help of philanthropy STOC is the foundation on which we're building that future.



Patients come to us for any number of reasons. STOC's strength lies in its ability to ease their path to better health, regardless of what brought them through our doors. The staff of nurses, coordinators and expeditors will serve as expert navigators, whose primary job is to guide patients from diagnosis to discharge.

Take someone who arrives at one of our emergency departments in the midst of a behavioral health crisis. Typically that patient would undergo medical and psychiatric evaluations in the ED and then "board" there while waiting for a bed in a psychiatric unit that has the appropriate staff to meet their needs. Even a short stay in that environment can be triggering for these patients, yet that process can take days.

STOC, however, drastically reduces the time between that patient's arrival and placement in an appropriate bed, with the right team of caregivers. With a data-driven, systemwide view of staffing and beds—and the capability to offer tele-psychiatric evaluations—this new approach to care will spare them unnecessary emotional trauma by streamlining the process of getting them the care they need.

"No one should have to wait for care. STOC eliminates duplication of work and processes and improves coordination so patients get the care they need, when they need it."

—KRISTY CARRINGTON, MBA, RN, BSN,
REGIONAL CHIEF NURSING OFFICER





The Lytle Center has supported Anne Hanson with all three of her children, including Alex.

All in the family

The Lytle Center for Pregnancy & Newborns is celebrating a decade of healthy starts.

Anne Hanson found support and guidance for breastfeeding her first two children at the Lytle Center for Pregnancy & Newborns. So when she experienced clogs and supply issues after giving birth to her third baby, Alex, she knew exactly who to call.

Thanks to donors like you, board certified lactation consultant Emily Pease, RN, IBCLC, has been there for Anne and all three of her children at a critical moment in their life.

In fact, caregivers and staff at the Lytle Center have been there for thousands of families over the last decade, offering

unmatched education, care and support. From classes on childbirth prep and infant safety to well checks and breastfeeding consults and even a shop stocked with everything a new baby needs, the Lytle Center has become an invaluable resource to families throughout the Puget Sound region.

A lifeline for moms in need

Before turning to the Lytle Center with her oldest child, Theo, Anne first saw specialists who were so pro-breastfeeding that any deviation from that goal made her feel anxious and like she was doing something wrong. Finally, Anne made an appointment with Emily, who had a completely different attitude. “Had I wanted to stop at any point, I knew she’d be on my side,” says Anne. Together, they decided pumping exclusively would be the best option for feeding Theo and, eventually, her second child, Max.

By the time baby Alex arrived, Emily was already well-versed in what techniques didn’t work for Anne—like pumping to clear out a clog—so she was able to jump right to new solutions, like lymphatic massage and herbal remedies.

LYTLE CENTER BY THE NUMBERS

Because of donors' commitment to maternal and newborn health, parents continue to count on the many services that get them through the first year of their child's life, no matter what. That includes lactation support groups, which as of summer 2021 are in-person with an attendance cap, as well as virtual and in-person birth education classes.

Childbirth education classes

1,400 in 2021*

1,115 in 2020

Lactation consults

7,797 in 2021*

6,952 in 2020**

Nurse practitioner consults

2,956 in 2021*

2,376 in 2020**

* As of December 16th, 2021
** Includes in-person, telephone and MyChart interaction



On top of the lactation assistance, Emily also helped Anne adjust emotionally to caring for a newborn with two small children at home—during a global pandemic, no less. “She had such a positive effect on me,” says Anne. “I felt so supported.”

An added layer of care

With as many challenges as the COVID-19 pandemic has created for parents, it has been beneficial in at least one way: by highlighting the importance of mental health. “The pandemic is a great excuse to bring up this topic, because everyone’s feeling crummy on some level,” says Emily. “Parents are more willing to talk about how they’re doing.”

The close relationship Emily and her lactation consultant and nurse practitioner colleagues build with their patients makes them uniquely



positioned to screen and identify moms who might benefit from additional help from Lytle Center therapist, Katie Choumitsky, LICSW.

Though Katie reserves time in her schedule to see five patients every day for hour-long, virtual therapy sessions, so many women need her help that she often ends up seeing six or seven. But more than two years into the pandemic, their struggles have shifted.

Early on, women faced changes to hospital policies that they could not have anticipated when they got pregnant. Parents now know what to expect when they come to the hospital. But they are still navigating early parenthood with less help from family and friends, not to mention dealing with isolation and the stress of keeping a vulnerable baby safe.

And then there are those challenges they would face regardless of a public health crisis. Many moms experience upsetting, intrusive thoughts, including feeling like a failure and picturing worst-case scenarios like dropping their baby. But with Katie’s insight, they learn that unwelcome thoughts are a symptom of anxiety that can be treated. “I help moms build the skills to question whether or not these thoughts are helpful or true,” she says.

For some, spending any time away from their baby—even if it’s just to take a quick shower—can create feelings of guilt. But Katie empowers moms to care for themselves so they can continue caring for their baby.

With Katie’s guidance—and donor support—new moms can work through their mental health challenges from the comfort of home.

**Thank you for investing in the health
and well-being of our community.**

To learn more about your impact on where our patients receive care, please contact:

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