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INNOVATION AT WORK

Bringing you the latest health news from Newberry County Memorial Hospital

FALL 2011

www.NewberryHospital.org

Newberry Hospital among top ten percent nationally for quality patient care

Patients who go to the hospital expect the best. Now those who choose Newberry County Memorial Hospital are assured of receiving the best care possible.

NCMH is part of the national Hospital Quality Initiative established by the Center for Medicare and Medicaid Services (CMS) intended to improve the quality of patient

care in America. It's an effort NCMH, our nurses, and doctors take seriously. Thanks to a concerted effort, NCMH is now ranked among the top ten percent of hospitals in the national for CMS Care Measures.

because this is what our patients need and deserve," says Vigus. "Care Measures are based on scientific evidence and reflect established guidelines, standards of care, and/or practice parameters. When our nurses, technicians, and doctors follow these measures, it helps our patients get better faster. It also decreases the chances of mistakes and complications."



"Our mission is to provide exceptional care with a personal touch. We want patients who come to our hospital to get as good or better care than they could receive in Columbia or any other hospital in the country."

- Ron Vigus, CEO
Newberry County Memorial Hospital

Newberry Hospital CEO Ron Vigus says that being in the top ten percent in the country validates the hospital's goal of being the standard for exceptional care in South Carolina's Midlands.

"We are committed to providing care consistent with the CMS Care Measures

One initiative is the Surgical Care Improvement Program (SCIP), which dictates when and for how long patients get antibiotics, how the surgical site is prepped, how catheters (continued inside)

IN STEP WITH KAY TRAYLOR AND MEG DAVIS, NCMH MED-SURG/ICU

Trust between Caregivers, Patients and Families the Key to Exceptional Patient Care

Kay Traylor, RN, MSN, and Meg Davis, RN, share something special. They both have the same expectation of always delivering exceptional care to patients in Newberry Hospital's Intensive Care Unit (ICU) and Med-Surg Floor.

Kay explains that trust and simple communication between caregivers, patients, and their families is the key to providing mistake-free care and patient satisfaction.

"When a patient comes out of surgery to the ICU or Med-Surg Floor, the surgeon gives the floor nurse two reports, one by phone and the other in person. This is done in the presence of the patient and family. It reassures them that we know who the patient is and what we're doing is appropriate," says Kay.

Families are encouraged to ask questions of the nurses. "This gets everyone on the same page," says Meg. "When the family understands what's going on, they feel better and participate in the patient's care. We also learn more about our patients from their families."

Kay and Meg have worked together for 17 years so communication comes easy. According to Meg, the two "read each other's thoughts."

"Newberry Hospital's Med-Surg Unit is unique because the nurses have worked together for years. We're committed to our community," she says.

Among the benefits is that the nurses know the doctors and their practice preferences.

In turn, the doctors trust the nursing staff to be their eyes and ears with patients.

"It's not uncommon that we call a doctor in the middle of the night about a patient," says Kay. "They trust our nurses and respond immediately because they know we're calling for a good reason. This is such a plus for patients."

Kay and Meg and the entire Med-Surg and ICU nursing staff play an important role in Newberry Hospital being in the top ten percent nationally for quality patient care. Says Kay, "We make sure we dot all the i's and cross all the t's. We do our best; the results are good to see!"

Kay Traylor, RN, MSN, and Meg Davis, RN, have worked together at NCMH for 17 years.



IT'S TEE TIME FOR THE NCMH FOUNDATION'S ANNUAL GOLF TOURNAMENT

14th Annual Golf Tournament
Friday, October 21
Noon Registration • 1 p.m. Shotgun Start
Four-man Captain's Choice
Country Club of Newberry

Proceeds support the purchase of electronic fetal monitors.

This is the NCMH Foundation's signature event and not to be missed! Tickets and sponsorships include golf, a steak dinner, awards and prizes, fellowship, and a great cause: the health and safety of Newberry mothers and their babies.

For sponsorship and ticket information, contact Brenda Williams at 803.405.7425 or brenda.williams@newberryhospital.net.



PO Box 497
2669 Kinard Street
Newberry, SC 29108

NEED A DOCTOR?

NewberryCountyDoctors.com
Videos | Bios | Contact Information

We've added many new videos on Newberry Hospitals family doctors and specialists. Check it out!



NEED MORE INFORMATION?

NCMH: 803.276.7570
Wellness Center: 803.405.7484
www.NewberryHospital.org



Join the dialogue

Visit www.Facebook.com/NewberryHospital.



Doctor and hospital care go hand-in-hand in Newberry County

A partner in Lovelace Family Medicine, Dr. Chip Dixon is board certified in Family Medicine, is a fellow of the American Academy of Family Physicians, and is a member of the Newberry Hospital Medical Staff.

Q. What exactly is a “family medicine” doctor?

A. Family medicine is a medical specialty devoted to the comprehensive care of adults and children. It is a type of primary care that provides continuing care for individuals and entire families, addressing physical and emotional health. What’s unique is that family medicine puts the patient in the context of family and community, emphasizing disease prevention and healthy lifestyles. At Lovelace Family Medicine, we also deliver babies and provide geriatric medicine, which is specialized care for the elderly.

Q. How do you work with Newberry Hospital?

A. When a patient needs hospital care due to illness, surgery or the birth of a child, I prefer they go to Newberry Hospital. This allows me to play an active role in their care. Someone in our group is at the hospital every day, making rounds on our patients. We also “take call,” which means if a patient needs us after hours, the hospital will notify us and we can come to the hospital to see the patient, regardless of what time it is. Continuity of care has been shown to

be more effective in caring for people. I believe this continuity helps improve my patients’ overall wellbeing, whether that is physically or emotionally.

Q. What are the advantages to patients of this close partnership with Newberry Hospital?

A. All patients should have a doctor they trust. Often when people go to large hospitals, they are assigned doctors they don’t know for inpatient care. While “hospitalists” are often good doctors, there’s something comforting about having your own doctor come see you and care for you in the hospital. This is standard practice at Newberry Hospital and something patients and families really appreciate.

Q. How are you and other medical staff members involved in Newberry Hospital’s efforts to improve patient quality?

A. The medical staff is very involved in Newberry Hospital’s quality initiative. We work closely with the nursing staff and administration to implement and follow the most effective treatment plans available. The doctors work well with the nursing staff, administration, and the hospital board to make Newberry the best that it can be. We’re always looking at ways to improve on what is already exceptional care.

Q. What does it mean to you that Newberry Hospital is among the

top ten percent nationally for quality care?

A. It’s something we all should celebrate. Look, we’re caring for family members, friends, and neighbors at Newberry Hospital. We want the best for our patients.

Dr. Dixon is now accepting patients. He can be reached at 803.364.4852.



(“quality patient care” continued from front)

are used, as well as other aspects of surgery. Nurses and doctors follow very strict standards of care and also make sure all members of the care team are following established evidence-based protocols.

Katrina Minick, RN, is a quality specialist at Newberry Hospital who works to educate the hospital’s nurses, technicians, and doctors on CMS Care Measures. “I love explaining why we do things a certain way. It’s challenging to meet national standards.

You have to look at each patient and do the right thing every time. Our people have really embraced Care Measures,” says Katrina.

“We’ve made high quality, safe patient care our number one priority, and it shows,” smiles Katrina.

Adds Vigus, “We believe our community deserves the best hospital and doctors. Consistent compliance with CMS Care

Measures means that patients at NCMH are receiving the best care possible.”

NCMH is featuring our efforts to deliver quality care in our new television campaign on WIS-TV, WLTX-TV and local cable. Please look for them and let us know what you think at www.Facebook.com/NewberryHospital.

NCMH Woundcare & Hyperbaric Medicine Center delivers a Miracle

Whitmire resident Wallace Alexander was facing the unthinkable: amputation of one leg below the knee. Wallace, who suffers from diabetes, had already had several toes removed. When the wound on his foot was not healing a week after surgery, his surgeon in Spartanburg recommended the drastic measure.

“I told him I’d have to think about it,” says Wallace. “My wife Sherry was with me and mentioned going to the Wound Center at Newberry Hospital. The surgeon acted like he didn’t think it would work.”



Dr. Mike Smyth, Wallace Alexander and Nicole Ginn, RRT, and the hyperbaric oxygen chamber.

Soon after, Sherry shared Wallace’s story with family friend Lin Slaton. Lin urged Sherry to get Wallace to the NCMH Wound Care & Hyperbaric Medicine Center. Wallace’s family doctor in Whitmire, Dr. Robert Yanetti, made an appointment with Dr. John Brown, medical director of the NCMH Wound Care & Hyperbaric Medicine Center.

What happened next is miraculous. Wallace explains. “Dr. Brown put me in the hospital to work on the wound. After a week, I started at the Wound Care Center with Dr. Brown and Dr. Smyth. After 47 sessions in the hyperbaric chamber, my wound is almost healed. Newberry Hospital’s Wound Care Center saved my leg.”

Do you have a wound that won’t heal? The NCMH Wound Care & Hyperbaric Medicine Center can help. For referrals, call 803.405.7230.

TAKE CONTROL OF YOUR HEALTH WITH HEARTFIT And a little help from your friends at the NCMH Wellness Center

Did you know that 200,000 women die of heart attacks each year? That’s five times more than women who die of breast cancer. Did you know more women die from heart attacks than men and that women with diabetes are two-and-a-half times more likely to have a heart attack?

The facts are stunning. The good news is that women and men can reduce the likelihood of a heart attack by making simple lifestyle changes. The even better news is that the NCMH Wellness Center can help with a program called HeartFit.

HeartFit is a special gym membership at the NCMH Wellness Center designed to help adults of all ages take control of their health through medically supervised fitness activities.

HeartFit starts with a personal wellness profile that serves as your fitness baseline. The NCMH Wellness Center documents your height, weight, waist and hip measurements; puts you through six-minute walk test to assess your fitness level; and designs a personalized, safe exercise program for you.

The HeartFit gym membership allows you to use all of the cardiovascular and weight-training equipment in the NCMH Wellness Center’s air-conditioned gym. Helpful staff members are always available to help you. In addition to your custom workout, you can also take classes. HeartFit is even more fun if you bring a family member or friend!

HeartFit is affordable. Here are your options:

Per Person

Cash/Check/Credit\$42/month
Auto Draft\$38/month (10% savings)
Three Months\$114.00 (10% savings)
Six Months\$214.00 (15% savings)
One Year\$378.00 (25% savings)

Family Rates*

Two Members\$72/month
Three or More\$93/month

Fees must be paid in full at time of enrollment. No refunds.

*Family members must reside in the same home.

Get HeartFit now! Call the NCMH Wellness Center at 803.405.7484 to schedule your assessment.

Featured Fitness Classes at the NCMH Wellness Center

Body Sculpting

Strength training with a variety of weights designed to strengthen and tone muscles.

Yoga Pilates Mix

The best of both! Designed to stretch, tone, and sculpt the body and mind.

Zumba

Interval dance training class featuring Latin music. Tones and sculpts the entire body!

Visit www.NewberryHospital.org for class times, fees and to register.

Wellness Center
Atrium Professional Building
2605 Kinard Street, Suite 100
(In front of the hospital)

Wellness Center Hours
6 a.m. - 8 p.m.
Monday - Thursday

6 a.m. - 6:30 p.m.
Friday

Class Registration
803.405.7484

Classes require registration three business days before the class and a minimum of eight participants. Payment is required to hold class space. Please visit our website at www.NewberryHospital.org to learn more.

