

MICROSCOPE



New WakeMed App

At WakeMed, patients and families are at the heart of everything we do, and the new WakeMed App offers easier access to our services, providers and locations than ever before.

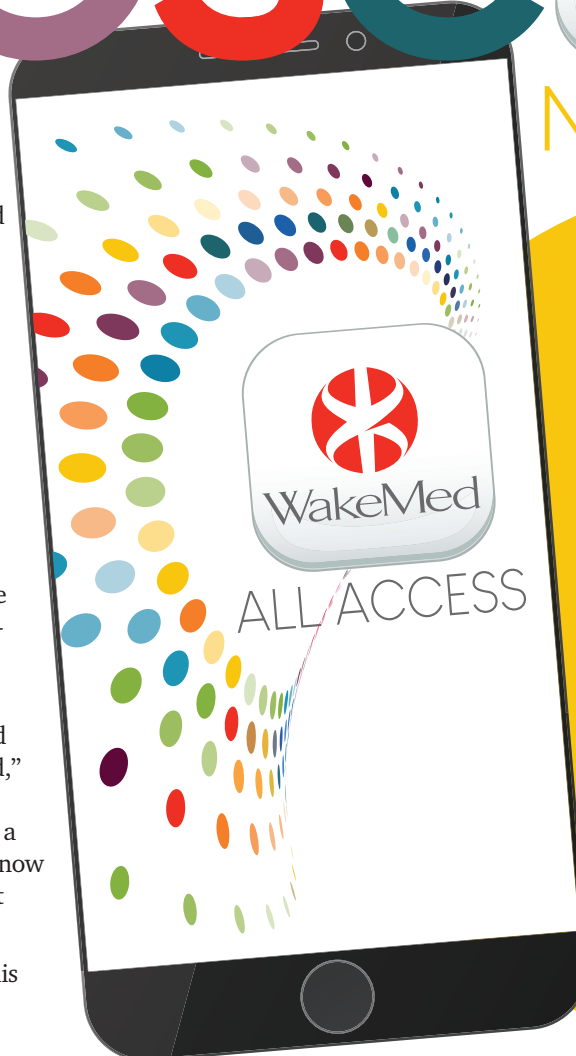
WakeMed is the first health system in central North Carolina to launch this innovative mobile wayfinding App featuring interactive maps that provide step-by-step navigation to patient care areas, doctor's offices, restrooms, on-site dining options, parking decks and other points of interest. Plus, you can check emergency department and urgent care wait times, reserve your spot in urgent care, contact us, keep up with the latest news from the only health system based in Wake County and much more.

Employees will also find the App useful as it includes conference rooms at Raleigh Campus, Cary Hospital and North Hospital. Plus, we've included resources for new employees like directions to new employee orientation, the new employee office and Occupational Health. If you are new to WakeMed – or even if you've worked here for years! – the app can help you navigate our growing health system.

"Our mission is to improve the health and well-being of our community – and to do that, we have to make it easy for people to access the services they need," commented **Deb Laughery**, vice president, Marketing & Communications.

"Whether you want directions to the nearest emergency department or need a new primary care physician or want to look at your personal health profile – now you can just pick up your smartphone and do it all from our free App. It's that easy."

Thank you to the WakeMed Foundation for financial support to help make this App a reality!



Now Available!

With the WakeMed App You Can

- Get Turn-by-Turn Directions in the Palm of Your Hand - Go from home, to the closest parking deck, to your destination and then back to your exact parking spot
- Find the Physician Office Nearest You
- Search for a Doctor
- Make an Appointment
- Access WakeMed Virtual Urgent Care
- Check Emergency Department and Urgent Care Wait Times
- Save Your Spot in Urgent Care
- Access Your WakeMed MyChart Account
- Access Tools to Help Prepare for Your Delivery
- Pay Your Bill
- And Much More

Make plans to be one of the first to download the WakeMed App! Learn more and get download info at www.wakemed.org/allaccess.

Exceptional People. Exceptional Care.

Congratulations, PRC Award Winners!

Each year, Professional Research Consultants (PRC) recognizes health care organizations that have gone above and beyond to achieve excellence with the patient experience. The PRC Excellence in Healthcare Awards are based on the percentage of patients who rate the Overall Quality of Care/Overall Quality of Doctor Care (for providers) as "excellent." In 2019, WakeMed received numerous Top Performer Awards, which recognizes service lines and physicians scoring at the 100th percentile within the PRC national client database, and 5-Star Awards, which recognize those at or above 90th percentile. Congratulations to our award winners!

Departments and individuals were recognized at a breakfast reception on June 11.

Top Performer

Department Awards

Mobile Critical Care Services

Physician Awards

John Englehardt, MD –

Electrophysiology

Michael Klinkner, MD – Urgent Care

Hillary Lockemer, MD – Pediatric

Endocrinology & Diabetes

Matthew Sproul, MD – Urgent Care

5-Star Winners

Department Awards

Brier Creek Healthplex – Emergency Department

Cardiac Rehabilitation

Cary Hospital – Outpatient Lab

Cary Hospital – Outpatient MRI

Cary Hospital – Outpatient Specialty Rehabilitation

North Hospital – Outpatient Surgery

North Hospital – Medical/Surgical

North Hospital – Women's Pavilion & Birthplace

North Hospital – Outpatient Lab

Raleigh Campus – 6A CVIC

Pediatric Cardiology – Apex

Pediatric Endocrinology – Apex

Pediatric Outpatient Minor

Procedures

Pediatric Weight Management – Apex

ENT – Head & Neck Surgery – North

Heart & Vascular – Apex

Heart & Vascular – Cardiovascular &

Thoracic Surgery

Heart & Vascular – Cary

Heart & Vascular – Complex

Arrhythmia

Heart & Vascular – Heart Center

Heart & Vascular – Advanced Heart

Failure

OB-GYN – Brier Creek

Primary Care – Holly Springs

Primary Care – Downtown Raleigh

Urgent Care – Cary

Urology – Raleigh Medical Park

Physician Awards

Tehmina Adnan, MD – Primary Care

Jordan Allem, MD – Cardiology

Theresa Amerson, MD – Primary Care

Susheel Atree, MD – Primary Care

Bryon Boulton, MD – Cardiovascular & Thoracic Surgery

Andrea Crane, MD – OB-GYN

J. Richard Daw, MD – Cardiology

Laura Ekka, MD – Primary Care

Amy Erickson, DO – Primary Care

Michael Ferguson, MD – ENT – Head & Neck Surgery

Brian Go, MD – Cardiology

Jason Haag, MD – Cardiology

George Hamrick, MD – Cardiology

John Holly, MD – Primary Care

Patrick Hranitzky, MD – Complex Arrhythmia

Carmin Kalorin, MD – Urology

John Kelley, MD – Cardiology

Brian Klausner, MD – Primary Care

Lori Lilley, MD – General & Breast Surgery

Jimmy Locklear, MD – Cardiology

Rosa Messer, MD – Primary Care

Ryan Murray, MD – Primary Care

Monica Oei, MD – Primary Care

Sara Rooker, MD – Primary Care

Marc Silver, MD – Cardiology

John Sinden, MD – Cardiology

Hemant Solomon, MD – Cardiology

Ian Udell, MD – Urology

Judson Williams, MD – Cardiovascular & Thoracic Surgery

Mark Wood, MD – Wake

Orthopaedics



Pictured clockwise from top left: Cardiac Rehab, Heart & Vascular - Apex, Primary Care



WakeMed Home Health Exceeds National Average

Congratulations to the WakeMed Home Health team for their recent 4-star Home Health Compare rating for quality of patient care! WakeMed Home Health achieved the highest rating of all same-size agencies in our area – higher than Rex and Kindred – and exceeded state and national averages.

Home Health Compare has information about the quality of care provided by "Medicare-certified" home health agencies throughout the nation. For more information, visit www.medicare.gov/homehealthcompare. WakeMed welcomes questions from providers, patients and families at 919-350-7990.

WHAT'S HAPPENING AT WAKEMED



Cary Hospital hosted Men's Health Night in early June. The event drew hundreds of men of all ages for screenings, health education, seminars and more. Thank you to everyone who helped make this event such a success!



WakeMed was proud to be a sponsor of Thrive NC, a Food, Culture, Community festival at City Market in early May. Our chefs served a delicious healthy Asian salad – if you want to try it at home, look for the recipe on the WakeMed Voices blog.



WakeMed's Child Life Specialists led the annual Teddy Bear Clinic at Marbles Kids Museum in May. The event is a fun opportunity for young children to learn about what is involved in a hospital visit and learn about the role doctors and nurses play in the community. Thanks to everyone who helped make this event so much fun!



WakeMed Outpatient Rehab sports physical therapists **Jay Goodman**, PT, SCS, and **Lizy Coleman**, PT, ATC, treated sprains, strains, heat exhaustion and more at the recent Southern Sands May Grand Slam beach volleyball event. Goodman and Coleman have many years of experience working with professional and amateur adult and youth athletes.



WakeMed and 3A CVIC Manager **Ginger Bryan**, RN, were recently recognized by the Employer Support of the Guard and Reserve, part of the Department of Defense. Ginger, along with supervisors **Andrea Lee**, RN, and **Kemoy Holiday**, RN, were nominated for the Patriotic Employer Award by **Eve Tanas**, RN, who is a WakeMed nurse and a lieutenant in the National Guard. The award recognizes supervisors and employers for supporting employees who are members of the National Guard or Reserve.



Nearly 20 goats from The Goat Squad settled into their summer job – grazing 5+ acres and removing invasive vegetation – as WakeMed continues its work with the Gardeners of Wake County to restore the historic grounds of the Longview (Poe) House, which is home to the WakeMed Foundation. WakeMed's restoration and current incarnation of this landmark east Raleigh home brings together the past and the present and will stand as part of WakeMed's legacy to the community.



WakeMed's Receiving team gathered recently for a training on processes and procedures. The team includes staff based at all hospitals and healthplexes, so getting (nearly) all of them at the same place at the same time is rare. Pictured left to right are: **Isaac Chapman**, **Michael Moser**, **Danielle Haynes**, **Cindy Blalock**, **Darnell Allen**, **Michael Hebert**, **Asan Blunt**, **Jeff Williams** and **Joseph Perry**. **Kenneth Curtain** is not pictured.



Betsy Gaskins McClaine, RN, executive director, Patient Navigation & Transitions, and **Oral Wise**, executive director, Ambulatory & Support Services, spent time with staff on 5C Medicine as part of Senior Leader Rounding. Many of our executive team and senior leaders are visiting clinical areas as part of this initiative – take advantage of this opportunity to talk informally with them!

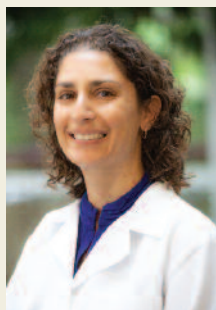


NEWS FROM WAKEMED PHYSICIAN PRACTICES

Welcome New Physicians



Marc Granata, MD
Hospital Medicine



Shereen Alavian, MD
Pediatric Primary Care



Ashish Patel, MD
WakeMed Heart & Vascular Physicians

New Advanced Practice Providers

Ashley Greer, PA
Primary Care – Fuquay Varina

Alexandra Cobo, PA
Wake Orthopaedics

Jeanne Hutson, NP
Surgery & Trauma

Janna Harris, PA
Cardiovascular & Thoracic Surgery

Kelly Mahoney, NP
Psychiatry

Valerie Rinehammer, NP
Pediatric Primary Care

Now Open!

Urgent Care – Garner
811 US 70 West
Garner, NC
919-235-6565
Open 8 am to 8 pm
7 Days a Week

Primary Care – Kildaire Farm
222 Ashville Avenue
Suite 10
Cary, NC
919-235-6575

Sinthia Mannan, MD
Ronald Prucha, MD

Pediatric Specialty Practice – Clayton
104 Medspring Drive
Suite 210
Clayton, NC

This multispecialty practice includes:

- Pediatric Surgery
- Pediatric Weight Management
- Pediatric Endocrinology
- Pediatric Gastroenterology
- Pediatric Cardiology

WakeMed Retail Pharmacies are Going Live with Epic

Improvements are on the way!

The WakeMed retail pharmacies are going live with Epic in August. This means that soon you will be able to use MyChart to:

- Submit medication refill requests directly to the Pharmacy
- Receive refill notifications via email or the MyChart App

This transition will lead to a more efficient workflow and the potential for faster turnaround times. Pharmacy staff appreciate your patience as they adjust to new workflows and processes.

Be prepared for the transition

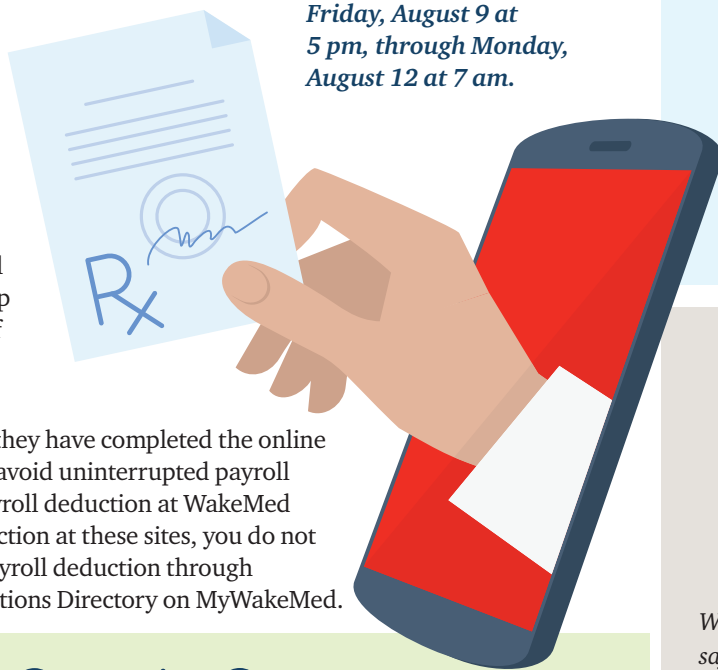
Pharmacy staff will be unable to fill prescriptions between 4 pm Friday, August 9, and 7 am, Monday, August 12. Retail pharmacy customers are encouraged to pick up prescriptions in advance.

From July 15 through August 12, WakeMed medical plan members and dependents may request refills up to two weeks in advance. With questions, or to see if your prescription qualifies for early pickup, call the Employee Pharmacy at ext. 02200.

With this transition, employees will need to ensure they have completed the online Employee Payroll Deduction Authorization form to avoid uninterrupted payroll deduction. This is the same form that is used for payroll deduction at WakeMed cafés and gift shops. If you already use payroll deduction at these sites, you do not need to take action; if you have never authorized payroll deduction through Lawson, complete the form, available in the Applications Directory on MyWakeMed.

PLEASE NOTE:

As part of this transition, the **Outpatient Pharmacy and Employee Pharmacy will be closed Friday, August 9 at 5 pm, through Monday, August 12 at 7 am.**



Growing for Patient Care in Cary

Hard hats, excavators and – soon! – cranes are going to be a common sight off of Kildaire and Tryon roads as we prepare to add two new floors to Cary Hospital and construction continues on two new medical office buildings on and adjacent to the Cary Hospital campus.

Last year, WakeMed received approval from the state to relocate 30 undeveloped beds and an operating room from Raleigh Campus to Cary Hospital. The additional patient care areas will be a welcome addition to Cary Hospital, where the medical/surgical inpatient census has hovered around 100 percent for the past year. To accommodate the new beds, two additional floors will be added to the west wing of the building. Preliminary preparations are now underway, and construction will begin this fall. While details of the floors' layout are still being finalized, we anticipate opening 5 West in the spring of 2021. The floor will have 40 post-op/medical/surgical rooms (this includes the 30 new beds and relocating 10 acute care beds from 1 East). The fourth floor will initially be clinical support space that can be built out as needed to accommodate growing patient care and support services' needs.

Just around the corner, the Healthcare Trust of America is redeveloping their Medical Park of Cary. Numerous single-story physician offices were recently torn down and construction is underway on a new, five-story medical office building. WakeMed will be the primary tenant of the new building, which should be completed next year. And, across Kildaire Farm Road, another medical office building is in the early stages of being built. It will also house WakeMed physician offices and urgent care centers.

“The expansion of Cary Hospital and the redevelopment of the area reflects WakeMed’s commitment to support the growing health care needs of Cary and the surrounding communities,” commented Tom Gough, senior vice president & administrator, Cary Hospital. “This is a very exciting time in Cary – but these changes will not come without short-term growing pains for staff and patients. We appreciate everyone’s patience and flexibility as construction gets underway and as parking becomes even more challenging in the coming months.”

WakeMed is always striving to enhance services and improve efficiency while delivering excellent patient care. Telepathology services went live at North Hospital on May 15 and is a collaboration between staff at WakeMed and Raleigh Pathology Laboratory Associates (RPLA). This enhanced pathology service was developed primarily to serve the needs of the growing Breast Care program at North Hospital, and will also benefit other types of surgeries, such as gynecological surgery.

Using video conferencing, a robotic microscope, and existing laboratory equipment, telepathology enables pathologists to evaluate tissue samples located at North Hospital while a patient is in surgery (intraoperatively) in real time from another WakeMed facility. A primary use is in surgeries where a pathologist is asked to identify cancerous cells during an operation to guide the surgeon’s decision-making process to provide the best outcome for the patient. To accomplish this, pathology staff at North Hospital prepare a tissue sample using their frozen section lab and place it on the robotic microscope, which is remotely controlled by the pathologist at another location. Images of the intact specimen and microscopic images are viewed remotely to evaluate each case. A diagnosis is rendered, and the information is communicated to the operating surgeon in minutes.

“Previously, our pathologists were driving to North Hospital on the rare occasions when we were needed on site. This became unsustainable with expansion of North Hospital and the growth of the Breast Care program there. The introduction of telepathology is just another example of the evolving WakeMed culture of working smarter to optimize the use of precious human resources,” commented **Michael H. Weinstein**, MD, PhD, director, Pathology Laboratories (RPLA).



Earn Your WakeWell Reward: Take the Online Health Assessment

Employees who participated in our annual WakeWell Rewards biometric screenings can now take the online Member Health Assessment in the SimplyWell (formerly Viverae) wellness portal. Visit wakewell.wakemed.org to get started. All requirements to receive the WakeWell Rewards HRA contribution in 2020 must be completed by September 30, 2019.

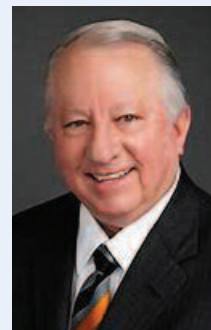
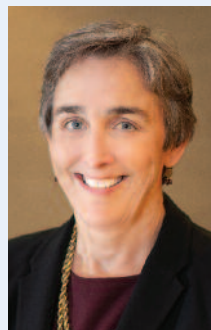


WakeMed’s Good Catch Program encourages staff to positively impact patient safety by speaking up, reporting good catches and sharing their experiences. If you have made a good catch, share it by clicking the “Report a Good Catch” link on the MyWakeMed.



Dave Muldrow (Patient Transport – Cary Hospital) was transporting a patient back to their room after an exam when he made his Good Catch. Dave had transported the patient to the exam earlier in the day and noticed that his demeanor had changed. While the patient had been alert and talkative on their first trip, now he was less alert and was breathing in a snoring manner. Dave told the nurse about the change in the patient’s condition and she was quickly able to check on the patient. It turned out that the patient’s blood sugar had dropped and needed medication to bring it back up. Thanks to Dave’s attention and action, this was taken care of right away.

LEADERSHIP UPDATES



WakeMed Welcomes New Board Members, Officers

The WakeMed Board of Directors recently elected new officers and added three new members. The 14-member volunteer Board provides governance, leadership and oversight for WakeMed. Willy Stewart, president and CEO of Stewart, a design, engineering and planning firm, was elected to a two-year term as chair. Tina Shanahan was elected to a one-year term as vice chair and Bobby Rice was elected to serve a one-year term as secretary.

The Board also welcomed new members (pictured above, left to right) **Mary Nash Rusher**, **J. Blount Williams** and **Larry D. Barbour**. Ms. Rusher is a managing partner at McGuireWoods LLP; Mr. Williams is CEO of Alfred Williams & Company. Both Ms. Rusher and Mr. Williams previously served on the WakeMed Foundation Board of Directors and were appointed by the Wake County Commissioners. Mr. Barbour, who was elected by the hospital, is president & CEO of North State Bank.

Shon Brink Joins WakeMed as Vice President, Operations, for WakeMed Physician Practices



WakeMed welcomed **Shon Brink**, MBA, as vice president of operations for WakeMed Physician Practices in early June. Brink has nearly 30 years of operations leadership experience at large, multi-practice, multi-specialty physician networks including Loma Linda University Health Care and, most recently, Greenville Health System in Greenville, SC, (now known as Prisma Health). Brink works in dyad partnership with Matthew Nathan, MD, senior vice president of Physician Services, to provide leadership, support and oversight to management and staff within the

WakeMed Physician Practices enterprise and improve operational services across our growing network of practices. Brink holds degrees in accounting and business administration, is a certified medical practice executive through Medical Group Management Association and is a Fellow within the American College of Healthcare Executives.

"The first time I saw Emma 'walk' in the Ekso, I will never forget how happy I felt to see her up and walking, rebuilding her core strength, muscles and bones. Between the support of her incredible care team and this life-altering therapy, Emma has built her confidence and strength, achieved countless goals and has made incredible strides in her recovery. I am beyond thankful for her care team and for WakeMed Rehab for all she's been able to accomplish in just a year."

Emma's mother



Emma

Emma was just about to graduate high school and begin her life as an adult when a tragic car accident put things on pause. Emma suffered serious injuries that left her paralyzed with no function in her arms or legs. After nearly a month at WakeMed, Emma was fortunate to attend her high school graduation with the help of an awesome multidisciplinary care team. Since then, Emma has come to WakeMed Outpatient Rehab four days a week for intense therapy including the use of our Ekso exoskeleton.

"I am so thankful that WakeMed's Health Lives Here program helped diagnose me with such a serious health condition I had no idea I had. Now, I'm grateful to be working with a WakeMed health coach who is 100% committed to helping me get my health on track. She checks on me once a week, and she's inspired me to exercise and focus on my long-term health and well-being."

Marcus



Marcus

WakeMed's Health Lives Here mobile wellness program is designed for corporate wellness, on-site clinic services, health screenings and educational outreach programming. Since it launched last year, the program has brought

screenings and health services to hundreds of community members. Marcus – a young Town of Cary employee who appeared to be in good health – participated in a routine health screening through his employer and got quite a surprise: he had undiagnosed diabetes.

"I had open heart surgery – with absolutely no pain after the procedure. I couldn't believe it. Even when they asked me if I needed anything for pain, my answer was always 'no.' I was feeling great considering they had just opened my chest and unblocked four arteries. Now that I'm all recovered, I make it a point to stop by and thank Dr. Judson Williams and his staff for giving me a second chance at life."

Christopher



Christopher

At age 64, Christopher was a sod farmer who spent most of his days outside and being physically active. When Christopher arrived at our emergency department for an unrelated problem in 2017, he was diagnosed with

diabetes and a blockage of all four major arteries. Christopher needed open heart surgery as quickly as possible. He was one of the earliest patients to experience a new care pathway – known as ERAS Cardiac – that was designed to standardize and improve the care of heart surgery patients.

"I absolutely love Safeway to Fitness – I've been coming three times a week for over a year. At one point, I left to join a gym closer to home, but was disappointed that there was no one available to help me. The structure and support of this program is what keeps me coming back – I call it my 'Cardiac Breakfast Club.'"

Don



Don

Often, when patients complete Cardiac Rehab, they don't have the confidence to continue an exercise program on their own. Similarly, some heart patients who don't qualify for Cardiac Rehab want to exercise with the support of

a team trained in cardiovascular disease and treatment. That's where WakeMed's Safeway to Fitness program comes in. This structured program, overseen by many of our Cardiac Rehab staff, is an incredible (and affordable!) opportunity for our heart patients to get the exercise they need without worrying about insurance coverage.

IN OUR PATIENTS' WORDS

Everyone likes a good pat on the back. Hearing that the work we do every day has a real impact on our patients' lives reminds us how important our role is and why we're here. Over the past several months, numerous patients have come forward to share what they love about WakeMed, the care we deliver and the incredible team we have. Here's just a few examples of patients whose lives have been changed – in their own words.

Exceptional People. Exceptional Care.



WakeMed Receives National Awards for Stroke, Heart Failure

WakeMed continues to receive high honors for their achievements in delivering outstanding care to patients experiencing heart failure and stroke, including the following recognition from the American Heart Association/American Stroke Association:

Raleigh Campus

- **Stroke:** Gold Plus and Target: Elite Plus Honor Roll
- **Heart Failure:** Gold Plus and Target: Heart Failure

Cary Hospital

- **Stroke:** Gold Plus and Target: Elite Honor Roll
- **Heart Failure:** Silver Plus and Target: HF Honor Roll

"This recognition demonstrates our teams' ongoing commitment to ensuring our patients receive the most appropriate treatment," said **Amanda Thompson, RN**, executive director, WakeMed Heart & Vascular. "WakeMed is THE place for stroke and heart failure care in the Triangle."

Our teams meet or exceed national guidelines for:

- Proper use of medications and other treatments
- Incorporating evidence-based guidelines for stroke and heart failure care
- Reducing the amount of time it takes a stroke patient to move from arrival in the ED to treatment
- Providing education on staying healthy after stroke, managing heart failure and overall health

Congratulations to all WakeMed Stroke and Heart Failure team members for a job well done!

YOUR HEALTH IN YOUR HANDS.

2019 MyChart
Bridging the Gap



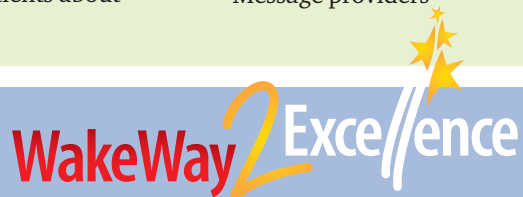
This year our goal is to have **35%** of our patients sign up for MyChart. Currently we are at **34%** (as of June 24). Help us bridge the gap!

MyChart is an incredibly valuable tool for our patients – one that will empower them to be involved in their health care. We need your help to ensure patients understand why it is important and what they can do with MyChart. Additionally, MyChart activation is one of the metrics for our Healthy Community Aspirational Goal. Make it part of your routine – every day – to talk to your patients about MyChart and encourage them to sign up!

Here are just a few things patients can do using MyChart:

- Schedule appointments with WakeMed providers
- Get lab results and see historic results
- Request prescription refills from providers
- Pay bills
- Message providers

WW2E UPDATE Introducing Kaizen Workshops



One important – and very successful – part of our Wake Way 2 Excellence (WW2E) has involved bringing small teams together to spend several days focusing on one challenge or opportunity. Over the past few years, these events have taken two forms:

- Rapid Process Improvement Workshops (RPIWs) last five days and conclude with a formal presentation where the team reports on their progress.
- Kaizen Events last two to three days and do not include a formal presentation.

While there are small differences between the two types of events, the goals and many of the processes used to achieve them are the same. WakeMed's Transformation Guiding Task Force (the team that oversees all WW2E work) has recently decided to combine the two types of events into one, called a Kaizen Workshop. "We have

found over time that the similarities between these events outweigh the differences – and calling them two different things is unnecessary," commented **Kenneth Murray**, executive director (Kaizen Promotion Office). "This change will allow us to be more flexible and efficient in our planning – and isn't that the goal of WW2E?" Kaizen Workshops will vary in length (two to five days) and will have a similar structure to existing RPIWs and Kaizen Events.

With this change, we are also introducing a new way for teams to share their results. Rather than having a formal presentation at the end of each event, all Kaizen Events will be highlighted at a monthly reporting session called a WakeMed Kaizen Showcase. This session will also highlight PDSAs that are occurring in individual departments or clinical areas. All WakeMed staff are

invited to attend this monthly event to hear about the improvements being made through WW2E and celebrate the individuals who are out on the Genba (where the work is done) making a positive impact. Look for more details to be shared soon!

WW2E Event Statistics

RPIWs	Kaizen Events
35 events held since 2015	26 events held since 2017
Involving 399 employees	Involving 207 employees

5
MINUTES
WITH
Twinkle

Five Minutes With... is an online profile series introducing members of WakeMed's executive team, physicians and others to the broader WakeMed family. We are pleased to bring you this special printed interview with Twinkle – WakeMed's one and only mascot who has the important job of representing WakeMed Children's. For more profiles, check out Five Minutes With... on MyWakeMed!



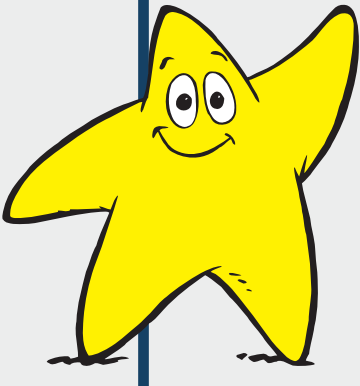
WakeMed Mascot & Chief Happy Officer

- **Where did you grow up?** I was born at WakeMed in June 1997, but my family returned to the constellation Sagittarius when I was very young, so most of my childhood memories are from there. I was excited to return to WakeMed as an employee.
- **As a kid, what did you want to be when you grew up?** I always wanted to be in entertainment. Mom always said I could really light up a room. I really wanted to be a rock star, but I don't have the greatest voice...or any voice at all, come to think of it.
- **What is the strangest/most unusual job you've ever had?** I was a lifeguard in the summer of 2010. I was pretty excited, but it turns out I'm more of a nighttime person so the long days in the sun just weren't for me. I guess you could say I burned out on that job.
- **When did you join WakeMed and what was your title/position at that time?** I started as an intern in the Marketing department. They saw my potential and knew I could harness my innate light and bring some joy to kids in the hospital. Here I am all these years later as the Chief Happy Officer!
- **What makes you proud to be a member of the WakeMed family?** I may light up a room but what gives me the most joy is the way children light up when they see me. It tells me I'm doing my job well.
- **Why is our mission important to you, personally?** I would not be the shining star I am without my health! I want to inspire others to be healthy too – so they can let their own lights shine! I love working with our team of compassionate caregivers to help accomplish that goal and provide the entire family with a 5-STAR experience.
- **Looking ahead to the next year for WakeMed, what are you excited about?** Chasing Zero. I'm not a great runner, but I'm really excited about this initiative.

- **How do you like to unwind?** I love watching young stars come alive! These days that means I watch a lot of American Idol and old Star Search episodes.
- **Tell us about your family.** My mom was a nurse, and my father was a physician to the stars in Hollywood, so I guess entertainment has always been in my blood. Growing up, they instilled in me a compassion for care and that set me up perfectly for my future career with WakeMed Children's.

Do You Want to Be a Star?

We are always looking for people to volunteer as Twinkle! If you are interested in being part of our Twinkle team, review the Twinkle Policy for details about the role and then contact Chris Schmidt at cschmidt@wakemed.org.



SUMMER SCHOLARS COME TO WAKEMED

This summer, WakeMed welcomed eight medical students as part of the Campbell University School of Medicine (CUSOM) Summer Scholars program. This is the first year that WakeMed has served as a host site for the program, which is for rising second-year medical students. The students will spend six weeks at WakeMed working full-time on research studies in the following areas:

- Orthopaedic Surgery, led by **Mark Wood, MD**
- Bariatrics & Thoracic Surgery, led by **Paul Enochs, MD**, and **Alden Parsons, MD**
- Pediatric Intensive Care, led by **Mark Piehl, MD**
- Trauma Surgery, led by **Osi Udekwu, MD**, **Mary Kate Bryant, MD**, and the Trauma Research team.

"We are pleased to welcome these students to WakeMed and excited for this opportunity to build what we hope will be a collaborative, productive research relationship with CUSOM," commented **Diana Rhyné**, executive director, Research & Innovation. "This is an excellent opportunity for these students to contribute and gain experience conducting research in a real-world environment, under the guidance of a faculty mentor."

Introducing WakeMed Virtual Urgent Care

Do you know and love RelyMD? It's now WakeMed Virtual Urgent Care!

WakeMed is pleased to offer a low-cost telemedicine benefit to employees on the medical plan as well as their covered dependents. WakeMed Virtual Urgent Care (formerly referred to as RelyMD) is staffed by Wake Emergency Physicians, PA, the same trusted providers who staff our emergency departments. Providers treat patients age six months and up, and the average wait time is fewer than 10 minutes.

Cost: Medical Plan Members & Covered Dependents: \$15 per visit; All Others: \$45 per visit.

Learn more online at www.wakemed.org/employees-benefits-wellness

WakeMed Medical Plan Members: Get Expert Medical Care – 24/7/365 – for just \$15

COMINGS & GOINGS

WakeMed Heart & Vascular bids a happy retirement to **Susan Williams**, who worked in the North POP location. Her last day at WakeMed was June 24. WakeMed Heart & Vascular also welcomes **Sarah Ondus** and **Markita Becton** to the Raleigh Campus offices.

Home Health welcomes **Ivy Nance, LPN**, **Colette Wehunt, RN**, **Elsbeth Steuck** and **Nic Pisano**.

Information Services welcomes **Diane Everett**, **Richard Merchant** and **Latifa Ali** to the Applications team.

The Clinical Nursing Resource Services department welcomes **Sharon Hershkowitz, MSN, RNC-NIC**, and **Nikki Sloate, MHA, BSN, RN**. Both are program coordinators with system roles to improve patient and organizational outcomes. Sharon is supporting the NICU and special care nurseries; Nikki is supporting the pediatric population.

WakeMed Primary Care – Brier Creek welcomes **Debra Elder, RN**, and **Nyeisha Chong**.

Community Case Management welcomes **Lizzeth Wise** to the PATH Team.

The eICU welcomes **Debbie Delgado, RN**.

Marketing & Communications welcomes **Elizabeth Horning**.

OneCall welcomes **De'Sire Reid, Shelonda Griffin, Sylvia Daniels, Kerry Flowers, RN, Ashley Sullivan** and **Joyce Cypress**.

3A CVIC welcomes **Robin Stephenson, NAI**, and **Eve Kilel, BSN, RN**, as a supervisor/educator. **Kemoy Holiday, BSN, RN**, will be transitioning out of the sup/ed role to a clinical nurse.

Emergency Department – North Hospital welcomes **Crystal Booth, RN, Michelle Daniels, NAI, Precious Daniels, NAI, and Megan Hurst, BSN, RN**.

5C Medicine welcomes **Camelia Louka, RN**.

CICU welcomes **Jeannine Parker, RN**.

WakeMed Urgent Care – Cary welcomes **Melodie Batten**.

WakeMed Primary Care – Kildaire Farm welcomes **Ariel Taylor** and **Valeta Scott**.

6C Surgery & Trauma welcomes **Victoria Dunstone, NAI**.

5A MIC welcomes **Michelle Cheavelle, NA**.

4C Mother/Baby welcomes **Laycee Boughton, RN, Krissy Boyd, RN, Emilie Thorne, RN, Mel Higgs, NAI, and Sheila Steinhoff, RN**.

Spiritual Care welcomes four chaplain interns to Raleigh Campus this summer. The interns and the units they will be covering are: **Germaine Collie (4E)**, **Carl Pemberton (5B)**, **Wanda Thomas (5C)**, and **Anthony Westbrook (3A)**.

ATTACHMENTS AND ADDITIONS

Jessica Latham, RN, (3A CVIC) welcomed daughter Willow Faith on March 21.

WOW, WHAT AN EMPLOYEE!

Debbie Hostetter, RN, CNOR, (Surgical Services – Raleigh Campus) was awarded the North Carolina Perioperative Registered Nurse of the Year Award.

Cindy Klaess, CNS, RN, (Clinical Nursing Resource Services) received the Excellence in Mentoring Award from the North Carolina Affiliate of Clinical Nurse Specialists and was first author of the article "Pain Management Pillars for the Clinical Nurse Specialist" in the May issue of the *Clinical Nurse Specialist* journal.

Jennifer Beaman (WakeMed Heart & Vascular) earned a master's degree from North Carolina State University.

Yvonne DeMuth, RN, (Emergency Department – Garner Healthplex) received a master's degree in nursing (MSN) from Western Governors University.

Reginald Fennell, RN, (Emergency Department – Garner Healthplex) earned an MSN-FNP (family nurse practitioner) from Simmons University.

Congratulations to the following employees who recently earned bachelor's degrees in nursing (BSN): **Tracy Thompson, RN (Emergency Department – Garner Healthplex)**; **Anna Johnson, RN (CICU)**; **Marcia Schmaling, RN (2E CVICU)**; **Melissa Van Noppen, RN (NICU)**; **Debbie Talancha, RN**, and **Bridgette Brewer, NAI (both of Emergency Department – North Hospital)**; **Linda Barrentine, RN (4C Mother/Baby)**; **Jennifer Richards, RN**, and **Mylene Avendano, RN (both of 5A MIC)**.

Dana Alqudwah, NAI, (3A CVIC) earned a bachelor's degree in nutrition from Meredith College.

Congratulations to the following employees who earned associate's degrees in nursing (ADN): **Molly Jarvis, NAI, (Emergency Department – North Hospital)**; **Jesse Stephens, NAI, Brittany Sanders, NAI, and Courtney Saye, NAI (all of the Emergency Department – Garner Healthplex)**; **David Schmaling, Paramedic, (Mobile Care)**. Schmaling also received the Florence Nightingale award from Bladen Community College Nursing faculty.

Kyleen Dickerson (Therapy Services Supplemental Pool) earned lymphedema certification.

Caroline Njau, RN, (CICU) and **Elvia Schroeder, RN, (NICU)** earned certification in critical care nursing (CCRN).

Elaine Lee, BSN, RN, was named interim clinical educator/supervisor for 4C Mother Baby & Newborn Nursery – Raleigh Campus.

Focus On Nursing

Excellence in the art and science of nursing care and caring



Cindy Boily
MSN, RN, NEA-BC
Senior Vice President &
Chief Nursing Officer

A NOTE FROM OUR CNO

This year, the American Nurses Association chose “4 Million Reasons to Celebrate” as the theme for National Nurses Week. It is easy for me to think of four million reasons to celebrate our wonderful WakeMed nurses. Day in and day out, you show compassion for your patients and their families as you navigate them through unknown territory, all while keeping patient safety as your top priority. You continuously strive for innovation and dedicate yourselves to a new standard of excellence in practice and professionalism. You positively contribute to your work environments as you embrace teamwork, collaboration and respectful communication. Every day, your work leaves an impact on the lives of your patients and families, our colleagues, as well as our community. For all of that, and so much more, I want to celebrate you.

I also want to celebrate and send out a big “Thank You” to each of our Clinical Excellence and Nursing Excellence Award recipients, who we honored during National Nurses Week. I’m so proud to be a WakeMed nurse.

In this year’s annual Nursing Excellence Awards program, the Division of Nursing recognized 131 nurses and the interprofessional colleagues who support them. Award recipients are nominated by their peers and were recognized at special events at Raleigh Campus and Cary Hospital in May. Congratulations to this year’s winners and thank you for all you do to support each other and our patients and their families. Many thanks also to the Work Life Council for putting together these wonderful events.

2019 Nursing Excellence Award Winners



Kim Adams, RN (6C Surgery & Trauma – Raleigh Campus)
Beverly Alfman, RN, CCRN (eICU – Raleigh Campus)
Kandra Anderson, RN (5A MIC – Raleigh Campus)
Mary Elizabeth Armstrong, RNC (NICU – Raleigh Campus)
Amanda Benton, BSN, RN (CTICU – Raleigh Campus)
Susan Bodette, RN, CBIS, CRRN (2C Rehab – Raleigh Campus)
David Brown, RN, ASN (1A Clinical Evaluation Area – Raleigh Campus)
Tara Bruce, BSN, RN (Surgical Services – Operating Room – Cary Hospital)



Margaret Buck, BSN, RN (Surgical Services – Operating Room – Raleigh Campus)
Caroline Burroughs, MSN, BSN, PNCB (Children’s Hospital – Raleigh Campus)
Darlene Campbell, RN, RN-BC (3 West Medical/Surgical – Cary Hospital)
Colleen Carter, BSN, RN (Surgical Services – Day Surgery – Cary Hospital)
Sandra Cooper, BSN, RN (2D Rehab – Raleigh Campus)
Kimberly Dail, BSN, RN (Outpatient Rehab – Cardiac Rehab – Cary Hospital)
Amy DeCenso, RN (Special Care Nursery – North Hospital)

Leslie Duren, RN (Children’s Emergency Department – Raleigh Campus)
Kandy Fraleigh, BSN, CCRN (2 West ICU – Cary Hospital)
Alita Gholizadeh, BSN, RN (Heart & Vascular – Six Forks Road)
Lauren Glosson, RN (Emergency Department – Apex Healthplex)
Laura Grimes, RN (2 East Medicine – Cary Hospital)
Tanya Groat, RN (Mother/Baby – Cary Hospital)
Carter Gruber, BSN, RN (Mother/Baby – Raleigh Campus)
Libby Guerrero, RN (Cardiac Rehab – Raleigh Campus)
Mallory Halsey, RN (Surgical Services – Day Surgery – North Hospital)



Richard Hansard, BSN, RN, CCRN (Neuro ICU – Raleigh Campus)
Brandy Harrison, BSN, RN (3C Rehab – Raleigh Campus)
Wendy Hillman, BSN, RN (MICU – Raleigh Campus)
James Hines, RN, CEN (Mobile Critical Care Services – Raleigh Campus)
Linda Hinrichs, RN, CNOR (Surgical Services – Operating Room – North Hospital)
Angel Hodges, RN (Labor & Delivery – North Hospital)
Tiffany Holohan, BSN, RN (Adult Emergency Department – North Hospital)



Sue Hutter, BSN, RN (6B Neuro Care – Raleigh Campus)
Theresa Innocent, RN, PCCN (Imaging Services – Raleigh Campus)
Jung Jeter, RN, RN-BC, CV (2 West Intermediate Care – Cary Hospital)
Leah Lopez, BSN, RN, CEN, RN-BC (Emergency Department – Cary Hospital)
Robin Loughlin, MSN, RN, RN-BC (Nursing Education – Raleigh Campus)
Lynnette Lux, RN, CCRN (1 East Clinical Evaluation Area – Cary Hospital)
Jamie Lynch, RN (5B Neuro Intermediate Care – Raleigh Campus)
Kelly Mattern, BSN, RN, CEN (Surgical Services – PACU – Raleigh Campus)
Deirdre Mattera, RN (Women’s Pavilion & Birthplace – North Hospital)
Amanda Matthews, BSN, RN (Staffing Resources – Cary Hospital)
Deborah McAllister, RN, IBCLC (Lactation Services – Raleigh Campus)
Lindsay McDaniel, BSN, ACM (Patient Case Management – Cary Hospital)
Thomas Michael, RN (3 West Medical/Surgical – Cary Hospital)
Jennifer Myers, RN (Labor & Delivery – Raleigh Campus)
Kelly Nelson, RN (Surgical Services – PACU – Cary Hospital)
Kristina Oakley, RN (3A CVIC – Raleigh Campus)
Christine Ouellette, BSN, RN, CCRN (CICU – Raleigh Campus)
Jordan Peterson, BSN, RN (3B CVSIC – Raleigh Campus)
Lisa Pilny, BSN, RN, CCRN (2E CVICU – Raleigh Campus)
Kristen Rhoades, BSN, RN, ACM (Patient Case Management – Raleigh Campus)
Alex Rowe, BSN, RN (STICU – Raleigh Campus)
Ashley Salter, BSN, RN, CEN (Emergency Department – Garner)
Cortney Scherer, BSN, RN, CCRN (Imaging Services – Cary Hospital)
Stacy Schisler, RN (Special Care Nursery – Cary Hospital)
Stacey Selvek, RN, RN-BC (3E CVIC – Raleigh Campus)
Katie Shea, RN (Newborn Nursery – Raleigh Campus)
Ulanda Stallworth, BSN, RN (Staffing Resources – Raleigh Campus)
Shelia Stanley, RN, PCCN (Heart Center Pre- & Post-Procedure Care – Raleigh Campus)
Nicole Stoneback, BSN, RN-BC (1C Clinical Evaluation Area – Raleigh Campus)



Jason Strother, RN, CMSRN (6B Orthopaedics & Oncology – Raleigh Campus)

Chaneé Sullivan, RN (Labor & Delivery – Cary Hospital)

Mary Anne Tan, BSN, RN, RN-BC (5C Medicine – Raleigh Campus)

Melissa Tant, BSN, RN-BC (6A CVIC – Raleigh Campus)

Kaitlyn Tyndall, RN (Adult Emergency Department – Raleigh Campus)

Kyle Waldrop, RN, ASN (PICU – Raleigh Campus)

Colleen Wentink, RN (Medical/Surgical – North Hospital)

Samantha Wingo, BSN, RN (Emergency Department – Brier Creek Healthplex)

Debora Wrench, RN (Invasive Cardiology – Raleigh Campus)

Ashley Chorba, NA I (PICU – Raleigh Campus)

Heather Coffey, NA I (Surgical Services – PACU – Raleigh Campus)

Elaine Cordeiro, OT (Occupational Therapy – Raleigh Campus)

Juan Curtis, CST (Surgical Services – Operating Room – Raleigh Campus)

Beth Drossman, MS, ACSM-RCEP, CEP (Cardiac Rehab – Raleigh Campus)

Erin Edwards, NA I (Children's Hospital – Raleigh Campus)

Benita Ellin, CNA (1A Clinical Evaluation Area – Raleigh Campus)

Kelly Finch, NA (6C Surgery & Trauma – Raleigh Campus)

Mageline Flood, CNA (3B CVSIC – Raleigh Campus)



Jazmine Middleton, NA II (3A CVIC – Raleigh Campus)

Robert Moray (MPDC – Raleigh Campus)

Michael Moser (MPDC – Apex Healthplex)

Brandon Myers (Imaging Services – Cary Hospital)

Jovanda Nowell, NA II (Children's Emergency Department – Raleigh Campus)

Melanie Penny, EMT -1 (Mobile Critical Care Services – Raleigh Campus)

Yolonda Perkins, NA II (3E CVIC – Raleigh Campus)

Maria Roland, NA (Surgical Services – Administration – North Hospital)

Jess Ross, NA I (1 East Clinical Evaluation Area – Cary Hospital)

Taylor Schofield, CNA (2D Rehab – Raleigh Campus)

Kim Schwarz (Patient Case Management – Cary Hospital)

Donyata Simpson (Emergency Department – Brier Creek Healthplex)

Beverly Snellings, NA I (Labor & Delivery – Raleigh Campus)



2019 Clinical Excellence Award Winners

Leaster Allen (Environmental Services – Cary Hospital)

Guadalupe Arguijo (Environmental Services – Raleigh Campus)

Jose Arredondo (Environmental Services – Raleigh Campus)

Frank Bethel, CNA (Patient Constant Observer Services – Raleigh Campus)

Amy Birling, EP-C, CEP (Cardiac Rehab – Cary Hospital)

Christopher Bober (Information Services)

Karen Boll, ST (Labor & Delivery – Cary Hospital)

Anne Cappelletti, NA I (5B Neuro Intermediate Care – Raleigh Campus)

Doug Furlong (MPDC – Cary Hospital)

Kara Gantt, MS, RD, LDN, CNSC (Clinical Dietitians – Raleigh Campus)

Susan Gates, PT (Physical Therapy – Raleigh Campus)

Madison Gould, CNA (6A CVIC – Raleigh Campus)

Virgil Grace (Anesthesiology – Cary Hospital)

Danielle Haynes (MPDC – Garner Healthplex)

Adrienne Hill Hickman, MA (Pediatric Cardiology – Raleigh Campus)

Michelle Jagrup, CNA (Patient Constant Observer Services – Cary Hospital)

Juanita Jones, NA I (2C Rehab – Raleigh Campus)

Veronica Jones (Heart & Vascular – Six Forks)

Anna Kerbawy, NA I (5C Medicine – Raleigh Campus)

Toni Lapier (Pathology Labs – Cary Hospital)

Ashley Lewis (Patient Case Management – Raleigh Campus)

Tasha Lucas, CNA II (3C Rehab – Raleigh Campus)

John Marraud, NA II (2 East Medicine – Cary Hospital)



Robert Martin (Patient Transport – Raleigh Campus)

Jose Martinez, PCT (Surgical Services – Operating Room – North Hospital)

Christopher McDougald, NA I (1C Clinical Evaluation Area – Raleigh Campus)

Sean Metayer, NA II (Emergency Department – North Hospital)



Patrick Srock, RCIS (Invasive Cardiology – Raleigh Campus)

Karen Stafford, MLS (Wake AHEC)

Brian Stearns, NA II (Emergency Department – Cary Hospital)

Kelly Sulek, PT (Physical Therapy – Raleigh Campus)

Raven Vazquez, CNA II (Mother/Baby – Cary Hospital)

Steve Vesely, BS, CST (Surgical Services – Operating Room – Cary Hospital)

Denise Jackson, NA II (6B Orthopaedics & Oncology – Raleigh Campus)

Kendra Watson, CNA (NICU – Raleigh Campus)

Tammy Westerhausen, NA I (2 West Intermediate Care – Cary Hospital)

Donna White, RRT, RCP (Respiratory Care Services – Raleigh Campus)

Terrie Williams, CNA II (CICU – Raleigh Campus)

Davlyn Williams, NA II (Surgical Services – PreOp – Cary Hospital)

Kasey Williamson, RT (5A MIC – Raleigh Campus)



Congratulations to **Heather Hopkins, BSN, RN, CCRN, EMT** and **Jason Wilson, RN** who received the prestigious WakeMed Nursing Leadership Award this spring. The award is given periodically to nurse leaders who demonstrate outstanding leadership achievement. Hopkins and Wilson were recognized for their efforts to improve patient progress and outcomes through evidence-based practices and their continuous commitment to provide excellent care for our patients and families.

Each year during the Nursing Excellence Award celebration, the Division of Nursing honors a departmental partner. This year, the **Child Life Specialists** team was honored for the amazing work they do in helping pediatric patients and their families. Thank you for being an incredible resource and congratulations from your colleagues in the Division of Nursing!



MICROSCOPE

Microscope is a monthly newsletter written by and for the employees of WakeMed. Our goal is to provide employees and friends of WakeMed with the most up-to-date news on all of the hospital system's activities. The Marketing & Communications department thanks all of the employees who contributed to this publication.

We welcome comments and suggestions on this publication and its content. Call (919) 350-8120, e-mail microscope@wakemed.org, or write Microscope, WakeMed Marketing & Communications, 3000 New Bern Avenue, Raleigh, NC 27610.

Kate Wilkes, Editor
WakeMed Employees, Photos

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2019 Booth Amphitheatre Movie Night Admission
Cary, NC
This coupon must be presented at time of purchase.
Limit 1 coupon per person, per purchase. Cannot be combined with any other discount or promotion.
Coupon expires 08-30-19. Gates open at 7 pm; movies start at dusk; picnics welcome. For a list of movie titles, dates and ratings, visit boothamphitheatre.com.
A portion of movie night proceeds will benefit the WakeMed Children's Hospital!

DO YOU
COACH
KIDS?



If you volunteer your time as coaches for a kids' sports team, you may be interested in the WakeMed Concussion Program Coach's Card. The cards have contact information for the Concussion Management Program on one side and concussion symptoms as well as the signs that a young athlete needs to go to an area ER after a blow to the head. If you would like a supply of cards, please send the quantity you need and where to send them to bscolio@wakemed.org. The WakeMed Concussion Program team includes medical professionals, neuropsychologists and vestibular (dizziness/balance issues) physical therapists who are trained to help kids as well as adults safely return to work, school and play. Feel free to call 919-350-7331 for additional information.

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CALENDAR OF EVENTS

To help you plan ahead, this calendar lists upcoming system-wide events, training classes and community events. For details and fee information, visit the MyWakeMed. Send calendar submissions to Public Relations or email microscope@wakemed.org.

Social Media: Protecting Our Patients, Organization and You

July 24, August 20, September 4. 11:45 am to 1 pm, Conference Dining; Register via WakeMedU (code: NE014-19033)

Upcoming Organizational Development Classes

Professional Development

- **Effective Communication** – July 23, 8:30 am to 12:30 pm, Medical Office Building WakeMedU Code: PDCOM-1906
- **People See Things Differently** – July 24, 8:30 am to 12:30 pm, Medical Office Building. WakeMedU Code: PDMBTI - 1910

Leadership Development

- **Leading Out Loud** – July 26, 8:30 am to 3:30 pm, Medical Office Building. PDMBTI – People See Things Differently
- **Leading Change** – July 30, 8:30 am to 12:30 pm, Medical Office Building. WakeMedU Code: LDLC

Uniform Sales

The Volunteers and 1st Uniform will host uniform sales in August

Raleigh Campus
Thursday, August 1
7 am to 4 pm
Andrews Center

Cary Hospital
Thursday, August 29
7 am to 4 pm
Conference Center

North Hospital
Wednesday, August 28
7 am to 4 pm
Third floor

Cash, credit and payroll deduction available. 1st Uniform will contribute a portion of the proceeds to The Volunteers in support of the great patient and staff programs they make possible at WakeMed.

Healing Touch Classes

Healing Touch is an energy-based medicine now being offered to patients at WakeMed. Several classes will be offered at Cary Hospital:

- **Level 1:** Sept. 28 & 29
- **Level 2:** Nov. 16 & 17
- **Level 3:** Feb. 8 & 9, 2020

Tuition: \$395 if students register one month in advance; \$497 if not in advance. CE Contact Hours: 16 for nurses and massage therapists. For more information, contact Maggie Hutchinson at SimplyHealingTouch@gmail.com

Financial Wellness Lunch & Learn Series

This series provides information to help put you on a solid financial path for you and your family. Sessions last approximately 50 minutes. No reservations are required but space is limited to 20 participants. With questions, please contact Bob Nelson at ext. 06903.

Raleigh Campus

Stretching the Family Budget: Wednesday, July 31, noon, Conference Dining; presented by BHS.

Cary Hospital

Money Management Styles: Thursday, July 11, 11:30 am, Conference Center; presented by BHS.

Stretching the Family Budget: Thursday, July 25, 11:30 am, Points West Cafe Computer Training Room; presented by BHS.

Wake AHEC

Recorded Webinars: Controlled Substance Prescribing:

- **Part 1:** CDC Guideline and Controlled Substance Reporting System
- **Part 2:** Acute Pain and Adopting Tools for Change in the Clinic
- **Part 3:** Chronic Pain and Addiction Medicine

Child Forensic Interviewing: The RADAR JR Interview Model – July 30 & 31, NC Conference of District Attorneys – NC Judicial Center, Raleigh

Wake County Young Child Mental Health Collaborative Training Series: Evidence-Based Interventions for the Young Child – Aug. 2, Alliance Health Offices, Morrisville

Trauma Informed Care: Seeking Safety and Other Evidence-Based Practices – Aug. 16, Andrews Center

Wake County Young Child Mental Health Collaborative Training Series-Building Child-Caregiver Relationships through CARE – Aug. 23, Alliance Health Offices, Morrisville

Child Forensic Interviewing: The RADAR Interview Model – Aug. 26 - 30, NC Conference of District Attorneys – NC Judicial Center, Raleigh

Mindful Self Care – Aug. 29, Andrews Center