

HEALTH MATTERS 2.0

Lopez Island health-related news from CWMA, Lopez Island Hospital District, Lopez Island Fire & EMS, and UW Medicine

Summer 2023

UW MEDICINE

Summer Coverage at UW Medicine

After expressing our heartfelt goodbyes to Wen Murphy, we acknowledge and empathize with how challenging the staffing changes are for our patients and the community. To help clear up confusion and concern about ongoing patient care, here is a month-by-month plan regarding who you can see this summer and how you can see them - in person or virtually.

July

- Dr. Kim Dougan will provide in-person care on her regular schedule Monday, Wednesday, Thursday, and Friday from 8:00 a.m. — 5:00 p.m.
- Wen Murphy will provide virtual care on her previous Lopez schedule Monday, Tuesday, Wednesday, and Friday from 8:00 a.m. — 5:00 p.m.

August

- Dr. Kim Dougan will provide in-person care on her regular schedule.
- Preicy Frianeza-Garin, ARNP, will be on Lopez to provide in-person care and clinical support three days a week.
- Dr. Matthew Jaffy will provide extra coverage, primarily virtual, with a couple of in-person days toward the end of the month.
- UW Medicine Virtual Primary Care – Starting August 8, a new team of virtual UW Medicine primary care providers will be available seven days a week from 8 a.m. — 8 p.m., 363 days a year, thanks to two new, easily-accessible, on-demand care options through UW Medicine Virtual Primary Care, an extension of UW Medicine Primary Care. (See the BRAND NEW – 7 Days a Week Virtual Primary Care article below)



Preicy Frianeza-Garin, ARNP

September

- We are still confirming the September schedule and will release information as it becomes available.

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UW MEDICINE (CONTINUED)

We also want to let you know we are continuing our efforts to recruit and hire a new provider who is an excellent fit for our clinic. We'll provide updates as soon as we have news to share. In the meantime, if you are one of Wen's patients and you come into the clinic, we will ask you if you are okay with Dr. Dougan assuming your care until we have a new provider onboard and you have a choice of providers.

New Nurse Triage Team

We're happy to report a team of six UW Medicine Primary Care nurses is back in place to triage your acute symptom needs and concerns from 8:00 a.m. — 4:30 p.m. Monday thru Friday. Thanks to the training from the UW Medicine Primary Care assistant nursing director, Jerrome Sicut, RN, BSN., the nurses will be familiar with the geographic limitations of living on Lopez Island. They can provide a more tailored plan to suit the needs of Lopez patients.

Originally from Los Angeles, Jerrome has been in the medical field since high school. He's a veteran of the U.S. Army, where he served as a combat medic, which solidified his decision to return to school to pursue a career in nursing. Jerrome has worked in inpatient and outpatient settings, ranging from medical-surgical, cardio-pulmonary, and urgent care. Keep your eye out for Jerrome, who plans to be at CWMA's Farmer's Market booth on some Saturdays this summer.

Telemedicine - What, When, and Why It Can Help You

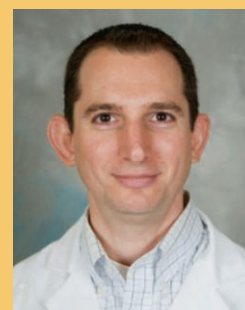
Telemedicine visits are safe, private, and secure and allow you to receive the personalized care you would in an in-person visit, but from the comfort of your home. They work beautifully for many health concerns including, acute illnesses, injuries, or infections; behavioral health; chronic conditions; follow-up care; medicine management; new pregnancies; pre-surgical evaluations; primary care check-ups; and reviewing test results with your provider.

To schedule a telemedicine visit, log into MyChart or call the Clinic. You can find information about preparing for a telemedicine visit online at uwmedicine.org/virtual-care.

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Anne Hall, Lopez Island resident, shared her thoughts about a recent telemedicine visit experience with Dr. Matthew Jaffy, Family Medicine Physician, Associate Medical Director, North Region, Clinical Associate Professor, Department of Family Medicine:

"I had a really nice first-time virtual visit with Dr. Matthew Jaffy, who was filling in for Wen. He was quick to understand my situation, pleasant and professional, and easy to talk with. It saved us a visit to the clinic and took only fifteen minutes of our day. A convenient way to get such good help."



Dr. Matt Jaffy

BRAND NEW – 7 Days a Week Virtual Primary Care!

Starting August 8, a new team of virtual UW Medicine primary care providers will be available seven days a week from 8:00 a.m. — 8:00 p.m., 363 days a year, thanks to two new, easily-accessible, on-demand care options through UW Medicine Virtual Primary Care, an extension of UW Medicine Primary Care.

The new virtual care options described on page 3 will be available via UWMedicine.org or the MyChart app. Current patients will receive information about Virtual Primary Care via MyChart soon.

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	On-Demand Video Visits	E-Visit Questionnaires
What it is:	"Get in line" to see the first available provider through a video visit in MyChart. If appointments are unavailable within 30 minutes, please check back in 5-10 minutes.	Complete an E-Visit questionnaire for specific common conditions, and the next available provider will review and respond with a diagnosis and treatment plan by sending messages in the MyChart app.
Who it's for:	New and established patients	Established patients only
Suitable for:	<ul style="list-style-type: none"> Any condition that can be addressed through telemedicine Acute illnesses (e.g., colds, influenza, minor infections) Basic primary care needs (e.g., follow-up for diabetes, depression, high blood pressure) 	Initially, we will offer E-Visits for: <ul style="list-style-type: none"> Pink eye Smoking cessation Vaginal discharge UTI/Bladder infection Motion sickness Erectile dysfunction COVID-19 therapeutics
NOT suitable for:	Complex conditions Emergency care Pain management Urgent care that needs a physical examination	

LOPEZ ISLAND HOSPITAL DISTRICT (LIHD)

LIHD Levy Lid Lift on November Ballot

On November 7, Lopez voters will have the opportunity to approve "Proposition No.1: Restoring Regular Property Tax Levy," also known as a "levy lid lift."

What is a Levy Lid Lift?

In 2017, the newly created Lopez Island Hospital District asked our community for a tax levy of \$0.75 per \$1,000 of real estate assessment to help fund primary care services at UW Medicine Lopez Primary Care Clinic.

By state law, the property tax revenue the LIHD receives annually can't increase by more than 1% over what was received the previous year, which means the amount of money we receive doesn't increase by the same percentage as property value increases. Even though there's been a substantial increase in Lopez property values, the current levy rate for LIHD has decreased to \$0.48 per \$1000.

Why is the LIHD asking for a levy lid lift?

The LIHD uses revenue from property taxes to support health care on Lopez provided by UW Medicine and Lopez Island Physical Therapy. Whether patients pay for care out-of-pocket or through insurance, that income doesn't cover the costs of providing care, and those costs are rising nationwide.

Simply put, this year's cost to subsidize the Clinic's primary care services (\$1,062,000) exceeds the District's property tax revenue (\$910,000). This difference means property tax revenue isn't sufficient to support a primary care clinic and physical therapy, as well as other healthcare initiatives important to Lopezians, unless a levy lid lift is granted.

In the coming months, the LIHD will provide more information about the ballot measure via mailings and postings on our website & social media. We encourage community members to learn more by attending our board meetings on the 4th Wednesday of each month at 4:00 p.m. in the LIFRC Conference Room (or via Zoom).

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Lopez Island, WA 98261

Non Profit Org
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BELLINGHAM, WA
PERMIT NO. 114

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Lopez Island Fire and EMS (LIFE)
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Lopez Island, WA 98261

UW Medicine Primary Care at Lopez Island
103 Washburn Place
Lopez Island, WA 98261

*****ECRWSS****
POSTAL CUSTOMER

CATHERINE WASHBURN MEDICAL ASSOCIATION (CWMA)

Visit CWMA Booth at Farmer's Market!

Find CWMA at the Farmers' Market this summer and catch up with health care news on Lopez Island.

The Catherine Washburn Medical Association was formed in 1971 in memory of Catherine Washburn, a Lopez resident known for her generous community support. CWMA owns and maintains the clinic building and property & fundraises for continuing support of the UW Medical Clinic, Physical Therapy, Pharmacy, LIFRC and independent medical practitioners on Lopez.

Donate or learn more at <https://catherinewashburnmedical.org/>.



CWMA Members: (L-R) Sarah Munson and Barb Nepom.