

HITCHHIKER'S GUIDE TO HAVASU

You will like it here. Unlike private practice, everyone works together, there are no 'hidden agendas' and everyone is always ready to help you. Since you lived here, you know to stay hydrated, and wear a cap outside—this place is HOT!

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They will probably house you at Home2Suites by Hilton. It is close to the hospital, and very nice. Housekeeper service is by request only, so the night before you want housekeeping, tell the front desk clerk to put you on the list for the next day.

The computer in the lobby actually works, as does the printer.

I leave a \$5 tip in plain sight, labeled for the housekeeper, each time. The pool is very nice, and there is a park behind the hotel that is great for running.

Breakfast service starts at 6 am, which is great for your early operating days. I usually give the breakfast host \$20 at the end of each week. You can add tips to your bill, but the folks that clean the rooms and cook the food like cash better.

Weekends at the hotel breakfast area can be a nightmare. People camp at the tables for hours. I usually go to a place called Rusty's. Go north on US 95, right on Kiowa, and you will see it on your right. You might have to park on the street. Always crowded, but if you will sit at the counter you get seated right away.

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When you park at the hospital, go over the little bridge and look right. The alley behind the brown building leads to a parking lot. The covered spaces are marked for doctors, and a few administrators and keeps the car cool. Directly in front of you is the clinic building. Ortho clinic is on the second floor—suite 210

When you enter the hospital lobby, the cafeteria is right in front of you. Hours are posted, and theoretically you could eat all your meals there—but there are so many good restaurants here. If you are a doctor, all food in the cafeteria is free if you show your ID badge.

On the left is the West Wing. The only thing of interest to you on that hall is a doctor lounge about 3 doors down on the left. It opens with your badge, and there are sandwiches, sodas, cookies, chips 24/7, plus a hot lunch on weekdays, big couches, and big tv's

The East Wing has the elevators. Go down the hall, badge your way through a door, and then on the right a few yards down you will see 2 elevators—badge access.

Patient rooms are on floors 2 and 3. The OR is on floor 2; go through the doors that you see when the elevator opens.

If you go farther down that East Wing hall on the first floor the ER is at the cross hall. Lobby on the right, actual ER on the left.

The hospital is a little confusing but after you walk around a couple of days it becomes easy to navigate.

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Greta, who you meet today, is the nurse that works with IT and is your lifeline. She knows just about everything, and if she doesn't, she will find out the answer to any question you may have. I think I drove her crazy, but she always found the answer I needed!

Most importantly, she will get you set up with IT so that you can access EMR and PACS on your laptop from outside the hospital. They don't yet have a phone app. The Tiger Connect secure texting platform is close to being deployed.

Be aware that IT blocks G mail and all You Tube content. I don't think they block videos from the AAOS.

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The EMR here is MedHost. Mostly text based, but very easy to use. With your badge, you will have single sign on. Just hold your badge in front of the sensor with the red light, and the EMR pops up.

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In the OR, Barb is the boss. Do not get on her bad side! It doesn't end well.

There is a doctor lounge in the OR that has sandwiches, etc, and big couches.

You do your dictation in there. The 2 computers on your left are connected to the big printer in Barb's control desk office.

In the lounge, there is a cabinet with 2 strips of clear tape on the door. We made that the 'ortho closet'. We keep Coke Zero in there because George Ozoude and I cannot stand Pepsi. Take all you want, but please replace the stock.

We hide the Coke Zeros in the cooler at the back. It is officially a cooler owned by Pepsi, but what they don't see can't hurt them.

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When you get a chance, go to doctorwaldman.com. That is my open web site, with all sorts of patient information sheets, templates, and Stryker techniques. This is a Stryker house.

When you click on 'Havasu' on the home page, you come to a page with four buttons. You have to fill out your own consents, but the 'permit' button takes you to a fillable form that you can print to Barb's big printer.

To book a case during the day, you have to fill out a form. There is a button for that, too. Once you print it out and sign it, be sure you time stamp it. There is a time clock next to the printer. That eliminates fights over who booked first.

Give the scheduling form to Barb, or to Derrick, the second in command.

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After hours, call the house supervisor if you have a case for the next day. The ER can give you an 'encounter number' which will give the supervisor all the demographics he/she needs.

Check with Barb early the next day to get an estimate of your start time.

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Paul Caton and Colton Bulger are our Stryker trauma reps, and Matt Grover is the rep for arthroplasty/bipolars. I usually take a picture of the relevant x ray and text it to them, telling them what we need and when we want to do the case.

Once you find out your start time, text the rep. Sometimes they get forgotten.

The OR has everything you need. All up to date, with even a HANA table. The C arm techs are very attentive and understand how important their role is.

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Anesthesia is run by Jim Janik, who might be the best anesthesiologist I ever worked with. They see themselves as part of the team, as opposed to so many anesthesia people elsewhere who try to obstruct things.

They are very good with blocks. You get plenty of help with cases. For small cases like an I&D of the hand, you get a surgery tech. But for the big ones like hips, you also get a certified first assistant.

With the first assistant, once it is time to close sub-q, they take over and you can go to the doctor lounge to do paperwork.

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The ER works well too. There are a lot of mid-levels. Some of the calls might seem unnecessary to you, but if you treat them kindly and respectfully, you will get a lot fewer calls after hours. They are good with splints.

Since I have been here in April, I have gone back to the hospital one time after hours—to reduce a Salter 2. If they ask you to come in, do it—don’t fight them. But that rarely happens.

If you have to come in, the ER providers take care of the paperwork, prescriptions, etc.

You sometimes will get transfers in, either from LaPaz hospital south of here, or Valley View hospital north of here. The Havasu transfer center takes the call on all these, and handles the logistics for getting the patient admitted here.

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Usually, anything that would be done as a day surgery goes to the private guys at Lakeside Ortho across the street. You get the ones that have to be admitted that day.

Basically, you are handling trauma and in house consults, freeing up Steve Anderson, Dan Heiner, and Jim Barnes at Lakeside Ortho Clinic to do joints, sports, etc.

Likewise, you follow in the previously mentioned ortho clinic the patients that locums operate upon.

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On your first weekday morning here, call the ortho clinic and the receptionist can tell you which afternoons you have clinic. It is never more than a few patients.

I usually get to clinic at 1 pm and clinic starts at 1:30. There is a big guy, an MA named Josh, who is your best resource for everything in clinic.

The clinic uses Athena, which the clinic staff can help you set up. It is easy. You can also access the hospital MedHost from the clinic. You have to use MedHost to look at x rays, since Athena does not yet interface with PACS.

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Best of all, the hospitalists admit all patients. If you get a hip overnight, you don't have to go to the floor or ER to do paperwork or computer work. When they bring the patient down to holding, you get the permit signed and mark the patient in holding.

After surgery, I call the next of kin listed on the face sheet, rather than trying to find them in the surgery waiting room. Greta can show you how to find the face sheet in MedHost—it is really easy.

Likewise, the hospitalists handle non ortho postop care, and discharge paperwork. They are all young and sharp, not jaded like some of the old timers elsewhere.

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No one here tries to second guess you. You discuss things with other providers, but you are the ultimate ortho authority. You decide who gets operated on, and when.

Unlike many other hospitals, the administrator here does not try to 'micro-manage' the patient care. I met our administrator once. He is a very nice guy, but he has way more to do than to 'play doctor' and has no interest in trying to tell you what to do medically!

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I would give you a list of restaurants, but with Google you will find a zillion good ones, and the Waze app will give you directions right to them. But of course if they look good on Google but seedy in person, pass them by.

Don't even try to do laundry at the hotel or a laundromat. There are really no dry cleaners here, but a place called Modern Laundromat that is on North Lake Havasu drive, on your left, a few blocks north of the hospital, does a fantastic job with wash-dry-fold—one day [or less] turn around. They are in the same building as a Domino's pizza, and take credit cards.

I always bring them treats from Buc-ee's in Texas, so dropping my name might really make things go smoothly at Modern!

As you probably recall, your best bet for a grocery store is Albertson's which is only a few blocks from the hospital.

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Hopefully all this helps, but if you have questions or problems, everyone here is willing and ready to lend a hand. I haven't encountered anyone with 'attitude' yet! And the grill guy in the cafeteria might just make the best hamburger you ever had.

I will try also to put all this on my web site in the 'Havasu' section. My only disappointment is that I remember Lake Havasu City as a big spring break destination in the 70's, so I expected the place to look like MTV's spring break or an Elvis movie from the 60's. But no such luck.