Central Washington Welcomes Pain Relief

Brett Quave, MD, received an unusually warm welcome in September 2007 when he came to Yakima and, with a nurse, started a small pain-treatment center at Memorial’s 16th Avenue Station.

Even before his first visit to Yakima, local doctors he called not only agreed Yakima needed pain care but also unanimously asked if he could start within a week, indicating they had patients to refer.

Their urgency wasn’t overstated. When he joined Memorial, he experienced a flood of referrals. The warmth of his welcome became a conflagration demanding reinforcements.

Today, the practice has its own name—Water’s Edge, Memorial’s Pain Relief Institute—and its own new facility on Yakima’s Lake Aspen. Instead of one nurse, there are now nine medical providers with over 25 support staff to treat patients from throughout Washington and even out of state.

“I knew we were going to be busy,” he recalls. “My first day here, I was literally booked out three months. Referrals have not slowed down.” Just two months after the practice opened, Memorial brought in Mary Murphy, a certified physician assistant, and then a second nurse.

“Things were moving so fast and there was so much demand for our services,” Dr. Quave smiles. “At first, we were doing our procedures at the Surgicenter at Memorial. Patients were standing-room-only in the waiting room and doctors and nurses jokingly called it ‘the earth Quave.’”

The practice continued adding experienced physician assistants and nurse practitioners and now boasts what the entire staff refers to as an “all-star procedure team” comprised of registered nurses, licensed practical nurses (LPN IIs) and radiology technologists.

By April 2008, Daniel Kwon, MD, joined the team and, in January 2009, Henry Kim, MD, came aboard. Glyn Marsh, MD, will be treating headache pain one day per week. Dr. Quave has been named medical director for the facility.

With the current staff, he says the center effectively manages its referrals.

WE HAVE A “FAST TRACK” FOR PATIENTS WHO NEED TO BE SEEN ON AN EMERGENT BASIS.

Urgent requests or specific needs, call (509) 574-3805
Fax referrals to (509) 574-3806

Types of Pain Treated at Water’s Edge

Spine Disorders (Back & Neck)
- Sciatica
- Spinal nerve pain
- Arthritis pain
- Disk pain
- Sacroiliac pain
- Nerve pain (neck, mid back, low back)
- Nerve pain caused by scar tissue
- Spinal fracture pain
- Shingles pain
- Post-surgical spine pain

Non-spinal Pain
- Headache pain
- Musculoskeletal pain
- Fibromyalgia pain
- Peripheral neuropathy pain (diabetic and non-diabetic)
- Complex Regional Pain Syndrome (formerly called RSD, reflex sympathetic dystrophy)
- Limb pain
- Joint pain
- Abdominal pain

- Cancer pain (may be spinal in nature)
- Post-surgical rib or chest-wall pain
- Central Pain Syndrome (post-stroke)
- Phantom limb pain
- Trigeminal neuralgia (facial pain)
Meet Our Staff

BRETT T. QUAVE, MD
Dr. Quave is Medical Director of Water’s Edge. He earned his MD degree from Loma Linda University (LLU) School of Medicine in 1999. He then completed an Anesthesiology residency and a fellowship in Pain Management and is board-certified in both Anesthesiology and Pain Medicine. For several years he practiced interventional pain medicine at Desert Pain Care in Palm Springs, CA. He began treating patients with a small staff at Memorial’s 16th Avenue Station in 2007, but demand soon outstripped capacity. Today, the staff has grown to 34—all housed at Water’s Edge. He has a particular interest in using implantable therapies to help those who suffer from chronic pain.

DANIEL M. KWON, MD
Dr. Kwon earned his MD degree at LLU School of Medicine in 2001, completing an Internal Medicine internship in 2002. He followed with a three-year residency in Physical Medicine and Rehabilitation and was chief resident from 2004 to 2005. He capped his education with a fellowship in Anesthesiology Pain Management in 2006 and began practicing as attending physician at Desert Pain Care and El Mirador Surgery Center in Palm Springs and at LLU Medical Center’s Department of Physical Medicine and Rehabilitation and Pain Management. He is board-certified in all three areas.

HENRY Y. KIM, MD
Dr. Kim earned his MD degree from LLU in 1992 and completed a three-year Internal Medicine residency there in 1995. That year, he joined the Department of Internal Medicine at Sharp Rees-Stealy Medical Group in San Diego as a staff physician. In 2002, he returned to LLU for a three-year Physical Medicine and Rehabilitation residency. He completed a Pain Management fellowship at LLU’s Department of Anesthesiology in 2006 before joining the Kaiser Foundation Rehabilitation Center in Vallejo, CA as spine clinic director. He is board-certified in Physical Medicine and Rehabilitation and in Pain Management. He joined Water’s Edge January 1.

GLYN E.A. MARSH, MD
Dr. Marsh earned his MD degree from LLU in 2002. In 2006, after a four-year residency in Physical Medicine and Rehabilitation at LLU, he joined Memorial’s 16th Avenue Station, specializing in managing musculoskeletal pain. In winter 2007, he was named Memorial’s Medical Director of Rehabilitation Services and has served as Medical Director at 16th Avenue Station since September 2008. He also has a background in headache care and will focus on headache management at Water’s Edge.
Meet our staff

Therapies to help those who
interest in using implantable
Edge. He has a particular
to 34—all housed at Water’s
soon outstripped capacity.
CA. He began treating
pain medicine at Desert
he practiced interventional
Medicine. For several years
A
in Pain
residency and a fellowship
an Anesthesiology
Director of Water’s
Director of Rehabilitation Services and has served as
Avenue Station, specializing in managing musculoskeletal
2006, after a four-year residency in Physical Medicine
LLU's Department of Anesthesia in 2006 before
residency. He completed a Pain Management fellowship
for a three-year Physical Medicine and Rehabilitation
San Diego as a staff physician. In 2002, he returned to LLU
Internal Medicine at Sharp Rees-Stealy Medical Group in
there in 1995. That year, he joined the Department of
completed a three-year Internal Medicine residency
Dr. Kim earned his MD degree from LLU in 1992 and
Pain Care and El Mirador Surgery Center in Palm Springs
2006 and began practicing as attending physician at Desert
resident from 2004 to 2005. He capped his education
Dr. Kwon earned his MD degree at LLU School of Medicine
orthopedic and neurosurgery before
years of experience working in
in Western Washington, she enrolled
in the U.S. Army Physician Assistant
Program and gained more than five
years of experience working in
orthopedic and neurosurgery before
coming to Water’s Edge where she
now assists Dr. Quave.

Mary Murphy, PA-C
Murphy received training in the U.S.
Army National Guard as both a surgical
specialist and a medical specialist.
After more than six years of
experience as a surgical technologist in
Western Washington, she enrolled
in the U.S. Army Physician Assistant
Program and gained more than five
years of experience working in
orthopedic and neurosurgery before
coming to Water’s Edge where she
now assists Dr. Quave.

Michael S. Urakawa, PA-C
Trained in emergency medical
services, Urakawa taught EMS to
Yakima County employees, worked as
an EMT for several ambulance
companies, and was an emergency
department technician at Memorial
Hospital. A 2006 graduate of the
MEDEX Northwest Physician
Assistant Program at the University of
Washington School of Medicine, he
worked for Yakima Gastroenterology
Services before coming to Water’s
Edge to assist Dr. Kwon.

Susan G. Rogers, ARNP
Rogers holds a BS in nursing from
WSU College of Nursing and a
master’s degree from WSU’s Family
Nurse Practitioner Program. During 11
years, she worked at Garden Village of
Yakima, Providence Toppenish
Hospital, Orthopedics Northwest, the
Yakima Ambulatory Surgery Center,
Planned Parenthood and Dr. John S.
Place of Yakima. As an experienced
surgical assistant, she was assisting
about 30 surgeons in Yakima when
she joined Water’s Edge and continues
as a part-time surgical assistant.

Caroline N. Clark, ARNP
Clark’s education includes four years
at Walla Walla University in health and
science and a BS in Nursing and an
MS Family Nurse Practitioner from
Loma Linda University. She served for
two years as a clinical nurse in
Medical Intensive Care at LLU
Medical Center. For four years prior
to joining Water’s Edge, she treated
pediatric and elderly patients with a
wide range of acute and chronic
medical concerns at Yakima Valley
Farm Workers Clinic.

Vern D. Commet, ARNP
Commet has 17 years of nursing
experience and holds BS and MS
degrees in nursing from Washington
State University. He was a registered
nurse at Memorial from 1992 to 1999
and an ARNP at Lake Aspen Medical
Center, Medical Associates of Yakima
and Selah Family Medicine. For the last
nine years, he has worked in neurosurgery
with back-pain and spinal disorders. He
is currently a doctoral candidate in
nursing practice at Rocky Mountain
University of Health Professions. He
will be assisting Dr. Quave.

Gary S. Chalfant, Director
Chalfant has managed medical facilities
for 14 years. He was director of
HealthSouth Rehabilitation Hospital,
Texarkana, TX, and then worked for
Sodexo, USA, as manager of Memorial
Medical Center of East Texas and general
manager of Baylor/Tom Landry Medical
Center in Dallas. He joined Memorial in
1998 and became director of 16th
Avenue Station in 2003. He holds a BS
in applied sociology from McMurray
University, Abilene and an Executive
MBA from the University of Washington.

Tricia Johnston,
Assistant Nurse Manager
Johnston has worked in various
 Capacities at Memorial since 1991. She
served as a staff registered nurse in
Memorial’s Emergency Department for
10 years, as a staff RN at 16th Avenue
Station for five before becoming RN
Clinic Supervisor at the same location
in 2006. She joined Water’s Edge in
2008 as assistant nurse manager. She
earned her associate degree in nursing
at YVCC in 1990 and received
additional training at the Pacific
Institute in 2007.

Lorie Orozco, Practice Supervisor
Orozco served as financial supervisor of 16th Avenue Station for more than
six years before joining Water’s Edge
in October 2008. A graduate of
YVCC, she holds associate degrees
for both administrative assistant and
medical office assistant. She also holds
certificates from YVCC for general
office assistant, clerk, word processing
and medical terminology.
Water’s Edge Pain Relief: A Four-legged Stool

Providing state-of-the-art rehabilitative pain care with absolute integrity, passion and compassion.

Methods to achieve this goal can be compared to four legs of a stool:

1 ▶ Medication
The first leg is medication. It can be injected near or into the spine, in muscles, joints, and soft tissues, or patients can take prescribed doses orally.

Local anesthetics and corticosteroids injected between vertebrae into the space around the spinal cord help treat neck, shoulder, arm, leg, and back pain. Another treatment for neck and back pain due to spinal injuries is to inject anesthetics and steroids into facet joints between vertebrae. An option for low-back and buttock pain is to inject anesthetics and steroids into the sacroiliac joint connecting the bottom of the spine with the pelvis. Local anesthetic blocks to the sympathetic nerves along the spine can reset the cycle of devastating arm and leg nerve pain. Injection into various large and small joints can ameliorate the discomfort caused by arthritis. Trigger point injections can be performed to treat muscle and soft tissue pain. Injections can also be used to locate the source of spinal and non-spinal pain.

For inoperable cancer or back pain, Water’s Edge can implant pain pumps to put painkillers and anti-spasm products directly into the spinal fluid. This option is effective, but has fewer side effects than oral medications.

Water’s Edge uses both narcotic and non-narcotic medications to treat chronic pain. In order to maximize patient safety and compliance, the center monitors patients’ medication use with urine/blood screens, patient/provider contracts, pharmacy checks, pill counts and other techniques. Patients must take meds only as prescribed or seek another provider.

2 ▶ Procedures
Special pain-control procedures are the second leg of treatments at Water’s Edge.

- Radio frequency rhizotomy heats nerves with radiofrequency waves to stop or reduce pain signals from damaged or degenerative spinal facet joints.
- Implanted spinal cord stimulators ease extremity and back pain by flooding nerve pathways with sensory stimuli to replace pain information.
- Neural epidural lysis procedures are injections of strong saline solution or enzymes to help dissolve surgical scar tissue that causes pain by pulling on nerves.

3 & 4 ▶ The Other Two Legs
Providers at Water’s Edge believe in using a multidisciplinary approach to pain management. The final two components of their regime are: 1) Rehabilitative methods (e.g., physical therapy); and 2) Adjunctive or alternative approaches to pain management such as acupuncture, neuropsychology and others. By coordinating all available techniques with other practitioners, Water’s Edge employs all four disciplines to provide lasting pain relief for patients rather than relying solely on medication or other procedures. Finally the center ties all components together with comprehensive educational programs designed to inform patients of all available choices.