

CLINIC UPDATE

July 16, 2021

It's a busy summer on Orcas Island as residents and visitors have been enjoying all that our beautiful island has to offer. Island Primary Care – Orcas staff continue to work hard to provide healthcare services to all who need it during this busy season. We appreciate your collaboration and patience as we grow together.

How to Navigate Injuries and Urgent Health Needs

When you have an urgent health event, our Clinic is here to care for you. There are different things to keep in mind whether your need arises during Clinic hours or after the Clinic is closed.

If you're having a life-threatening event such as a heart attack or stroke, call 9-1-1. For other medical problems that need to be treated right away, but are not considered true emergencies, please contact our [Access Center at 360-293-3101](tel:360-293-3101) or [360-376-2561 \(local\)](tel:360-376-2561).

During Clinic Hours

If you have an urgent health event during Clinic hours, Monday through Friday, 8 a.m. – 5 p.m., we ask that you call ahead and not come directly to the Clinic to discuss your concern. While we are ready to respond to urgent needs, the Clinic is not an urgent care or walk-in clinic. In order to properly assess your situation and prepare for your visit, it's important you call the Access Center at 360-293-3101 or 360-376-2561 (local) so the clinical team is prepared for your visit.

When you call ahead our Access Center connects directly with a registered nurse on Orcas who will call you back to evaluate your condition and provide direction, such as:

- Come to the Clinic immediately
- Specify a time to come to the Clinic to ensure you do not have to wait
- Assist with transportation or coordination with a support person
- Direct you to 9-1-1 if the issue falls into the emergency category

While the Clinic offers same-day availability care for patients with urgent care needs, following this process ensures that the most critical issues are able to be taken care of and prioritized. By allowing the onsite nurses to determine the severity of your concern we are able to treat all of our patients in the most appropriate timeframe and setting.

After Clinic Hours

If your urgent health event occurs after the Clinic is closed for the day and it is not life threatening, we ask that you call the Access Center at 360-293-3101 or 360-376-2561 (local). You will be asked to provide relevant information and the on-call Island Hospital physician will return the call within 30 minutes to discuss the situation and provide advice.

Our Promise

*Your best healthcare experience begins at Island Hospital.
We always place your emotional and medical needs first and foremost.*

Gynecological and Obstetric Services with Dr. Kathy Garde

Dr. Kathy Garde is an OB/GYN specialist who has been practicing at Island Hospital nearly 20 years. We are happy to bring the services of Dr. Garde to the Orcas Clinic. This increases convenience for patients while expanding the scope of services available on the island.

When you see Dr. Garde her focus will be on your female reproductive health. She diagnoses and treats issues specific to the uterus, fallopian tubes, ovaries and breasts. This can include pelvic exams, Pap tests, cancer screenings, and testing and treatment for vaginal infections. Dr. Garde also provides obstetric services during pregnancy and birth.

Things you might want to consider when scheduling an OB/GYN appointment include:

- Reproductive health checkup and screening
- Discomfort in your pelvic region
- Concerns with your menstrual cycle
- What you should be doing if you are thinking about getting pregnant

For concerns around your general health other than your female reproductive health, please schedule a visit with your family medicine provider or Primary Care Physician (PCP). If your PCP practices in the Clinic they will coordinate care with Dr. Garde to provide the best possible outcome for your health and wellness.

MD vs DO. What's the difference?

Medical terminology can be confusing! A few patients have inquired about the difference between an MD and a DO, so we thought we'd provide some clarification. The abbreviation "MD" stands for Doctor of Medicine, and "DO" stand for Doctor of Osteopathic Medicine. Both types of physicians are fully trained and licensed. Both attend four years of medical school and complete residency programs. DOs have additional training in osteopathic manipulative treatments, such as spinal manipulation, and take coursework that emphasizes the musculoskeletal system.

Nursing Team Provides Daily Assessment and Triage

Each one of our nursing staff spends their 10-hour shift working through phone calls and urgent issues to assess the level of our patients' needs. This is called *triage*, which "plays a critical role in making sure patients are given the correct level of care (triagelogic.com)." Each patient has a different perspective about the urgency of their own medical needs—having a nurse go through the specific protocols and questions to determine the best next steps for a patient is crucial for the patient and the medical staff.

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Our nurses have to be prepared for anything that might happen during their shift and be able to communicate to their patients in a way that the patient feels heard, cared for and safe regardless of how non-urgent or urgent the outcome of their triage.

Dr. Jon Peterson shared that the Clinic's nurses do an excellent job of determining when a patient is safe to do home care, when they can wait to be seen, or when they need to be seen immediately or by the day's end.

Here are a few responses from our courageous nursing heroes when asked how they feel about being a nurse:

"I wanted to do something in my career that makes a difference in people's lives. I really enjoy teaching and helping people be proactive with their health."

- Valentina, RN

"I enjoy advocating for what the patient needs and solving problems."

- Jessica, RN

"I like people and I enjoy caring for them; it gives me a sense of purpose."

- Lynda, RN

Back-to-School Health Fair

Join Island Primary Care – Orcas, the Orcas Island School District, Orcas Island Fire & Rescue, and the Orcas Community Resource Center for a community health fair.

- Well-Child Checks
- Sports Physicals
- Balance Baseline Testing for Concussions
- Child Immunizations
- COVID-19 Vaccinations
- School Supply Lists
- School District Meal Information
- Food Coupons
- Fire Truck Tours

Location Details:

Island Primary Care – Orcas
7 Deye Lane
Eastsound, WA 98245

Two Convenient Dates:

July 31, 9 a.m. – 3 p.m.
August 7, 9 a.m. – 3 p.m.

[Call to schedule your appointment for the Health Fair: 360-293-3101 or 360-376-2561 \(local\).](#)

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