Advance Care Planning Updates & Refresher

Sarah Peterson

Director, Supportive & Palliative Care

Durable Power of Attorney for Health Care

- This document reflects who patients would want to make medical decisions on their behalf in the event they are too ill to make decisions for themselves.
- Also referred to as Health Care Agent and Health Care Proxy
- A health care agent should:
 - agree to the role
 - Know about a patient's goals, values and preferences
 - follow a patient's decisions (even if they don't agree)
 - make decisions in difficult moment.
- Recommended for anyone over the age of 18.

Washington State Surrogate Decision-Making Hierarchy

- 1. A guardian with health care decision-making authority, if one has been appointed
- 2. The person named in the durable power of attorney with health care decision-making authority
- 3. Spouse or state-registered domestic partner
- 4. Adult children (over 18)
- 5. Parents
- 6. Adult brothers and sisters
- 7. Adult grandchildren
- 8. Adult nieces/nephews
- 9. Adult aunt/uncles
- 10. Close adult friend (with requirements and limitations)

Advance Directive: Durable Power of Attorney for Health Care

This advance directive, a durable power of attorney for health care, allows you to name and prepare your health care agent. This form meets the requirements of Washington state law.

My information:			
FULL NAME:			PRONOUNS (optional):
ADDRESS, CITY, STATE, ZIP:			(i.e., he/she/they,
DATE OF BIRTH: /	/		
(mm/dd/yy)	(Y)		
	NAMING	A HEALTH C	ARE AGENT
The person I designat	te as my health care	agent is:	
FULL NAME:			PRONOUNS (optional):
RELATIONSHIP:	BEST PHONE: ()	ALTERNATE PHONE: ()
ADDRESS, CITY, STATE, ZIP:			
FIrst alternate			PRONOUNS (optional):
RELATIONSHIP:	BEST PHONE: ()	ALTERNATE PHONE: ()
ADDRESS, CITY, STATE, ZIP:		-	
Second alternate			
FULL NAME:			PRONOUNS (optional):
RELATIONSHIP:	BEST PHONE: ()	ALTERNATE PHONE: ()
ADDRESS, CITY, STATE, ZIP:			
MSM4 Wa	ashington State	PRINT	D NAME:
Medi	Physician Driven, Patient Focused	DATE	FBIRTH: / /
			(mm/dd/yyyy)

I I	UTHORIZING	A HEALTH CARE AGENT	
Authority I give my agent: I grant my a out is not limited to (a) consenting, refu my physicians, including life-sustaining dismissing members of the health care sustaining Treatment (POLST) form; (f) and (g) accessing my medical records a	sing consent, and treatments; (b) re team; (d) changin transferring me to nd information.	l withdrawing consent for me equesting particular medical g my health care insurers; (e) o or placing me in another fac	dical treatment recommended by treatments; (c) employing and signing a Portable Orders for Life- cility, private home, or other places;
villingly. I am thinking clearly. I underst	n care agent choic and that I can cha	es and my goals, values, and ange my mind at any time. I u	preferences. I have filled out this form nderstand I can revoke and replace
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REV 05/2024

PRINTED NAME:				
DATE OF BIRTH:	/	/		
	(mm/dd)	(vvvv)		

Health Care Directive

- Outlines a patients wishes and preferences for medical care in the event of a terminal illness or permanent state of unconsciousness
- Serves as a guide for health care providers and surrogate decisionmakers when patients are unable to make decisions for themselves
- Recommended for anyone over the age of 18

Advance Directive Health Care Directive		
What is a Health Care Directive?		
A Health Care Directive is a legal documen treatments and allow a natural death if you and you cannot make medical decisions for	u have a termina	physician whether to stop life-sustaining I condition or are permanently unconscious
My Health Care Directive		
I,	am able to rot make decisions mily and physicial fuse medical or the life-sustaining	surgical treatment. I accept the results of my treatment decisions for me, I want that
of machines or devices, including artificial	nutrition and hyo on, life-sustaining	g treatment would only prolong the process
Terminal Condition		
I understand that a terminal condition mer physician has judged cannot be cured or c within a short period of time. Life-sustainin	hanged. The terr	minal condition would likely cause death
If my physician states in writing that I have only prolong my dying, (check one)	a terminal cond	lition and life-sustaining treatment would
I DO want life-sustaining treatment.		life-sustaining treatment to be started. If it d, I want it to be stopped. I want to be naturally.
Permanent Unconscious Condition		
I understand that a permanent unconsciou persistent vegetative state, and two physic		
If two physicians state in writing that I \mbox{am}	in a permanent u	unconscious condition, (check one)
I DO want life-sustaining treatment.		life-sustaining treatment to be started. If it d, I want it to be stopped. I want to be naturally.
Honoring Choices® PACIFIC NORTHWEST AN AUTHORITY OF FOUNDATION Westeren Care 1 1959 Foundation	Name: Date of Birth: Rev 07/2019	Health Care Directive – Pg. 1 of 3

Portable Orders for Life Sustaining Treatment

Code Status

Defines a type of resuscitation procedures and medical treatment a patient would benefit from or desire

POLST

A portable order that defines a type of resuscitation procedures and medical treatment a patient would benefit from or desire. Intended for use in ambulatory settings and at at home

Typical Patient Criteria

Any one of the following:

- Last 1-2 years of life
- Medically frail
- Significant change in health status
- 1+ intervention doesn't align with goals
- Patient engaged in Goals of Care conversation

https://tip.valleymed.net/epic-acp-advancecare-planning-for-outpatient-providers/

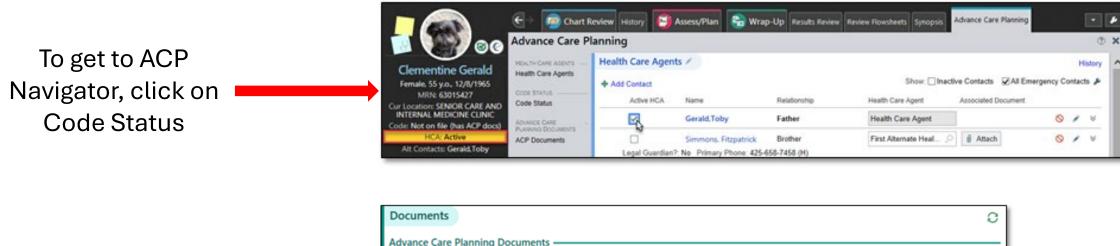
HIPAA PERMITS D	ISCLOSURE OF POLS	T TO OTHER HEALTI	H CARE PROVIDERS	S AS NECESSARY		HIPAA PER	RMITS DISCLOSURE OF POLST TO O	THER HEALTH CARE PROV	IDERS AS NECESSARY
Washington	LAST NAME / I	FIRST NAME / MIDDLE NAM	ME/INITIAL]	LAST NAME / FIRST	FNAME / MIDDLE NAME/INITIAL		DATE OF BIRTH
L@ F2	DATE OF BIRTH		GENDER (optional)	PRONOUNS (optional)	-	Additional Con	tact Information (if any)		
Portable Orders for Life-Sustaining Tr A Participating Program of National P		1	,,,		1	LEGAL MEDICAL DECIS	SION MAKER(S) (by DPOA-HC or 7.70.065 RCW)	RELATIONSHIP	PHONE
This is a medical order. It must be completed with a medical professional. Completing a POLST is always voluntary. IMPORTANT: See page 2 for complete instructions.				OTHER CONTACT PERS	SON	RELATIONSHIP	PHONE		
MEDICAL CONDITIONS/INDIVID	OUAL GOALS:		AGENCY INFO	PHONE (if applicable)	1	HEALTH CARE PROFES	SSIONAL COMPLETING FORM	ROLE / CREDENTIALS	PHONE
Λ		(600)				Preference: Me	edically Assisted Nutrition (i.e., Artific	ial Nutrition)	☐ Check here if not discussed
Use of Cardiopulmonary Resuscitation (CPR): When the individual has NO pulse and is not breathing. CHECK ONE VES – Attempt Resuscitation / CPR (choose FULL TREATMENT in Section B) NO – Do Not Attempt Resuscitation (DNAR) / Allow Natural Death When not in cardiopulmonary arrest, go to Section B.						Preferences for medic The POLST does not re decision maker(s) rega	required. This section, whether completed or not, cally assisted nutrition, and other health care decision eplace an advance directive. When an individual is not arding their plan of care, including medically assisted es noted here or elsewhere, and current medical cond	s, can also be indicated in advance dire I longer able to make their own decisio d nutrition. Base decisions on prior kno	ectives which are advised for all adults. ons, consult with the legal medical own wishes, best interests of the
Any of these treatment ONE FULL TREATMENT interventions, mecl Transfer to hospital SELECTIVE TREATMENT	Interventions: When the tevels may be paired with Deprimary goal is prolonging thanical ventilation, and card if indicated. Includes intensive MENT – Primary goal is tre	ONAR / Allow Natural Death ing life by all medically e- ioversion as indicated. Incl we care. ating medical conditions	n above. ffective means. Use intu ludes care described belo s while avoiding invasiv	w. e measures whenever		☐ Preference is to a ☐ Preference is to d ☐ Discuss short- ver: * Medically assisted nutrit	o be offered by mouth if feasible and consisten avoid medically assisted nutrition. discuss medically assisted nutrition options, as indiscuss medically assisted nutrition (long-ter tion is proven to have no effect on length of life in moderate-to have oral feeding continued; the directions for oral feeding male Individual Health Care Professional	icated.* m requires surgical placement of tube late-stage dementia, and it is associated with	e).
invasive airway sup	ical treatment, IV fluids and a port (e.g., CPAP, BiPAP, high- if indicated. Avoid intensive o	flow oxygen). Includes car		ot intubate. May use less	1	Directions for I		NOTE: An individual with capacity may alway interventions, regardless of information repre	
by any route as nee Individual prefers ne provide adequate of Additional orders (e.e Signatures: A legal An in widual who mak atnesses to verbal cor		on, and manual treatment on sider contacting medical s): e page 2) may sign on beha a trusted adult to sign on the must sign for a person und	of airway obstruction as r control to determine if tra alf of an adult who is not their behalf, or clinician si er the age of 18. Multiple	needed for comfort. Insport is indicated to able to make. Shoice. Insport is indicated to make. Shoice. Ins		This POLST is valid in hospital care, but val. The POLST is a set of all previous orders. Completing POLST is as a spropriate but remained to the polsman and health care proyand medical conditions.	is voluntary for the individual; it should be offered not required. documented on this form should be the result of king by an individual or their health care agent fessional based on the individual's preferences	should be transferred to a setting	ity and respect. In an individual who has chosen In the current setting, the individual able to provide comfort (e.g., treatment e medication by IV route for comfort.
Discussed with: Individual Parent(s) of minor Guardian with health care authority Legal health care agent(s) by DPOA-HC Other medical decision maker by 7.70.065 RCW DATE (mandatory) DATE (mandatory) PRINT – NAME OF MD/DO/ARNP/PA-C (mandatory) PRINT – NAME OF MD/DO/ARNP/PA-C (mandatory)				see FAQ at www.wsma.org/POLST. • There is a substantial change in the		enever: one care setting or care level to another. e individual's health status.			
X	IVIDUAL OR LEGAL MEDICAL DEG	•) RELATIONSHIP	DATE (mandatory)		children under the a	to indicate orders regarding medical care for age of 18 with serious illness. Guardian(s)/parent(s) with the health care professionals. See FAQ at LST.		s the page and write "VOID" in large ical settings, and anyone who has a
PRINT – NAME OF INDIVID	DUAL OR LEGAL MEDICAL DECISI	ON MAKER(S) (mandatory)		PHONE			POLST form: <u>Use this section to update and</u> ement of establishing code status and basic medical gu		her facilities.
Encoura _s all advance co	ble Power of Attorney for Hea are planning documents to acc	company POLST.	50 200 1909 - 1 9	cHARGED		REVIEW DATE	REVIEWER	LOCATION OF REVIEW	REVIEW OUTCOME No Change Form Voided New Form Completed

Washington State
Medical Association



All copies, digital images, faxes of signed POLST forms are valid. See page 2 for preferences regarding medically assisted nutrition. For more information on POLST, visit www.wsma.org/POLST.

Epic Tools: Documents



To see documents on file, scroll down



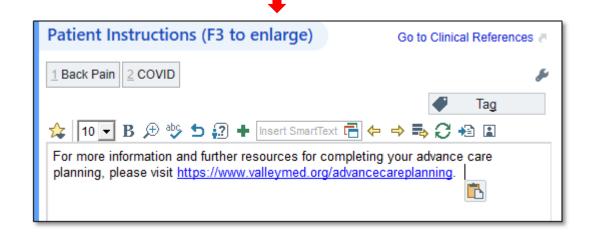
Epic Tools: Documentation

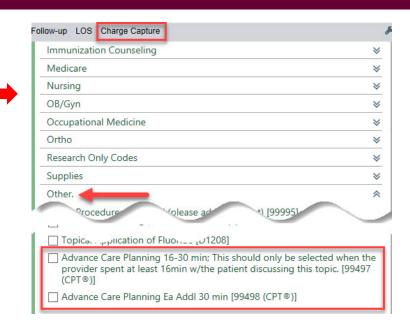
.ACPMDNOTE: for more extensive ACP conversations

Use this if you are billing an ACP code

.ACPBRIEFSTMT: for brief conversations about ACP

.ACPWebsite: For patient instructions, includes a link to Valley Medical Center's Advance Care Planning website





RN Care Managers

Trainings in 2023-2024

- Basic advance care planning (DPOA-HC, Healthcare Directive)
- Serious Illness Conversation Guide

Care Plan Population

- Diagnosis of CHF and/or COPD
- 2+ admissions or 3+ ED visits in last 6 months OR
 - VMC Risk Score 40+

Highlights

81 y.o. male, CHF, COPD on oxygen 2L NC, chronic pain, recent COPD exacerbation with hospital admission. RN Care Manager had serious illness conversation 1 week before PCP follow up. Discovered that the patient was having difficulty having conversation with spouse (LNOK) but trusted sister as DPOA (completed in 2022 and scanned into EMR). Found that independence, consciousness, and interacting with others are most important to the patient. At follow up with PCP, had conversation about goals and completed DNR Intermediate POLST.





CARING FOR OUR COMMUNITY LIKE FAMILY

Time out optimization

David Kim Ambulatory Quality Manager December 2024 Kathy McKee Regulatory & Accreditation and Compliance Manager

Agenda

- Timeline/Background
- TJC Standards
- Time out steps
- EPIC tools
- Questions



Timeline/Background

March 2023

- Clinical Data Analysis identified a discrepancy in the Time Out Report of possible procedures that were not included in the current report (100+ codes).

June-July 2023

- Ambulatory Quality/Safety team conducted a review of 113 CPT codes with clinical teams
- Set criteria for what is considered surgical and nonsurgical invasive procedures
- A total of 100 CPT codes were added for tracking (started 1 Aug 23)
- Developed a new tool for monthly time out audit -part of monthly TJC tracer activity.

August 2023

- VMC Clinic Network is compliant with the Joint Commission (TJC)'s Universal Protocol Standards
- Monthly time out audit documentation migrated from SharePoint tracker to TJC tracer portal & reduced manual processes.
- Saves about **50 hours of admin time/month** at the CN

June 2024

- The Patient Safety team conducted a RCA regarding a clinic fire safety event
- Discovered that the Clinic Network does not have formal policy or protocol regarding fire risk assessment and mitigation when using cautery, laser, light source, or any instrument capable of causing heat for patient care.

January 2025

- Updated **Time Out EPIC tools** (Flowsheet & SmartPhrase) will "go-live"
- New Percipio module will be assigned to all clinical staff members (Physicians, APPs, nurses, medical assistants, etc).



TJC standards



- A part of VMC Clinic Network's (CN) journey to full compliance w/ Joint Commission's
 UP.01.01.01, UP.01.01.02, UP.01.01.03, & EC.02.03.01;
- Periodically evaluate potential fire hazards that could be encountered during operative or invasive procedures.
- Establish written fire prevention and response procedures, including safety precautions related to the use of flammable germicides or antiseptics.



Time Out

In addition to verifying the ☑ Correct patient ☑ Correct procedure and ☑ Correct site,

All procedures that use heat producing equipment will have fire safety discussed and documented as part of the time out.

This includes cautery, fiberoptic light sources and lasers.

- See Procedure Fire Safety Policy for details
- Updated Percipio time out module will go live in January 2025

UW Medicine | VALLEY MEDICAL CENTER

AMBULATORY
CLINIC NETWORK

PROCEDURE FIRE SAFETY

PROCEDURE STATEMENT:

- All Personnel assisting with or using equipment capable of causing heat are appropriately trained in the use, care
 and safety hazards of the equipment and response to fire. This includes cautery, fiberoptic light sources, and
 lasers. See Addendum A-Heat Generating Devices used in the VMC Clinic Network.
- · Only the physician will operate the equpiment.

EQUIPMENT/SUPPLIES

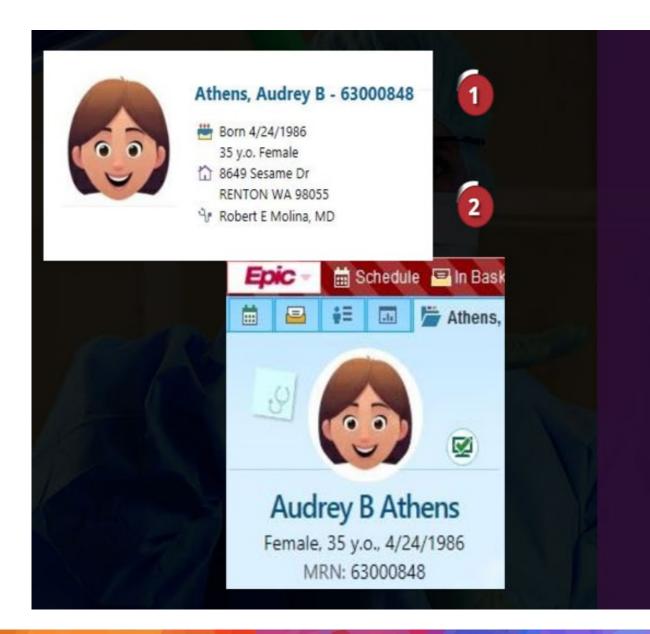
- Manufacturer Instructions for Use for equipment
- · A fire extinguisher is near treatment area
- Water is readily available to use in the event of a fire

PROCEDURE:

All procedure cases that use heat producing equipment will have fire safety discussed and documented as part
of the time out verification. The discussion will include factors that may increase the chance of fire (alcoholbased prep, patient oxygen use, etc.) and safety measures implemented. Safety measures may include:

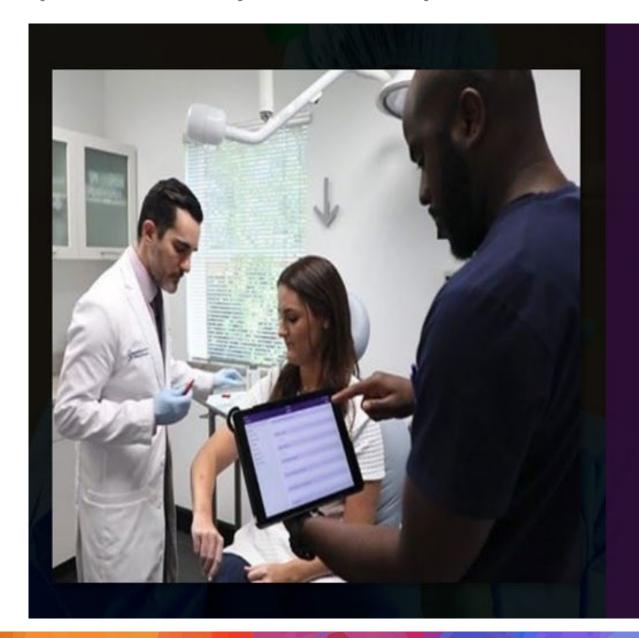


Step 1: Verify Correct Patient



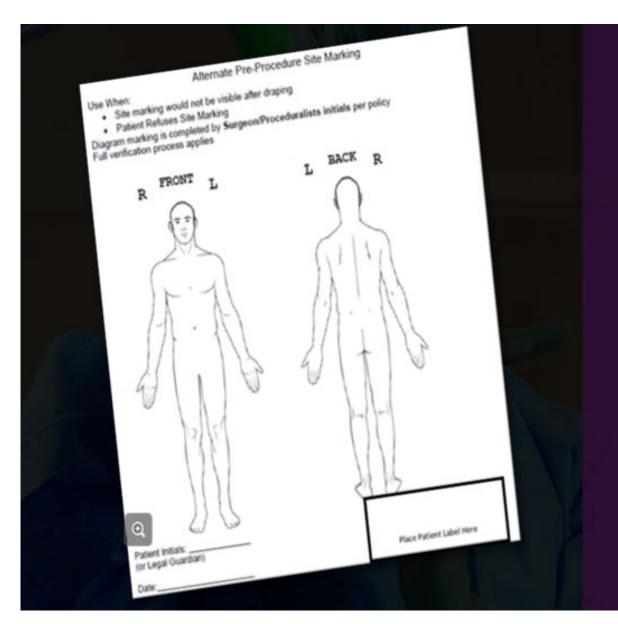
The correct patient is verbally verified using two patient identifiers (name and date of birth). The patient's name and date of birth are compared to the medical record.

Step 2: Verify correct procedure



The correct procedure is verbally verified and compared with the consent, order, or referral as appropriate.

Step 3: Site Marking (*if applicable)



For cases with more than one possible location the correct site/ side/level is verified using the consent, order, or referral and visualizing Provider's initials on the exposed/prepped procedure site or on the paper diagram.

Step 4: Ensure everyone agrees



All present, including the proceduralist and the patient (if able) verbally agree that the patient, procedure, and site are correct and resolve any disagreement before proceeding.

Step 5 Discuss Fire Safety

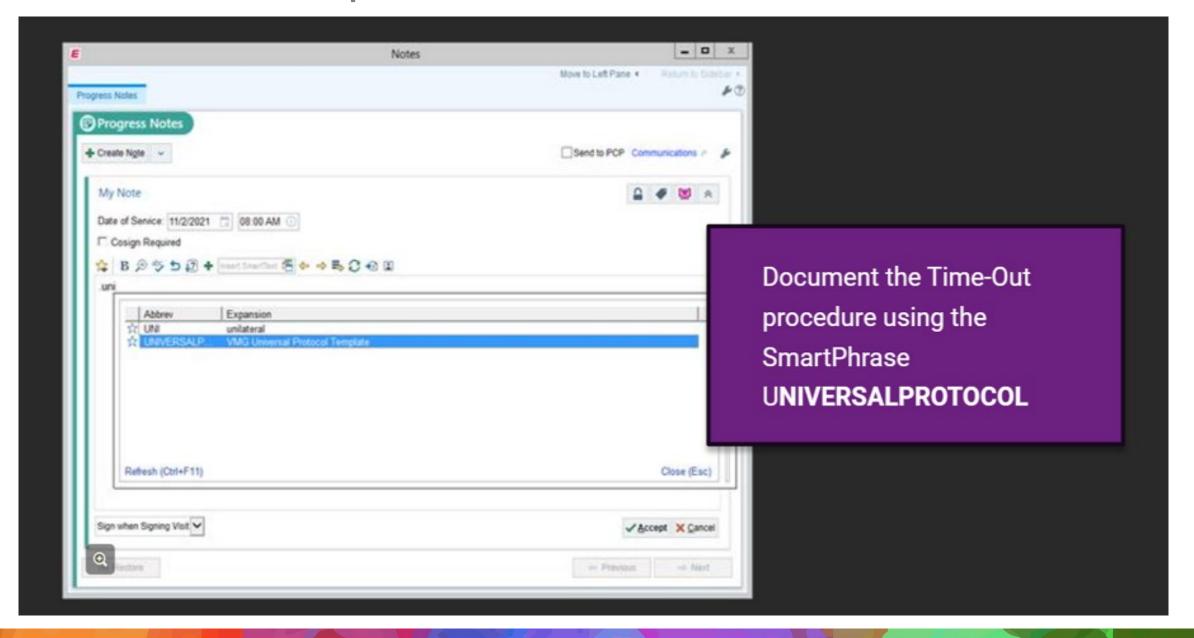
All procedure team members will participate in the review of fire safety when performed. The discussion will include factors that may increase the chance of fire (alcohol-based prep, patient oxygen use, etc.) and safety measures implemented. Safety measures may include:

- Allow sufficient prep dry time
- Do not drape until prep area is fully dry
- Water available for suppression purposes
- Minimize Electrical Surgical Unit (ESU) settings
- Use wet sponges, as appropriate

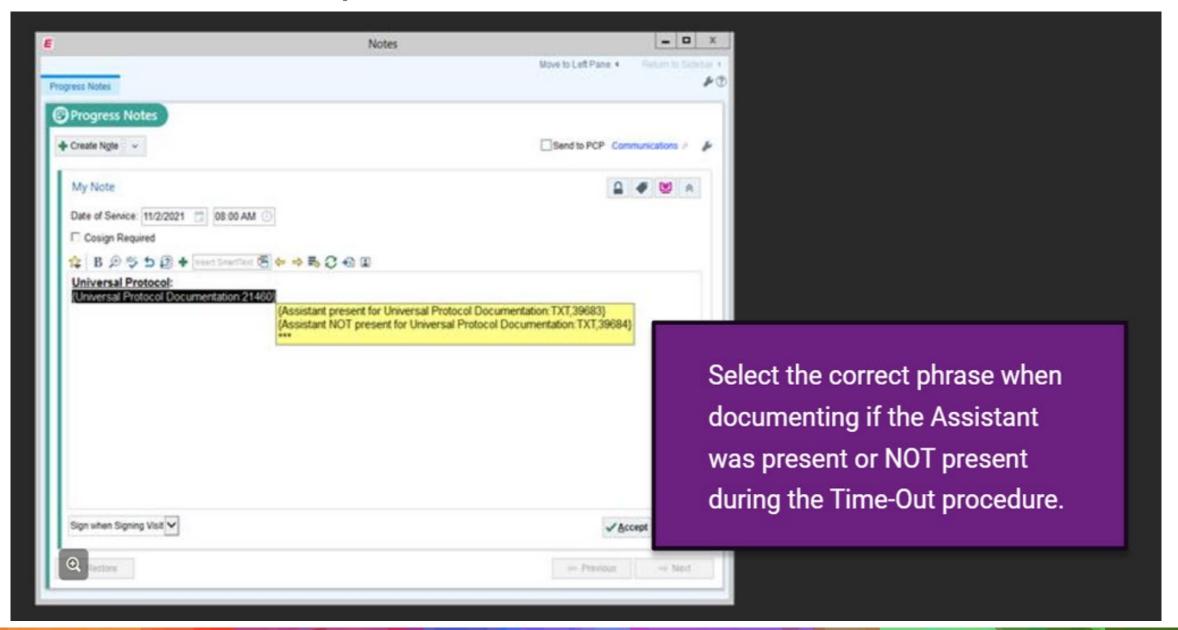
Additional Safety Tips

- Review the location of the fire extinguisher closest to the procedure room
- Know & follow the manufacturer instructions for use for the heat producing equipment that is being used

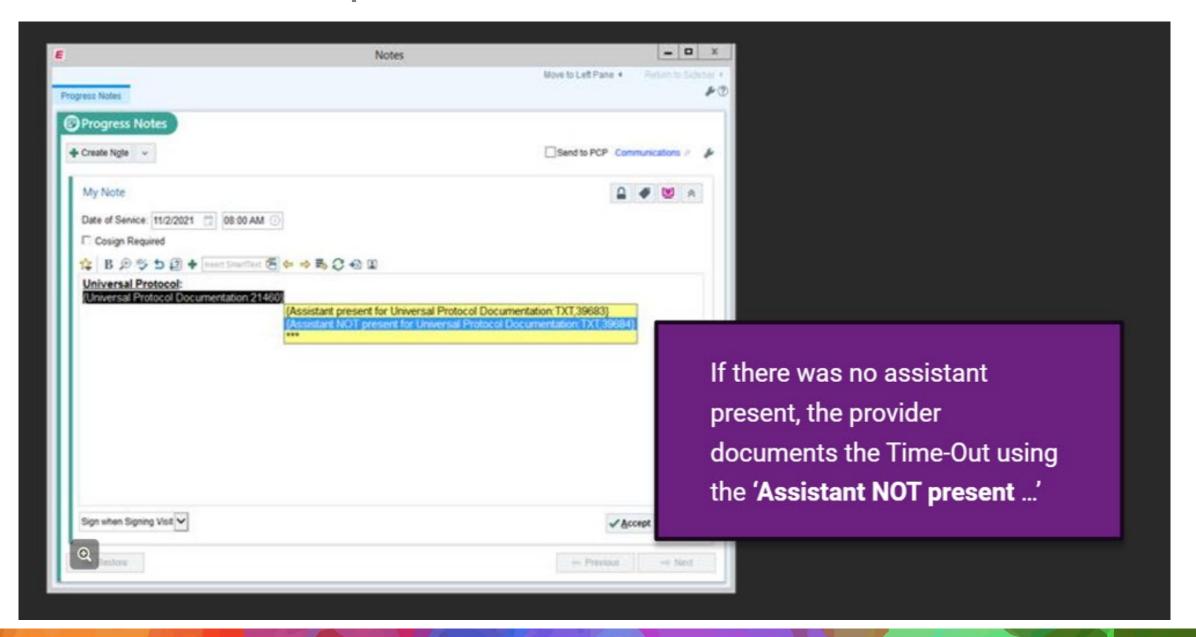
SmartPhrase - step 1 of 4:



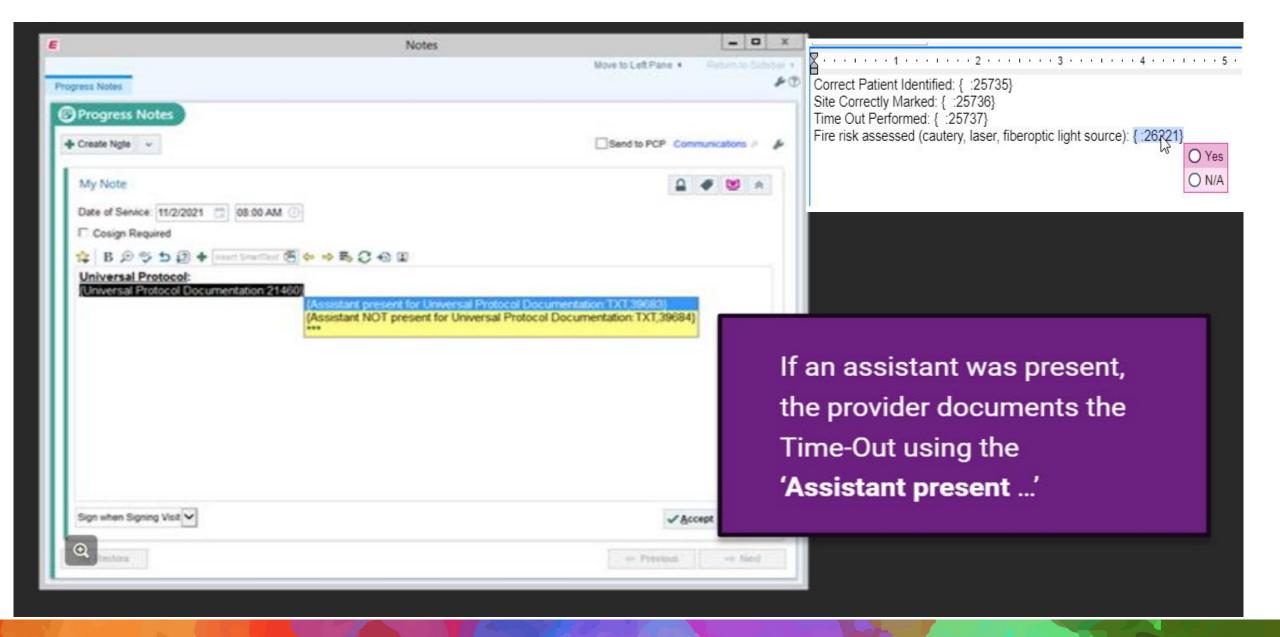
SmartPhrase - step 2 of 4:



SmartPhrase - step 3 of 4:



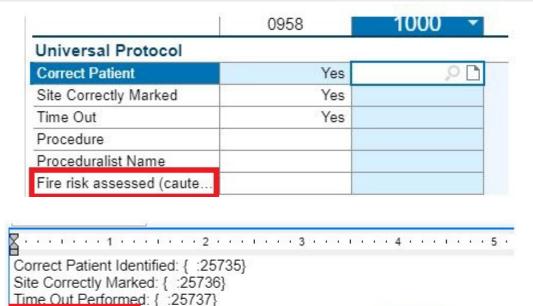
SmartPhrase - step 4 of 4:



Fire Risk Assessment Documentation

 Addition of the "Fire risk assessed" line is the only change made to the time out Flowsheet and SmartPhrase

 N/A is an option for procedures that do not require heat causing device



Fire risk assessed cautery, laser, fiberoptic light source): { :2672



What to do

Prior to 1 Jan 25	On/After 1 Jan 25
- Continue to conduct and document time out per our current process.	 Fire Risk Assessment needs to be conducted prior to procedures. Fire Risk Assessment needs to be documented on EPIC through Flowsheet or SmartPhrase.



Communication Plan

When	Who	How	What
Nov-Dec 2024	Sue Christian, Education and Training Coordinator Christine Wade, Education and Training Coordinator David Kim, Ambulatory Quality Manager Kathy Mckee, Regulatory and Accreditation Compliance Manager Yen Nguyen, Dir. of Ambulatory Ops and Educators	Present at various committee meetings (BOAT, Clinic Ops, Provider meetings, etc)	Fire risk assessment/mitigation and associate EPIC tools
Jan 2025	Denise Simao, LMS Manager	Sent out notification via Percipio	Introduction of updated Time out Percipio module







Reza Masoomi, MD

Interventional Cardiology

Cardiovascular Conditions

- Peri-operative Risk Stratification
- Hypertension
- Dyslipidemia
- Congestive Heart Failure
- Valvular Heart Disease
- Atherosclerosis
- Coronary Artery Disease
- Peripheral Artery Disease



Non-Invasive Evaluations/Studies

- EKG (including wearable cardiac monitors)
- Trans-Thoracic Echocardiogram
- Cardiac Stress Tests
 - Exercise treadmill test (ETT)
 - Exercise echocardiogram
 - Exercise treadmill test with nuclear perfusion (ETT-MIBI)
 - Pharmacologic stress with nuclear perfusion (MIBI)
- Holter/Loop Recorder/Pacemaker/ICD interrogation



Diagnostic Procedures/Interventions

- Trans-Esophageal Echocardiogram
- Cardioversion
- Coronary Angiography
- Right Heart Catheterization
- Percutaneous Coronary Intervention
- Mechanical Circulatory Support (IABP, Impella)
- Temporary Pacemaker
- Peripheral Vascular Intervention
- High risk, and complex coronary intervention
- Chronic total occlusion PCI (CTO)



Referrals and Consults



Cardiology Clinic: Please submit outpatient referrals via EPIC or by fax

Talbot Professional Center Suite 500 Phone: 425-690-3482 Fax: 425-690-9082



Reza Masoomi, MD Cell: 310-806-3926

Office (direct): 425-690-3738

Email: Reza_Masoomi@valleymed.org





Joonseok ("Joon") Kim, MD MSPH

Cardiac Electrophysiology

Cardiovascular Conditions

Atrial Fibrillation (AF) Atrial Flutter Premature Atrial Complexes (PACs) Supraventricular Tachycardia (SVT) Wolff-Parkinson-White (WPW) Syndrome Atrial Tachycardia (AT)	Premature Ventricular Complexes (PVCs) Ventricular Tachycardia (VT) Ventricular Fibrillation (VF)
Genetics and Cardiac Channelopathies Long QT Syndrome Brugada Syndrome Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT) Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)	Sudden Cardiac Arrest/Death Risk Evaluation Risk Stratification for Cardiac Arrhythmia Post-Ablation Arrhythmia Recurrence Management Antiarrhythmic Drugs Monitoring and Management
Bradyarrhythmias (e.g., Sinus Node Dysfunction, AV Block)	Device-Related Arrhythmias (Pacemaker, ICD, CRT dysfunction) Device Programming and Optimization

Non-Invasive Evaluations/Studies

- EKG (including wearable cardiac monitors)
- Cardiac Stress Tests focused on arrhythmia risk stratification
- Holter/Loop Recorder/Pacemaker/ICD interrogation
- Cardioversion



Ablation Procedures/Interventions

- Electrophysiology Study (EPS)
- Zero or minimal fluoroscopy catheter ablation
- Atrial Fibrillation Ablation (Radiofrequency Ablation and Pulsed-field ablation)
- Atrial Flutter Ablation
- Supraventricular Tachycardia (SVT) Ablation
 - Atrial Flutter Ablation
 - Ablation for AV nodal reentrant tachycardia (AVNRT)
 - Ablation of accessory pathways in Wolff-Parkinson-White (WPW) syndrome
 - Atrial Tachycardia (AT) and Premature Atrial Contractions (PACs) Ablation
- Premature Ventricular Contractions (PVCs) Ablation
- Ventricular Tachycardia (VT) Ablation



Device Procedures/Interventions

- Implantable Loop Recorder
- Transvenous Pacemaker (including left bundle are pacing, CRT-P and CRT-D)
- Leadless Pacemaker
- Transvenous ICD
- Subcutaneous ICD
- Device Generator Replacement



Referrals and Consults



 Cardiology Clinic: Please submit outpatient referrals via EPIC or by fax

Talbot Professional Center Suite 500

Phone: 425-690-3482

Fax: 425-690-9082

Joonseok ("Joon") Kim, MD MSPH

Cell: 517-505-7379

Office (direct): 425-690-3739

Email: Joonseok_kim@valleymed.org







December 17:

VMG All Provider Meeting

January 8:

Primary Care Meeting