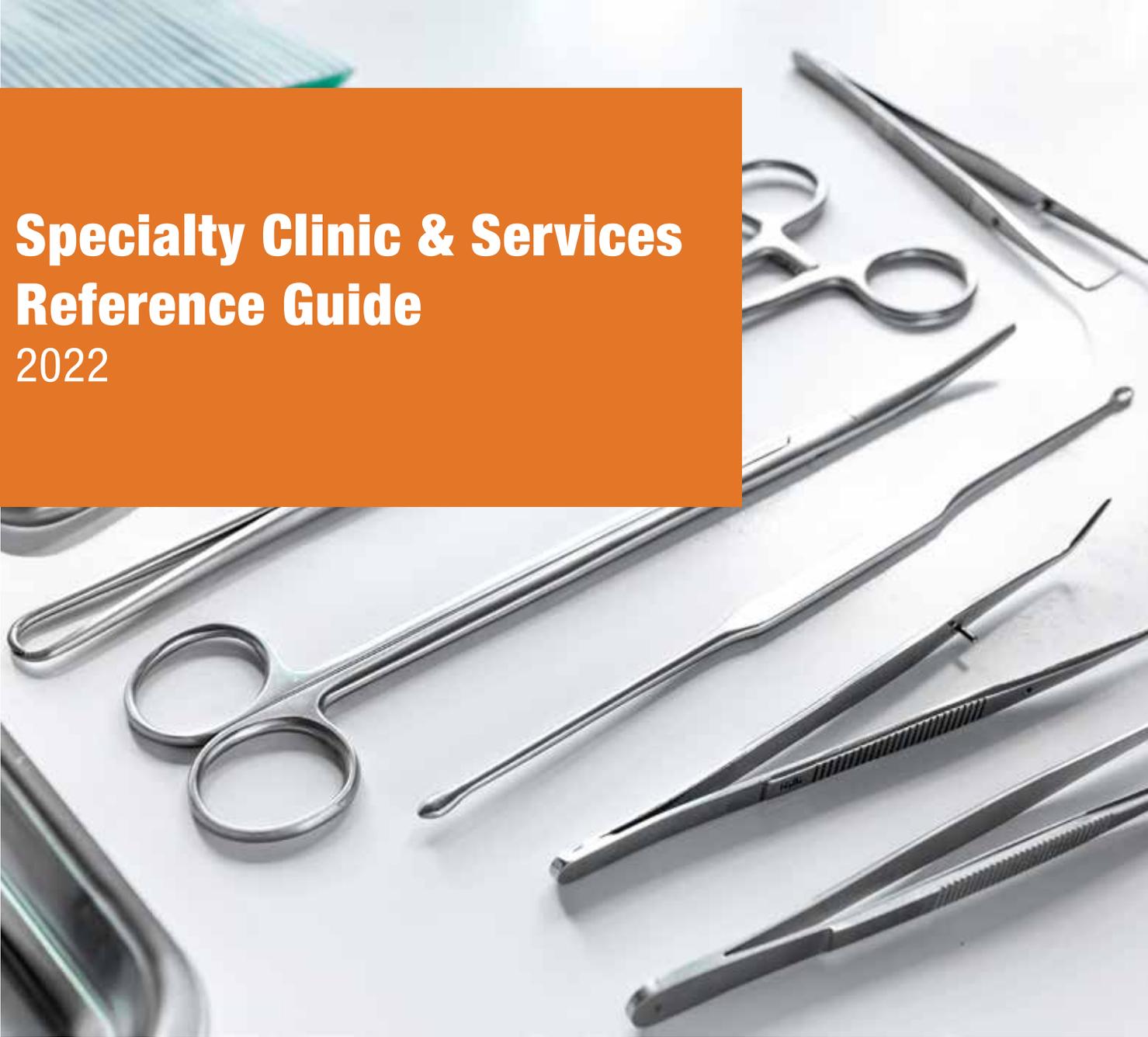


FREE
Please Take One



**Specialty Clinic & Services
Reference Guide
2022**



Tri-State
Memorial Hospital &
Medical Campus

1221 Highland Avenue, Clarkston, WA
509.758.5511 | TriStateHospital.org

HOSPITAL CLINICS & SERVICES

24-Hour Emergency
Behavioral Health
Community Education
Day/Outpatient Surgery
Diabetes Care Management
Diagnostic Imaging
General Surgery
Interventional Pain Consultants
Kidney & Hypertension
Minor Care Center
Orthopedic Education
Podiatry
Pulmonology
Renal Dialysis
Respiratory Therapy
Rheumatology
Sleep Lab
Urology
Weight Management, an HMR® Program
Wellness
Women's Imaging & Diagnostic
Wound Healing

HOSPITAL BOARD

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TriStateMemorialHospital

OUR MISSION

YOUR HEALTH IS OUR FIRST PRIORITY!

OUR VISION

We place the healthcare needs of our community first by partnering to bring care beyond our walls through innovative technology and collaboration. We are a regional healthcare leader and employer of choice, delivering the highest quality of care to facilitate health, healing, and well-being throughout our community and those we touch.

OUR VALUES

Quality, Compassion, Collaboration,
Innovation, and Respect

*Your Community-Owned &
Operated Hospital Since 1955*

TABLE OF CONTENTS

| | |
|--|---------|
| Provider & Other Staff Index | 4 |
| Behavioral Health | 5 |
| General Surgery | 6 |
| Hyperbaric Services | 7 |
| Integrated Behavioral Health | 8 |
| Interventional Pain Consultants | 9 |
| Kidney & Hypertension | 10 |
| Podiatry | 11 |
| Pulmonology | 12 |
| Rheumatology | 13 |
| Sleep Lab | 14 |
| Urology | 15 |
| Weight Management, an HMR® Program | 16 |
| Wellness | 17 - 18 |
| Clinical Nutrition | 17 |
| Diabetes Care Management | 18 |
| Wound Healing | 19 |

ADDITIONAL INFORMATION

ADMISSION PROCESS

Tri-State Memorial Hospital's Specialty Clinics accept new patient referrals from primary care and specialist providers. Some specialty clinics have specific requirements for patients; please refer to the information listed on the clinic's page.

Once a primary care or specialty provider has referred a patient to a Tri-State Memorial Hospital Specialty Clinic, a new patient packet will be mailed to them for completion. There will be a postage-paid return envelope with the packet.

Some clinics and services do not need a referral from a primary care or specialist provider, these include:

- Behavioral Health
- Integrated Behavioral Health
- Interventional Pain Consultants
- Podiatry
- Wound Healing & Hyperbaric Services
- Weight Management, an HMR® Program

ACCEPTED INSURANCE

We accept most types of insurance at Tri-State Memorial Hospital. For questions about what insurance is accepted, please contact Tri-State Patient Access Representatives at 509.254.2716.

CLINIC HOURS

Tri-State Specialty Clinics are open Monday through Friday; please call to confirm hours of operation.

For the most up-to-date Specialty Clinic & Services Reference Guide, please visit TriStateHospital.org/Clinics-Services.



PROVIDER & OTHER STAFF INDEX

| | |
|---|--------|
| Adkins, Tracy, RN, BSN, ARNP | 15, 19 |
| Afzal, Zeeshan, MD | 13 |
| Berger, Kenneth, MD | 15 |
| Bly, Trudy, RN, CDCES | 18 |
| Bringman, Jessica, MSN, PMHNP-BC | 5 |
| Caviness, Talmadge, MD, DABA | 9 |
| Chernyak, Elina, DO | 5 |
| Deshpande, Vilas, MD | 7, 19 |
| Flinders, Craig, MD, DABA, DABPM | 9 |
| Haas, Gary, DO, DABA | 9 |
| Johnson, Karl, DPM, FACFAS | 11 |
| McCall, Darrah, BSW | 16 |
| Monsebroten, Beth, MSN, RN, FNP-C | 12 |
| Phillips, Nick, MD | 5 |
| Popovich, Keith, MD | 12, 14 |
| Onorato, James, MD | 10 |
| Orgul, Onder, MD | 10 |
| Ozeran, Victoria, PA-C | 9 |
| Randall, Megan, FNP-C | 12 |
| Raykovich, Jennifer, RDN, LD, CD | 17 |
| Rooney, Judy, LCSW | 8 |
| Scharffer, Jen, MBA, RDN, LD, CD | 17 |
| Schuster, Liz, RN, BSN | 17 |
| Smith, LeRoy, MD | 6 |
| Stoutin, Lyndal, MD, DABA, DABPM | 9 |
| Thomas, Eric L., MD | 6, 19 |
| Wright, Byron, MD, FACS | 6, 19 |
| Woods, Chelsey, RDN, CD | 17 |

BEHAVIORAL HEALTH

CLARKSTON

1119 HIGHLAND AVENUE, SUITE 6, CLARKSTON, WA 99403
PHONE: 509.769.2211 | FAX: 509.769.2210

Tri-State Behavioral Health provides support to those who are seeking help with addiction and mental health. Their professional team offers cutting edge evidence-based addiction and psychiatric services so that every patient has access to informed quality care. Tri-State Behavioral Health does not believe “one-size-fits-all.” Each patient receives personalized individual care to achieve optimal health outcomes.

Tri-State Behavioral Health coordinates with collaborating partners to ensure that patients receive comprehensive therapeutic treatment, including referrals to various community resources, as needed. They do not offer one time evaluations.

COMPASSIONATE CARE IN PSYCHIATRIC SERVICES

Tri-State Behavioral Health’s experts in mental health understand the need to offer treatment options to children, adolescents, and adults who experience mental health problems. Their providers assess current concerns, diagnose, and present recommendations for appropriate treatment with medication or psychotherapy.

The Psychiatric Services offered focuses on taking a holistic approach, emphasizing on obtainment of an accurate diagnoses through a thorough history evaluation. Specific services focus on diagnosis, treatment planning, as well as psychopharmacological medication management. Tri-State Behavioral Health provides brief psychotherapy and medication management evaluations that focus on improving the patient’s overall well-being through coping skills, mindfulness strategies, Cognitive Behavioral Therapy, Dialectical Behavioral Therapy, and Motivational Interviewing.

COMPASSIONATE CARE IN TREATING ADDICTION

Tri-State Behavioral Health is committed to providing high-quality care and comprehensive support to patients wanting help with addiction. They provide resources for the prevention, intervention, and treatment for substance use or alcohol use disorders that include outpatient and inpatient detox.

SERVICES OFFERED

Services offered, but not limited to:

- Psychiatric care for all ages - including child and adolescent
- Pharmacotherapy for addiction and/or mental health
- Comprehensive evaluation and treatment of substance use, mental health conditions, or co-occurring disorders
- Medication-Assisted Treatment (MAT) for alcohol and substance use disorder
 - MAT combines behavioral therapy and medications to treat substance abuse disorders, including opioid use disorders. MAT provides treatment for the entire patient
- Detoxification both inpatient and outpatient

ADMISSION

Patients do not need a referral for Tri-State Behavioral Health.

PROVIDERS



Elina Chernyak, DO

Elina Chernyak, DO, received her Doctorate of Osteopathic Medicine from Des Moines University College of Osteopathic Medicine in 2007. She went on to complete her Residency at Meadville Medical Center in Pennsylvania and received her certification from the American Board of Family Medicine in 2012. She completed her Fellowship in Addiction Medicine at Case Western Reserve in Cleveland, Ohio in 2013; she also received a certification from the American Board of Addiction Medicine in 2014.



Nick Phillips, MD

Nick Phillips, MD, received his Doctorate of Medicine from St. George’s University School of Medicine in 2014. He then went on to complete his residency in General Psychiatry at the University of Florida College Of Medicine – Jacksonville, in 2017, where he served as the Chief Resident for the Adult Psychiatry Residency Program. He completed his fellowship in Child and Adolescent Psychiatry at the University of Utah in 2019. As an outdoor enthusiast, he enjoys many recreational activities, sports, reading, spending and time with family.



Jessica Bringman, MSN, PMHNP-BC

Jessica Bringman, PMHNP-BC, received her Bachelor of Science in Nursing from Lewis-Clark State College in 2010 and her Master of Nursing from Walden University in Minneapolis, MN, in 2019. Jessica is certified by the American Nurses Credentialing Center as a Psychiatric Mental Health Nurse Practitioner and completed her Master of Psychopharmacology certificate through the Neuroscience Education Institute. Jessica began her nursing career at Tri-State Memorial Hospital over 20 years ago. Since then, she has managed the Community Based Outpatient Clinic in Lewiston, ID, and worked at the Department of Veteran Affairs in Walla Walla, WA. Jessica is now seeing adult and pediatric patients.



GENERAL SURGERY

1119 HIGHLAND AVENUE, SUITE 4, CLARKSTON, WA 99403
PHONE: 509.254.2722 | FAX: 509.769.2022

Tri-State General Surgery provides the diagnosis, treatment, and postoperative care for a wide range of surgical procedures.

Tri-State General Surgery's board-certified and highly trained surgeons are committed to providing the patient with the best quality surgical care. Combined, our three general surgeons have over 60 years of experience in their field. Each one brings unique specialties to our community so you and your loved ones do not have to travel far for integrated surgical care. From a pre-operative appointment to post-op care, Tri-State General Surgery's team will make sure patient's feel prepared and comfortable.

SERVICES OFFERED

Services offered, but not limited to:

- Amputations of limbs at all levels
- Appendectomy
- Benign and malignant tumors
- Breast surgery including mastectomy and male breasts for benign and malignant
- Colon and rectal surgery
- Colonoscopy and upper endoscopy
- Diagnostic laparoscopy
- Endocrine system
- Gallbladder and bile duct surgery
- Gastric (stomach) resections for cancer and perforations
- Hernia (inguinal, umbilical, all incisional, and spigelian)
- Lymph node removal
- Mediport placement
- Skin and soft tissue, including cancers
- Splenectomy
- Surgical oncology
- Thyroid and parathyroid surgery
- Vasectomy

ADMISSION

Patients can be self-referred or referred by a primary care provider.

PROVIDERS



LeRoy Smith, MD

LeRoy Smith, MD, brings over 35 years of experience in general surgery and is certified by the American Board of Surgery. He received his Bachelor of Science in Pre-Medical Science from Saint Augustine's College in Raleigh, NC and his Doctor of Medicine from Washington University School of Medicine in St. Louis, MO. Dr. Smith continued his internship and general surgery residency in the US Army Medical Corps at Fort Lewis in Washington and received the Army Commendation Medal. He was most recently a General Surgeon at Western Arizona Regional Medical Center in Bullhead City, Arizona.



Eric L. Thomas, MD

Eric L. Thomas, MD, is certified by the American Board of Surgery and is a fellow of the American College of Surgeons. He received his Doctorate of Medicine from Eastern Virginia Medical School in Norfolk, Virginia, and completed his Internship at Naval Medical Center Portsmouth, after which he served as a Naval Flight surgeon with the US Marines. In 2011 he joined the teaching staff at Maricopa Integrated Health General surgery residency program and in 2015 started one of the nation's first integrated robotics rotations for surgery residents. He and his family are excited to be in our community, and he hopes to expand options for minimally invasive surgery in the Lewis-Clark Valley.



Byron Wright, MD, FACS

Byron Wright, MD, FACS, received his Medical Doctorate from Chicago Medical School in North Chicago, Illinois, in 1995. He completed his general surgery residency at Hennepin County Medical Center in Minneapolis, MN and completed his fellowship in Breast and Surgical Oncology at The John Wayne Cancer Institute in Los Angeles, California. Dr. Wright has a broad array of expertise in managing many cancers, extensive experience in Acute Care Surgery, and has performed a high number of minimally invasive procedures. He was born and raised in the Seattle area but fell in love with the Inland Northwest while attending Gonzaga University as an Undergraduate.

HYPERBARIC SERVICES

1119 HIGHLAND AVENUE, SUITE 7, CLARKSTON, WA 99403
PHONE: 509.758.1119 | FAX: 509.758.1140

Tri-State Hyperbaric Services' friendly professional staff include a specially trained Wound Care and Hyperbaric Physician, a nationally certified Hyperbaric Registered Nurse (CHRN), and Technologist (CHT).

Oxygen is vital in the healing process, and while many patients have adequate oxygenation to heal wounds, some have an insufficient oxygen supply. Certain conditions like diabetes and vascular disease lead to inadequate blood flow and oxygenation that can impair healing.

WHAT IS HYPERBARIC OXYGEN THERAPY?

Hyperbaric Oxygen Therapy is where a patient is placed in a special hyperbaric chamber and exposed to 100% oxygen at 2-3 times the atmospheric pressure. During Hyperbaric Oxygen Therapy, blood carries oxygen throughout the body to saturate tissues and plasma. This delivers about 20-30 times more oxygen than breathing at sea level. Treatments can vary in length depending on the condition being treated but typically are about two hours long, five days a week, for as many as 40 treatments. Some conditions may require being treated twice daily. For after hour emergency indications, please contact the Tri-State Memorial Hospital Emergency Department.

Tri-State Hyperbaric Services' trained staff members will be present during treatments and to address the needs of patients.

CONDITIONS TREATED

The following is a list of approved indications for treatment with hyperbaric oxygen:

- Air or gas embolism
- Carbon monoxide poisoning
- Central retinal artery occlusion
- Chronic infected diabetic foot ulcers
- Chronic intracranial abscess
- Chronic refractory osteomyelitis
- Crush injuries
- Decompression illness (the "bends")
- Delayed radiation injuries of the bone and soft tissues
- Gas gangrene
- Idiopathic sudden hearing loss
- Preparation and preservation of compromised skin grafts and/or flaps
- Progressive necrotizing infections
- Severe anemia
- Severe thermal burns

ADMISSION

Patients do not need a referral for Tri-State Hyperbaric Services.

CALL TO SCHEDULE AN APPOINTMENT TODAY!

PROVIDERS



Vilas Deshpande, MD

Vilas Deshpande, MD, brings over 30 years of experience as a general surgeon and over 10 years of experience in wound healing and hyperbaric medicine services. Dr. Deshpande received his Doctor of Medicine from Osmania Medical College in India and served as the Chief Resident of the University of Nevada School of Medicine as a board-certified surgeon. He is also a fellow of the American College of Surgeons. His vast experience includes general surgery, cancer treatment of the head and neck, thyroid and parathyroid diseases, and has been the medical director for wound care and clinical services.



INTEGRATED BEHAVIORAL HEALTH

1522 17TH STREET, LEWISTON, ID 83501
PHONE: 208.743.8416 | FAX: 208.743.4642

Integrated Behavioral Health is available at Tri-State Clearwater Medical to persons ages 16 and older. They provide an open, supportive, and confidential environment to address behavioral health concerns through integrated behavioral health care.

WHAT IS INTEGRATED BEHAVIORAL HEALTH CARE?

Integrated behavioral health care blends medical conditions and related behavioral health factors affecting health and well-being in one setting. Integrated behavioral health care is part of a whole-person care in which behavioral health and medical providers work together. It is a rapidly emerging shift in the practice of high-quality health care.

Integrated behavioral health care may address the following:

- Health behaviors and lifestyle changes (including their contribution to chronic medical illnesses)
- Mental health and substance abuse conditions
- Life stressors and crises
- Stress-related physical symptoms
- Ineffective patterns of health care utilization

Frequently, physical and mental health issues occur together. For example, people with diabetes or cardiac conditions often develop depression as well. Providers practicing integrated behavioral health care recognize that both medical and behavioral health factors are important parts of a person's overall health. Medical and mental health clinicians collaborate with each other, patients, and families to address health concerns identified during medical visits. The advantage is better coordination and communication while working towards overall health goals.

Receiving both mental health and primary care treatment in one integrated setting can help people continue to work, attend school, engage with their families, participate in their communities, and be able to thrive. Ultimately, the goal of behavioral health interventions are similar to those of other primary care treatment - helping people function so they can lead healthier, fuller lives.

CONDITIONS TREATED

Integrated Behavioral Health may be used to help with the following:

- Depression
- Anxiety
- Adjustment to illness
- Grief/bereavement
- Mood disorders
- Life transitions
- Trauma related disorders

SERVICES OFFERED

- Counseling/Psychotherapy, Individual Services (for patients 16 years and older)
- Specialized Programs (please contact for more information)

ADMISSION

Patients must be referred to Tri-State Clearwater Medical Behavioral Health by their primary care provider and must be 16 years of age or older.

PROVIDERS



Judy Rooney, LCSW

Certified Mindset & Habit Coach

Judy Rooney, LCSW, Certified Mindset & HabitCoach, began her social work career as a medical social worker with the Detroit Medical Center over 30 years ago. Since then, her professional career has taken many paths which has contributed to her wealth of experience in the behavioral health field. Her experience includes work with people who have cancer and end of life issues, women who are in life transition, and adults and children who are adjusting to loss. In addition to these areas of expertise, her interests include helping those with depression, anxiety, bereavement, weight management, and management of stress. Judy received her Bachelor of Social Work from Central Michigan University and her Masters of Social work from Wayne State University.

INTERVENTIONAL PAIN CONSULTANTS

1119 HIGHLAND AVENUE, SUITE 11
CLARKSTON, WA 99403
PHONE: 509.780.4450
FAX: 509.758.3700

Tri-State Interventional Pain Consultants is committed to providing the best possible care to their patients, using the most up-to-date information and state-of-the-art techniques. Tri-State Interventional Pain Consultants includes five providers, all of which have pain management training. They are clinically trained in pain management, including residencies, pain fellowships, and board certifications.

Tri-State Interventional Pain Consultants believe that the experience of pain is unique to each individual and that the person in pain will benefit most from a treatment program that considers the many ways pain impacts a person's life.

CONDITIONS DIAGNOSED AND TREATED

Conditions treated, but not limited to:

- Acute and chronic back, leg, neck, and upper arm pain
- Acute shingles and post-herpetic neuralgia
- Cancer pain
- Complex Regional Pain Syndrome (CRPS)
- Disc herniation(s)
- Nerve pain
- Spinal stenosis
- Vertebral body compression fracture(s)

SERVICES OFFERED

Services offered, but not limited to:

- Epidural steroid injections
- Intrathecal pump implantation
- Joint injections
- Minimally invasive spine surgery
- Neuroablative procedures
- Spinal cord stimulation (both the trials and permanent implants)
- Sympathetic blocks
- Therapeutic and diagnostic injections
- Vertebroplasties

ADMISSION

Patients do not need a referral for Tri-State Interventional Pain Consultants.

PROVIDERS



Talmadge Caviness, MD, DABA

Talmadge Caviness, MD, DABA, is a board-certified anesthesiologist with 15 years of professional medical experience. He graduated from Loma Linda University School of Medicine in 2003 with his Doctor of Medicine and then went on to complete his internship in General Surgery. In 2013, Dr. Caviness completed his residency in Anesthesia at the Loma Linda University Medicine Center. Dr. Caviness enjoys an array of outdoor activities including water sports, hiking, mountain biking, motorsports, snow sports, and golf.



Craig Flinders, MD, DABA, DABPM

Craig Flinders, MD, DABA, DABPM, has practiced pain management with special interests in minimally invasive spine surgery in Lewiston since 1994. A graduate of the University of Utah and Texas Tech University, he obtained his Doctor of Medicine in 1990. After completing a general surgery internship and anesthesia residency, he moved to Lewiston to join Valley Anesthesia and North Idaho Pain Management Center. Dr. Flinders and his family enjoy many outdoor activities this region offers including horseback riding, snowmobiling, and hunting.



Gary Haas, DO

Gary Haas, DO, has been a partner in Valley Anesthesia and North Idaho Pain Management Center since 1999. He is a graduate of Baker University in Kansas and received a degree in osteopathic medicine from the University of Health Science in Kansas City, Missouri, in 1988. After practicing family medicine for several years, Dr. Haas completed an anesthesia residency at the University of Missouri and a pain fellowship at the University of Michigan. Dr. Haas and his family enjoy water and snow skiing and are very involved in their local church.



Lyndal Stoutin, MD, DABA, DABPM

Lyndal Stoutin, MD, DABA, DABPM, has practiced anesthesia in Lewiston since 1990 and has been a part of the pain management practice for 20 of those years. He obtained his undergraduate degree from Indiana State University and graduated in 1986 with his Doctor of Medicine from Southern Illinois University. He then completed his residency in Anesthesiology at St. Louis University. Dr. Stoutin and his family enjoy the outdoors and are active in their church and community.



Victoria Ozeran, PA-C

Victoria Ozeran, PA-C, joined Tri-State Interventional Pain Consultants in February 2019 and has been working as a provider for the past 16 years within an Emergency Department in the Lewis-Clark Valley. She graduated with a Masters Degree in Physician Assistant Studies from Oregon Health & Science University in 2002, where she also received her Physician Assistant Certification through the NCCPA. She is a member of the American Academy of Physician Assistants, the American Academy of Surgical Physician Assistants, Society of Emergency Medicine Physician Assistants, and the American Society of Addiction Medicine.



KIDNEY & HYPERTENSION

1119 HIGHLAND AVENUE, SUITE 5, CLARKSTON, WA 99403
PHONE: 509.751.0312 | FAX: 509.751.0314

Tri-State Kidney & Hypertension treats patients who are diagnosed with kidney diseases and/or hypertension, as well as patients requiring renal replacement therapy, which includes dialysis and renal transplant patients.

CONDITIONS TREATED

Conditions treated, but not limited to:

- Acute renal failure, or a sudden loss of kidney function
- Anemia related to renal failure
- Chronic kidney disease, or declining renal function, usually with a continuous rise in creatinine
- Electrolyte disorders or an acid/base imbalance
- Hypertension that has failed to respond to multiple forms of anti-hypertensive medication, or that could have a secondary cause
- Kidney stones and prevention of kidney stones
- Proteinuria or the loss of protein, especially albumin, in urine

ADMISSION

Patients can be self-referred or referred by a primary care provider.

PROVIDERS



James Onorato, MD

James Onorato, MD, Ph.D, received his Doctorate of Philosophy in Pharmacology from Case Western Reserve University in 1982, his Doctorate of Medicine in 1984 from Case Western Reserve University School of Medicine, and completed his residency in General Internal Medicine at Duke University Medical Center in Durham, NC in 1987. He completed his fellowship in Nephrology at the Duke University Medical Center in 1988. Dr. Onorato is a member of the American Society of Nephrology and has over 25 years of experience in Nephrology. Dr. Onorato enjoys reading books, grilling, and shopping with his wife.



Onder Orgul, MD

Onder Orgul, MD, is a board-certified Nephrologist and Internist. In 1991, he received his Doctor of Medicine from Hacettepe University, in Ankara, Turkey. He went on to complete his Internal Medicine Residency at State University of New York at Buffalo in Buffalo, NY. In 1999, he completed his Nephrology Fellowship at Johns Hopkins University. Dr. Orgul brings 20 years of experience in nephrology and has been working with Tri-State Memorial Hospital & Medical Campus periodically since 2013.

PODIATRY

1119 HIGHLAND AVENUE, SUITE 7, CLARKSTON, WA 99403
PHONE: 509.758.1119 | FAX: 509.758.1140

Tri-State Podiatry helps maintain healthy legs and feet through quality podiatric care. Specializing in complex wounds, reconstruction, and comprehensive care of the foot and ankle, they treat a wide variety of conditions from calluses to fractures for patients of all ages.

Tri-State Podiatry's board-certified podiatrist will work closely with primary care providers to develop an effective, personalized treatment plan. For patients with chronic and non-healing wounds, they will also work in conjunction with Tri-State Wound Healing & Hyperbaric Services to treat foot and ankle issues due to complications from diabetes, trauma, and more.

CONDITIONS TREATED

Conditions treated, but not limited to:

Ankle/leg

- Achilles tendinitis
- Arthritis
- Ankle sprains
- Fracture
- Shin Splints

Heel/arch

- Heel pain
- Flat foot - pronated
- Plantar fasciitis
- Skin cracks
- Spur pain

Foot/ball

- Big toe joint
- Bunions
- Bunionette
- Capsulitis
- Diabetic foot care
- Neuroma
- Orthotics
- Stress fracture

Toes/digits

- Bone spur
- Corns
- Hammertoes
- Long toe
- Short toe

Toe nail/skin

- Athletes foot
- Calluses
- Fungus toenails
- Ingrown toenails
- Warts

ADMISSION

Patients do not need a referral for Tri-State Podiatry.

CALL TO SCHEDULE AN APPOINTMENT TODAY!

PROVIDERS



Karl Johnson, DPM, FAFAS

Karl D. Johnson, DPM, FAFAS, was born and raised in Mesa, Arizona. He attended Brigham Young University in Utah, where he met his wife. He graduated with a BS in Biology and went on to graduate from the College of Podiatric Medicine and Surgery at Des Moines University. He completed a podiatric surgical residency program at Foundation Surgical Hospital in Houston, TX. During that time, Dr. Johnson gained extensive experience in advanced foot and ankle reconstruction as the Chief Resident. Dr. Johnson is board certified by the American Board of Podiatric Medicine and the Board of Foot and Ankle Surgeons. He is a Fellow of the American College of Foot and Ankle Surgeons. As an avid runner, Dr. Johnson knows how important feet are to a healthy lifestyle. His primary goal is to help patients overcome foot and ankle conditions to allow them to live life to the fullest.



PULMONOLOGY

1119 HIGHLAND AVENUE, SUITE 2, CLARKSTON, WA
PHONE: 509.769.2201 | FAX: 509.758.9199

Tri-State Pulmonology specializes in the diagnosis, treatment, and management of acute and chronic diseases and conditions of the respiratory system and sleep medicine.

The Tri-State Pulmonology staff includes a board-certified pulmonologist who is also certified in Sleep Medicine and Internal Medicine. They work closely with Tri-State Respiratory Therapy and Tri-State Sleep Lab to offer the best possible patient care to improve overall quality of life.

CONDITIONS TREATED

Conditions treated, but not limited to:

- Asthma
- Bronchitis
- Chronic cough
- Chronic Obstructive Pulmonary Disease (COPD)
- Chest infections
- Cystic fibrosis
- Emphysema
- Pneumonia
- Scleroderma
- Sleep disorders, such as sleep apnea
- Tuberculosis

SERVICES OFFERED

Common procedures and treatments for lung and respiratory ailments include:

- Bronchodilators
 - Relaxes the muscles around the airways
- Bronchoscopy
 - A procedure to look directly at the airways in the lungs through a bronchoscope, a thin, lighted tube
- Nebulizers
 - The use of compressed air to administer liquids in the form of a fine mist to the airways, are commonly used to treat patients with severe asthma or COPD
- Pulmonary Function Tests (PFTs)
 - A noninvasive testing to represent how well the lungs are functioning
- Sleep Study
 - Also known as a polysomnogram, which involves several tests conducted at the same time during sleep to measure specific sleep characteristics and help diagnose sleep disorders
- Thoracentesis
 - A procedure where a needle is inserted into the pleural space between the lungs and chest wall to remove excess fluid to help a patient breathe easier

PROVIDERS



Keith Popovich, MD

Keith Popovich, MD, received his Bachelor of Arts in Chemistry in 1976 and Doctor of Medicine in May 1979, from West Virginia University. He completed his internship and residency in Internal Medicine at the University of Arkansas for Medical Sciences, followed by a three-year fellowship in Pulmonary Diseases. He then took a position as Assistant Professor of Medicine at the University of Chicago. Dr. Popovich was also the Director of the Medical Bronchoscopy Service for some time while at the University of Chicago. He then relocated to Butte, MT to open a successful practice in pulmonology and sleep medicine in 1990. He is board certified in Internal Medicine, Pulmonary Disease, and Sleep Medicine.



Beth Monsebroten, RN, MSN, FNP-C

Beth Monsebroten, RN, MSN, FNP-C, received her Master of Science in Nursing Family Nurse Practitioner from the University of North Dakota in 2012. She previously worked for Syringa Hospital and VA Contract Clinics where she provided primary care and chronic disease management for veterans as well as outpatient procedures. She has also provided primary mental health care and assisted patients with navigating the VA Medical System. Beth is a Certified DOT Medical Examiner.



Megan Randall, FNP-C

Megan Randall, FNP-C, received her bachelor's degree in Nursing from Lewis-Clark State College in 2013 and recently obtained her master's degree in Nursing for Family Nurse Practitioner, at Gonzaga University. Megan has been a part of the Tri-State family as a nurse for the past seven years and is excited for the opportunity to join as a Provider. She chose pulmonology as her specialty because of the strong need in the Lewis-Clark Valley and surrounding areas for pulmonology providers. We are excited to have Megan's continued expertise in this new capacity.

RHEUMATOLOGY

1119 HIGHLAND AVENUE, SUITE 3, CLARKSTON, WA 99403
PHONE: 509.780.4444 | FAX: 509.780.4443

Tri-State Rheumatology specializes in the diagnosis and treatment for diseases that affect the body's connective tissue. Diagnosis and treatment includes systemic autoimmune conditions. These conditions affect the joints, muscles, and bones causing pain, swelling, stiffness, and deformity.

Tri-State Rheumatology includes a state of the art infusion therapy area. Infusion therapy is a non-oral way to administer treatment for a wide assortment of conditions, including rheumatoid arthritis.

CONDITIONS TREATED

Conditions treated, but not limited to:

- Ankylosing spondylitis
- Gout/crystal induced arthropathy
- Inflammatory arthritis
- Inflammatory back pain
- Osteoarthritis
- Other connective tissue disease
- Polymyalgia rheumatica
- Positive ANA
- Psoriatic arthritis
- Rheumatoid arthritis
- Spondyloarthritis
- Systemic lupus erythematosus (SLE)
- Vasculitis

ADMISSION

Patients must be referred to Tri-State Rheumatology by their primary care provider and must be 16 years of age or older.

PROVIDERS



Zeeshan Afzal, MD

Zeeshan Afzal, MD, attended King Edward Medical College in Pakistan and received his Bachelor of Medicine and Bachelor of Surgery in 2003. He then studied Internal Medicine as an intern at Texas Tech University Health Sciences Center in Odessa, TX, where he also completed his residency in Internal Medicine. He continued his training as a Fellow in Rheumatology at UT Southwestern Medical Center in Dallas, TX. Dr. Afzal is board certified through the American Board of Internal Medicine.

SLEEP LAB

1119 HIGHLAND AVENUE, SUITE 8, CLARKSTON, WA 99403

PHONE: 509.751.0223 | FAX: 509.758.4697

Tri-State Sleep Lab blends the use of state-of-the-art technology and equipment with a caring, relaxing atmosphere for patients with suspected sleep disorders. Their experienced staff consistently scores in the top percentile for patient satisfaction.

Each of the four private bedrooms is complete with an in-suite bathroom, brand new comfortable spacious bed, recliner, and flat screen television.

Tri-State Sleep Lab is accredited by the American Academy of Sleep Medicine, which reflects their commitment to ensure that patients receive the highest quality of care from a highly specialized staff. All tests performed in the Tri-State Sleep Lab are interpreted by Keith Popovich, MD, Board Certified Sleep Physician.

COMMON SLEEP DISORDERS

- Narcolepsy
 - A chronic neurological disorder of the central nervous system that regulates sleep and wakefulness
- Obstructive Sleep Apnea (OSA)
 - Periodic obstruction of the upper airway during sleep; it is the most common medical cause of excessive daytime sleepiness
- Periodic Limb Movement Disorder
 - Defined by repetitive limb movements that occur during sleep and cause sleep disruption resulting in daytime sleepiness
- Primary Snoring
 - Harmless, but can cause many small interruptions throughout the night that prevent deep sleep

Sleep disorders that affect the quality of sleep can lead to serious chronic health issues such as diabetes, hypertension, congestive heart failure, irregular heart rhythm, clinical depression and stroke. Leaving a sleep disorder undiagnosed and untreated can make for frustrating nights, difficult mornings, and impaired function throughout the day.

SERVICES OFFERED

Services offered, but not limited to:

- Diagnostic Polysomnogram (PSG)
 - General overnight monitoring and evaluation without treatment
- Continuous Positive Airway Pressure (CPAP) titration study
 - If Sleep Apnea is diagnosed during a recent PSG, the patient returns to the Sleep Lab to determine an adequate CPAP pressure setting to open the airway and control sleep apnea
- Split Night PSG
 - When moderate or severe Sleep Apnea has been discovered in the first part of the sleep study, the second part is used for treatment of the disorder using CPAP
- Multiple Sleep Latency Test (MSLT)
 - A method used to diagnose Narcolepsy and measure the degree of daytime sleepiness
 - To ensure accurate results, it is performed the morning following a Diagnostic PSG and a two-week recording of a sleep diary
- Home Sleep Study
 - A home sleep study may be ordered if there is a strong suspicion of OSA
 - Home studies are not suitable for those patients with significant co-morbid medical conditions that may degrade the accuracy of the test, including, but not limited to, pulmonary disease, neuromuscular disease, congestive heart failure, and oxygen therapy

ADMISSION

Patients must be referred to Tri-State Sleep Lab by their primary care provider and must be four years of age or older.

PROVIDERS



Keith Popovich, MD

Keith Popovich, MD, received his Bachelor of Arts in Chemistry in 1976 and Doctor of Medicine in May 1979, from West Virginia University. He completed his internship and residency in Internal Medicine at the University of Arkansas for Medical Sciences, followed by a three-year fellowship in Pulmonary Diseases. He then took a position as Assistant Professor of Medicine at the University of Chicago. Dr. Popovich was also the Director of the Medical Bronchoscopy Service for some time while at the University of Chicago. He then relocated to Butte, MT to open a successful practice in pulmonology and sleep medicine in 1990. He is board certified in Internal Medicine, Pulmonary Disease, and Sleep Medicine.

UROLOGY

1119 HIGHLAND AVENUE, SUITE 1, CLARKSTON, WA 99403
PHONE: 509.254.2722 | FAX: 509.769.2022

Tri-State Urology specializes in the treatment and diagnosis of the male and female urinary tract. Common conditions include urinary incontinence and infection, urinary stone disease, reproduction, kidney, bladder, prostate, and urinary tract infection care. Tri-State Urology provides a wide variety of services for both adult and pediatric.

All of the staff at Tri-State Urology is committed to providing the highest quality care and comfort for every patient.

CONDITIONS TREATED

Conditions treated for both male and female include, but are not limited:

- Bladder, kidney, and prostate cancer
- Impotence
- Kidney stones
- Male and female urinary incontinence
- Urinary tract infection
- Pediatric urology

SERVICES OFFERED

Services offered, but are not limited:

- Botox
- Bladder repair and surgery
- Circumcision (for patients 2 years and older)
- Cystoscopy
- Genitourinary syndrome of menopause
- Interstim
- Lithotripsy
- Neurogenic bladder management
- Percutaneous Tibial Nerve Stimulation (PTNS)
- Pessary Fitting
- Urethral abnormalities
- Vasectomy

ADMISSION

Patients can be self-referred or referred by a primary care provider.

CALL TO SCHEDULE AN APPOINTMENT TODAY!

PROVIDERS



Kenneth Berger, JD, MD

Kenneth Berger, JD, MD, received his Juris Doctorate from Emory University School of Law in 1991 and received his Medical Doctorate from State University of New York-Downstate Medical Center in Brooklyn, New York, in 1999. He completed his general surgery and urology residencies at Loma Linda University Medical Center in Loma Linda, California. Dr. Berger is a board-certified urologist and has experience in robotic surgery. He most recently served as the Chief of Robotic Surgery and Chief of Surgery at Lourdes Medical Center in Pasco, WA. Dr. Berger serves as a clinical assistant professor at Washington State University's Elson S. Floyd College of Medicine and is the Washington State Urology Society president.



Tracy Adkins, RN, MSN, ARNP

Tracy Adkins, RN, MSN, ARNP, is a licensed Nurse Practitioner. She received her Bachelor of Science in Nursing from Lewis-Clark State College in 2000, where she graduated with honors. She then went on to complete her Master of Science at Idaho State University where she graduated from the Family Nurse Practitioner program in 2008. Currently she works as an Advanced Registered Nurse Practitioner for Tri-State Urology, Tri-State Wound Healing & Hyperbaric Services, and Tri-State Dialysis Center. Previously she worked in the Tri-State Minor Care Center and Emergency Department.



WEIGHT MANAGEMENT AN HMR® PROGRAM

1522 17TH STREET, LEWISTON, ID 83501
PHONE: 208.743.8416 | FAX: 208.743.4642

HMR® Weight Management is a clinically proven program that helps clients lose weight fast and build healthier routines that last.

Our Health Coach is dedicated to giving clients the support and accountability they need to lose weight quickly, while learning how to adopt the lifestyle kills that matter most for better health and quality of life.

FAST SIGNIFICANT WEIGHT LOSS

Fast weight loss is motivating and it can help clients stick to the diet for a longer period of time. *U.S. News & World Report* has consistently ranked the program created by HMR® and offered by HMR® Weight Management at Tri-State Clearwater Medical as a #1 *Best Fast Weight-Loss Diet*.

HMR® Weight Management is an official licensee of the HMR® Program, a non-surgical, clinic-based diet named a “*Best Diet for Weight-Loss.*” *U.S. News’ Best Diets panel of nutrition experts ranked HMR® Program, but did not evaluate any products or services of HMR® Weight Management at Tri-State Clearwater Medical itself.*

HOW THE PROGRAM WORKS

- **Simple plan** - Diet without decisions using a nutritionally complete plan of HMR® weigh-loss food plus fruit and vegetables
- **Learn new skills** - Using the science of behavior change, start making new routines around healthier eating and physical activity
- **Get coaching and support** - Weekly classes, digital resources, and a mobile app provide extra support and accountability
- **Maintain after the diet** - Reduce reliance on HMR® foods and transition to a long-term healthy eating plan

ADMISSION

Patients do not need a referral for Tri-State Weight Management, an HMR® program.

HEALTH COACH



Darrah McCall, BSW

Darrah McCall, BSW, grew up in the Lewis-Clark Valley and has been a weight loss and health coach for over four years. She received her Bachelors of Social Work from Lewis-Clark State College in 2007 and is group fitness certified. She continues her education for weight management annually with HMR® and weekly sessions for role modeling healthy behaviors. She loves to stay active and in collage was an all-American cross country runner and national cross country competitor. Now you can find her with family relaxing or on the trails for endurance runs. She enjoys working with people to help them achieve their health and wellness goals.



WELLNESS

CLINICAL NUTRITION

1254 HIGHLAND AVENUE, CLARKSTON, WA 99403

PHONE: 509.751.0229 | FAX: 509.758.9223

The Tri-State Wellness team consists of Registered Dietitian Nutritionists (RDNs), a Diabetes Care and Education Specialist, and a nurse diabetes educator. RDNs are trained to assist with a patient's nutrition needs. Our diabetes care management team assists in providing the right information and support necessary to make diabetes self-care very manageable in a patient's everyday life.

SERVICES OFFERED

- Diabetes Care Management
- Medical Nutrition Therapy

WHAT IS A REGISTERED DIETITIAN NUTRITIONIST?

A Registered Dietitian Nutritionist is a food and nutrition expert who interprets nutritional needs of individuals to create practical solutions for a healthy lifestyle. As an essential part of a patient's health care, Registered Dietitian Nutritionists will provide the patient with access to correct and useful information.

A Registered Dietitian Nutritionist must meet specific academic and professional requirements including:

- Bachelor of Science degree or higher in Food and Nutrition
- Academy of Nutrition and Dietetics (AND) approved Dietetic Internship or equivalent
- Registration through a national exam by the Commission on Dietetic Registration
- Mandatory continuing education

WELLNESS PROGRAMS

- Cooking Class
 - A free six-week cooking and nutrition class for adults that teaches how to create a meal plan, shop on a budget, culinary techniques, and adding flavor when cooking, in a manner that is healthy and pleasing to the pallet
- Individual Medical Nutrition Therapy
 - Medical Nutrition Therapy is an evidence-based medical approach to help improve a person's health and well-being through creating a comprehensive nutrition assessment, planning and implementing nutrition interventions including, personalized health education
 - The RDN will then measure and evaluate an individual's progress over regular follow-ups
- Intuitive Eating
 - An empowerment tool that helps people separate from the prison of diet culture and weight obsession
 - A program with an approach that teaches how to create a healthy relationship with food, mind, and body

Group classes and seminars may be on hold for social distancing purposes and will be at the discretion of public health guidelines.

PROVIDERS



Jen Scharffer, MBA, RDN, LD, CD

Jen Scharffer, MBA, RDN, LD, CD, graduated from the University of Idaho in 2010 with a Bachelor of Science in Food and Nutrition, Dietetics Option. She has been with Tri-State since 2010 and has worked in dialysis, inpatient, outpatient, and community nutrition areas. Jen is the Director of Wellness Services at Tri-State and serves as the State Regulatory Specialist on the Idaho Academy of Nutrition and Dietetics Board.



Jennifer Raykovich, RDN, LD, CD

Jennifer Raykovich, RDN, LD, CD, graduated from the University of Idaho in 2004 with a Bachelor of Science in Food and Nutrition, Dietetics Option. Jennifer has been working at Tri-State since 2013. Her focus is outpatient nutrition services and community education.



Chelsey Woods, RDN, LD, CD

Chelsey Woods, RDN, LD, CD, graduated from the University of North Dakota with a Bachelor of Science in Education and Elementary Education. She also graduated from the University of Idaho in 2010 with a Bachelor of Science degree in Food and Nutrition, Dietetics Option. Her primary focus is inpatient clinical nutrition services.



WELLNESS

DIABETES CARE MANAGEMENT

1254 HIGHLAND AVENUE, CLARKSTON, WA 99403

PHONE: 509.758.5511 EXT. 2512 | FAX: 509.758.9223

Tri-State Diabetes Care Management team's mission is to empower their patients with the self-care management skills necessary to improve their quality of life.

SERVICES OFFERED

- A complete individual assessment and education plan for each patient
- Education topics include healthy eating, being active, taking medication (both oral and injectable), monitoring, problem-solving, healthy coping, and reducing risks
- Follow-up reports are sent to the referring provider
- Individual appointments are available with the educator
- Insulin injection, insulin pump, and continuous glucose monitoring system starts and maintenance
- Services include individual or group sessions; both services require a provider referral

DIABETES EDUCATION INFORMATION SEMINARS

FREE diabetes education information seminars are scheduled for most months of the year and provide up-to-date information related to diabetes. These information seminars offer an opportunity to network with others who have diabetes. Anyone is welcome, including those that have a loved one with diabetes or people that have prediabetes.

The information seminars are held on the first Tuesday of the month (except November and December) from 4:00PM - 5:00PM, in the Tri-State Memorial Hospital Conference Room. Visit TriStateHospital.org/Events for the most up-to-date schedule.

PREDIABETES EDUCATION CLASSES

Prediabetes Education Classes are offered four times per year. Prediabetes Education Classes discuss topics including how to make healthy changes to decrease the risk of diabetes, how to maintain those changes over time, and how to improve insulin resistance.

AMERICAN ASSOCIATION OF DIABETES EDUCATORS (AADE)

Tri-State Memorial Hospital's Diabetes Education Program is accredited by the American Association of Diabetes Educators (AADE).



RN EDUCATORS



Trudy Bly, RN, CDCES, Program Coordinator

Trudy Bly, RN, CDCES, graduated from Saddleback College and California State University Dominguez Hills. Trudy is a registered nurse and a Certified Diabetes Educator. Before working at Tri-State Memorial Hospital, she worked at Long Beach Memorial Medical Center and Miller Children's & Women's Hospital for 30 years. She was a member of the coordinating body of the American Association of Diabetes Educators (AADE) from 2000-2015.

WOUND HEALING

1119 HIGHLAND AVENUE, SUITE 7
CLARKSTON, WA 99403
PHONE: 509.758.1119
FAX: 509.758.1140

If a patient has a wound that has not healed 50% in 4 weeks they may have a “chronic non-healing wound.” Such a wound can result from diabetes or other health problems. A patient may benefit from our comprehensive wound care program.

Tri-State Wound Healing & Hyperbaric Services friendly professional team includes specially trained Wound Care providers and staff.

Tri-State Wound Healing & Hyperbaric Services licensed nurses and technical staff receive specialized training in advanced wound care and hyperbaric medicine. They have many years of experience working with a variety of difficult wounds and look forward to helping all patients.

SERVICES OFFERED

Tri-State Wound Healing & Hyperbaric Services uses a variety of medical technologies to diagnose and treat chronic, non-healing wounds. Some of these include:

- Advanced dressings
- Cell and tissue based products
- Chemical and electro cautery
- Compression
- Hyperbaric oxygen therapy
- LUNA Florescent Microangiography
- Negative pressure wound therapy
- Non-invasive vascular studies (ABI, TBI, Sensilase, TCOM)
- Surgical debridement, grafting, repair, and reconstruction
- Total contact casting

ADMISSION

Patients do not need a referral for Tri-State Wound Healing & Hyperbaric Services.

CALL TO SCHEDULE AN APPOINTMENT TODAY!

PROVIDERS



Vilas Deshpande, MD

Vilas Deshpande, MD, brings over 30 years of experience as a general surgeon and over 10 years of experience in wound healing and hyperbaric medicine services. Dr. Deshpande received his Doctor of Medicine from Osmania Medical College in India and served as the Chief Resident of the University of Nevada School of Medicine as a board-certified surgeon. He is also a fellow of the American College of Surgeons. His vast experience includes general surgery, cancer treatment of the head and neck, thyroid and parathyroid diseases, and has been the medical director for wound care and clinical services.



Eric L. Thomas, MD, FACS

Eric L. Thomas, MD, FACS, is certified by the American Board of Surgery and is a fellow of the American College of Surgeons. He received his Doctorate of Medicine from Eastern Virginia Medical School in Norfolk, Virginia, and completed his Internship at Naval Medical Center Portsmouth, after which he served as a Naval Flight surgeon with the US Marines. In 2011 he joined the teaching staff at Maricopa Integrated Health General surgery residency program and in 2015 started one of the nation's first integrated robotics rotations for surgery residents. He and his family are excited to be in our community, and he hopes to expand options for minimally invasive surgery in the Lewis-Clark Valley.



Byron Wright, MD, FACS

Byron Wright, MD, FACS, received his Medical Doctorate from Chicago Medical School in North Chicago, Illinois, in 1995. He completed his general surgery residency at Hennepin County Medical Center in Minneapolis, MN and completed his fellowship in Breast and Surgical Oncology at The John Wayne Cancer Institute in Los Angeles, California. Dr. Wright has a broad array of expertise in managing many cancers, extensive experience in Acute Care Surgery, and has performed a high number of minimally invasive procedures. He was born and raised in the Seattle area but fell in love with the Inland Northwest while attending Gonzaga University as an Undergraduate.



Tracy Adkins, RN, MSN, ARNP

Tracy Adkins, RN, MSN, ARNP, is a licensed Nurse Practitioner. She received her Bachelor of Science in Nursing from Lewis-Clark State College in 2000, where she graduated with honors. She then went on to complete her Master of Science at Idaho State University where she graduated from the Family Nurse Practitioner program in 2008. Currently she works as an Advanced Registered Nurse Practitioner for Tri-State Urology, Tri-State Wound Healing & Hyperbaric Services, and Tri-State Dialysis Center. Previously she worked in the Tri-State Minor Care Center and Emergency Department.



