

“Oh, my gosh, what a gift.” They were giving somebody something, but they couldn’t use it. So now they’ve brought something so that this necessary piece of equipment can be used and bring comfort to a patient. So, [quality improvement] runs the gamut from high physical impact [like reducing sepsis rates] to little things that touch the heart of the patients that we’re helping. That has been one of the most gratifying projects that I’ve worked on.

In addition to implementing the quality improvement project, Enloe also partnered with Planetree early on in your tenure—and you’re gold-certified. Can you tell me more about that?

With Planetree, we found our heart again. We learned to rebuild around quality. So we were able to start recruiting and get new, young doctors. We’re really person-centered, more even than patient-centered. We knew who we wanted to be, what quality looked like, we knew how we wanted to treat patients—and each other, really—and that’s why we became Planetree-affiliated back in 2006. Planetree made it very explicit that good health care focused on what’s best for the patient. They coined this term “patient-centered care,” which evolved into “person-

centered care.”

How do you address the physician shortage in Chico?

We take very, very seriously the role we play here. The board of trustees understands that the physician shortage, particularly with primary care, makes it so hard to raise the health of a community when you can’t even tend to basic needs. They’ll be working throughout this year to address that.

What are your goals for the coming year?

A big part of my focus right now is on physician wellness and finding ways to help physicians continue to thrive in a job that is, particularly in our area, even more demanding than it was [before the Camp Fire]. When the Camp Fire happened, all the OBs [obstetricians] from up the hill left. I understand that—they started their lives elsewhere. But there were still pregnant women and a population that was now bigger down here in Chico. So, our OB staff didn’t swell automatically. We had over 200 deliveries in a month, where normally we’d be in the mid-100s. We deeply held that responsibility of being here for our community. Now we need to make sure our caregivers are taken care of, too. □

WEEKLY DOSE

Cold versus flu

Feeling poorly, but don’t know what exactly is ailing you? If you’re unsure whether you have a common cold or the flu, here are some telltale signs that distinguish them.

- **Sudden onset:** If, out of the blue, you feel like you’ve been run over by a bus, it’s likely you’re dealing with the flu. Symptoms including fever, headache, muscle aches, congestion and cough tend to come on quickly and are intense.
- **Fever:** This is usually a good indication that you have the flu, as most people do not develop a fever when they catch a cold.
- **Major fatigue:** With the flu, you will start feeling tired and achy; these symptoms can last for weeks.
- **Sore throat:** Colds usually begin with a sore throat; other symptoms follow.
- **Nasal discharge:** Unless a stuffy nose is accompanied by fever, aches and fatigue, you’ve likely caught a cold.

Treating the flu appropriately is important—it can lead to serious complications, including pneumonia. Pro tip: It’s not too late to get a vaccine. Make an appointment with your health care provider while you’re well or take a quick trip to a pharmacy that offers the shot.



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FOSTER GRANDPARENTS

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What is the Foster Grandparent Program?

Foster Grandparents are volunteers who provide support in schools, afterschool programs, preschools, and child care centers in Butte and Colusa County. They are role models, mentors, and friends to children, focusing on literacy, mentoring, and school readiness. If you are 55 or over and want to stay active by serving children and youth in your community, you have what it takes to be a Foster Grandparent. Foster Grandparents serve 5 to 40 hours per week. Volunteers may qualify to earn a tax-free, hourly stipend. You’ll receive pre-service screening, orientation, placement at your volunteer station and monthly training.

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CHICO, CA 95928-5388
(530) 898-4307
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