

Hospital Adds Specialty Services

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PDH has recently welcomed two health care providers - Registered Nurse Practitioner, Janet Thompson and Licensed Clinical Social Worker, Kathleen Hughes.

Peri- and Post-Menopausal Women's Health Care

Janet Thompson is a Registered Nurse Practitioner who specializes in peri- and post-menopausal women. Thompson began her career at Kaiser, working as a Registered Nurse in Labor and Delivery. After starting a family she worked in an OB/GYN office. Eventually, Thompson went back to San Jose State University to obtain her Registered Nurse Practitioner (RCP). Since then, Thompson worked almost exclusively in In-Vitro Fertilization clinics in the Palo Alto area.

Janet Thompson has a longtime connection to Plumas County. Both her grandparents and parents retired here. As a child, she spent her summers in Graeagle. She remembers riding the train from San Francisco to the Feather River Inn. With the intention of her retirement, Thompson and her husband moved to Graeagle in 2004. After a few years of retirement, Thompson started working at PDH as a Registered Nurse. Almost immediately Thompson recognized a need for women's health issues. Thompson is now part of the hospital's mid-level staff, working as a Registered Nurse Practitioner.

"I enjoy helping ladies come to grips with issues that they think are problems. Providing them with information helps them understand that their issues are normal and manageable," says Thompson. "There is a standard of care for well-women; a lady should know everything that her practitioner knows about her." Three areas of focus in peri- and post-menopausal women are bones, bladder and breasts. Thompson adds, "Ladies will take care of the three Bs, if they know what to do. I find they want to avoid drugs, surgeries and unnecessary side-effects." For the convenience of patients, Janet Thompson is available at two locations; North Fork Family Medicine and Quincy Family Medicine.

Counseling and Therapy

As a Licensed Clinical Social Worker, Kathleen Hughes will provide counseling services to assist patients confront issues that adversely affect their lives, such as chronic pain management, bereavement, depression, post-traumatic stress disorder, addiction and abuse.

Hughes has been a resident of Plumas County since 2002. Her Masters in Social Work was obtained from California State University Fresno and she has been a Licensed Clinical Social worker in California since 1991. In addition to owning her own private practice in Chester for several years, Hughes has worked in outpatient clinics, hospitals and psychiatric hospitals. She is also a member of the National Association of Social Workers.

Kathleen Hughes particularly enjoys working with families and teens. "I like helping (people) to understand how to achieve a fuller life for themselves and their family." She adds, "A short series of sessions can be very effective. Minor changes can affect everything." Kathleen Hughes is currently available on Wednesdays at Quincy Family Medicine.